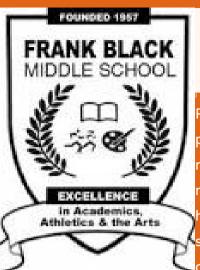
## october school counseling newsletter



# character trait - responsibity: : and ownership

Responsibility and ownership are like superpowers that every middle schooler possesses! It means taking ownership of your actions and choices. When you're responsible, you show that you can be trusted, and you're on your way to becoming a reliable and dependable individual. Whether it's completing homework on time, helping out at home, or being a good friend, responsibility is the secret ingredient for success. So, let's all remember to harness our superpower of responsibility and watch ourselves soar to new heights!

#### A Note From Ms. Kristal, Ms. Warren, and Ms. Matias

October is here! We made it through 5 weeks of school! Keep working hard and dreaming big! If you would like to contact one of us the information is below. We are here to help!

Ms. Kristal
Last Names A-I
kdick@houstonisd.org

Ms. Warren Last Names M-Z awarren4@houstonisd.org

Ms. Matias
Vanguard and Emergent Bilingual
marvella.matiassegovia@houstonisd.org



scan this QR Code to fill out a SAF!

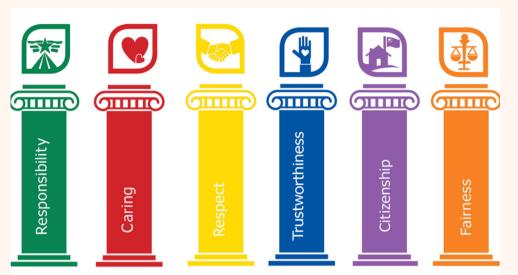


### UPCOMING EVENTS

- -DIGITAL SUICIDE AWARENESS POSTERS 10/3-10/6
- -HOCO FOOTBALL GAME 10/4 5 PM @ DELMAR
- -PSAT TESTING FOR 8TH GRADERS 10/11
- -CHARACTER COUNTS WEEK 10/16-10/20
- -RED RIBBON WEEK 10/23-10/27.

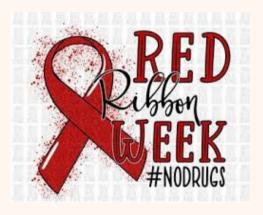
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The 6 Pillars of Character



Character Counts
Week is October
16th-20th

https://charactercounts.org/six-pillars-of-character/



RED RIBBON WEEK IS OCTOBER 23RD-27TH INFORMATION COMING SOON!

WWW.REDRIBBON.ORG

#### How to Help Your Child Deal with Conflict

As a parent, we all face the challenging reality of our middle schoolers dealing with conflicts at school. It's only natural to want to shield our children from the pain and frustration that comes with it. However, the silver lining in this situation is that kids who possess the skills to navigate and handle conflicts tend to lead happier lives, develop healthier friendships, and excel academically.

You, as parents, hold the power to empower your children in managing conflict. By fostering a safe and nurturing environment at home, you can provide them with the tools they need to express themselves openly and honestly. It is key to create an atmosphere where they feel safe from negative or emotional reactions. Additionally, assisting them in managing their emotions and collaboratively problem-solving ways to address conflicts will set them on a path to success. For valuable insights and practical strategies on helping your children effectively deal with conflict, click here!

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