PIN OAK MIDDLE SCHOOL
COUNSELING CORNER

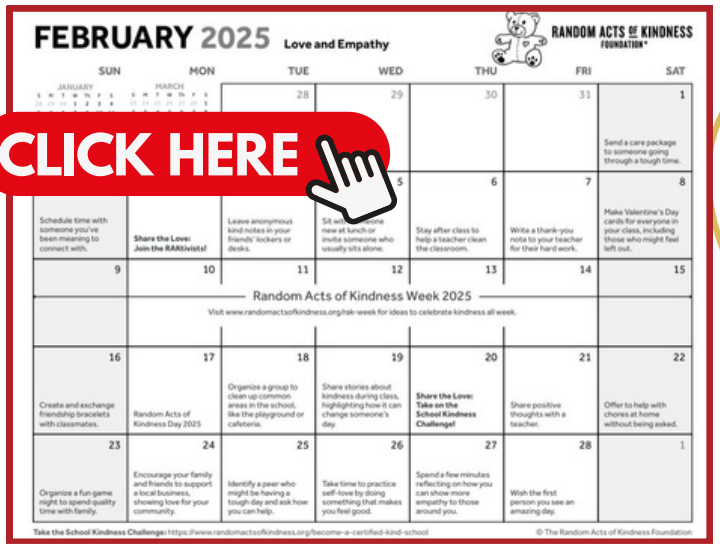
VOLUME 5
FEBRUARY 2025

RANDOM ACTS OF KINDNESS WEEK: FEBRUARY 9-15, 2025

February 14th is usually known for the day of love, but it also kicks off Random Acts of Kindness Week. Practicing kindness towards everyone is an extension of our love for ourselves and loved ones. Random Acts of Kindness Day is typically celebrated on February 17th, and was founded on Anne Herbert's famous quote "Practice random kindness and senseless acts of beauty.." (Convoy of Hope 2024). Kindness not only positively impacts others' self-esteem, but also develops innate mood boosters as well. Practicing kindness increases stamina and morale, reduces blood pressure, and makes us generally happier (National Today). Have you and your family visit the Random Acts of Kindness Foundations website by clicking HERE. Use its resources to help make kindness the norm, not only during Random Acts of Kindness Week, but daily. Click on the calendar below to find ideas to jump start your kindness journey!

February is the calm before the organized chaos. As we are settling into the Spring semester of the school year, students are working hard to continue their journey in finishing the school year on a high note, preparing for testing season, and our 8th graders beginning to finalize choices for high school. Let us continue to reinforce our students' success by providing coping strategies and making sure they feel confident and supported so that they finish strong by June. Please refer to POMS Counseling Corner by clicking HERE to find helpful resources. February is a great month to honor social awareness. In this month's newsletter, we highlight the significance of Black History Month, and expressing kindness towards each other. You can also find links throughout the newsletter to explore these topics with your family and help your student in navigating the importance of being culturally aware and spreading kindness. Don't hesitate to reach out to the POMS counselors via e-mail or SAF for further support.

FEB. KINDNESS CALENDAR



Upcoming Events

- **February Theme**: Caring
- **February**: Black History Month
- **February 8th**: Kona Ice
- **February 14th**: Staff PD Day & Valentine's Day
- **February 10-14th**: Random Acts of Kindness Week
- **February 17th**: President's Day - Staff & Student Holiday
- **February 20th:** 8th Grade Panoramic
- **February 20th**: Orchestra Concert
- **February 28th**: Report Cards
- **February 28th**: PTO Game Night

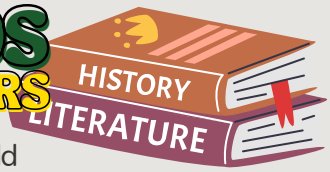
Random Acts of Kindness Foundation. (2024). https://www.randomactsofkindness.org/

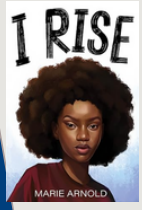
BLACK HISTORY MONTH

Black History Month commemorates the historical figures that paved the way for future generations. We honor the sacrifices, strides, and milestones that this influential community has made on society, and we will continue to recognize their efforts, not only this month, but eternally. As POMS shows tribute and appreciation for the African American culture, we encourage families to delve into the history and the positive impact Black history has made on today's society by reviewing the resources below.

"Dreams are lovely but they are just dreams. Fleeting, ephemeral, pretty. But dreams do not come true just because you dream them. It's hard work that makes things happen. It's hard work that creates change."
—Shonda Rhimes

MUST READS BY BLACK AUTHORS





I Rise by Marie Arnold
"A heartbreaking and powerful novel about racism and social justice as fourteen-year-old Ayo has to decide whether to take on her mother's activist role when her mom is shot by police. As she tries to find answers, Ayo looks to the wisdom of her ancestors and her Harlem community for guidance."

Delicious Monsters by Liselle Sambury
"The Haunting of Hill House meets Sadie in this evocative and mind-bending psychological thriller following two teen girls navigating the treacherous past of a mysterious mansion ten years apart."

Happily Ever Afters by Elise Bryant
"Sixteen-year-old Tessa Johnson has never felt like the protagonist in her own life. She's rarely seen herself reflected in the pages of the romance novels she loves. The only place she's a true leading lady is in her own writing—in the swoony love stories she shares only with Caroline, her best friend and #1 devoted reader."

HONORING BLACK HISTORY IN OUR COMMUNITY

WATCH NOW

NATIONAL SCHOOL COUNSELING WEEK

This year, National School Counseling Week falls on February 3-7th. As school counselors, we are proud to support the students of Pin Oak Middle School and its community. We strive to do our best in making sure that all students acquire the foundational skills in becoming confident and self-aware global citizens of the future. During the beginning of this weeklong celebration, we will be attending the Texas School Counseling Association CREST Award Ceremony and proudly accept POMS's counseling excellence award. None of this would be possible without the unwavering support from the campus and its community.

HAPPY LUNAR NEW YEAR! YEAR OF THE SNAKE

This year is the Year of the Snake, which symbolizes shedding the old and embracing the new (Hindustan Times, 2025). Many Asian countries celebrate Lunar Near Year with family traditions, such as deep cleaning the home, preparing ***lai see*** (small red envelopes with cash inside, honoring ancestors), lots of food, and dragon dances in the accompaniment of family and friends. On the last day of the 15-day long celebration is the Lunar Festival. Here you can find lots of red, loud fireworks and noisemakers, and yummy food. Gong Hei Fat Choy!

50 YA Books You Need to Read—Especially During Black History Month. (n.d.). Epic Reads. https://www.epicreads.com/blog/black-history-month/