School Counselor Connection

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Westborough Middle School

Notes from the Counselors:

Hello parent(s)/guardian(s)!

We had a lot of fun celebrating National School Counseling Week 2017 with a competitive game of ‘College Bingo’ and a Counseling Crossword. We also asked students to write their “hopes & dreams” on whiteboards which are featured in this newsletter for your viewing pleasure. Make sure to zoom in!

We are beginning testing before spring break so please keep your children healthy and well-rested so they are present during their testing dates. Make ups are available, but limited and will cause students to miss classroom instruction.

*GIRLS UNITED* is seeking girls! This is a small psycho-social group ran by our YSB Counselor, Jourdan, to empower girls and develop strong peer support, while providing a safe place to deal with pressures of middle school life. If you think this sounds like something your child/daughter could benefit from, contact your child’s counselor.

~The Counselors

All of our HOPES and DREAMS are within reach, if only we believe.

Important Dates:

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<tr>
<th>March 10</th>
<th>PTSA Taco Night (5-9pm, in MUR)</th>
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<tbody>
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<td>March 13-17</td>
<td>Spirit Week!!</td>
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<td>March 14</td>
<td>Math Festival (all day)</td>
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<td>March 18</td>
<td>Sports Night &amp; Rally</td>
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<td>March 21</td>
<td>5th Grade Tour &amp; Parent Night (6-7:15pm in MUR)</td>
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5th Grade Visits

~ Parents/Guardians with little ones on the way, we are inviting future 6th graders to visit and tour Westborough (led by Leadership students):

Tuesday, March 21, 2017

~ Later that evening, from 6-7:15pm, is our Parent/Guardian Night. We will host families in the M.U.R. at Westborough.
SAVE THE DATE!
Sports Night & Rally
Friday, March 17
6-9pm
@ M.U.R.
Come out and support Westborough students as they take on Wisecats (staff) in a friendly Volleyball (staff vs. students) & Basketball (students vs. alumni) match up. Concessions will be sold.

WISECAT OF THE MONTH
Ms. Bowler (Assistant Principal)
This is Ms. Bowler's 9th year at Westborough. Ms. Bowler was raised in Fresno and went to Fresno State. Ms. Bowler used to sky dive and even bungee-jumped in New Zealand!

FAVORITES:
Food: spicy/hot Mexican
Music: jazz
Sport: baseball
Movie: romantic comedies
Things to do: beach, skiing, travel
Animal: Dogs/Cats

Make sure you stop by the Main Office and say "Hi" to Ms. Bowler!

Counselor Tool Box
How to Prepare for CAASPP testing
(begining March 20th - until May 12)

Starting before 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://www.caaspp.org/practice-and-training/index.html
2. Click the Student Interface Practice and Training Tests button.
3. Don't uncheck the boxes, just press Sign In.
4. Select a grade from the drop menu (highlighted blue) and click "YES".
5. Select one of the tests.
6. Ignore the "Choose Settings" option. Skip down to bottom and press Select.
7. On "Is This Your Test?" skip to bottom and click on "Yes, Start My Test".
8. Click on Sound Icon and if it works, select "YES" to begin.
9. Read "Test Instructions" carefully and click on "Begin Test Now".
10. Navigation tools are on the top left of your browser.
Good luck!!!