**School Counseling Office**

**Collins-Riverside Intermediate School**

**Third 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 Second 9 Weeks…***

Students participated in small groups focused on Anger Management, Mindfulness, Self-Esteem, Social Skills, and Stress Management. Classroom lessons provided information on healthy choices, self-care, goal setting, and communication. Students also learned several 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 our community with both Thanksgiving and Christmas assistance. Also, thank you to every individual that sponsored a CRIS Student for Christmas.

***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…***

* **January: The Great Kindness Challenge** Focus: Healthy Friendships and Kindness
  + *Core Essential Value is Responsibility*
* **February: Career Exploration** Focus: Career Interest and Course Selection
  + *Core Essential Value is Kindness*
* **March: Academic Preparation** Focus: Study Skills
  + *Core Essential Value is Peace*

***Important Information…***

* Report Cards – Jan. 5
* Progress Reports – Feb. 9
* Continue to monitor your child’s grades and attendance on PowerSchool. E-mail Mrs. Mason at mlmason@tcss.net if you need assistance.

