



# Skyview Middle School

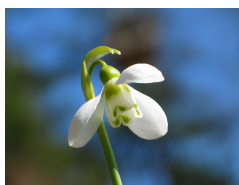
.....

## January Newsletter 2021

### **Counselor Connections Group: Wednesday's at 1pm**

The counseling team is starting a group for all students, every Wednesday at 1pm. We will play games, do riddles and we want YOUR input on what we do. Please join our group!

<https://nsd.zoom.us/j/99244930257>



Happy New Year and welcome back! We hope your winter break was filled with all of the things that bring you peace and joy and that you are feeling refreshed in the new year. From this point until the end of the school year, each day will bring more and more daylight!

We cannot believe we are already almost halfway through the school year! As we embark on the second semester, now is a great time for you and your student to do some self-reflection around the first semester and set some goals for the rest of the year. January is also **Mental Wellness Month**. Mental wellness is not something that occurs on its own, it is a muscle that needs to be strengthened every day. If your family does not already have a self-care practice, the new year is a great time to incorporate one into your everyday routine. Small changes can turn into wellness habits that set the stage for hope, joy, and resiliency in the new year.

### **In this Issue:**

- **Goal-Setting in Second Semester**
- **Mental Wellness Tips**
- **Develop a Wellness Mindset**
- **No Name Calling Week**
- **Resources and Lectures (ADHD, Screenagers 2)**
- **Innovation Lab High School information**

### **Goal Setting in Second Semester**

As we approach the second semester, now is a great time to help your student reflect on what went well during the first semester and what could be better. What are their strengths? What parts were challenging? Once they have determined what area they would like to improve upon, here are some ways to support them in achieving their goals.

**Help them set a SMART goal. SMART goals are:**

**S- Specific.** Help your student set goals that are clear and well-defined about what they wish to achieve (rather than, “I would like to wake up earlier next semester,” a more specific goal would be, “I will wake up at 7:00am every morning on Monday-Friday.”

**M- Measurable.** How will your student know when they’ve achieved their goal? Students should be able to track their progress.

**A- Achievable.** Students should state what specific actions they will take to achieve their goal. They should also consider any resources they will need to achieve their goal and whether or not it is achievable, given their set of resources.

**R- Relevant.** Help your student think about why this goal is important to them. What are the benefits? Why is it meaningful?

**T- Time-bound.** When do they want to achieve their goal?

Here is more information about setting [SMART goals](#).

**Help your student consider what obstacles may get in the way of their goals.** Have them write down any internal difficulties (ex. low-motivation, self doubt, anger, anxiety) and external difficulties (ex. lack of time, lack of skill, personal conflicts) they may encounter and how they will deal with those when they arise.

**Help your student think about the tools and resources that can help them achieve their goal.** Who are the people that can help your student stay on track? What tools and resources might they need and where can they find them?

**Break the goal into small, obtainable steps.** Help your student draw or write out a list of actionable steps with a timeline of when they will achieve each item. Add these check-points to your house calendar. **Tip:** Offering small rewards when each item is achieved can be very motivating!

**Track their progress.** Your student can plot their progress through a graph, chart, journal, or app.

Source: [ACT Mindfully](#)

Find more goal-setting resources [here](#).

## Mental Wellness Tips

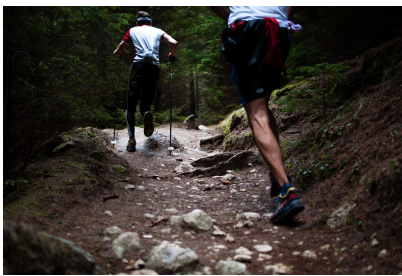
**Tip #1: Take time to do the things you enjoy, especially outdoors.**

Research shows that being in nature helps reduce stress. Breathe the fresh air (and maybe feel some sun)!



**Tip #2: Take care of your spirit.** This can mean different things depending on the individual but essentially means connecting to whatever you find meaningful- whether through God, yourself, others, nature, art, etc.

**Tip #3: Take some 'me' time.** Take time to focus on yourself at least once a week.



**Tip #4: Get moving!** Physical activity has many benefits to your mental health. Movement can help relieve stress, tension, and anger, boost overall mood, and reduce anxiety and depression. Set a timer to remind yourself to take small breaks throughout the day to stretch, move, and walk!

**Tip #5: Connect with others and create joy.** Social connection is crucial to our mental health.

Laughing decreases pain and promotes muscle relaxation.

The good feelings we get from being around others can boost our ability to bounce back from stress. While we may not be able to connect with others the way we would like to right now, we can still make time to connect with family through eating together, playing games, enjoying common interests, going on a walk, creating something together (food, art, a birdhouse, garden), and making time for conversation. We can connect with those outside our homes through phone calls, Zoom (host a Zoom game night), or even writing letters.



