



SCHOOL COUNSELING NEWS

Sheboygan Falls Middle School

What Are we up to:

Fifth Grade: Mrs. Renzelmann's first drop in lesson in September was an introduction to what School Counseling classes will look like at the Middle School and what lessons we will cover throughout the year. October's lesson focuses on the importance of accepting and respecting others.

Sixth Grade: Mrs. Lorge has had a total of two School Counseling drop in lessons with sixth grade students so far this school year. The first lesson focused on getting to know each other and the second lesson focused on diversity and discrimination.

Seventh Grade: Mrs. Lorge is collaborating and co-teaching with Mr. McKenna this year in 7th grade Health class. Some of the topics being covered soon in class will be related to Mental health resources and support for students, as well as information to support students who are impacted or affected by addiction.

Eighth Grade: Each year, all parents/guardians of eighth grade students are invited to attend an individualized Academic Career Planning TEAM (Together Everyone Achieves More) Talk Conference. This year topics will include, ACP Xello Learning (includes child's current interests, assessments, skills, & career exploration), and information to support a successful transition to High School. Parents can sign up by clicking on the following link: [TEAM TALK SIGN UP LINK](#). or can sign up on the [MS Portal Page](#). The sign up deadline is Sunday November 3rd @ 11:59pm. Please reach out to Mrs. Lorge with any questions.



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Parent & Community Resources:



Today, we'll explore how parents can effectively talk with their youth about mental health.

Starting the Conversation

Discussing mental health can feel daunting, but fostering an open dialogue is essential for supporting our young people. Here are some strategies to help you engage in meaningful conversations:

- 1. Choose the Right Time and Place:** Find moments when your child feels relaxed—like during a walk or while engaging in a shared activity—to initiate discussions.
- 2. Use Open-Ended Questions:** Encourage them to express their feelings with questions like, “How have you been feeling lately?” or “What’s been on your mind?”
- 3. Share Your Own Experiences:** If comfortable, sharing your own feelings can help normalize the conversation and demonstrate that it’s okay to talk about mental health.
- 4. Listen Actively:** Show genuine interest and validate their feelings. Acknowledging what they share, even if you don’t fully understand, can make a significant difference.
- 5. Provide Reassurance:** Let them know that seeking help is perfectly okay and that mental health struggles are common. Emphasize that they are not alone in their experiences.
- 6. Explore Resources Together:** If they’re open to it, offer to look into resources or support options together, such as speaking with a school counselor or exploring local mental health services.



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Social Media and Children

Social media and its impact on children's mental health is a widely discussed and highly relevant topic. To gain further insights on social media and your child's mental health, check out this informative article: [Social Media & Your Child's Mental Health: What the Research Says - HealthyChildren.org](https://www.healthychildren.org/healthychildren/1-to-2-year-old/social-media/Social-Media-Your-Childs-Mental-Health-What-the-Research-Says.aspx)

Remember, if you need additional resources or support, feel free to reach out to us at info@mhalakeshore.org. We're here to help!
Take care and be well, The MHA Lakeshore Team

What's Next:

Mrs. Lorge will continue to have monthly drop in School Counseling lessons in 6th grade. Please see Mrs. Lorge's School Counseling Canvas Page to learn about the specific lessons and topics covered during School Counseling Class. The Academic Career planning Xello lessons are taking place in Social Studies class this year. There is also an ACP page on Mrs. Lorge's School Counseling Canvas page with more specific information on which Xello lessons are completed in grades 6-8. Please reach out to Mrs. Lorge with any questions regarding Academic Career Planning. Mrs. Renzelmann's next drop in lesson will focus on how to have empathy for others and reflecting on the importance of gratitude and appreciation.



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