

Dear Eastern Middle School Parents:

Welcome from the Eastern Middle School PPS department! We hope that your children are off to a great start and are adjusting well to the new school year.

Middle school is a time of enormous growth for our students both academically and socially. We encourage students to believe in themselves and in their capacity to grow. We remind students that struggling is expected e.g., they won't always get the right answer the first time and might not get the grade that they hoped for. There is a certain amount of frustration and difficulty involved in learning new things; mistakes are valuable lessons.

This can be a very exciting time for many, but can also cause worry and angst for some. Throughout these years there are increased homework demands, a higher frequency of tests and quizzes, and heightened social and emotional awareness. These various stressors are typical of this developmental time. We are here to help guide your child through these situations as we help them problem solve and grow as individuals.

In addition to your child's grade level counselor, we have our School Psychologist, Tim Drummond; School Social Worker, Randi Price and our Teen Talk Counselor, Michelle Ebert as resources for you and your child. During the school day, we are available to help your child in a variety of ways. Below are some ways we can support your child:

Group Counseling: At each grade level we are planning to offer several groups focused on common adolescent issues. Topics will likely include: organizational/study skills, social skills, self-esteem, friendship/lunch groups, and new student groups.

Individual Counseling: We are available for individual appointments, which may be initiated by students, teachers, parents or ourselves. Matters discussed may include academic concerns, peer relations and conflicts, behavioral issues, family issues, and personal goal setting.

Developmental Guidance: We will be visiting classes to present broader approaches to the topics mentioned above and other relevant topics. We will also be continuing to use Naviance which is a web-based service. While using Naviance, students will set academic, personal and social goals, as well as complete activities that foster career exploration.

An open line of communication with parents is very important to us as school counselors. In the event that there is some question or concern that you may have, please contact us and we will work together to respond to your needs. Please keep us informed of any important changes at home that might affect your child at school. If you do not wish your child to participate in any of the PPS/guidance related services, please let your grade level school counselor know. If you feel your child may benefit from additional supports, please contact your child's school counselor to discuss accessing our additional support staff.

We look forward to working with you to ensure your child has a successful school year at Eastern Middle School!

Sincerely,

Meghan Moore - 6th Grade School Counselor
Emily Lager- 7th Grade School Counselor
Erika Moeller- 8th Grade School Counselor