

Guidelines

Colonial Heights Middle School Guidance Newsletter

September 2018



MEET THE GUIDANCE STAFF

STRESS & ANXIETY MANAGEMENT GROUPS

Meet our CHMS school counselors: Mr. Chris Hathaway (7th and 8th grade) is in his second year at CHMS, and was previously a middle school teacher in Henrico and Richmond. He grew up in the Tri-Cities and enjoys coaching football, cheering for the VT Hokies, and exploring the great trails of the Blue Ridge Mountains. Mr. Hathaway looks forward to getting to know the students in our CHMS family. Mrs. Lisa Lauchner (6th grade) has been a school counselor for 27 years, 25 of which have been spent here at CHMS. Her four children graduated from CH schools, and she enjoys reading and singing. Mrs. Lauchner looks forward to helping her 6th graders feel connected here at CHMS and to experience success. Mrs. Mary Young, our guidance secretary, has been at CHMS for 27 years. Her two children graduated from CH schools, and she enjoys walking and reading.

Please feel free to call on us throughout the year with concerns you may have about your child and his or her adjustment to the demands of middle school.



Sixth Graders' Lunch Bunch

So how's it going now that you're in middle school? Mrs. Lauchner would love to know...and she will be sponsoring a weekly, informal "Lunch Bunch" during the first marking period for interested 6th graders during lunch. This will be an opportunity for our new 6th graders to talk about how their transition to middle school is going. Lunch Bunch will be held on Fridays in Mrs. Collier's room (101). **Stop by the guidance office the morning of lunch bunch for a pass if you'd like to attend!**

Mrs. Lauchner will be forming counseling groups for sixth graders to learn and practice strategies to manage stress and anxiety. Groups will be held for four weeks in October during elective and PE classes. Students will be excused from class but will need to make up any work missed.

Contact Mrs. Lauchner for more information or to sign up!

Monday, September 24th is national **Family Day—A Day to Eat Dinner with your Children!** Whether you're



cooking a gourmet meal, ordering food from your favorite take-out place or eating on the go, remember that what your kids really want during dinnertime is **YOU!** Family meals are the perfect time to talk to your kids and to listen to what's on their mind. *The more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs* (source: The National Center on Addiction and Substance Abuse).

Here are some great conversation openers to get family conversation around the table started:

For preteens:

- What are the best and worst things that happened to you today?
- What's your favorite place in the house to hang out?
- Which TV show is your favorite, and why?
- What do you like about your friends?
- What's your favorite amusement park ride?
- What's your favorite game?

For teens:

- What values are most important to you?
- Who's the greatest athlete of all time?
- Did you see anything fun on YouTube today?
- Who's your favorite teacher? Why?
- What's your favorite school subject?
- What can we do as a family to make the world a better place?

