The primary role of a school counselor is to support student success. We do this through classroom counseling lessons (like Advisory lessons), individual student planning (as in enrolling for classes), responsive services (like peer mediation), and system support (as in responding to parent concerns). We support students and families in three domains: academic development, career development, and person/social development. Below is what has been going on recently at Lange Middle School.

**Academic Development**

On Friday, October 21, our second Interim Progress Reports (IPR’s) were sent home with students. These are sent home approximately every 6 weeks. They truly are just progress reports, or snapshots of the student’s grades at that time. They do not go into the student’s permanent record, but they are a good measure of how your student is doing academically. The report cards that come home January 6th and at the end of the school year are the only two grade reports that stay on the student’s permanent record.

7th graders took the ACT Aspire test in October. This test assesses student progress in the areas of English, Writing, Reading, Math, and Science. While the test is related to student coursework it does not affect their academic grade at Lange.

ACT Aspire test results will provide important information regarding how your child is progressing at his/her current grade level. Test scores will indicate which important skills, abilities, and knowledge your student has now, and which ones need to be learned for school success in the future. Results will help your child’s teacher understand where your child is succeeding, as well as where extra help or academic focus is needed. ACT Aspire will also provide specific suggestions for improving skills.

You can learn more about ACT Aspire at [http://www.discoveractaspire.org](http://www.discoveractaspire.org).

**Career Development**

Every day students are preparing for life after high school. Through our Tuesday PBIS lessons Lange students have been working on following directions and listening attentively, two skills that make job candidates highly desirable. In Advisory they have been learning about self-image and self-esteem, which are characteristics that build confidence, a skill that helps them in all aspects of school and careers, and one that is very noticeable in interviews.

In November students will be learning about tolerance, diversity, and how to hold respectful conversations about politics. Definitely timely and important topics!
**Personal/Social Development**

Red Ribbon Week was finished off the month of October for us, with lots to learn about the dangers of drugs and alcohol. In November students will be learning about tolerance, diversity, and suicide prevention during Advisory. The PBIS focus is respectful in the classroom to allow others to work undisturbed.

With Thanksgiving at the end of the month, November is a great month to focus as a family on **gratitude**. Putting a focus on gratitude can have the following effects:

- It can redirect our focus from negative to positive.
- It can provide us with true perspective.
- It can reduce anxiety.
- It allows us to let go of the need to control and offers us room for calmness and serenity.

Check out this link to learn more about the positive effects of gratitude:

http://www.scoopnest.com/out/?url=https://t.co/A6Adc2fSFw&id=765276887153254404

We, at Lange, look forward to another AMAZING year, working with this year’s students and families. If there is anything we can do for you, please do not hesitate to call (573-214-3250). Follow us on Twitter: @LangeCounselor.