Notes from the Counselors:

**Hello parents/guardians!**

We had a great month raising awareness in October by promoting National Bullying Prevention Month. Each Monday, students and staff sported blue shirts to stand against bullying. We also had a “Be Amazing” assembly that really engaged all the students and taught the valuable lessons of persevering through challenging times at school to achieve personal and academic goals.

The last week of October, we celebrated Red Ribbon Week, an alcohol, tobacco, and other drug prevention awareness campaign. We presented in 8th grade Language Arts classes and 7th grade social studies classes and provoked critical thinking in students as we discussed how drugs can negatively affect your goals and values and why “natural highs” are better than artificial highs.

~The Counselors

**Important Dates:**

- **November 11**: No School (Veteran’s Day Holiday)
- **November 13**: Genentech Field Trips (All school)
- **November 16-20**: Fall Spirit Week
- **November 18**: Anti-Bullying Night @ Alta Loma 5pm
- **November 20**: Turkey Trot Rally

**UPCOMING EVENTS**

Come join us for another **“Coffee with the Counselors” Chat!!!**

**When?** Friday **December 4**

**Where?** Staff Room (check in at Main office)

**What?** Coffee and conversation

**TOPIC:** We will be discussing social media, how to monitor your kids’ usage, what apps they are using, and address any questions you have about Social Media.

Westborough will be opening a “Girls on the Run” chapter this Spring (February 29). We’re looking for girls who want to join a transformational learning program and train for a 5k in Golden Gate Park! Please contact Ms. Gonzalez or Ms. Phelps for more info ☺️
SAVE THE DATE!

Anti-Bullying Night
Wednesday, November 18
5 - 7pm
@ Alta Loma Middle School

Join us with all 3 Middle Schools to hear stories from the students about their experiences with bullying. Everyone is welcome.

Counselor Tool Box

Encourage Great School Attendance!

More learning, a brighter future, less behavior issues, and extra funding for schools...these are just a few benefits of increased student attendance.

DID YOU KNOW?
• Students should miss no more than nine days of school each year to stay engaged, successful and on track to graduation.
• Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
• By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
• By 9th grade, regular attendance is a better predictor of graduation rates than 8th grade test scores.
• Missing 10%, or about 18 days, of the school year can drastically affect a student’s academic success.
• Students can be chronically absent even if they only miss a day or two every few weeks.
• Attendance is an important life skill that will help your child graduate from college and keep a job.

WHAT CAN YOU DO?
• Don’t let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.
• Help your child maintain daily routines, such as finishing homework and getting a good night’s sleep.
• Talk to teachers if you notice sudden changes in your child’s behavior. These could be tied to something going on at school.
• Talk about the importance of showing up to school every day and make that the expectation.

University of San Francisco (USF)
Location: San Francisco, CA (urban campus)
Founded: 1855
School Colors: Green & Gold
Mascot: The Don, a Spanish Nobleman
Sports: 7 men’s/8 women’s NCAA Div. I
Campus Size: 6,845 undergrads
Popular Majors: Business, Management, Marketing, Nursing, and Psychology
Motto: “Change the World From Here”
Staff Alum: Ms. Gonzalez & Ms. Phelps

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, LOVE of what you are doing. - Pele