

# SVMS

## Counselor Newsletter

August / September 2023



### COUNSELORS:

**Mr. Tom Baldo (grades 7th & 8th)**

[thomas.baldo@svpanthers.org](mailto:thomas.baldo@svpanthers.org)

Click [HERE](#) to learn more about what school counselors do in this Welcome Back letter

**Mrs. Amanda Hicks (grades 5th & 6th)**

[amanda.hicks@svpanthers.org](mailto:amanda.hicks@svpanthers.org)

For students to speak with Mrs. Hicks, send an email or fill out [Mrs. Hicks' Request Form](#)

### SAFETY RESOURCES:

**SAP** - Identifying and removing barriers to learning, including issues with alcohol, tobacco, other drugs, and mental health needs.

**Safe2Say** - If you feel someone may be a threat to themselves or someone else, "Say Something" BEFORE it's too late.

### SAVE THE DATE:

**August 21st @ 5:30-7:30 pm**

5th grade Back to School Night

**September 30th @ 5:30-7:30 pm**

Back to School Night (grades 6th-8th)

### Let's Talk About:

## GOAL-SETTING

**Goal-setting** is the process of deciding what you want to achieve over a particular period. Your school counselor can help you think about setting short- or long-term goals in the areas of academics, social/emotional growth, and career readiness. **What do you want to achieve?**

### TIME MANAGEMENT:

One way to ensure you can meet your goals is to use your time wisely! Making sure that you prioritize important tasks will help reduce stress and promote balance between school and life. Check out the self-assessments and practical strategies in this [Time Management Workshop](#) packet. **How will you use your time this year?**

### SELF-ADVOCACY:

Middle school is hard! But students' voices should be heard. These [4 Self-Advocacy Tips](#) are helpful for parents to start that conversation. **What is one way your child can advocate for their education?**

### ATTENDANCE POLICY:

Did you know a student is considered truant when they have been absent for three days during the current school year without an excuse? The PA Department of Education sets guidelines for mandatory school attendance. Check out SVSD's school board policy on [Compulsory School Attendance Requirements](#). **What is your personal attendance goal for the 2023-24 school year?** Please be sure to submit sick/doctor notes to the main office within three days of your absence.

### GOAL-SETTING RESOURCES:

[SMART Goal Template & Action Plan](#)

[BrainPOP Setting Goals Video & Activities](#)