Once upon a time,

School Counselor Newsletter

Welcome back! Let’s make it a great year! 😊

Another school year is upon us! As with any new year, many changes infiltrate our routines, and this year is no different. To help ensure your child finds success this year, here are some tips and information to consider:

Communicate with your child’s teacher(s)—ask your questions, clarify the homework, attend the parent-teacher conference, inform teachers of changes at home that might impact your child’s day. Teachers are better able to meet your child’s needs if they are able to openly and honestly communicate with you.

Communicate with your child—remember to include your child in conversations about his/her school day, his/her homework, or his/her friendships. He/she may have important insight to share with you! Let his/her voice be heard.

Utilize the student agenda—every student has been given an agenda book that includes weekly and monthly calendars where they can write assignments, quiz & test dates, as well as details for upcoming projects. The agenda also houses important information pertinent to Lange Middle School. On page 2 is the yearly CPS calendar which is especially useful in pointing out A and B days. Pages 10-12 offer note-taking help and pages 13 and 14 are the pages where teachers document current grades. Every Thursday teachers write grades in student agendas to make students and families aware of progress or need for extra support. These are just a few of the important pages within the student agenda.

Respect the school’s decisions about protocols—as unnecessary as some rules may seem, it is important to understand they exist for a reason. If you aren’t sure why we do something a certain way, ask! All protocols are a work in progress to meet the safety needs of you, your child, and all school staff. Safety first!

“It's okay to let the kids fail... in fact, it's one of the best gifts you can give them.”

-Oscar Wilde
Keep an open mind to new ways of teaching or handling behaviors—education is not static, it is ever-changing. Thus, your child’s teacher or support staff may be trying a new technique to help students succeed. Please don’t speak unkindly of any adults or students at school with or in front of your child. If you don’t respect school or the people there, your child won’t either.

Let your child fail—children need to experience failure in order to succeed. Letting children feel sad, frustrated, or nervous sometimes is so important; they will learn that they can overcome such feelings and that they can trust themselves. Protecting children too much can lead to helplessness and powerlessness, leaving our children lacking the emotional resources needed to cope with inevitable setback and failure. Childhood is the prime time for mistakes; let it happen and support your child along the way. (Lahey, J., Jan, 2013; TheAtlantic.com)

New faces—We have some new faces in the counseling office this year. Carlie Johnson is our new registrar and has been meeting new families and enrolling students. Lindsey Zepp comes to us from Two Mile Prairie Elementary School as our part time school counselor. She will be with us every Thursday and Friday and every other Wednesday. Please join us in welcoming them to the Lange family! 😊

“Experience is simply the name we give our mistakes.”

-Oscar Wilde