Notes from the Counselors:

Hello parents/guardians!

We can't believe it's already October! We are officially back in the swing of things at Westborough. The 6th graders are comfortable using their lockers, clubs have started meeting regularly, Homework Center is open for business, and school events have been actively attended by all.

It was great to see new and familiar faces at Back to School Night and we enjoyed meeting all the parents that took the time to introduce themselves to us. We also want to thank all of the parents that attended our "Coffee with the Counselor" Chat, and we look forward to another morning talk in November.

By now, we hope all students and parents are able to log onto School Loop to keep track of grades. If your student is still unsure of how to log on, please tell them to come see us in the Main Office ASAP.

We are off to a great start and excited to continue working with such a fantastic group of students/families for the 2015-16 school year!

~The Counselors

UPCOMING EVENTS

October is: NATIONAL BULLYING PREVENTION MONTH!

During the month of October, our school will shed light onto the major issue students face across the world... bullying.

It is important that we raise awareness on this growing problem and teach our students the dangerous impact of bullying.

We will be celebrating the "World Day of Bullying Prevention" by wearing BLUE shirts on Monday, October 5 to symbolize a stand against bullying.

Ms. Gonzalez is in charge of an anti-bullying club, "Bully Busters", which meets every Monday at lunch. Encourage your child to participate or keep an eye out for these courageous students.

Applying to Private High Schools?

The counselors will hold an informational session for students on Thursday, Oct 8 (during lunch) for those interested in applying to private high schools. We will discuss information about the different high schools in the area, the application process, and what steps to take next. Please follow up with your child after this meeting for more information.

Important Dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>October 12</td>
<td>No School (Columbus Day Holiday)</td>
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<tr>
<td>October 13</td>
<td>Anti-Bullying Assembly</td>
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<tr>
<td>October 20 &amp; 22</td>
<td>Parent Conferences 1:30-6:30pm</td>
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<td>October 28</td>
<td>1st Quarter Honor Roll Assembly</td>
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<td>October 30</td>
<td>Halloween Carnival</td>
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SAVE THE DATE!
Parent/Teacher Conferences
Tuesday, October 20 & Thursday, October 22
1:30-6:30pm
@ Westborough Middle School
Meet with your child’s teachers, Principal/Assistant Principal, & Counselors to discuss your child’s academic progress so far.

Counselor Tool Box

How to Attack those Zero's!

You log on to School Loop and you see that your student has numerous zeros in one or more of his/her classes! After you freak out, you ask yourself, what can my child do to make up those zeros? Here are some tips to help your child attack those zeros!

- **Sit down and make a plan!** Sit down with your child to go over what assignments need to be turned in. Locate all the papers, worksheets, workbooks, and make a “to be turned in” pile.

- **Make your child stay for Homework Center.** Let your child stay after school to work on the “to be turned in” pile away from the distractions of home. Encourage your child to work on at least 2 assignments during their time there.

- **Communicate with his/her teacher.** Email your student’s teacher(s) to ask about extra credit or make up work. Some teachers allow students to come in during lunch or before/after school to make up missing assignments. Follow up to see if your child has reached out for help.

- **Limit free time.** If your child usually plays video games for an hour, limit it to 30 minutes and use that extra time to make up work.

- **Monitor their work.** As much as we want our students to be independent learners, some kids in middle school still need a little hand-holding. Sit down with your child or supervise them as they complete their work. Check that it has been done correctly.

- **Reward them!** As your child’s zeros decrease, reward them with their favorite treat, a trip to the movies, or extra play time. Praise them for their hard work & tell them how proud you are for working hard.

“Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen. –Winston Churchill”

San Jose State University (SJSU)

**Location:** San José, CA (urban campus)

**Founded:** 1857 (Oldest public school in CA)

**School Colors:** Blue, Gold and Gray

**Mascot:** Spartans

**Sports:** 7 men’s/12 women’s NCAA Div. I

**Campus Size:** 26,664 undergrads (large)

**Popular Majors:** Business, Engineering, Health Professions, Communications, & Visual/Performing Arts

**Motto:** “Powering Silicon Valley”