Welcome back all 7th and 8th grade students and families and welcome to Skyview to all new students and their families. We have had a great start to the school year and we have loved getting to know so many of your students. Please feel free to contact your child’s counselor if you have any questions or concerns. We’re here to help!

**Your Counseling Team**

**Gini Scott, counselor for students A-H,** is in her second year as a full-time counselor at Skyview. Gini is a UW and SPU graduate, has a 7th grade daughter and 9th grade son. Gini loves exercising, reading, being with her family and playing with her yorkiepoo, Dempsey.

**Jenny Booth, counselor for students I-M,** is new to Skyview this year. Jenny will be here Monday’s, Wednesday’s and Friday’s. She will be at Northshore Middle School on Tuesday’s and Thursday’s. Jenny is a Sonoma State University graduate and has a 4 year old son and 1st grade son. Jenny enjoys music, hiking, and traveling.

**Kevin Tjoelker, counselor for students N-Z,** is in his fourth year at Skyview. Kevin is an SPU graduate and has a 2nd grade son and 4th grade daughter. Kevin loves skiing and snowboarding, playing guitar, and enjoying the outdoors with his family.

**Hayley Ott, counseling intern, will be helping Kevin Tjoelker with his caseload of students U-Z** and will be working closely with the whole team to get the best education and experience possible. Hayley will be here Monday’s, Tuesday’s, and Thursday’s. Hayley got her undergraduate degree at UW and is getting her School Counseling Master’s Degree at SPU. Hayley enjoys skiing, hiking, cuddling with her cats, and spending time with family.

**Homework Tips**

As students get into the full swing of school and managing activities, we have a few tips we’ve compiled for successful homework habits:

1. Have a set time for doing homework – a consistent time helps kids know what to expect each day. If they know what time they have to do homework, they are able to prepare and prioritize. The more they get used to it, the easier it will be.
2. Pick a *quiet* place for doing homework - kitchen, at a desk...your student can help figure out the best spot. The space should be well lit and comfortable.
3. Get organized - Be sure the desk or table surface is clear and supplies are easily accessible.
4. Eliminate distractions during homework - students will do best when the TV is off and their phone is away (if they have one). Kids will do best when free time and work time are clearly defined.
5. Build in breaks - Homework can feel overwhelming. Experts believe that short breaks every 10-minutes or so will help students stay on task.
6. Include snacks.
7. Use homework time to do your own assignments - This can be a chance for you to do work, bills, read, or any other activity. It’s a great way to be with your student and model positive homework behavior.
8. Be available - Being there for support and to answer questions can be very comforting and helpful for students.

**Social Media Education:**

We strongly recommend that parents/guardians have their student charge cellphones in the parents/guardians room. Students repeatedly report that they may not be the one initially texting, direct messaging, Snapchatting, etc. but that they receive messages throughout the night. While this is the recommendation by all social media experts, if you choose to allow your student to keep their phone in the room, it can be very helpful to put on Do Not Disturb during sleeping hours. This will allow your student to get the much needed sleep they need to be successful in all areas of life.

Each one of us has probably experienced or witnessed bullying at one time or another. However, bullying behavior has changed from what parents and teachers may have experienced in their youth. Today, bullying does not only occur at school, but name-calling and teasing can also follow our students home through cyberbullying.

The following **tips for parents to help prevent and and address cyberbullying**

behavior were developed by the American School Counselor Association. **As a parent you can help protect your child by:**

