

# Guidelines

## Colonial Heights Middle School Guidance Newsletter



June 2018



### Moving???



If you are moving out of the school division this summer, please contact the guidance office beginning June 25<sup>th</sup> to start the records transfer process. This will allow your child's final report card

to be included in the transfer records.

### FINAL NJHS MEETING

NJHS will hold its final meeting of the year on June 6<sup>th</sup> from 2:45 - 3:15 p.m. We will celebrate with ice cream and 18-19 officer elections.



### High School Credit Classes

If your child is currently taking a class at CHMS that carries high school credit (Art I, Chorus I, French I, Spanish I, Latin I & II, Exploring Computer Science, Drama I, Teen Living I, Production Technology I, Advanced Band, or Algebra I), you as a parent have the option of having that grade removed from your child's permanent transcript. A form for this purpose will be included in the final report card. Requests to have a grade removed must be made in writing by June 28, 2018. Having the grade expunged means your child will not earn the credit associated with the course.



### CHALLENGING YOUTH BEHAVIORS PARENTING CLASS

The National Alliance on Mental Illness (NAMI) is offering a free class for parents who have children and youth with mental health needs.

The *Children's Challenging Behaviors* class will be held on Saturday, July 7<sup>th</sup> from 10:30 a.m. - 4:30 p.m. in the Petersburg Public Library at 201 West Washington Street, in the library conference room.

The class will be taught by parents who have been on similar journeys with their own children and who can provide firsthand experience and knowledge.

Topics will include discerning between typical behaviors and challenging behaviors requiring intervention, learning when and how to seek help, developing parenting strategies, learning the ins and outs of educational supports, and discovering community resources.

Participants will receive a comprehensive manual with relevant resources, and meals are included. Childcare stipends are also available.

Although the class is free, participants must register in advance by emailing [lkmay42@gmail.com](mailto:lkmay42@gmail.com) or by calling (804) 309-7924.

### SOL Make-up and Expedited Retakes Testing

continues this month, with makeups June 1<sup>st</sup> and expedited retakes all

during the week of June 4-8.



On test days it is especially important to get a good night's sleep the night previous, and eat a good breakfast in order to provide your brain the fuel it needs to work at peak efficiency.

**"The common denominator in both success and failure is that neither one of these conditions is permanent."**

-- Bradley D. Foster

