QUARTER 3, 2020

THE COUNSELING CHRONICLE

News from the HMS Counseling Department

IN THIS ISSUE

EVENTS AND PROGRAMS

SB 3 (BRIDGE BILL) ACTIVITIES

CRISIS PLAN BREAKDOWN

WALK IN MY SHOES - BUILDING EMPATHY

COUNSELING ADVISORY COUNCIL

NEW STUDENT GROUP OUTCOMES

RISING 6TH TRANSITION INFORMATION

TRIVIA QUESTION - PRIZE IF YOU ANSWER CORRECTLY!

Quarter 3 Updates

Welcome to second semester and quarter 3! During this quarter, the counseling department will welcome new students who enrolled from September and to January in the second round of the **New Student Group**. All three grade levels will also participate in **Bridge Bill Activities** (more specifics on what activities students complete will be covered later in this newsletter). Our 8th graders attended **high school tours** to their respective high school in February. All HMS staff and students engaged in the **Walk in My Shoes Activity** to help our students learn about empathy. Our department has also been involved in **promotion/retention meetings** to help students who are in danger of failing a grade turn things around before the school year ends.

Quarter 4 is just around the corner, and soon we will be helping with **Milestones** and many other tests that are typically given at the end of the school year. We know that this is a stressful time and we have planned 2 more on **De-Stress Zones** to help with this. Details are coming!

Events and Programs

Organization Help Sessions:

Counselors are available to help with organization during PRIDE on Thursdays or at other times by request. Please feel free to reach out to your grade level counselor if you need help!

De-Stress Zone Dates

The Counseling Department and the Media Center will be offering a De-Stress Zones on the following dates:

Date	Activity	Grade
25-Mar	Yoga with Ms. Gail	6, 7, 8
26-Mar	Therapy dog, board games, coloring, etc	6
27-Mar	Therapy dog, board games, coloring, etc	7, 8
15-May	Therapy dog, board games, coloring, etc	7, 8
20-May	Yoga with Ms. Gail	6, 7, 8
21-May	Therapy dog, board games, coloring, etc	6

Virtual Summer School Information:

Virtual summer school Registration for summer online classes began March 1st. Students may register to take online courses via Fulton Virtual School or Georgia Virtual School (http://gavirtualschool.org). When completing the online registration, please list Hopewell Middle School as the current school attended, NOT the high school your student is zoned for. Online summer course work provides students an opportunity to create room in their high school schedule to take additional electives during the traditional school year. It is recommended that a student not enroll in more than two semester long courses. Please be advised, that participation in summer online courses is not required. If you have any questions regarding online summer registration, please feel free to email your child's counselor if you have questions! Click here to view the virtual school flyer in English/Spanish. Information is also available on the HMS Counseling Website.

High School Tours and Transition Info.

8th Grade HMS students took tours of their respective high schools on February 12th (AHS) and 19th (CHS). Mrs. Corbett and Mrs. Esslinger have been working hard to get high school verification sheets out to students. It is very important that students return these verification sheets to ensure that they receive the courses they need for 9th grade. If you have questions regarding your child's verification sheet, please contact Mrs. Corbett (corbettl@fultonschools.org). High school transition information is also available on the HMS Counseling website.

Career Activities (SB 3) for 6th, 7th and 8th Grade

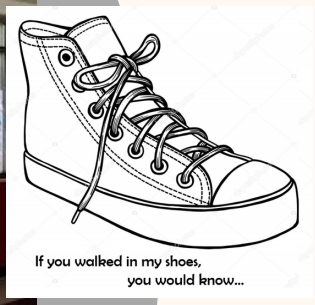
Each year, grade level counselors conduct classroom guidance to meet State Bill 3 (formerly BRIDGE BILL, House Bill 400) requirements. According to the GA DOE website: "The BRIDGE (Building Resourceful Individuals to Develop Georgia's Economy) Act, House Bill 400, was signed into law in May 2010 to create an atmosphere motivating Middle and High school students to learn because they see the relevance of education to their dreams and future plans. The implementation of the BRIDGE Act provides Middle and High school students with career counseling and regularly-scheduled advisement to choose a focused plan of study." Each grade completes a unique activity that allows them to explore future career options and high school plans. Sixth and 7th grade students use the Georgia Career Information System website to complete interest inventories (6th grade), explore and save Career Clusters (7th grade) and a Reality Check (7th grade). The Interest Inventory gives students a list of potential careers that they may be happy doing in the future. The Reality Check is a short questionnaire that asks students about their lifestyle. The results tell the student an estimated salary they will need to support themselves and gives them a list of jobs in GA that they could do to support that salary. 8th grade students are presented with a High School Graduation Status Report sheet and graduation requirements are laid out in preparation for registering for 9th grade. They also received Dual Enrollment Information (available on the HMS Counseling website) and completed a Career Aptitude Inventory. All students must complete these activities with their counselor and we strive for a 100% completion rate.

Crisis Plan Breakdown

Counselors complete Crisis Plans with students who express thoughts of harming themselves or others. Parents are contacted and immediate counseling resources are shared. Fulton County has specific guidelines and paperwork that must be completed by counselors and students as part of this process. Since January, we've met with approximately 13 students and completed the crisis plan process. Fulton County is also offering a **Text4Help** service now as well. Students can text the number if they are in crisis and receive a response from a mental health professional in minutes. Please be vigilant of your child and reach out to a counselor if you feel he or she might be depressed. Please visit https://www.nimh.nih.gov/health/publications/teen-depression/index.shtml for more information regarding depression and teens.

Building Empathy - Walk in My Shoes Activty

Students, teachers and staff participated in the "Walk in My Shoes Activity." This activity focused on empathy and students and staff anonymously decorated their shoes and completed the sentence: "If you walked a mile in my shoes, you would know..." The shoes were posted in the fishbowl and teachers and staff wrote notes of encouragement on the shoes. Shoes will be on display in the fishbowl until March 6th. Parents can sign up at https://www.signupgenius.com/go/10C0F49A9AD22A7F85-walk to view the shoes on Wednesday 3/4 and Friday 3/6 from 9:55 - 10:15 and Thursday 3/5 from 4:30 - 4:50.



Counseling Advisory Council Meeting 3/25

Our department has an advisory council that consists of two parents, three teachers (a representative from each grade level), three students (a representative from each grade level), and an administrator. We meet twice a year to solicit feedback on our program and to look at how to improve it moving forward. Our spring meeting is on March 25th at 8:00am. Please let your grade level representative know if you would like them to share something on your behalf at our meeting (Theresa Cordell - 6th, Robin Berlin - 7th, Leah Quattrochi- 8th) or feel free to email Mrs. Clarke directly (clarkea1@fultonschools.org). We appreciate your feedback!

New Student Group Outcomes

This school year we decided to gather feedback from our new students on how we could improve the group and what was going well. According to the data we collected, 70% of students reported making a new friend as a result of the group. 70% also reported that the group helped them make a smooth transition from their previous school to HMS.

Rising 6th Grade Transition Information

Rising 6th graders will be visiting HMS on February 27th, and 28th.
Rising 6th Grade Parent Night will be **March 10th**:
6:00pm -Math Q&A - cafeteria, 6:30pm General session - Gym
6:30pm - General Session in Spanish - Media Center

Trivia Question

What is the Text4Help number?
See Mrs. Clarke with the correct answer and get a prize!