Notes from the Counselors:

Hello parents/guardians!

We visited 7th grade Language Arts classes in January to conduct a career exploration activity using the cacareerzone.org website (free to use, anytime). Students were given time to explore a variety of career options. After researching, students conducted a "reality check", where they calculated future expenses and created a budget based on the projected salary of their chosen job. What a shock! Many of our students had a new found appreciation for all the amenities that their parents provide for them. Ask your child about the career they chose and why. Encourage them to continue to explore the California Career Zone website on their own and stay motivated about their future.

All students hoping to transfer high schools, it is officially OPEN ENROLLMENT. Pick up an application in the office and turn it in by the end of February.

~The Counselors

UPCOMING EVENTS

National School Counseling Week 2017

When? February 6 through February 10
Where? We will host activities each day during lunch. Look for us on the patio 😊
What? This year’s theme = “School Counseling: Helping Students Realize Their Potential”
Why? To focus public attention on the unique contribution of school counselors within public schools. Each day we’ll do something special and we end the week with COLLEGE DAY on Friday. Wear your favorite college gear!

Girls On the Run!

Ms. Richards & Ms. Phelps are getting ready for our 2nd Season. We’re accepting applications for girls (all grades) interested in training for the 5k on May 7th. You must commit to practice every Mon/Thurs 3:15-4:20pm from February 27-May 4. *Registration must be complete by February 25! Pick up an application in the Main Office. **We are also looking for a PARENT to volunteer and coach Thursdays!
SAVE THE DATE!
Join us for our 2nd Annual
COLLEGE NIGHT
When? Wednesday, February 15th 5:30-7pm
Where? Alta Loma M.U.R.
What? We will be teaming up with the Alta Loma Counselors to discuss general information about College including: high school course requirements, financial aid, scholarships, & the application process.

WISECAT OF THE MONTH
Ms. Fernando (Counseling Assistant)
This is Ms. Fernando’s 8th year at Westborough. She is small but terribly loving and affectionate.

FAVORITES:
Food: Sinigang
Music: Slow rock and soft music
Sport: Boxing
Movie: Beauty & the Beast and Shrek
Things to do: watch Korean, Tagalog, Chinese, & Taiwanese series.
Make sure you stop by the Main Office and say “Hi” to Ms. Fernando!

“...The only fence against the world is a thorough knowledge of it.” – John Locke

Counselor Tool Box
HANDLING TWEEN BEHAVIOR

COOPERATION
Twens want to be more independent, and one way they try to prove it is by not cooperating with adults. When possible, give your child a sense of control by letting him decide how and when he does a task. You could say, “Would you rather clean your room before you go to your friend’s house or when you get back?”

ATTITUDE
If your child sometimes has an “attitude,” try to speak calmly so you model how you want him to speak. And insist on respectful behavior—if he isn’t speaking to you nicely, tell him you’ll listen when he can be polite. Point out behaviors you want stopped (muttering under his breath, saying “whatever”), and explain why they are disrespectful.

Figure out what’s behind it. Sometimes an obnoxious attitude is a reaction to stress, disappointment, or even too little sleep. Middle schoolers are trying to prove themselves academically and socially, and it can be a challenge to keep negativity and cynicism at bay when they’re emotionally depleted. If your child had a fight with a friend or is doing poorly in school, a flippant “so-what” tone may conceal fear or anxiety. If she hears adults speak rudely (or loudly) to others, she’ll copy that behavior.

PRIVACY
Middle school students often need time alone as they figure out who they are as individuals. The good news is... you can give your tween space without losing touch. For example, knock on his door and ask how he’s doing, or invite him to run an errand with you. Also, be sure to have him join in on family outings, even if he protests at first. (Middle Years Publications Feb. 2017)