

Class of 2027

COUNSELING NEWSLETTER

September 2023 / Vol 2

The Newsletter

The monthly newsletter is meant to inform of upcoming events and information that is relevant to you and your child. With that said, I want this to be beneficial to you. I would love your feedback on what you would like to see in the newsletter. Please send me an email with your thoughts and topics.

Parent Teacher Conferences

Our fall parent teacher conferences are next week. I know it seems really early but we want to ensure your child is off to a good start. Conferences are come and go. The times are as follows:

Wednesday, September 13
5:00 - 7:30 PM

Thursday, September 14
7:15 - 11:15 AM
12:00 - 3:00 PM
5:00 - 7:30 PM

Counselors will be doing presentations during conferences on topics such as postsecondary paths, college opportunities in high school, mental health, CAPS, & scholarships.

How to Connect:

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Counselor Class of 2027
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Counseling Themes:

Each month we have a theme in counseling. This month is Suicide Awareness & Prevention and Stress & Anxiety Management.

There are many resources available to students and families. Below are just a few.

Suicide & Crisis Lifeline

<https://www.samhsa.gov/find-help/988?authuser=0>

How to talk with your teen about suicide

<https://www.nami.org/Blogs/NAMI-Blog/November-2021/How-to-Talk-to-Your-Teen-About-Suicide>

How to help your children and teens manage stress

<https://www.apa.org/topics/children/stress>

10 tips for parenting anxious kids

<https://childmind.org/article/10-tips-for-parenting-anxious-kids/>

IMPORTANT DATES

- September 13 & 14: Parent/Teacher Conferences
- September 14 & 15: NO SCHOOL FOR STUDENTS
- September 15: No School for Staff
- September 25-30: Homecoming Week
- September 25: Site Council @ 5:00 PM
- September 27: Homecoming Parade @ 5:00 PM downtown
- September 30: Homecoming Dance 8:00 - 10:00 PM
- October 12: End of 1st Quarter
- October 13: NO SCHOOL FOR STUDENTS
- October 19: Pre-ACT 9 for all freshmen
- October 20: Fall picture retakes

THINGS TO REMEMBER

You don't have to be perfect

Having a bad day is ok

Small steps are also progress

Asking for help is strength

People love and appreciate you