

MARSTON COUNSELING OFFICE CALENDAR 2026-27



1

*Marston Middle School has 2 full time counselors assigned to all students by last name. Mrs. Moravec and Mrs. Teijaro are available to **all Marston students** to help foster academic, career and social emotional development. This calendar overviews the counseling services Marston students and families will receive this school year. We look forward to serving you!*

**all dates listed below subject to change*

Counseling services include: individual and group counseling related to academics, and minor personal/behavioral/social issues, parent outreach and communication, Student Study Teams (SST), 504 Plans, guidance and referrals for outside mental health services, scheduling and master schedule, attendance monitoring, at risk progress monitoring, coordinating school partnerships with community agencies. School Counselors do not provide ongoing skill building, counseling or therapy to students, however we are happy to help families access outside counseling services. School Counselors can also help students and families access [Marston Resources](#) to help with learning and progress. Counselors work under a SDUSD Teacher Contract and are not school administrators. Therefore School Counselors do not handle student discipline or manage staff.

SDUSD partners with [Wellness Together](#) to provide school based counseling on site. This is ongoing therapy that helps students with goals and coping skills. Wellness Together does not provide testing, diagnosis or long term mental health treatment. Space is limited. Please contact your child's counselor for more information.

Counseling Services

Individual Support	• Short term check ins; on topics related to academic and social/behavior • Academic planning/progress • Coping skills • Help access resources in/out of school
Restorative Student Meetings	• Help students work out minor conflicts to gain perspective, understanding and find resolve. • Offer a variety of ways to address conflict/issues and will not force a specific strategy on a student. • Safe and confidential space to work out misunderstanding stemming from rumors and conflict. • Work with student/teacher to resolve issues in class
Academic Planning	• One on one or group meetings with students not meeting academic standards. • Facilitate Student Study Teams to discuss student progress, concerns and resources with involved teachers and staff.
Attendance Monitoring	• Runs data on student attendance and offer student family support

MARSTON COUNSELING OFFICE CALENDAR 2026-27

2

College and Career	Class Lessons and activities related to college and career planning Advisory: Career Speakers 8th grade Interest Profiler (CAColleges.edu) HS Planning Day 7th Grade UCSD/SDSU College Field Trip Research Project 6th grade Xello Financial Literacy or Writing a Professional Email
Articulation/Elective Survey	Students will select their elective for next school by completing the Elective Survey. A parent digital signature is required.
Drug/Alcohol/Vaping Prevention	 Drug Prevention Lessons - Marston
Class Lessons	No Place for Hate Academic Strategies for Success College/Career Planning Bullying Prevention/Conflict Resolution
Mental Health Awareness	Activities throughout the year by Wellness Club
6th Grade Mindful Mariner Advisory	Every 6th grader participates in a 3 week advisory once per school year. Topics include emotional regulation, communication, conflict resolution, stress management and making goals. Curriculum Overview
No Place for Hate	Ongoing lessons and activities in advisory and lunch
Articulation Events	Anchors Aweigh Orientation Counselor Visits to 5 Elementary Feeders 5th Grade Tour 4th Grade Tour

MARSTON COUNSELING OFFICE CALENDAR 2026-27

3

<u>GSA Club</u>	Meets at lunch every other Tuesday.
Wellness Club	Meets during advisory
<u>PLUS Forum</u> ★ October 5 pd. 3 & 4 ★ December 7 pd. 2 & 3 ★ Jan. 18 pd. 6 & 7 ★ Feb. 1 pd. 3 & 4 ★ March 1 pd. 6 & 7 ★ April 4 pd. 2 & 3 ★ May 3 pd. 3 & 4	PLUS Forums are held the first Wednesday (with a few exceptions) of each month. Select Marston students come together, led by the Student PLUS Leadership Team, to participate in team building activities and collaborative conversations. The goal of each forum is to develop ways to ensure Marston is a safe, fun and inclusive school for all!
Middle School Orientation <i>*open to all parents</i>	Back to School Night  2627 Middle School Parent Orientation - Back to School ...