Fuquay-Varina Middle School Counseling Newsletter

1205



What's New in the School Counseling Office?

February 2, 2015

There are many new things happening in the school counseling office in 2015! In addition to the start of the new year, the school counseling office is launching a new website, a newsletter, and adding two full-time school counseling interns to the team! Visit the FVMS school counseling website at www.fvmschoolcounsel

ing.weebly.com to learn more about the school counseling department here at FVMS.

The school counseling office plans to release one newsletter per month for the 3rd and 4th quarters. The newsletter will feature a school counselor of the month, counselor of the month of the mon

seling highlights from each grade level, and upcoming school counseling events. A copy of the newsletter will be available on the website. Read the article below titled "1205" for an explanation of the newsletter title.

Ms. Bonawitz and Mrs. Sanders, the school counseling interns from NC State, are now here at FVMS 5 days a week! Stop by their office to say hello or to get help with an academic, career, or personal/social concern.



2014-2015 School Counseling Team

Have you been to the counseling office lately? If so, you may already know what 1205 means. 1205 is the office number for the school counseling office; it is also the title of this newsletter. "The title 1205 for the school coun-

1205?

seling newsletter is short, catchy, and serves a point. We want students, teachers, parents, administrators, and other education stakeholders to remember the title of the newsletter, and we want all of them to visit our

offices!" says Mrs. Sanders. So, the next time you are in the main office building, stop by 1205!

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School Counselor of the Month: Ms. Bonawitz

1205: How long have you been a school counselor?

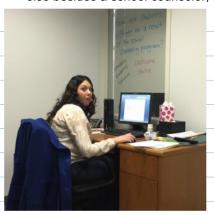
Ms. B: I have been a school counseling intern for one semester.

1205: Why did you decide to become a school counselor?

Ms. B: I became a school counselor because I want to assist students in becoming the best possible version of themselves even when obstacles and challenges are in their way. I love to listen and help students find strategies to achieve their goals. I picked middle school counseling because I went through a lot of bullying, negative self-talk, self-esteem, and behavior problems during middle school, so I feel that I understand where the stu-

dents are coming from and better able to work together to find a solution.

1205: If you could be anything else besides a school counselor,



Ms. Bonawitz likes to have fun while working!

what would it be?

Ms. B: I would be a criminal profiler like on *Criminal Minds*.

1205: What's the best part about being a school counselor?

Ms. B: The best part about being a school counselor is the relationships that I am able to build with students and getting to watch their growth.

1205: What's your favorite song?

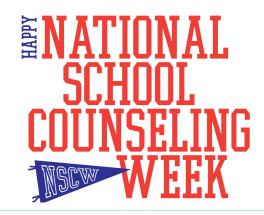
Ms. B: "Waves" by Mr. Probz and anything by Maroon 5, The Script, or Andy Grammer.

National School Counseling Week: Feb. 2– Feb. 6

This week is National School Counseling Week! School counselors will be in all lunch periods this week and next week playing counseling games with students. The games are I Have More than Uno Emotion, Pyramids of

Teams-za, Don't Let Your Emotions Get You Into Trouble., Goal-Setting Mancala and Getting to Know You Jenga. School counselors have taken popular games and added school counseling ele-

ments such as rapport building, exploring and expressing feelings, goal-setting, teamwork, and collaboration. Students will have the opportunities to interact with school counselors, learn more about the school counselor's role, and have fun at the same time!



6th Grade

WOW! The first semester is over and the second semester has already started. If I were to ask many of our students about the beginning of their middle school experience, I suspect they would comment on the various challenges they have encountered as a sixth

grader. It is up to the adults to provide words of encouragement to help the students get ahead of their studies, stay focused and balance out the academics and social aspects of responsibility and independence.

