

# CMS COUNSELOR'S CORNER

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1<sup>ST</sup> SEMESTER 2017

## GUIDANCE

Guidance lessons for first semester centered on the theme of student safety and success in school.

**Fifth grade** discussed transition to Middle School; Introduction to the Counselor; School Success; Bullying prevention/awareness; Suicide Prevention and exploring their dream career. Drug Prevention lessons were taught in D.A.R.E. by Officer Post.

**Sixth grade** discussed changes in sixth grade; counselor resources; ways to say "no" and standing up for self; and career exploration activities. They also had lessons on Suicide Prevention and Drug Prevention.

**Seventh grade** discussed counselor resources; self-esteem and ways to have a positive self-concept; Suicide Prevention; Drug Prevention; school culture, sexual harassment and how our words affect others; Career Exploration.

**Eighth grade** discussed counselor resources; getting ready for high school; suicide prevention; drug prevention and met with the high school counselor for an introduction to the changes coming next year. Eighth grade also took part in a Career Fair hosted by the Junior Achievement Academy in St. Louis. During the Career Fair students were able to interview people in careers that interested the student. Also, the 8<sup>th</sup> grade girls attended the Expanding Your Horizon conference in Rolla. This conference is to interest girls in STEM (Science, Technology, Engineering and Math) careers.

All grades also had lessons presented by Russell House from Rolla. These lessons were: 5<sup>th</sup> grade - Friendships; 6<sup>th</sup> grade - Anti-Bullying; 7<sup>th</sup> - Sexual Harassment; 8<sup>th</sup> - Sexual Harassment/Social Media.

*Mission: At CMS, we are a community of leaders who "Do what is best for ALL students."*

*We:*

- Love learning and excel in all we do
- Recognize, honor, and celebrate the leaders within us
- Achieve goals together while building relationships
- Partner with the community to develop leaders for responsible citizenship

## RED RIBBON WEEK

This year our Healthy Living LEAD group planned most of our Red Ribbon Week activities including daily drawings for participation in Dress up Days and wearing Red Ribbon items. Students received prizes if their names were drawn. The end of the week drawing was for a \$20 Wal-Mart gift card.

We also had a door contest between Pride groups based upon this year's theme "Your Future is Key, Stay Drug Free". Mrs. Pope's class and Ms. Bailey's class were the winners with some creative décor. All of the participants had a great drug free message.

During Pride lessons, the students learned of four different celebrities and their "Natural Highs" they chose instead of drug or alcohol abuse. The students discussed their natural highs to achieve their goals.

The end of Red Ribbon week was the annual Teacher vs. 8<sup>th</sup> grade basketball game. Although the 8<sup>th</sup> grade lost, they put up a good fight. We also had a good presentation for all of the students from Prevention Consultants in Rolla about the true numbers of drug & alcohol abuse.

Thanks to the Healthy Living group for some great activities!

## LEAD

Our LEAD groups are taking on some important roles in promoting a positive climate in our school.



We have groups making the school a more welcoming place through art and our outdoor courtyard. Other groups are making sure they welcome new students and show them around CMS. Students are collecting items to help others, including

hats, gloves and also items for the animal shelter. Our kids along with the community also collected items that went to hurricane victims.



Student Ed Camp allows students to showcase their skills and share them with others.



Students are creating skits for elementary students and next semester will be mentoring and reading to elementary students. Be sure to add our social media pages to see all of the great things our kids are doing!

Please follow your CMS LEAD group on Social Media!

We have lots of pictures and info about upcoming events!

[FACEBOOK](#)

CMS LEAD GROUP

[TWITTER](#)

cms\_lead

[INSTAGRAM](#)

cuba\_middleschool\_lead

## Resources

**S.O.S.** - Signs of suicide program which follows the ACT plan - Acknowledge someone is having a problem; Care enough to talk to them about it; Tell a trusted adult to get them help. Newsletters were sent home first quarter with information on this program. More information can be found at [kidshealth.org/teen/your\\_mind/mental\\_health/depression.html](http://kidshealth.org/teen/your_mind/mental_health/depression.html)

**Drug Prevention** - [drugfreeworld.org](http://drugfreeworld.org); Contains information on the truth about drugs and drug abuse

**Missouri Connections** - website with numerous career activities; assessments and resources for career preparation and exploration. Students or parents may go on the site @ [missouriconnections.org](http://missouriconnections.org) and login as a guest.

**Positive Drug Free alternatives**- [naturalhigh.org](http://naturalhigh.org)