1. Keeping Tabs on Technology – While placing your home computer(s) in open access areas, such as family rooms or kitchens, can be helpful, it is important to remember that kids can access the Internet from a variety of sources including mobile phones, an iPod touch and handheld gaming devices. Tell your children you may review their online communications if you think there is reason for concern. Consider installing parental control monitoring and/or filtering programs on your computer(s), but don’t rely solely on these tools. Blocking or filtering content works well for younger children. Monitoring and discussion works best for tweens and teens.
2. Communication is Key - Talk regularly with your children about online activities, specifically cyberbullying, and encourage your children to tell you immediately if they become the victim of cyberbullying, cyber-stalking, or other illegal or troublesome online behaviors. Encourage your children to tell you if they are aware of others who may be the targeted by such behavior, and make sure your children understand cyberbullying is unacceptable behavior that will have consequences if they take part in it.
3. When Dealing with Cyber Bullying - Tell your children not to respond if they are cyberbullied but to tell an adult immediately and to save all messages as evidence. Contact the school if you suspect the school district’s Internet system is being used for nefarious purposes; the school is obligated to prevent negative use of its own networks. In any case, you should enlist the school to help you resolve the problem if the children involved attend the same school.
4. The Rules of the “Superhighway” Can Help - Try to identify the individual doing the bullying. Even if the person is anonymous there are ways to track people down through Internet service providers. Sending inappropriate language may violate the “terms and conditions” of e-mail services and Internet providers, Web sites and cell phone companies. You can contact these companies to get help in blocking the perpetrator or removing offensive content.
5. Get the Police Involved - Cyberbullying is criminal if it includes threats of violence, extortion, obscene or harassing phone calls or text messages, stalking, hate crimes or child pornography. If any of these are present, it is time to contact the police and let them track the person down.

**Volunteer Opportunity:**

We’re looking for lunchtime volunteers! Thank you to the many parents who’ve signed up to do Campus Roam. We’d love some more volunteers. Please email Gini Scott if you’re interested in volunteering, gscott2@nsd.org.

**Free or Reduced Lunch Questions:**

We’ve had a few questions about breakfast and lunch at school. You can go onto Pam Pay (<https://paypams.com/>) to see what amount of money your student has spent on items (it doesn’t list the exact item, but it does list the dollar amount). If it says ‘a la carte’ for lunch, this means that your student did not get fruits and/or vegetables. The wonderful kitchen staff strongly encourages students to get fruits and vegetables. If it just lists ‘lunch’ that means your student’s lunch included fruits and/or vegetables. Hopefully your student is following your family rules for spending during lunch but if this becomes an issue, you can contact the Skyview Kitchen Manager and she can put a limit on daily spending.

Also, if your student is on Free or Reduced Lunch, they receive FREE breakfast. We strongly encourage students to pick up food, even if they’ve already eaten. This will provide them with a snack for later.

**Education and Community Events:**

**SCREENING: Is your child addicted to social media?**

Today we are more connected than ever, but is it helping or hurting us? Join ParentMap as we explore the impact of social media at our exclusive film screenings of the original [IndieFlix documentary "LIKE.](https://thelikemovie.com/)"

Technology is a tool. It’s here to stay and social platforms are a place to connect, share and care, but what’s really happening? Are we addicted? How do we stop? Where do we start? What do we need to know? By understanding the effects of technology and social media on the brain, on our lives and on our civilization, we can learn how to navigate it more safely together.

Following each screening is a live Q&A with local experts to answer your burning questions about this hot-button topic.

**Screening Dates;**

**Monday, October 22, 2018**

Sammamish High School Performing Arts Center, Bellevue

6:30 p.m. Live Q&A to follow the screening

**Thursday, November 15, 2018**

King's Schools, Shoreline

7:00 p.m. Live Q&A to follow the screening

Purchase Tickets Here: <https://www.parentmap.com/like-film-screenings>

**Every Child Summit - Resources for your Exceptional Child**

Join ParentMap in Seattle for our Every Child Summit, focusing on children with learning differences and special needs. New this year, the event will feature THREE mini lectures as well as a free resource fair for families. Get the resources and support you need to help your exceptional child succeed. Lectures and Q&A's will cover the topics of autism advocacy, pediatric anxiety and ADHD.

Wednesday, Oct. 17, 2018 University of Washington, Husky Union Building, Seattle

Schedule:

**Free Resource Fair,** 5 - 8 p.m.

**Lecture 1: Autism Advocacy with Arzu Forough**

President/CEO of Washington Autism Alliance & Advocacy, 5:30 p.m.

**Lecture 2: Pediatric Anxiety with Dr. Ashley Moss**

Postdoctoral Fellow in Pediatric Psychology at Seattle Children's Hospital, 6:30 p.m.

**Lecture 3: ADHD with Erin Schoenfelder Gonzalez, Ph.D.**

Attending Psychologist at Seattle Children’s Hospital, 7:30 p.m.

Thank you!

Your Counseling Team

Kevin Tjoelker, Gini Scott, Jenny Booth, Hayley Ott, Kris Staten, Vicki Madsen, Julie Archer