During the first quarter, a lesson on "Success with Attitude" was presented to all sixth graders. ATTITUDE... This is one of the words that can change a lot in a person's life when applied in all aspects of life. It's possible that you may have heard this phrase in your lifetime, and you think, "Yes, I've

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6th Grade Continued

heard that before." You may think the world doesn't care what you are going through; however, all things are determined by the attitude you display while others are watching. A positive attitude puts things into perspective. There are a lot of challenges that students face, and it is the right attitude that can help them face all hardships. Let's continue demonstrating positive attitudes!



7th Grade

In January, the 7th Grade school counselors began their large group guidance lesson titled

Discovering
Future Careers.
All 7th graders
met with Mrs.
Sanders and
Ms. Bonawitz in
the computer
lab or in their
classrooms.
Each student

"What is the connection between being successful in middle school and achieving my career goals?

took a brief, informal career test and explored careers related to his or her interests and abilities. Mrs. Sanders and Ms. Bonawitz will use the information and data gathered from the lesson to form Career Café, small groups of students with similar future career interests who will meet in the cafeteria during lunch to

explore the careers in-depth. Students will also gain information on colleges that offer their chosen career major and high school courses to take to prepare for college.

The main focus of Career Café will be making the connection between middle school and a future career. Mrs. Sanders and Ms. Bonawitz will work with stu-

dents to set goals and create actions plans that will take effect now. By the end of Career Café, students will be able to answer the question: What is the connection between being successful in middle school and achieving my career goals?



Students in Mr. Viens' social studies class learning about careers.

8th Grade

Class of 2019! To help move toward high school, rising 9th grade registration will be here very soon. The registration process is very different from 6th, 7th, and 8th grades. Students will be provided registration packets that will include teacher recommendations for core subjects, 9th grade course selections, graduation requirements, and general information regarding high school and entering courses. We will distribute registration packets on the following dates:

March 2nd– Selig's classroom March 3rd– Lanner's classroom

Students are required to enter

their course selections in the computer lab on the dates listed below. Students will bring their completed course selection forms with them to school on their assigned day to help them enter courses. This is a fairly quick process as long as students and parents take the time to carefully select courses. Please note that Fuquay -Varina High School will not allow students to change electives, so please make your selections carefully.

On March 9, Mrs. Ricci's 6th and 7th period classes will go to the computer lab. On March 10, Mrs. VanVield's classes will go the computer lab. On March 12, Mr. Bolender's classes will go to the computer lab. If you are considering other schools, please make sure you are aware of the various deadlines for applications and open house dates.

To help you make the transition to high school, the school counseling department will host a Family Night on February 12 from 6:30pm-7:30pm. We will talk about the registration process and provide you with valuable information that you can take with you to the various high school curriculum fairs. The FVHS curriculum fair is February 19 from 6:00p-8:30p.



Fuquay-Varina Middle School Counseling

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www.fvmschoolco unseling.weebly.c The **mission** of the Fuquay-Varina Middle School counseling program is to establish a comprehensive counseling program by providing a challenging and engaging curriculum addressing the academic, career and personal/social development of all students. The program specifically focuses on the diversity of our school population. At FVMS, we believe all students can learn. Through partnerships with our stakeholders, our students are well-prepared as 21st century learners providing opportunities to achieve excellence in all aspects of life.

Upcoming Events

Feb. 2– Feb. 6: National School Counseling

Week

Feb. 12– 8th grade Family Night 6:30p-

7:30p

- Feb. 19- FVHS Curriculum Fair 6:00p-8:30p
 - 6th, 7th, and 8th Grade Registration
- Discovering Future Careers Large Group Guidance Lessons

The best inheritance a parent can give his children is a few minutes of his time each day."

Orlando A. Battista

Did you know....?

- Wearing headphones for just an hour could increase the bacteria in your ear by 700 times.
- Rubber bands last longer when refrigerated.
- "Dreamt" is the only English word that ends in the letters "mt".

http://kids.niehs.nih.gov/games/jokes/trivia.htm

