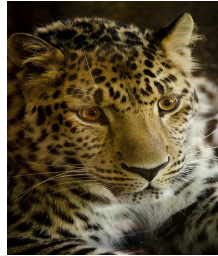


RTMS JAG BRAG



COUNSELING NEWSLETTER



Counseling Team

Mrs. Sandra Corbett, 6th Grade Counselor - corbettsj@staffordschools.net

Mrs. Elizabeth Bangert, 7th Grade Counselor - bangertej@staffordschools.net

Mrs. Diana Smithy, Counseling Director and 8th Grade Counselor - smitheydk@staffordschools.net

Mrs. Yetta Lang, Registrar /Admin Assistant - langhf@staffordschools.net

Please contact Mrs. Lang if you need assistance with StudentVue, ParentVue, or updates on your student's records.

A big shout out to all the students, parents, guardians and members of the community for your positive feedback and encouraging comments. We appreciate you and all your support!

Another big shout out to our administrators, faculty and staff for your diligent work since the spring to get the virtual learning off to a great start! We appreciate you and all you do!

Mental Health Tips

Few Reminders and Self-talk:

- Live life on purpose
- Dream Big
- Enjoy every moment
- Laugh out loud
- Let it be
- Be the reason someone smiles
- Enjoy the journey
- Be happy
- Make everyday count
- Travel often
- Walk/Exercise when you can
- Breathe and think of the sweet memorable moments
- The best is yet to come
- Carpe Diem

Community Citizen Education Word of the Month

Responsibility



Maturity is not by
age, but the
acceptance of your
responsibilities.

Quoteistan.com

Kindness

“ Kindness is seeing the best in others when they cannot see it in themselves. ”
- RAKtivist

Congratulations!!!

To all the students who were inducted to the National Junior Honor Society. Keep up the good job!

To all the students who successfully completed and to those who earned all A and A/B in the first quarter of Science and Social Studies 4X4 classes!

Coming Soon

Red Ribbon Week
October 26-30
Study Skills Power Hour
Starting October 19



Perseverance
Persevere when things don't go right. Develop strategies for dealing with pressure such as taking regular exercise. Take a positive attitude towards failure: you learn most from mistakes.

Take regular breaks
Get up and move around at least once an hour if at the computer to refresh your mind.

Avoid distractions & interruptions to your work
Keep your desk tidy. Check email at set points in the day, rather than when it comes in. Turn off Facebook and Twitter!

Share tasks or problems with others
But say no to others when short of time.

Time Management
Bruce Woodcock, University of Kent
bw@kent.ac.uk

Action Planning
Set clearly defined goals. Break tasks down into steps & do one task at a time. Goals must be realistic & achievable

Avoid procrastination
The best time to do something is usually now: taking action generates the impetus for further action. Organise your work to meet deadlines. Reward yourself for achieving goals.

Create Habits
Try to do tasks at the same time & in the same location each day.

Keep a to-do list
Update this every day. Write down deadlines. Emphasise key points.

Use a time log
Write down everything you do in a week to identify areas of your life where you waste time & the times when you're most productive: schedule demanding tasks for these times.

Prioritise
Do urgent & important tasks first not the easy things. Have a reminder system. Efficiency and effectiveness are not the same: effective people focus on the important tasks.

Review your progress
Revise plans as appropriate. Map out several routes to your goal. Have a contingency plan.

Study

Strategies

Time Management
Goal Setting
Growth Mindset
Organization
Learning Strategies

..... Register to attend RTMS Study Skills Power Hour and learn more about the skills you have and others to acquire.

Click to register:

<https://forms.gle/tJaEnBvqkxiwdVVK7>.

ANTI-BULLYING CAMPAIGN

Practice **EMPATHY** - feeling with people, putting yourself in someone else's shoes. How would you feel if you have the same experience?

<https://www.youtube.com/watch?v=1Evwgu369Jw>

Share **KINDNESS** - make those around you feel good about themselves. Give a compliment and mean it. Encourage someone. Credit someone for their hard work. Send a note or text a word of appreciation.

https://www.youtube.com/watch?v=O9UByLyOjBM&feature=emb_rel_end

Show **RESPECT** - Show positive, kind and respectful regard to others.

<https://youtu.be/AlmeG0Nk1p8?t=9>

RED RIBBON WEEK

Be Happy. Be Brave. Be Drug Free

Monday October 26 - October 30



Mon - Sock It To Drugs (Crazy Socks)

Tues - Put A Cap On Drugs (Favorite Hat)

Wed - Be a SuperHero (Favorite SuperHero Costume)

Thurs - Shade Out Drugs (Favorite Sunglasses)

Fri - Drugs are Spooky (Favorite Costume)



Pledge

I pledge to grow up safe, healthy, and drug-free by:

Understanding the dangers of drug use and abuse.

Respecting myself and being Drug Free.

Spreading the word to family and friends about the importance of being healthy and Drug Free.

