
Counselor Newsletter

NAVARRO MS

October 2024 ✦



Stephanie Pickney school counselor



School Counselor and CIS (Communities' in Schools)

Counselors are essential educators and mental health professionals in the school system. We are growing graduates by teaching educational, career, personal, and social development at all ages!

My goal is for each Leopard to receive one individual meeting with their counselor, one in the Fall and another in the Spring. In these meetings, students will explore their goals and aspirations, and discuss the options for their personal path.

CIS are also essential in the school system. They support the school counselor school wide such as: family and community engagement, wraparound services, guidance and counseling, conflict resolution, and mentor student support.

Students/parents/staff may fill out a SAF (Student Assistance Form) to reach the counselor/cis /or wraparound services.



We are looking for :

Volunteers, guardians, or family members that are willing to participate in family engagement opportunities' including a PTO.

TechnoloCHICAS program-20 girls for STEM program-free



Event News

Join us for our upcoming Food Market.

- Date: Tuesday 8th & 22nd
- Time: 4:30-7
- Location: Navarro MS
- All are welcome

In honor of Hispanic Heritage Month (Sept 20-Oct 15) students may wear:

Sept 27-Soccer jersey/ Heritage attire
October 11-Western or Astros

ALL students have signed the
NO PLACE FOR HATE PLEDGE!

Staff Profile Highlights



Please join me in congratulating Mrs. Jimenes for being named the Excellence in Teaching Award recipient!

🎉 Thank you, Mrs. Jimenes, for your outstanding efforts in effectively internalizing your lessons in both math and science, following our culture playbook, and pushing your students out to LSAE on time.

Your dedication to conducting effective reteach sessions, maintaining excellent classroom management, and showing respect for your students has truly made a significant impact. We are incredibly proud of your accomplishments and grateful for your contributions to our school. Congratulations once again!



Upcoming

- DYAD 7th & 8th field trip, information coming soon.
- Oct 2 -Stop Bullying Day- Wear Blue
- Oct 18 Cancer Awareness- Wear Pink
- Oct 21-25 Character Counts Week
- October 28-Nov 1- Red Ribbon week



Guidance Lessons for October- Responsibility

Students demonstrate the trait of responsibility by taking ownership of their lives and acknowledging their power to choose what they think (including their attitudes and mindsets), say and do, and their accountability for the consequences of their choices.

Key Beliefs:

I will be a better student if I act on the following beliefs:

- It is an obligation that I do my best work and be my best self.
- By my choices, I determine what kind of person I am and how others will view me.
- I am responsible for my actions and their consequences.
- It's up to me to have a positive attitude, which is more likely to have positive results.
- I should do what I have to do without whining or giving excuses.

Lesson: Filling the Jar

<https://charactercounts.org/c4/>

SAF Form

(Student Assistance Form)

Use the QR code to request services or to see a counselor.





HISD WRAPAROUND SERVICES

Supporting Students. Uplifting Communities.



Wraparound Services is here to connect resources to students and families!

¡Servicios Integrados conecta a nuestros estudiantes y familias con recursos!

FOOD



ALIMENTOS

CLOTHING



VESTIMENTA

HEALTH & WELLBEING



SALUD Y BIENESTAR

OTHER RESOURCES



OTROS RECURSOS

Submit a Student Assistance Form (SAF) to let us know about a need! Scan the QR code or go to the link below.



¡Cuéntenos qué necesita enviando el Formulario de Asistencia Estudiantil (SAF)! Utilice el código QR o el enlace a continuación.

www.HoustonisdSAF.com

 www.Houstonisd.org/Wraparound

 713-924-1670

 elizabeth.garza@houstonisd.org

 Navarro_WRS

**BE AWARE OF CHILDS
ACCOUNT**

SOCIAL MEDIA CAN HAVE MANY NEGATIVE EFFECTS ON MIDDLE SCHOOLERS, INCLUDING:

MENTAL HEALTH

EXCESSIVE SOCIAL MEDIA USE CAN LEAD TO DEPRESSION, ANXIETY, LOW SELF-ESTEEM, AND POOR BODY IMAGE. IT CAN ALSO CAUSE FEELINGS OF EXCLUSION.

SLEEP

SOCIAL MEDIA CAN DISRUPT SLEEP, WHICH IS IMPORTANT FOR HEALTHY DEVELOPMENT.

DISTRACTION

SOCIAL MEDIA CAN DISTRACT FROM HOMEWORK, EXERCISE, AND FAMILY ACTIVITIES.

UNREALISTIC VIEWS

SOCIAL MEDIA CAN LEAD TEENS TO FORM UNREALISTIC VIEWS ABOUT OTHER PEOPLE'S LIVES OR BODIES.

ONLINE PREDATORS

SOCIAL MEDIA CAN EXPOSE TEENS TO ONLINE PREDATORS WHO MIGHT TRY TO EXPLOIT OR EXTORT THEM.

CYBERBULLYING

SOCIAL MEDIA CAN EXPOSE TEENS TO CYBERBULLYING, WHICH CAN RAISE THE RISK OF MENTAL HEALTH CONDITIONS SUCH AS ANXIETY AND DEPRESSION.

IDENTITY

SOCIAL MEDIA CAN MAKE IT DIFFICULT FOR TEENS TO FEEL GOOD ABOUT THEMSELVES BECAUSE THEY HAVE MULTIPLE IDENTITIES AND SPEND TIME PRETENDING TO BE SOMEONE THEY AREN'T.

BRAIN DEVELOPMENT

SOCIAL MEDIA CAN CHANGE THE BRAIN OF PRETEENS. RESEARCH SHOWS THAT HABITUAL SOCIAL MEDIA USERS RESPOND MORE INTENSELY TO PERCEIVED GOOD OR BAD EMOTIONS FROM PEERS.

EXTRACURRICULAR


BakerRipley

ESCANEA
AQUÍ

SCAN HERE



Are you interested in learning more about technology and your future in a STEM career?

¿Estás interesado en aprender más sobre tecnología y tu futuro en una carrera STEM?

Technolochicas

**THURSDAYS AFTERSCHOOL
STARTING OCTOBER 10 AT
NAVARRO MS**

Technolochicas es un programa STEM para niñas de secundaria que enseña:

Technolochicas is a STEM program for middle school girls that teaches:

- how to create an app
- how to create a website
- how AI works
- how to use robotics

The program is free and snacks will be provided.

El programa es gratuito y se proporcionarán refrigerios.

¡No se necesitan conocimientos o experiencia previa en STEM!

No prior STEM knowledge or experience is

.LEARN.BELONG.BE WELL. 

Thank you for reading!



**STEPHANIE PICKNEY
SCHOOL COUNSELOR**

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