

PIN OAK MIDDLE SCHOOL COUNSELING CORNER



VOLUME 5
December 2024

CLICK TO
ACCESS OUR
COUNSELING
RESOURCES



CONNECTION: TAKE TIME TO TALK

BE CURIOUS, NOT FURIOUS

Seek to understand the bigger picture of your child's world. What may seem minimal in an adult's eyes, may mean everything to your student's. Take time to be familiar with your child's insecurities, triggers, love languages, and typical patterns of behavior. This allows you to notice when they are acting out of character, thus opening an opportunity for you to intervene as a supportive parent. Being reactive when approaching your child only amplifies erratic behavior. Try asking your child direct, but safe, open-ended questions.

HOW TO BE THE PERFECT PARENT

Gotcha! Nobody is perfect, especially when it comes to parenting, but there are common qualities in being a good parent. As long as you strive in these characteristics, your child will recognize that you are making an effort in creating a trusting and positive relationship with them. For example, use every failure as a teaching opportunity. Explain that in order to progress in life, we must learn from our mistakes. It is also important that we model kindness, empathy, and good communication skills so that they may naturally acquire these skills. It is also very important to practice and teach accountability so that students are self-aware of their actions towards themselves and others.

**“RAISE YOUR WORDS, NOT
VOICE. IT IS RAIN THAT
GROWS FLOWERS, NOT
THUNDER.”**

— *Rumi*

INVEST IN YOUR STUDENT

Although we may get caught up in the everyday hustle and bustle, it is very important to invest quality time with your student for not only their well-being, but yours as well. Not only does it show that you are willing to provide a safe and trusting relationship, but it also gives you peace of mind knowing that you are their go-to for nurturing. Quality time must be meaningful and not merely “existing” by being on devices or watching TV in each others' presence. It may be simply enjoying the company of your student in conversation, trying a new activity together, or being their number one cheerleader during practice. Planning out regular activities shows intention behind your investment, which they will appreciate in the long run.

SAY SOMETHING APP VS STUDENT ASSISTANT FORM

The Say Something Anonymous Reporting System (SS-ARS) app is a user friendly platform to anonymously report dire situations 24/7. When using the Say Something app, operators from the National Crisis Center keep in contact with the individual reporting. Most times, the reporter, usually a student, does not respond to the vital questions the operator asks, which makes it difficult for staff to best handle the situation. While the Say Something app is a vital resource for our campus, we would like the Student Assistant Form (SAF) to be the first point of contact when reporting concerns. The SAFs are directly sent to the counselors and wraparound specialist and are expected to be addressed promptly, depending on the severity of the situation. SAFs are easier to address than the Say Something App because we have the resources and personnel to find a solution promptly and quickly here on campus.

Who Do I Report Bullying To and How?

Students should always report bullying to a trusted adult, even when they are unsure. Remember, bullying is defined as “the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power” (Anti-Bullying Alliance, 2023). Ways one can report bullying is having a conversation with a trusted adult on campus, submitting a Student Assistance Form (SAF), or sending an email to staff personnel.

HOW TO REPORT YOUR CONCERNS

**REMEMBER TO REPORT CONCERNS TO
TINYURL.COM/POMSCOUNSELORS**

Whether you have a concern about yourself or another person, follow the guidelines below so that we can resolve the situation promptly and effectively.

<input checked="" type="checkbox"/> Notify a trusted adult IMMEDIATELY , especially at school.	<input type="checkbox"/> Wait until you get home to report the concern.	<input checked="" type="checkbox"/> Only report concerns to trusted adults.	<input type="checkbox"/> Talk to peers first about the situation instead of an adult.
<input checked="" type="checkbox"/> Be detailed when reporting.	<input type="checkbox"/> Only include parts of the story that are appealing to you.	<input checked="" type="checkbox"/> Be honest, truthful, and accountable.	<input type="checkbox"/> Falsify, manipulate, or exaggerate information.
<input checked="" type="checkbox"/> Report non-urgent information to tinyurl.com/POMSCOUNSELORS	<input type="checkbox"/> Report non-urgent cases to the Say Something App.	<input checked="" type="checkbox"/> Ask for help if you are unsure.	<input type="checkbox"/> Hold it in and hope that the situation resolves itself.

REMINDER:
Be MINDFUL of what you say, send, or post. What may be intended as a joke or unintentional, may be taken seriously and consequences will be issued.



As we enter the holiday season and near our winter break, we sometimes get caught up in the busyness of meeting end of year deadlines or attending social commitments. Whether you are spending this holiday time with on vacation or giving back to the community, take this quality time reconnecting with your student and enjoying well-deserved down time. At the same time, it is also helpful to keep your student's mind active during the long break by setting routines, planning fun activities, and taking breaks from technology. We hope this time brings your family new ever-lasting memories, and we will see you in 2025!

POMS IS A CREST AWARD WINNER!



We are proud to announce that POMS's counseling program has received the Counselors Reinforcing Excellence for Students in Texas (CREST) Award for the 2023-24 school year. Thank you POMS community for supporting our students not only academically, but as a whole.

Click on the flyer above to review the Do's and Don'ts of reporting a concern with your student.

(713)295-6500