



What's Happening in SEPTEMBER

COUNSELING Newsletter

Hello Parents,
We hope 1st quarter is going well so far. This next month will be a busy one! In the upcoming weeks, we will be in the CCA classrooms (7th grade) for our first two counselor lessons (**Stress Management**, and **YouScience/College and Career Ready**). We will also be starting our 7th grade **College and Career Ready Minute Meetings**. These are quick, individual check ins with students to see how things are going here at school, and to give students a chance to tell us some of their future goals. The link above has the questions we use for this meeting. Don't forget **Parent Teacher Conferences this Thursday, Sept. 26th from 3 – 6pm**.
October 8th is the district's next Parent Education Night: **Unlock the Power of ADHD**
Last day of 1st quarter is Wednesday, October 16th.

COUNSELOR Contact Info

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IMPORTANT DATES

- Sept. 26th: Parent Teacher Conf. 3 – 6pm
- Oct. 1st & 2nd: CCA Lesson: Stress Management
- Oct. 8th: Parent Education Night
- Oct. 14th & 15th: CCA Lesson: You Science/College and Career Ready
- Oct. 17th – 21st: Fall Break
- Oct. 29th – Nov. 8th: 7th Gr. College and Career Ready Minute Meetings



OTHER Info

All WCSD families have access to a free mental health screener to identify symptoms of anxiety and depression. Identifying symptoms of anxiety and depression early can improve access to intervention, and provide needed support. Scan the QR code for the screener. You can also click **HERE** to access the screener, and get some tips on dealing with depression and anxiety.



Have an anxious child? Check out **Anxious Kids, Anxious Parents** 7 ways to stop the worry cycle and raise courageous and independent children. By Reid Wilson, PhD and Lynn Lyons, LICWS

