Notes from the Counselors:

Hello parents/guardians!

Thank you to the parents/guardians that showed up for our 2nd “Coffee with the Counselors” chat. We spoke about the ever-changing world of social media and how we can stay on top of your child’s use. If you’d like to receive some materials, stop by the main office.

The students recently enjoyed grade-level field trips sponsored by Genentech and organized by Ms. Wong. The 6th graders went to Point Bonita in the Marin Headlands, the 7th graders went to California Academy of Sciences, and the 8th graders checked out the Exploratorium. Everyone had fun and we would like to thank all the parents for chaperoning!

This week, the counselors began “Organization Club” during homeroom. Teachers recommend students who need assistance organizing their binders and we work with them to date their papers and keep their folders neat and easy to navigate. We meet by grade level and started with 6th graders.

~The Counselors

Important Dates:

- December 2: Tri-School Basketball (4-7pm)
- December 7: Winter Concert (7-9pm)
- December 9: 8th Grade Movie Mixer (4-7pm)
- December 12-19: Santa Photos & Grams Sale
- December 16: Winter Movie Mixer (3:15-5pm)

UPCOMING EVENTS

Tri-School Basketball Game

When? Friday December 2 (4-7pm)
Where? Spruce Elementary Gym
What? Cheer on your classmates and mingle with other South City Middle School students

ARE YOU RESILIENT?

POSITIVE THINKING and RESILIENCY (the ability to keep going no matter the challenge) are important qualities to practice. WHY? Positive thinking can prevent depression. When students encounter unfair events or failures due to bad grades or poor relationships with others, they can develop an unhealthy, negative mindset. To improve resiliency skills, think of 3 examples of bad things that happened to you and ultimately turned out for the best. Now apply any insights you might have from these past events to your current life circumstances. Is there something going badly now, that eventually might turn out to be for the best? Like a friendship, bad grade, or stressful family situation? Don’t be afraid to move in new directions and practice your resiliency skills!
SAVE THE DATE!

WINTER CONCERT
Wednesday, December 7, 2017
7 - 9 pm
@ Westborough (in the M.U.R.)

Come out and support the Westborough musicians showcase their hard work and dedication into their annual holiday concert!

Counselor Tool Box

Make the Most of Your Winter Break!

While it will definitely be beneficial to catch up on sleep, the last thing you want to do is sleep through your whole winter vacation! Here are some ideas of what you can do to stay busy and make the most of your time off (Dec 23-Jan 7)!

What Can You Do?

• Hang out with school friends that you don’t normally see outside of school. Go to Tanforan Mall and window shop.
• Host a Holiday Movie Marathon or go to the movies
• Volunteer at a local food pantry or soup kitchen for families in need.
• See Santa!
• Exercise! (Play sports, try Wii fit, and take your dog on a walk)
• Make a Gingerbread House
• Visit a local museum, zoo, or factory (It’s- It Ice Cream Factory, See’s Candies)
• Practice your instrument or try to learn a new one. Write a song!
• Play board games with your family
• Bake cookies/cupcakes and decorate them with frosting and sprinkles
• Visit rescued animals at your local SPCA

While it will definitely be beneficial to catch up on sleep, the last thing you want to do is sleep through your whole winter vacation! Here are some ideas of what you can do to stay busy and make the most of your time off (Dec 23-Jan 7)!

What Can You Do?

• Hang out with school friends that you don’t normally see outside of school. Go to Tanforan Mall and window shop.
• Host a Holiday Movie Marathon or go to the movies
• Volunteer at a local food pantry or soup kitchen for families in need.
• See Santa!
• Exercise! (Play sports, try Wii fit, and take your dog on a walk)
• Make a Gingerbread House
• Visit a local museum, zoo, or factory (It’s- It Ice Cream Factory, See’s Candies)
• Practice your instrument or try to learn a new one. Write a song!
• Play board games with your family
• Bake cookies/cupcakes and decorate them with frosting and sprinkles
• Visit rescued animals at your local SPCA

“Never let the things you WANT make you forget the things you HAVE.” - Anonymous