School Counselor Newsletter

“Education is a gift that no one can take away.” - American proverb

The primary role of a school counselor is to support student success. We do this through classroom guidance 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, September 23rd, our first 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.

At LMS, students earn three grades per class, each with a letter grade, with A being the highest and F being the lowest. The academic grade normally consists of assessments: projects, presentations, exams, and quizzes. It tells the student how well he/she is grasping the class objectives. The effort grade generally consists of practice work, where students are often allowed to use materials. This might include homework, classwork, and participation points. Finally, the conduct grade tells the student how well he/she is meeting the behavioral expectations of the class. All classroom expectations at LMS fall under the categories of safe, respectful, and responsible. The schoolwide expectations, which are called the Leopard Code, are posted in all classrooms, and are on page 9 of each student’s planner.

**Career Development**
One of the three national standards for career development is: Students will understand the relationship between personal qualities, education, training and the world of work. Every day at LMS students are working toward this standard, through Advisory lessons, PBIS (Positive Behavior Interventions & Support) lessons, the Leopard Code, classroom, and schoolwide expectations. If you have not already reviewed the Leopard Code with your student, turn to page 9 of his/her planner and read through the expectations. As the old saying goes, “Practice makes perfect.” Having students practice those same expectations at home may benefit school, the family and even the community.

**Personal/Social Development**
We tend to think of school as being all about the academics, but there is so much more! Middle school, especially, is a time of great personal/social development. Students are becoming more independent from their families while also becoming much more social with their peers. They may not want to focus on academics or think about future career plans, but they sure do want to hang out with their friends! This is normal!
To help students navigate through this sometimes difficult personal/social development, we offer several groups for students to learn skills and strategies to find success. These are the groups that are currently being offered at LMS:

- Impulse Control (Stop & Think)
- Managing Stress and Mindfulness
- Communication and Problem Solving
- Support, Resources, and Embracing Change
- Building Champions Boys Group
- Starbound Girls Group.

Groups will be offered either from 7:15-7:50 a.m., during RTI, or during lunch, once per week and participating students and guardians will be notified before groups begin. If you would like to refer a student, please fill out this short form: [https://goo.gl/forms/mDMzaQyLanuY24Ux1](https://goo.gl/forms/mDMzaQyLanuY24Ux1) or contact Mrs. Carey Hughes cahughes@cpsk12.org.

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.

“Education is the most powerful weapon which you can use to CHANGE THE WORLD.”

-Nelson Mandela