



SEPTEMBER SCHOOL COUNSELING NEWSLETTER

Character Trait- SCHOOL PRIDE



I - Integrity , R - Respect, O - Ownership, C-Community, K- Kindness



WORDS FROM YOUR COUNSELORS

Panthers, congrats on thriving on your first two weeks at Black MS. We continue to enjoy getting to know each and every single one of you. In collaboration with your teachers, please know that we are here to support you as you develop excellence in Academics, Athletics, and the Arts! If needed, make an appointment with your counselor by scanning the QR code in Page 2.

SCHOOL PRIDE

Our character trait for September is **School Pride**. It is important to create a positive school environment for students and staff members. In addition, school pride allows for our campus to celebrate and enjoy various activities like Pep-Rallies, dances, and more! GOOO PANTHERS!

ACADEMICS

TIPS FOR A SUCCESSFUL YEAR

- ✓ Learn your class schedule
- ✓ Use a paper/digital planner
- ✓ Attend tutorials when available
- ✓ Set time at home to study and complete homework
- ✓ Ask for help when needed

SELF- CARE REMINDERS

- Drink your water
- Eat healthy food
- Read a book
- Talk positively to yourself
- Get enough sleep



SUICIDE AWARENESS MONTH

“September marks National Suicide Prevention Month – a month to remember the lives lost to suicide, the millions of people who have struggled with suicidal ideation, and acknowledge the individuals, families, and communities that have been impacted. It is also a time to raise awareness about suicide prevention and share messages of hope (*Suicide Prevention Month. SAMHSA. (n.d.). <https://www.samhsa.gov/newsroom/suicide-prevention-month>)”*

SEPTEMBER
**SUICIDE
PREVENTION**
AWARENESS MONTH



Help for Someone You Know

If you believe someone may be in danger of suicide:

- Call 911, if danger for self-harm seems imminent.
- Call or text 988 to reach the 988 Suicide & Crisis Lifeline to talk to a professional.
- Stay with the person
- Remove any objects that could be used in a suicide attempt.

CONTACT YOUR COUNSELOR

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UPCOMING EVENTS

- 9/12/23 – 6th Grade Open House @ 5:30PM
- 9/13/23 – 7th/8th Grade Open House @ 6:00PM
- 9/22/23 – Progress Reports
- 9/25/23 – NO SCHOOL Fall Holiday
- 9/29/23 – HOCO Dance 6th Grade @ 4:30PM/ 7th Grade @ 6:30PM
- 9/30/23 – HOCO Dance 8th Grade (TBD)

