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SEPTEMBER

Vol. 1 Issue 1



Columbus Middle School

"First we F.L.Y., then we S.O.A.R.!"

Counselors' Cove



Dr. Shelton

Meet your Middle School Counselors

Mrs. Lewis

Hello! Welcome to our little cove of caring and sharing!! We are happy to be your counselors this school year! Yes, your counselors! We are committed to being here for our students and their families. Mrs. Lewis is your 6th-7th(a-m) grades counselor, and Dr. Shelton is your 7th (m-z) and 8th grades counselor. Dr. Shelton is a 21 year veteran in the counseling field and she is just as committed to and excited about student growth as she was on day one!! Mrs. Lewis is a first year counselor with twelve years of teaching experience who is passionate about educating children. Your counseling team is committed to your child's social, emotional, and personal well-being.

The Personal Cove: Golden Nuggets!

For Students...
No matter how you feel, get UP dress UP, & **never** give UP!
For Parents...
Children are not a distraction from more important work. They ARE the MOST important work.



gratitude
CHALLENGE
Identify 3 things or people that you are thankful for, and share with a family member or a friend!

The Academic Cove: Points to Remember

Attendance: Parents, remember that DAILY attendance will be taken. When your student is home, he/she must check in with his/her teacher one of three ways: Microsoft Teams and submitting daily assignments, submitting daily assignments to Remind, or a daily phone call to check in with your student's teachers. **Safe sites:** Safe sites are available by appointment only for students who are experiencing technical difficulties that hinder them from completing assignments in Teams or i-Ready minutes. **School work space:** Create a school work space that is quiet, free of clutter, away from noise, and create a schedule to follow which ensures all assignments are completed in a timely manner.

Did you know that confidence is like a muscle?

It is important to build up mental strength; you need to exercise and train your brain everyday to help it grow and feel better. This also helps to increase positive thinking and build our self-esteem. This is called having a growth mindset.

Tips to Boost Your CONFIDENCE

Picture your success when you are beginning a difficult task.

Believe in your ability to improve and develop a growth mindset. (your beliefs influence how you react to setbacks and challenges)

Practice Failure
Those that fail regularly and keep trying are better equipped to respond to challenges and setbacks in a constructive way. Try different strategies. Ask others for tips. DON'T GIVE UP!

Important dates

October 9th

Virtual Parent/Teacher Conference