**The Benefits of School Counseling**
Counselors can help parents connect with appropriate school staff or access needed resources. They can help mediate disputes between families, teachers, or other school staff. The Counselors can also provide support and information to parents advocating for their child's academic or personal needs.

*I'm here to help! If you feel that your child may need or benefit from additional support. Please contact Mrs. Marshall using the contact info below or contact your child’s teacher for a referral.*

**Monthly Guidance Topic: Career Awareness**
The College and Career Awareness course is designed to help students identify their interests, abilities, and skills. College and Career Awareness offers exploration and preparation in college and career pathways focusing on jobs that are high skill and high demand, as well as satisfying and financially rewarding.

**Monthly Celebrations**
Thanksgiving is an annual national holiday in the United States and Canada celebrating the harvest and other blessings of the past year.

**Essay Topic:** Write a letter to a family member and share what you are thankful for...

**Social Emotional Learning Topic: Coping Skills**
During this pandemic, being a student can be very stressful and overwhelming. Especially now, because some of you are forced to attend school virtually. Learning coping skills can help you deal with stressful situations. These skills may help a person face a situation, take action, and be flexible and persistent in solving problems. You will find strategies on the chart to the right to help alleviate some of your stressful situations.

(Coping Strategies)

**Updates**

**Event: Nov. 4 - 18, 2020**
**Can Food Drive**
Students are asked to donate non-perishable food items.

**Event: Nov. 4 - 17, 2020**
**Essay Contest:**
Write a letter to a family member and share what you are thankful for.
Students are asked to participate in a narrative essay writing contest. Submit all entries by Nov. 17, 2020 to Mrs. Marshall.

**Event: Nov. 23 - 27, 2020**
**Thanksgiving Break**

*Additional Community Resources Can Be Found In “Ms. G’s Wrap it Up” Newsletter*

*Go confidently in the direction of your dreams. Live the life you imagined.* -Henry David Thoreau