**School Counseling Office**

**Collins-Riverside Intermediate School**

**Second 9 Weeks Newsletter**

***About My School Counselor…***

**Marlana L. Mason**

Masters of School Counseling, UWA

Bachelors of Secondary Education (Mathematics),UA

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The school counseling program helps every student become academically prepared and demonstrate respect, responsibility, and resilience by delivering activities that promote positive academic, career, and social/emotional development. Growing Together, Riverside Way, All Day!

***Highlights from the First 9 Weeks…***

Students learned 3 ways to report bullying/harassment, characteristics of healthy relationships, and how to peacefully resolve conflict. Students also learned 3 coping skills to help them stay in control of their emotions.

**THANK YOU** to our Adopt-A-School partners: **Healing the World with the Word Ministries**, **Keller-Williams**, and **Regions** for taking care of Riverside students and staff. We appreciate the open house door prizes, student of the month prizes, teacher of the month prizes, school supplies, and Patti’s Pantry!

***How Students See the Counselor…***

* Self-referral via Schoology, e-mail, or in-person with teacher permission
* Parent/Guardian request
* Faculty/Staff referral

**Parents**, please feel free to contact me by e-mail, phone, or appointment. I am here to work with the students, parents, and faculty/staff of Collins-Riverside Intermediate School.

***Parent Resource:*** United Way…Get connected. Get answers. Dialing 2-1-1 connects you with an information and referral specialist that will help you find the services you need. Dial 2-1-1 or 888-421-1266 (or text 888-421-1266). Visit 211connectsalabama.org to chat with a specialist.

**Please Turn Over…**

***Upcoming Counseling Events…***

* **October: Health & Safety** Focus: Healthy Choices and Self-Care
  + *Core Essential Value is Integrity*
* **November: Planning for Your Future** Focus: Goal Setting and Communication
  + *Core Essential Value is Gratitude*
* **December: Service Projects** Focus: Holiday Assistance
  + *Core Essential Value is Generosity*

***Important Information…***

* Report Cards – Oct. 13
* Progress Reports – Nov. 9
* Continue to monitor your child’s grades and attendance on PowerSchool. E-mail Mrs. Mason at mlmason@tcss.net if you need assistance.
* 5th Grade Fieldtrip to Northport Career Annex – Oct. 30
* Students have the opportunity to participate in Small Groups during October, November, and December.
* The small groups offered are a direct result of the student and parent needs assessments from September.
* Small Groups offered: Social Skills, Managing Emotions - Anger Management, Stress/Anxiety Management – Build Resilience, Self-Esteem, and Mindfulness.
* In order for students to participate, they will have to return a permission slip signed by their parent or guardian.
* Any students that did not participate this semester will have an opportunity to participate next semester.

