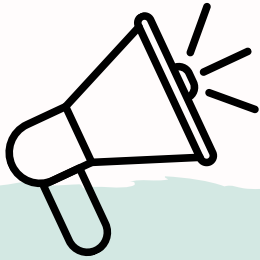
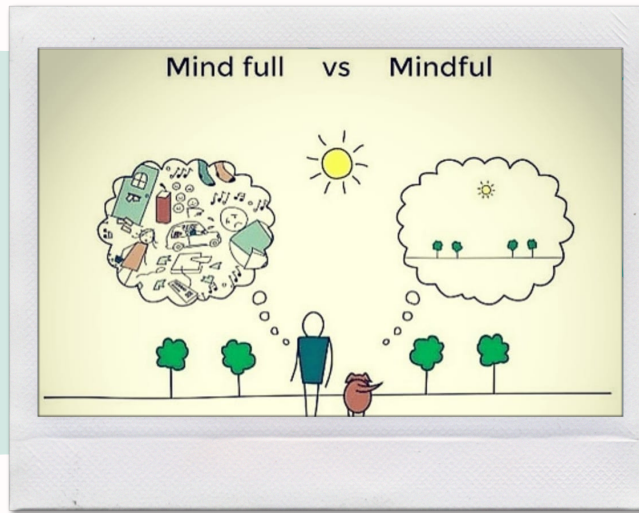


HMS COUNSELING DEPARTMENT

Taylor Branson - 6th Grade | Hannah Roberts - 7th Grade | Anjelica Nichols - 8th Grade



FOLLOW US ON SOCIAL MEDIA
@HOLSTONMIDDLE



In this newsletter...

MINDFULNESS
@ HOME

PEER
MEDIATION
@ HOLSTON

WHAT'S HAPPENING
IN YOUR STUDENT'S
GRADE LEVEL

Mindfulness

MINDFULNESS IS ONE STRATEGY THAT CAN REDUCE THE STRESS OF BEING A PARENT. MINDFULNESS IS A WAY OF BEING. PRACTICING MINDFULNESS MEANS PAYING ATTENTION TO WHAT'S HAPPENING IN THE MOMENT AND ACCEPTING THOSE EXPERIENCES AND FEELINGS WITHOUT JUDGMENT. WHAT DOES THAT LOOK LIKE IN THE EVERYDAY LIFE OF A PARENT?

- Listen to your child with your full attention.
- Accept your child (and yourself) without judgment.
- Imagine your child's feelings and match your response.
- Manage your own feelings and reactions.
- Show compassion for yourself and your child.

LEARN MORE HERE!

SCAN ME



PEER MEDIATION @ HOLSTON

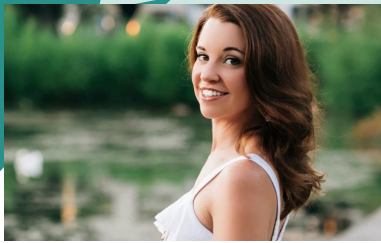
PEER MEDIATION IS A NEW PROGRAM AT HOLSTON THAT IS DESIGNED TO HELP STUDENTS EXPLORE VARIOUS FORMS OF CONFLICT AND PROVIDE THEM WITH THE TOOLS THEY NEED TO RESOLVE THEM PEACEFULLY.

LEARN MORE HERE!

SCAN ME



holston middle school
Counseling
department



TAYLOR BRANSON

6TH GRADE COUNSELOR

taylor.branson@knoxschools.org
865.594.1300

- THIS QUARTER IN 6TH GRADE WE WILL BE LEARNING ABOUT SELF ESTEEM AND PERSONAL POWER/ PERSONAL SAFETY. OUR CLASSROOM COUNSELING LESSON WILL BE ON TUESDAY, OCTOBER 19TH.
- IN QUARTER 1, 6TH GRADE STUDENTS ORIENTED THEMSELVES TO THE RESOURCES THEY HAVE THROUGH THE USE OF OUR COUNSELING DEPARTMENT SERVICES.
- 01 COUNSELING DATA
 - 55 STUDENT REFERRALS
 - TOP 3 REFERRAL TYPES
 - HAVING TROUBLE W/ ANOTHER STUDENT
 - ANGER MANAGEMENT
 - STRUGGLING ACADEMICALLY
 - 26 STAFF REFERRALS
 - TOP 3 REFERRAL TYPES
 - PERSONAL / SOCIAL
 - ACADEMIC SUPPORT
 - ANGER MANAGEMENT



HANNAH ROBERTS

7TH GRADE COUNSELOR

hannah.roberts@knoxschools.org
865.594.1300

- 01 LESSONS WERE ON SOCIAL/EMOTIONAL LEARNING. STUDENTS LEARNED ABOUT BUILDING POSITIVE RELATIONSHIPS WITH ANOTHER THROUGH EMPATHY, COMMUNICATION, AND UNDERSTANDING EVERYONE'S SIMILARITIES & DIFFERENCES.
- 02 LESSONS WILL BE ON ACADEMIC SUCCESS ON NOV. 1ST, 2ND, & 3RD IN THE ELA CLASSES.
- PEER MEDIATION TRAINING WILL BEGIN THE WEEK OF OCTOBER 18TH - OCTOBER 29TH DURING GRADE LEVEL LUNCHTIME.
- 01 COUNSELING DATA
 - 70 STUDENT REFERRALS
 - TOP 3 REFERRALS
 - PEER CONFLICT
 - PERSONAL ISSUES
 - STRUGGLING ACADEMICALLY
 - 46 STAFF REFERRALS
 - TOP 3 REFERRALS
 - PERSONAL/SOCIAL MATTERS
 - BEHAVIOR MANAGEMENT
 - MEDIATION REQUEST



ANJELICA NICHOLS

8TH GRADE COUNSELOR

anjelica.nichols@knoxschools.org
865.594.1300

- 02 LESSONS WILL BE ACADEMIC IN ELA ON OCTOBER 25TH & 26.
- DURING 02, ADMIN AND COUNSELOR WILL BE MEETING WITH STUDENTS ON THE "IN DANGER OF FAILING" LIST. COUNSELOR WILL ALSO PROVIDE A SHORT ACADEMIC GROUP TO HELP IDENTIFIED STUDENTS IN GOAL SETTING AND ORGANIZATIONAL SKILLS IN HOPES OF IMPROVING GRADES (PARENTS CAN RECOMMEND THEIR STUDENT)
- 01 LESSONS WERE SOCIAL/ EMOTIONAL. STUDENTS LEARNED HOW THEIR OWN CULTURE & IDENTITY SHAPE THE WAY THEY SEE THE WORLD AS WELL AS GAINING A BETTER UNDERSTANDING AND RESPECT FOR THE CULTURES AND IDENTITIES OF OTHERS.
- 01 COUNSELING DATA
 - 211 INDIVIDUAL STUDENT SESSIONS.
 - 144 CONSULTATIONS (ADMIN, TEACHERS, PARENTS, ETC.)
 - 22 HOURS IN PROGRAM MANAGEMENT.