

THE ECHO

Reflecting positivity through CRMS Counseling Services
Volume 4 Issue 1
September 10, 2021

STUDENT HIGHLIGHT

By Sabrina Anderson- 6th grade counselor



Throughout the year, we will highlight one of our incredible CRMS students in this portion of the newsletter. For our first newsletter, I am excited to highlight Siya Dighe, an amazing 6th grader at CRMS. From the first time I met Siya, I knew she was a determined individual. She has a dream of playing basketball, and shared with me her plan to make her dreams come true next year in 7th grade. Additionally, Siya always says hello and has a smile on her face every time I see her during lunch period. Not only is Siya friendly, she is also very bright. She has goals to excel in all of her classes, and works very hard every day. Keep up the great work, Siya!

IN THIS ISSUE

Student Highlight

Book Study

Guidance Highlights

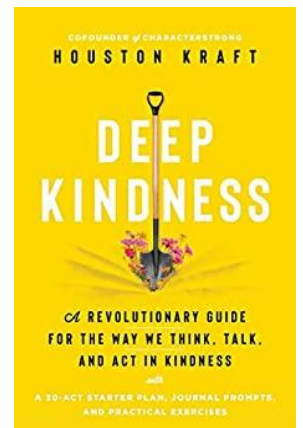
Past & Upcoming Dates

BOOK STUDY

By Staci Cote - 8th grade counselor

The past few years our counseling department has done a book study and conveyed our findings, observations, and tips to families via this newsletter. This year, we will continue to read "Deep Kindness: A Revolutionary Guide for the Way We Think, Talk, and Act in Kindness" by Houston Kraft. While virtually attending a Character Strong training by Mr. Kraft in summer 2020, we became aware he had a book coming out. We started our book study last school year and hope to continue to gain valuable information about how to demonstrate kindness. The book description states that we will be looking at how to practice kindness well. We can't wait to dive in with you! If interested in reading along with us, an image of the book is to the right. Counselors will provide an overview of our learnings from the book study in each newsletter this year.

Kraft, H. (2020). *Deep Kindness: A Revolutionary Guide for the Way We Think, Talk, and Act in Kindness*. Tiller Press.



GUIDANCE HIGHLIGHTS

By Sabrina Anderson (6), Katie Young (7), and Staci Cote (8)

ASCA Mindsets & Behaviors for Student Success

Sixth Grade: My classroom introduction lesson occurred on August 27th during advisory period. I used the introduction as an opportunity to share a little about myself to start building relationships with my sixth graders. I also provided an overview of the role of the school counselor in regards to academic and personal/social support and shared the different ways in which students can access the counseling office. Students also joined my Google

classroom and took a needs assessment to determine which lessons topics we will cover this year.

My second lesson will occur at the beginning of the second six weeks grading cycle during advisory. During this guidance lesson, students will learn about how to deal with peer pressure. This topic received the most votes from students in the needs assessment from our first lesson, so it is my goal to help them learn some ways to manage peer pressure.

I'm excited to start our three year journey together and hope to meet with you all soon. Go Eagles!

Seventh Grade: My first classroom visit occurred virtually August 27th during the Advisory class period. The purpose of this introduction was to let the students know that I am their counselor this year, what services counselors provide, how they can connect with me, and information on some other resources as well. Students got information on joining my Google Classroom which will push out information throughout the year that they will find useful, such as Social Emotional learning lessons and academic advancement opportunities. They also provided me feedback on what guidance topics they most want to learn about this year.

My next lesson with the students will occur at the end of September. During this time we will be focusing on what the 7th graders identified as the main topic they wanted to learn more about: healthy relationships. I am excited to help the students build the skills and strategies necessary to navigate increasingly complex decisions and relationships.

I am so happy to be the 7th grade counselor here at Canyon Ridge Middle School and am looking forward to a great year! Please visit the [guidance website](#) to find out more information about academic offerings, college and career readiness, and other resources.

Eighth Grade: My first classroom visit occurred virtually August 27th during advisory class. During this introduction, I let the kids know how to request a visit with me, provided an overview of what our counseling office does for students throughout the year, and encouraged the kids to add me to their "support network" at school. I always consider it an honor should our students add me to their support network as we establish a positive rapport and relationship.

Our future counseling lessons will be centered primarily around four year planning for high school. For the first lesson, we will learn about high school graduation requirements, GPA, class rank, Advanced/AP information, and the importance of life balance. Students will tentatively select the level of rigor in their high school core classes over four years. I am looking forward to an awesome eighth grade year with your student! Please make sure to visit my [guidance website](#) for four year planning information/resources. It will be updated throughout the year.

PAST DATES

August 3: 6th Grade Eagle Camp
August 4: 7th/8th Eagle Camp
August 10: Schedules released in HAC
August 10: 6th grade Open House (virtual) and campus walk
August 12: First day of school
August 17: 7th and 8th grade Open House (virtual)
August 25: Deadline to register for September EA testing
August 27: Counselor introduction lessons in advisory period
September 6: Staff and student holiday
September 7: Deadline to register for fall AAPPL testing
September 10: "The Echo" Volume 4 Issue 1

UPCOMING DATES

September 17: End of grading cycle 1
September 20: Beginning of grading cycle 2
September 20-22: EA testing window
September 23: AAPPL Testing

September 24: Counselor lessons in advisory period
October 4: Registration opens for December Exam for Acceleration testing
October 11 & 12: Staff development/student holiday
October 22: "The Echo" Volume 4 Issue 2

Need more info?

Information can be found on the CRMS Counseling Services website: [**https://tinyurl.com/y9cve9ze**](https://tinyurl.com/y9cve9ze)