



Guidance Department's Newsletter

April 2019

Counselor Message

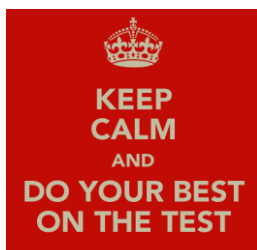
Happy Spring! In just a few short weeks, we will be at the end of another school year. Hard to believe! It has been a fabulous school year so far. We are looking forward to another great month at the Eagles Nest!

In March, the school counseling program continued with small group counseling and individual meetings with students. Eighth grade students participated in career guidance lessons and developed an Individual Graduation Plan. Our school-wide fundraiser for Coweta County's elderly was a huge success!! We collected money to support Meals on Wheels of Coweta County. Thank you for supporting this effort!

(<https://mealsonwheelscoweta.org/>)

PARENT TIPS:

The month of April is often times filled with various emotions for our middle school students. For 8th graders, they are leaving the Eagles Nest and going off to high school. For others, it is simply because of the **TEST!!!** The TEST is the Georgia Milestones, which will be administered after spring break. Below are some links to help ease your child's anxiousness.



What's Happening

Wed. 4/10/19: GA Milestones Begin
4/10-4/23

4/30/19: Progress Reports Issued

April Holidays

Distracted Driving Awareness Month

Stress Awareness Month

National Pet Month

National Inventors Month

APRIL FACTS

4/2 World Autism Awareness Day

4/6 National Student-Athlete Day

4/7 World Health Day

4/9 National Media Specialist's Day

4/10 National Siblings Day

4/22 National Earth Day

On World Earth Day today, here's a look at how we are destroying our planet.

WHAT ON EARTH?

6 billion kg of garbage is dumped into the oceans everyday

India loses \$2 trillion a year due to pollution

1 ton of oil is spilled into the sea for every 1 million ton of oil shipped

Every 8 seconds, a child dies of contaminated water

Breathing the air in Mumbai is the same as smoking 100 cigarettes

4/24 Administrative Professionals Day

4/29 National Shrimp Scampi Day



Spring Break: April 4-5



Home of the Eagles

Character Education

"We're Soaring with Good Character"

The character trait of the month is **Honesty**. Honesty means being truthful in what you say and do.

Promoting Character Education

Honesty

1. Being truthful to others
2. Being truthful to yourself
3. Doing what's right regardless of who's around
4. Being someone others can trust

4/30/2019: National Honesty Day

" Being honest may not get you a lot of friends but it'll always get you the right ones."

~John Lennon

Counselor Message (con't)



Coping With High-Stakes Tests

- ▶ Help your child to be calm, focused, and rested on test day. This begins with a good night's sleep.
- ▶ Prepare any needed materials ahead of schedule, and take time for a good breakfast before the exam.
- ▶ Remind your children that you support their effort and that daily performance is a much better indicator of aptitude than a single test.
- ▶ Plan a post-exam activity your child enjoys as a reward for his or her hard work.

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Helpful Articles:

8 Tips for Helping Middle-Schoolers With Learning and Attention Issues Cope With Test Anxiety:

By Lexi Walters Wright

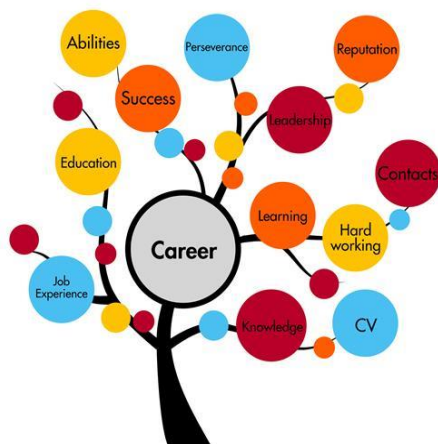
4 Tips for Reducing Test Anxiety in Middle School Students:

By Meaghan Dunham

Tips for Beating Test Anxiety

By Rachel Ehmke

College & Career Information



Article: Career Prep Moves Into Middle Schools (Education Week)

Interactive Virtual Tours and Campus Maps (click below)



College & Career of the Month

COLLEGE:

Kennesaw State University
Kennesaw, GA (*click the picture*)



College & Career Information (con't)

College & Career of the Month

CAREERS:

This month we will highlight [Kennesaw State University's top majors](#):
(click the link for more information)



Award-winning academic programs produce the highest number of teachers and nurses in Georgia and the state's second-largest business school and the state's second-largest engineering college.

Top majors include:

[Nursing](#)

[Biology](#)

[Psychology](#)

[Management](#)

[Computer Science](#)

[Communication](#) (several undergraduate programs)

How to see the school counselor

*Mrs. Hill 6th grade and 7th grade Teams (Lau & Benton)
rebecca.hill@cowetaschools.net (770-254-2744 ext. 213)

*Mrs. Holmes 8th grade and 7th grade Team Berry
maranda.holmes@cowetaschools.net (770-254-2744 ext. 231)

Website: <https://madrascounseling.weebly.com/>