

PIN OAK MIDDLE SCHOOL COUNSELING CORNER



VOLUME 1
August 2024

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ACCESS OUR
COUNSELING
RESOURCES

BACK TO SCHOOL TIPS



IT'S OKAY TO BE NERVOUS

For new or returning students, the beginning of the school year can be scary and exciting at the same time. Parents and students can work together to discuss these emotions and best support the students by listening and finding solutions to make them feel safe in this situation. This can include journaling, feeling checks, and practicing gratitude.

SET A ROUTINE

It's imperative that students and their families begin getting into a routine a week prior to the first day of school. This limits the anxiety that can come with adjusting to a new environment. Routines also influence healthy self-care habits, such as ample hours of sleep and practicing responsibility.

SET S.M.A.R.T. GOALS

Setting Specific, Measurable, Achievable, Relevant, and Timely (S.M.A.R.T.) goals helps students stay on track to reach realistic and attainable goals. Planning and organizing one's goals at the beginning of year helps students ease into a successful year.

THE GOLDEN RULE

Middle school is an optimal time where students' peer resolution skills are obtained and tested. It is important for families to discuss that there may be instances where individuals may not seem to see eye to eye, but that there is an appropriate way to handle the situation. Please be aware that these differences do not always indicate instances of harassment or bullying, and that there are resources, such as the counseling team, to help work through these differences. Remember to be KIND!

It's that time of year again! Students and their families are getting back into their school day routines, buying school supplies, and enjoying the last days of freedom. As summer is coming to a close, students may be feeling an array of emotions with the thought of transitioning environments, but this newsletter guides your student by providing expectations and resources for the upcoming school year. We are so excited to welcome the Chargers back to campus! Be on the lookout for future POMS Counseling Corner Newsletters for additional counseling support and information.

Upcoming Events

- Aug 5th: Charger Camp
- Aug 6th: 8th Cheer & Dance Camp
- Aug 8th: Fall Sports Parent Meeting
- Aug 8th: Sports Physicals @ 4 PM
- Aug 12th: First Day of School
- Aug 15th: Expectations Assembly
- Aug 19th: NJHS App Opens
- Aug 21st: NWEA BOY Alg/Math
- Aug 22nd: NWEA BOY Reading
- Aug 23rd: NWEA BOY Science
- Aug 26-30th: Device Rollout
- Aug 30th: PR1 Ends



WHAT TO EXPECT THIS YEAR

Lessons and Topics

The counseling team will cover lessons that support students on the intrapersonal and interpersonal level, especially at the middle school level. Topics that will be covered include, but are not limited to, peer and personal conflict resolution, anxiety, stress management, coping mechanisms, empathy.

Charger Time

Charger Time is time set aside every Monday during Team Time to guide our students into becoming global citizens by assisting students in identifying emotions, learning how to appropriately cope with emotions, and applying these mechanisms to their everyday lives.

Individual and Group Counseling

Students may be referred to individual and/or group counseling via the counselors' referral process. Please refer to our counseling resources that can be found on the POMS website or the resource link on the previous page. Parents/guardians will be addressed appropriately and timely.

Celebrating Cultures

As POMS is a Foreign Language Magnet campus in one of the most diverse cities in the world, we would love to highlight the cultural backgrounds that make us unique!

MEET YOUR COUNSELORS

Ms. Rankins
Alpha A-M
Room



Welcome! I am looking forward to meeting you all and supporting you through a wonderful school year. For access to my counseling website, please click on my photo.

Email: Qiana.Rankins@houstonisd.org



Ms. Lebiga
Alpha N-Z
Room

Greetings! I can't wait to meet all the Chargers! I am available to support you by providing a safe space and healthy relationship to help you be your best. Click my photo to access my counseling app for additional resources.

Email: Alynn.Lebiga@houstonisd.org

Contact Us

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