Notes from the Counselors:

Welcome back!
We hope that everyone had a safe and healthy summer vacation! Welcome back to our returning Wildcats and to all the new additions to our "pack"! We hope this year will be full of new and exciting experiences.

Ms. Gonzalez & Ms. Phelps form the Counseling team here at Westborough and are available to provide assistance to students to help them succeed in academics, social situations, and to help them reach their goals for a successful future.

We are planning to present guidance lessons in classrooms throughout the year on various topics including: cyber safety, bullying, stress management, organization, coping with feelings, etc. If you, as a parent, have any suggestions or topics you feel are applicable to our school community, don’t hesitate to let us know. We appreciate your feedback.

We would also like to give a warm welcome to our new School Safety Advocate (SSA), Paul Fierro. He will be on campus every Monday, Wednesday, and Friday. Mr. Fierro will provide free individual counseling for at-risk youth with stressful home lives, difficult peer relationship, or more serious mental health issues. He will also be starting some group counseling. If you would like to sign up your child for these services, please contact Ms. Phelps or Ms. Gonzalez.

~The Counselors

UPCOMING EVENTS

Calling all Wildcat Parents!
Would you be willing to come to our school and share information about your occupation? We are beginning a Career Program at Westborough to introduce our students to a variety of work fields. We want our students to know how workers use the subjects they learn at school in their everyday jobs.

We are asking parents to donate an hour of their time to come talk to our students about their careers during lunch time. We would like a wide variety of careers represented. Please contact the counselors if you would like to participate and for more information.

We look forward to working with you!

Coffee with the Counselors!
Please join us for coffee before school on:
Friday, September 18, from 7:45-8:30am

We look forward to talking to you about our role at Westborough, any student concerns, and to brainstorm ideas about future “coffee talk” topics.
**Counselor’s Connection 2**

**SAVE THE DATE!**

**Back to School Night**

Wednesday, September 9th
7-9pm

@ Westborough Middle School

Meet your child’s teachers, Principal/Assistant Principal, Counselors, tour the school, ask questions and mingle with other parents in the school community.

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**Sonoma State University**

Location: Rohnert Park, CA

Founded: 1961

School Colors: Aggie Blue and Aggie Gold

Mascot: Seawolves

Sports: 5 men’s/9 women’s NCAA Div. II

Campus Size: 9,297 students (mid-size)

Popular Majors: Business, Psychology, Sociology, Liberal Studies & Communications

Motto: "Lux Mentis, Lux Orbis" (Light of the Mind, Light of the World)

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**“Let your dreams be bigger than your fears and your actions louder than your words.”**

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**Counselor Tool Box**

**Things You Can Do NOW to Get Ready for the 2015-2016 School Year!**

1. **Plan out and reset your daily schedule:** Start going to bed regularly, making sure to have 8-9 hours of sleep per night. If dinner times or other regular routines changed over the summer, reset those also. Post the school calendar in a prominent place to help everyone see what’s going on, including family plans and after school activities.

2. **Organize your workspace and supplies:** If your child doesn’t have a designated space to do homework, now is the time to set it up. De-clutter and organize an area that is quiet and free of distractions. Make sure your child has access to supplies and organization accessories.

3. **Get in the back to school mindset:** Review your past report cards and academic achievements. A quick review will boost your confidence and help you identify areas you want to improve on this school year.

4. **Set goals for this year:** Start the year off on a good foot. Follow these tips and you should be on track for a great year ahead. Before bed each night, take the time to prepare lunches/snacks, your outfit, and organize your backpack with everything you need.