It's that time of year again! Students and their families are getting back into their school day routines, buying school supplies, and enjoying the last days of freedom. As summer is coming to a close, students may be feeling an array of emotions with the thought of transitioning environments, but this newsletter guides your student by providing expectations and resources for the upcoming school year. We are so excited to welcome the Chargers back to campus! Be on the lookout for future POMS Counseling Corner Newsletters for additional counseling support and information.

Upcoming Events
- Aug 18: Coach Frazier's Campus Memorial
- Aug 22: Charger Camp
- Aug 28: First Day of School
- Sept 4: No School - Labor Day
- Sept 5-8: Say Something Week
- Sept 19: Open House
- Sept 25: No School
- Sept 29: C1 Ends

It's okay to be nervous
For new or returning students, the beginning of the school year can be scary and exciting at the same time. Parents and students can work together to discuss these emotions and best support the students by listening and finding solutions to make them feel safe in this situation. This can include journaling, feeling checks, and practicing gratitude.

Set a Routine
It's imperative that students and their families begin getting into a routine a week prior to the first day of school. This limits the anxiety that can come with adjusting to a new environment. Routines also influence healthy self-care habits, such as ample hours of sleep and practicing responsibility.

Set S.M.A.R.T. Goals
Setting Specific, Measurable, Achievable, Relevant, and Timely (S.M.A.R.T.) goals helps students stay on track to reach realistic and attainable goals. Planning and organizing one's goals at the beginning of year helps students ease into a successful year.

The Golden Rule
Middle school is an optimal time where students' peer resolution skills are obtained and tested. It is important for families to discuss that there may be instances where individuals may not seem to see eye to eye, but that there is an appropriate way to handle the situation. Please be aware that these differences do not always indicate instances of harassment or bullying, and that there are resources, such as the counseling team, to help work through these differences. Remember to be KIND!
Greetings! I can't wait to meet all the Chargers! I am available to support you by providing a safe space and healthy relationship to help you be your best. Click my photo to access my counseling app for additional resources.

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Celebrating Cultures
As POMS is a Foreign Language Magnet campus in one of the most diverse cities in the world, we would love to highlight the cultural backgrounds that make us unique!

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