School Counselor Connection

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Westborough Middle School

Notes from the Counselors:

We wanted to sincerely thank all of the students who actively participated in our many National School Counseling Week activities. One of our lunchtime activities allowed students to share their "Hopes and Dreams" for the future.

How to Prepare for Smarter Balanced Assessment Consortium (SBAC):

Starting after Spring Break, all Westborough students will be participating in annual State Testing. Here are some tips to get your student ready using your home computer.

Take a Practice Test!

1. Log on to this website: http://capt.tds.airast.org/student
2. Click the Sign In button (you do not need to log-in, everything stays as is).
3. Select a grade from the drop menu (highlighted blue) and click “YES”.
4. Select one of the tests.
5. Ignore the “Choose Settings” option. Skip down to bottom and press Select.
6. On “Is This Your Test?” skip to bottom and click on “Yes, Start My Test”.
7. Click on Sound Icon and if it works, select “YES” to begin.
8. Read “Test Instructions” carefully and click on “Begin Test Now”.
9. Navigation tools are on the top left of your browser.

We suggest having your child test a grade level below just to get familiar with the test and not feel overwhelmed.

Good luck!!!

*Smarter Balanced Testing will begin AFTER Spring Break on Thursday, April 9. More details to follow.

Important Dates

March 6  8th Grade Dinner Night (6-9pm)
March 9-13  SPIRIT WEEK
March 13  Sports Night & Rally
March 18  College Night @ Alta Loma 5:30-6:30)
March 28  Spring Break begins. Enjoy!
Please join us for:

Middle School College Information Night

We are teaming up with the Counseling staff from Alta Loma to have an informational night where we will discuss the path to college and how to get your child on this future path.

WEDNESDAY, MARCH 18th @ Alta Loma Middle School (Graham Hall) 5:30-6:30pm

Counselor Tool Box

How to Deal With STRESS:

It's not easy being a Middle School student. This is the time where your child is trying to find their true identity and navigate their social circles. These days are significantly more stressful for teens because of the unavoidable influence of social networking, cell phones, text messaging, etc. Here are some stress relief tips to help your child cope:

- **Make sure your teen is getting enough sleep** and going to bed at regular times each evening. Try to keep TV/X-boxes outside of the bedroom to facilitate a positive sleeping environment.

- **Regular exercise** acts as an outlet for built up stress. Encourage your child to join a sports team or take walks in your neighborhood.

- **Monitor your parental pressure.** Think about how you’re defining success in your family by the questions and comments you make about academic standards.

- **Eating right.** The right diet can boost your brain power and keep you from experiencing diet related mood swings. Pack your child a healthy lunch and model good eating habits at home.

- **Prepare your child to deal with mistakes.** Making mistakes and learning to figure out the next steps to fix a problem, make amends, or learn a lesson is an important life skill.

- **Be present.** Be there for your child and in tune to their stress levels. Ask questions. Help them make healthy choices.

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San Francisco State University

**Location:** San Francisco, CA  
**School Colors:** Purple and Gold  
**Mascot:** Golden Gators  
**Sports:** 5 men’s/6 women’s NCAA Div. II  
**Campus Size:** 26,059 undergrads  
**Popular Majors:** Business Administration, Biology, Kinesiology, & Engineering  
**Staff Alumni:** Mrs. Clark, Mr. Furr, Mr. Harris, Ms. Howard, Mrs. Low, Ms. Melkonian, Mr. Toy, & Mrs. Warda

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Quote of the month:
“**A good laugh and a long sleep are the two best cures for anything.”** - Anonymous