Notes from the Counselors:

Hello parent(s)/guardian(s)!

Welcome back! We hope that everyone had a restful summer! For returning Wildcats, it’s nice to see your smiling faces again as you move on to 7th and 8th grade. We’re excited to be back with you all this year as we continue our journey through middle school together. Welcome new students, we are looking forward to a new year full of exciting possibilities, starting with the introduction of our new counselor, Ms. Richards!

Meet Ms. Richards:
“Greetings Wildcats! I am excited to join the Westborough community and I am looking forward to advocating for our students success while supporting the staff and families here. I am not new to the school counseling profession, but I am new to California! I traveled across country this summer from Maryland where I was a middle school counselor for four years. I love my job as a MIDDLE school counselor because it is an exciting and defining time in students’ lives. When I am not at school, I enjoy spending time with my friends and family, reading, being active outdoors, and seeing live music.”
~The Counselors

Coffee with the Counselors

PARENTS/GUARDIANS:
Please join us for coffee before school on: Friday, September 16th @ 7:45am in the Staff Lounge. Meet and mingle with the counselors.

Important Dates:

- September 6-9: Club Rush Week
- September 7: 1st Early Release Day (2pm)
- September 8: Homework Center OPEN: 3:10-4:40pm
- September 9: Picture Day 😊
- September 16: End of Progress Report #1

UPCOMING EVENTS

Calling all Wildcat Parents!

Would you be willing to come to our school and share information about your occupation with our students? It’s important for students to be exposed to different career experiences at an early age so they can start to assess their interests, strengths, and academic habits.

We are looking for adults to donate 30 minutes of their time to talk to Westborough students about your career during our lunch period: (11:34am-12:06pm). We’re looking for a variety of careers! *Please email counselors if you’re interested in participating with your name, career, and preferred day of week.*
SAVE THE DATE!
BACK TO SCHOOL NIGHT
Wednesday, August 31st
7-9pm
@ Westborough Middle School
Meet your child’s teachers, Principal/Assistant Principal, Counselors, tour the school, ask questions and meet other new/returning members of our school community.

UC: Santa Barbara
Location: Santa Barbara CA (suburban setting)
Established: 1891
School Colors: Pacific Blue & Gaucho Gold
Mascot: Ole
Sports: 10 men’s/10 women’s NCAA Div. 1
Campus Size: 20,607 undergrads (large)
Popular Majors: social sciences, psychology, biological and biomedical sciences and visual and performing arts
Motto: "Let There Be Light" ("Fiat lux" in Latin)

“If it doesn’t challenge you, it doesn’t change you.” – Fred Devito

Counselor Tool Box
Things You Can Do NOW to Get Ready for the 2016-2017 School Year!

1. Plan out your daily schedule: Start going to bed regularly, making sure to have 8-10 hours of sleep per night. If dinner times or other regular routines changed over the summer, adjust those also. Post the school calendar in a main area 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 ALL distractions. Make sure your child has access to supplies and please contact the school if you need assistance purchasing supplies.

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 pack your backpack with everything you need for the next day.

HEALTHY HABITS