

Hil

6th grade: Mr. Morgan

7th grade: Mrs. Casillas

8th grade: Mrs. Elrod



# Hello!

Each six weeks, the counseling team will be sending out updates and information through our "Counselor Cues" presentations. We want to make sure that our Cardiff community has the information and tools to help support our students as they journey through our school.



## Advocate, but DON'T Instigate

Now that students have established some friendships, we can tell that sometimes during conflicts they want to stick up for each other! However, we want them to know that during conflict, there is a difference between advocating and instigating. Below are our go to tips for students.

- If you see that your friends cannot find a solution or drop it, let a trusted adult know (Counselor, Favorite Teacher, Grade Level Principal, Parent/Guardian).
- Do NOT go between friend groups to share messages. This can often be confused for starting drama. It can also make the situation grow into a bigger communication than when it started.
- Just because you see it, you don't have to share it. This applies to Social Media and in person interactions. We understand that most times, there is a loyalty that friends want to keep. However, we want students to think: Is this going to help my friend or hurt them?



## It's okay to Speak Up!



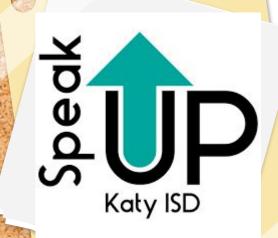
### Katy ISD SpeakUP

Sometimes students struggle with boundaries and may hold in feelings of being uncomfortable or simply not knowing what to say. We want students to know that it is perfectly fine to say things like:

- "Hey, I don't like that."
- "I don't really want to be friends anymore."
- "I don't want to be involved in this."

We will often reassure your students that you can set a boundary for yourself and it doesn't have to be mean or a conflict, with raised voices. It is simply the way you feel and that's okay.

Learning to speak up and set boundaries is a part of growing up!



## It's okay to ask for help!

Schools is the place where students get to learn and grow!

This is the place to learn to ask for help when you need it. Often, students are afraid to look "dumb," "lame," "soft," or whatever new word they may be using.

However, they also forget that they are their biggest advocates! As much as adults know, we sometimes need a cue from the student to know when they need help. We want to encourage them to find an adult that they trust, regardless of the job description and ask for the help that they need. If they aren't sure how, their counselors are a great place to start!



TikTok Instagram Snapchat iPhone **Android** 

### Try Parental Controls

Many of our students LOVE their social media! And sometimes as parents, it can be a little scary knowing that they are online with not only their friends, but the world! DID YOU KNOW that many sites and phones have systems to monitor your child's activities?! Check out these links for information to help you set it up!

# What's going on?

### Counselor

phone usage policy, this year, our counselor request form has been moved to the CJH Counselor website.

### Guidance Lessons

The opt-in window for the Personal Health and Safety Guidance Lesson is open. Parents/Guardians have until September 30th to opt-in to these lessons for their students.

### GT Screening

Information regarding GT Screening can be found under the GT Tile in MyKaty Cloud. Forms have a firm deadline of 11:59pm on Friday, October 4th.

### Report Card

September 19th is the end of the first six weeks! Help your students succeed by making sure they are completing homework, attending tutorials, or making up/retaking tests.

### **Bullying Prevention**

October is Bullying
Prevention Month. Students
will participate in lessons
and activities during
advisory. Information will
also be shared through the
CJH Counselor website.

### Needs Assessment

Students completed a needs assessment. Information is kept confidential within the counseling office. Information will be used to develop and provide programs that meet the needs of our students here at CJH.



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