



Guidance Department's Newsletter

January 2019

Counselor Message

Happy New Year! As we enter the second half of our school year, we are geared up for even more wonderful opportunities at Madras! Check out the Look What's Happening information and stayed tuned for more!

Parent to Parent Tips: Still in Touch with School

Recently, I started feeling bogged down with the school-year routine. I wasn't keeping up with papers my daughter Molly brought home. When another parent mentioned a meeting I didn't know about, I realized I had to get back to being more involved. Thanks to the other parent, Molly and I attended a meeting for next fall's cross country team. We learned about summer conditioning and signed up for coaches' updates. Had we skipped the meeting, Molly might have missed out on participating altogether. Now I've started opening school emails right away. I also have Molly put papers on my nightstand so I'm reminded to read them before bed. Staying in touch has made me more enthusiastic about her school and activities. And I think it makes Molly feel good in knowing I care.

What's Happening 

January is National Mentoring Month

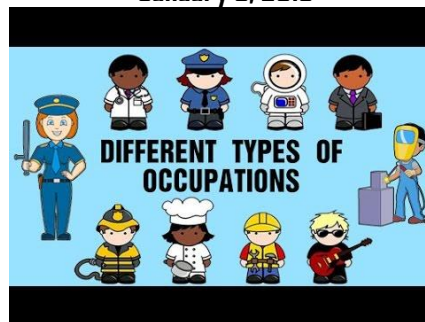


Thank You Mentors!



Monday 1/21/19 MLK Jr. Holiday

Madras Middle School
Career Day
January 8, 2019



Career day will give students an up-close-and-personal view of an array of occupations. Students will learn what skills and education are required for the industries and fields they have interest in.



Character Education

"We're Soaring with Good Character"

The character trait of the month is **Perseverance**. **Perseverance** means a steady will to complete a task in spite of any obstacles before you.

When my work is difficult I WILL:

- Take a deep breath
- Try a different way of solving the problem
- Ask a classmate
- Try again
- Ask a teacher for help
- Ask my teacher if I can take a short break
- Look back at my notes
- Tell myself I can do it!
- Try my best

I WILL NOT GIVE UP!

"We must accept finite disappointment, but never lose infinite hope." ~ Martin Luther King, Jr.

Counselor Message (con't)



▶ Talk about goals you have set for yourself and how you achieved them.

▶ Guide your child toward a realistic short- or long-term goal that includes *why* it is important. Agree on a reasonable timeframe to achieve the goal.

▶ Display the goal in a prominent place. If the goal is measurable each day, post a chart and award a star for each day it is achieved.

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Recommended Reading: Helicopter Parenting

Julie Lythcott-Haims, former dean of freshmen at Stanford University, thinks that "helicopter parenting" is ruining a generation of children.

She offers four tips:

1. Avoid saying "we". Let your child be in the forefront.
 2. Don't constantly question teachers, principals, referees, coaches, etc. Let children advocate for themselves.
 3. Let your children do their own work.
 4. Seek opportunities to let children be independent, especially for teenagers.
- **Watch the video and read the full article here:

[Former Stanford dean explains why helicopter parenting is ruining a generation of children](#)

College & Career Information



Middle school is not too early to begin considering postsecondary options: college, tech school, military, and workforce.

A student's performance in middle school will help prepare them for the academic challenges of high school.

Interactive Virtual Tours and Campus Maps (click below)



College & Career of the Month

COLLEGE: Dalton State College University (Dalton, GA)
*Near the Blue Ridge Mountains in northwest Georgia (click on the pic.)



College & Career Information (con't)

College & Career of the Month

CAREER: Non-traditional careers for Women!!

-Women are underrepresented in occupations across many occupational groups including those in the construction trades and STEM (Science, Technology, Engineering, and Math) fields.

-Non-traditional occupations offer a woman higher entry-level wages and higher pay as she advances in her career.

Here are several occupations:

- Detective or Special Agent
- Architect
- Chef
- Barber
- Clergy Member
- Computer Programmer
- Engineer or Engineer Technician
- Construction and Building Inspector
- Railroad Conductor
- Machinist
- Truck Driver
- Firefighter
- Pilot
- Carpenter
- Electrician/ HVAC Technician

Obtained from [The Balance Careers.com](http://TheBalanceCareers.com)

How to see the school counselor

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