

# SCHOOL COUNSELING

## NEWSLETTER

### Important Dates:

**March 2<sup>nd</sup>:**

3<sup>rd</sup> Quarter Progress Report Period Ends

**March 8<sup>th</sup>:**

FMS Honors Ensemble Concert @HHS

**March 12<sup>th</sup>:**

3<sup>rd</sup> Quarter Progress Reports Posted

**March 22<sup>nd</sup>:**

Grade 6- Parent Info Night, 7pm

**March 30<sup>th</sup>- April 6<sup>th</sup>:**

Schools Closed for Spring Recess

**April 11<sup>th</sup> -13<sup>th</sup>:**

NYS ELA Assessments

**April 13<sup>th</sup>:**

3<sup>rd</sup> Quarter Marking Period Ends

**April 22<sup>nd</sup>:**

Earth Day

**April 23<sup>rd</sup>:**

3<sup>rd</sup> Quarter Report Cards Posted

**May 1<sup>st</sup>- May 3<sup>rd</sup>:**

NYS Math Assessments

Extra help is available Tuesdays and Thursdays after school from 3:00-3:30; late buses are available.

### Counseling Office Contacts:

**Kitty R. Klein**

District Director of Guidance  
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**Maria Sheldon (leave replacement)**

Bilingual counselor  
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## BULLYING AWARENESS!

### BULLYING CAN STOP WITH YOU!

Bullying and cyberbullying have significant effects on a student's emotional and academic success. In fact, cyberbullying has become a large scale problem because of the frequent use of various social media platforms. Texting, Instagram, Snapchat, and Facebook are some of the most popular social media outlets that many students use, and where a lot of cyberbullying can occur. How can YOU stop bullying?

**Recognize the signs-** do you know someone who is being a bully or who is being bullied? Is something that you are saying or posting meant to hurt another person? Are you or someone you know spreading rumors about another person?

**Stand Up to Bullying-** Even if you are not comfortable confronting a bully, there are many ways you can stand up to bullying, such as defriending or blocking that person from your social media account.

**Report the incident-** if you or someone you know is being bullied, report the incident to a parent, teacher, or school staff member.

## EARTH DAY!

Earth Day is an annual event celebrated on April 22<sup>nd</sup>, where people come together to demonstrate their support for environmental protection. Earth Day was initiated in 1970 and has since grown to be an international phenomenon. This initiative paved the way for the Clean Air Act, Clean Water Act, and the Endangered Species Act. As we celebrate our wonderful planet, please remember to make environmentally friendly choices, including:

- Recycle old plastic, boxes, and clothes
- Plant a garden
- Stop using plastic grocery bags



Please stop by the Guidance office to learn other ways you can help!

## Career Spotlight

### Engineering



**Some Career Choices:** Civil Engineer, Chemical Engineer, Airplane Pilot, Architect, Educator

#### What they do:

Engineers are responsible for the design of structures, buildings, and systems that are vital to our everyday lifestyle. Depending on their specialty, engineers can design anything from highways and bridges to airplanes and boats used by the military! With science and math being a driving force in their everyday work day, engineers help explore, create, and design innovations that improve lives!

#### Abilities:

People interested in this work like science, math, inventing and building! It is also important to understand the relationship between various objects, and how one variable affects another. Engineers are people who like to work as a team and realize that they cannot complete their job without the help of others.

**Education:** Between 4-8 years of college, ranging from a Bachelor's Degree all the way to a Doctorate.

**Starting Salary:** \$ 70,000/year

Source: [www.naviance.com](http://www.naviance.com)

## FEBRUARY'S CAREER CAFÉ

During the month of February, we held our 3<sup>rd</sup> Career Café at Finley Middle School. Our guest speaker, Mr. Matthew Emigholz, from the Army Corps of Engineers, discussed different fields in engineering such as chemical, civil, ceramics, and environmental. Mr. Emigholz showed visual images of several projects from start to finish (including some of those he's worked on), and explained how lengthy some projects can be! He also discussed the academic foundation and subjects needed to be successful in this career, as well as the vocational skills and interests. Mr. Emigholz shared his personal journey that led him to the Army Corps of Engineers, and answered student questions throughout his presentation.

## HUMAN RELATIONS DAY!

Human Relations day is dedicated to team-building, tolerance and understanding. Students participate in small group activities, converse about current and past events, and discuss what it means to demonstrate acceptance and tolerance towards others. Activities address various topics and are conducted by teams of teachers assigned to students. Our next Human Relations day will target the 7<sup>th</sup> grade Eagles Team on March 9<sup>th</sup>. It will be a fun filled day that sparks conversation about the diverse world we live in and social change!

## 7<sup>TH</sup> GRADERS, HERE COMES NAVIANCE!

One of our new guidance initiatives this year is implementing the Family Connection/Naviance program to both seventh and eighth graders. Naviance is our online college and career search platform where students can work on resume building, conduct career exploration, keep track of tasks and assignments due (through the 'My Planner' tab), and learn how to better prepare for their future. The program also serves as a communication center for students and parents.

Now that the eighth graders are logged in, counselors will be pushing into the 7<sup>th</sup> grade classrooms in April to set up student accounts. Parents will also receive their own access codes in the mail. Want to know what's even better? Students will maintain their Naviance accounts throughout high school until they graduate and go off to college!