**Tip #6: Take care of yourself.** Drink water, eat a nutritious breakfast, get plenty of sleep, take breaks from screen-time, floss, keep your medical/dental appointments. Think of how you may want to take better care of yourself and set a goal for how you can incorporate new habits into your daily routine. Modeling these habits will encourage your children to do the same.

**Tip #7: Seek professional help.** Knowing when you need to seek professional help for anything is a strength rather than a weakness. It is important to know when you just cannot help yourself any more and need some extra guidance. Some symptoms that you might experience when you might need to seek professional help are if you or people around you see changes in mood or appetite. Abusing drugs or food can often be a go-to method for people looking to cope with their issues. Feeling as though you are not yourself, whether due to a loss, traumatic event, or for seemingly no reason, can be a reason to seek help. (Lifeline Connections, 2020)

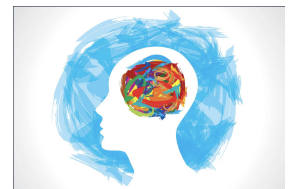
[Here](#) is a list of phone apps from Common Sense Media to assist teens with their mental wellness goals.

Source: [Columbia River Mental Health Services](#)

Source: [Lifeline Connections](#)

### **Develop a Wellness Mindset**

**Practice gratitude.** Focusing on our struggles and dwelling on what we don't have can quickly become overwhelming. Taking time each day to recognize your achievements and think about what you are thankful for, and the people you appreciate, can have a tremendous impact on your mood. Consider starting a gratitude journal, [Joy Jar](#), or using a gratitude app each day.



**Avoid negative self-talk.** If you find yourself engaging in negative self-talk, challenge yourself to focus on your strengths instead. Foster a growth mindset by recognizing that mistakes are necessary for growth. Post some positive affirmations where you will see them each day. Here are some [sample affirmations](#) and a description about how to use them.

### **No Name Calling Week: January 18-22**



No Name-Calling Week is an annual week of educational activities aimed at ending name-calling of all kinds and providing schools with the tools and inspiration to launch an ongoing dialogue about ways to eliminate bullying in their communities.

No-Name Calling Week was inspired by a middle grade novel entitled *The Misfits* by popular author James Howe in which a group of students organize a “No Name-Calling Day” at school. Motivated by this simple, yet powerful idea, the No Name-Calling Week Coalition, created by GLSEN and Simon & Schuster Children’s Publishing, and consisting of over forty national partner organizations, organized an actual No Name-Calling Week in schools for the first time in 2004. The event is now held annually in schools nationwide. ([Simon and Schuster](#)).

Find resources [here](#) to learn how you can participate in No-Name Calling Week

### **Resources and Lectures:**

- **Digital Safety 101 Speaker: January 28th @ 7pm via Zoom**

Join author, educator and international speaker Jo Langford for an important talk tailored to parents/guardians to build their internet "savvy" to help our kids build their online lives with boundaries, etiquette and good judgement.

[Digital Safety 101 - Parent Information! \(skyviewmspts.org\)](https://www.skyviewmspts.org/digital-safety-101-parent-information)

- **Live Webinar on February 25: 12 Principles for Raising a Child with ADHD**

Register for this free expert webinar to learn 12 principles for raising a child with ADHD on Thursday, February 25 at 10 am PST. Sign up and you will receive the free webinar replay link after 2/25 as well!

<https://www.additudemag.com/webinar/parenting-a-child-with-adhd/>

### **Innovation Lab**

Innovation Lab is Northshore's newest high school and it opened this school year. If you or your student is interested in learning more, please go to the Innovation Lab High School webpage:

<https://innovationlab.nsd.org/>

The deadline for first consideration in their application process is 11:59 pm on February 1<sup>st</sup>. Links to their application and last week's webinar are on their website:

<https://innovationlab.nsd.org/apply>

-----  
If you or someone you know needs immediate support outside of school hours, please contact one of the following:

\*Call Teen Link: 206-461-4922, 6:00-10:00 pm nightly, staffed by teens

\*Text Teen Link: 866-833-6546, 6pm-9:30pm

\*24-hour Crisis Line: 1-866-427-4747, to speak with an adult crisis expert

\*National suicide prevention crisis line: 1-800-273-TALK (8255)

\*Dial 911 if you have an emergency and need help

Have A Great January,

The SMS Counseling Team

Gini Scott

Counselor (A-Go)

425-408-6889

[gscott2@nsd.org](mailto:gscott2@nsd.org)

Jeff Dennis

Counselor (Gr-Ka)

\*no number

[jdennis@nsd.org](mailto:jdennis@nsd.org)

Jenny Booth

Counselor (Ke-O)

425-408-6821

[jbooth2@nsd.org](mailto:jbooth2@nsd.org)

KevinTjoelker

Counselor (P-Z)

425-408-6879

[ktjoelker@nsd.org](mailto:ktjoelker@nsd.org)