Videos

<https://mail.google.com/mail/u/0/#label/Red+Ribbon?projector=1>

<https://mail.google.com/mail/u/0/#label/Red+Ribbon?projector=1>

<https://mail.google.com/mail/u/0/#label/Red+Ribbon?projector=1>

Parents Video

<https://www.getsmartaboutdrugs.gov/sites/getsmartaboutdrugs.com/files/RRW2012wCaptions.mp4>



SOCIAL-EMOTIONAL SUPPORT & RESOURCES

Please note: Staff members are expected to respond within 48 hours on workdays; this does not include weekends, holidays, or non-workdays; therefore, *In the case of an emergency situation, please reach out to a trusted family member who may be able to provide immediate help. You may also find emergency resources at these numbers:*

| Emergency Resources | Emergency Numbers |
|---|---|
| Child Protective Services (CPS) | (804) 786-8536 |
| Crisis Text Line | Text HOME to 741741 |
| Empower House (Domestic Violence Support) | 540-373-9373 |
| Mental Health America of Fredericksburg | 540-371-2704 |
| National Domestic Violence Hotline | 1-800-799-7233 or TTY 1-800-787-3224 |
| National Suicide Prevention Lifeline | 1-800-273-8255 |
| Rappahannock Area Community Services Board | 540-373-6876 |
| Stafford County Department of Social Services | (540) 658-4196 |

RESOURCES FOR STUDENTS, PARENTS, GUARDIANS & CAREGIVERS

Stafford County Public Schools is committed to supporting our students, parents, and community at all times, and especially during this health crisis. For over a decade we have collaborated with the Crisis Management Institute (CMI) for resources and support during times of crisis and for prevention and preparedness resources at our schools. [The CMI has provided amazing resources for our students, parents, and caregivers](#) to use as we work to continue learning and growing at home.

Additional Social-Emotional Resources for Parents & Caregivers:

- [Coping with Stress During COVID-19 Breakout](#)
- [Talking to Your Kids About COVID-19 \(CMI\)](#)
- [Social Skills Resources for Parents & Caregivers](#)
- [Social-Emotional Learning Activities for Parents & Caregivers with Elementary & Middle School Students](#)
- [Social-Emotional Learning Games for Parents & Caregivers with Elementary School Students](#)
- [Positive Behavior Support for Families](#)

Additional Related Services Resources for Parents & Caregivers:

- [Fine Motor Resources](#)
- [Gross Motor Resources](#)
- [Speech and Language Resources](#)

COMMUNITY & ONLINE RESOURCES

Students, parents, caregivers, and families may be in need of various resources to meet their specific needs. The mental health professionals for Stafford County Public Schools have compiled a list of resources and agencies to support students and families; the following link provides a list of agencies & resources and their websites ([Resource List](#)).

ANXIETY

Anxiety Disorders Basics

<https://childmind.org/guide/anxiety-basics/>

<https://copingskillsforkids.com/blog/symptoms-of-stress-and-anxiety-in-children>

Coping Strategies

<https://imperfectfamilies.com/beyond-take-a-deep-breath-helping-your-anxious-child-practice-calming-strategies-at-home/>

<https://copingskillsforkids.com/calming-anxiety>

Coronavirus Specific

https://www.huffpost.com/entry/subtle-ways-kid-showing-coronavirus-anxiety_l_5e95f9b8c5b6e9d524add68a

DEPRESSION

Major Depressive Disorder Basics

<https://childmind.org/guide/major-depressive-disorder/>

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/childhood-depression>

Coping Strategies

<https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm>

<https://www.nimh.nih.gov/health/publications/teen-depression/index.shtml>

MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline

1(800)273-TALK (8255)

Rappahannock Area Community Services Board

Emergency Line: (540)373-6876

Stafford Office: (540)659-2725

Fredericksburg Office: (540)373-3223

Crisis Text Line

Text HELLO to 741741

Substance Abuse and Mental Health Services Administration National Helpline

1(800)662-HELP (4357)

American Psychological Association Psychologist Locator

<https://locator.apa.org/>

Psychology Today Find a Therapist Tool

<https://www.psychologytoday.com/us/therapists/>

RESILIENCE

For Parents

<https://sptsusa.org/parents/resilience-tips-for-parents/>

STRESS

Symptoms of Stress

<https://medlineplus.gov/ency/article/002059.htm>

<https://www.apa.org/topics/stress-children>

Managing Stress

<https://youthfirstinc.org/managing-stress-for-middle-school-students/>

<https://www.understood.org/en/friends-feelings/managing-feelings/stress-anxiety/10-ways-to-help-your-middle-or-high-schooler-manage-stress>

SUICIDE PREVENTION

Talking About Suicide - for Parents

<https://sptsusa.org/not-my-kid/>

<https://sptsusa.org/parents/talking-to-your-kid-about-suicide/>

VIDEOS

A to Z of Coping Strategies

<https://www.youtube.com/watch?v=5EXpkVw3fh0>

Fight Flight Freeze – A Guide to Anxiety for Kids

https://www.youtube.com/watch?v=FfSbWc3O_5M

Fight Flight Freeze – Anxiety Explained for Teens

<https://www.youtube.com/watch?v=rpolpKTWrp4>

How it feels to have Depression – Information for Kids, Teens, & Young People

<https://www.youtube.com/watch?v=eQbvzSxNDtY>

Self-Care in Middle School (TW: Bullying, Self-harm)

<https://www.youtube.com/watch?v=KSXXYH4pWfs>

Therapy in a Nutshell Youtube Channel

<https://www.youtube.com/channel/UCpuqYFKLkcEryEieomiAv3Q>

WEBSITES (General)

Anxiety and Depression Association of America

<https://adaa.org/>

Child Mind Institute

<https://childmind.org/>

Coping Skills for Kids

<https://copingskillsforkids.com/>

Erika's Lighthouse

<https://www.erikaslighthouse.org/>

National Institute of Mental Health

<https://www.nimh.nih.gov/index.shtml>

Society for the Prevention of Teen Suicide

<https://sptsusa.org/>

