

PIN OAK MIDDLE SCHOOL COUNSELING CORNER



VOLUME 6
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MARCH: WOMEN'S HISTORY MONTH

March is Women's History Month, and this year's theme, honors "Moving Forward Together! Women Educating & Inspiring Generations." It is important that we as a campus celebrate the efforts of the influential women that lead the way to impactful innovations, significant causes, and necessary reform and justice. Here at Pin Oak Middle School, we are fortunate to be surrounded by a variety of cultures and backgrounds. Throughout the school year, we have encouraged students to acknowledge and embrace the diverse community surrounding them, and this year's Women's History Month theme supports our mission and values here at POMS. On the second page of this newsletter, you will find books that accentuate the voices of heroic women that have made their stamp on history,

Source: <https://nationalwomenshistoryalliance.org/2024-whm-theme/>

MAKING THE MOST OUT OF SPRING BREAK

This year's much anticipated spring break is held on March 10th to 14th., which is right around the corner. Whether your family goes on vacation or stays in town, there are many ways to make the most out of your students' spring break. In order to manage boredom and maintain structure, it helps to create a plan with your family ahead of time. Set aside time for intentional movement and creativity to exercise the mind and body. If your student is currently in 8th grade, this is a good time to review high school course selection and to begin looking into extracurriculars that they may be interested in. Don't hesitate to reach out your prospective high school's counselor for more information.

Source: <https://www.meemli.org/get-the-most-out-of-spring-break-middle-school>

Source: <https://kidsinthemiddle.org/making-the-most-of-spring-break/>



Upcoming Events

- March Theme: Fairness
- March 7th: Kona Ice
- March 10-14th: Spring Break
- March 26th: Advanced Spring Play and Choir & Guitar Spring Concert Beginner and Intermediate
- March 31st: Chavez Huerta Day (No School)
- March 27th: C4 Honor Roll

WOMEN'S HISTORY MONTH



This year's theme for Women's History Month is "Women Who Advocate for Equity, Diversity and Inclusion". Below are some helpful books that help highlight this year's theme, and recognize the influential efforts women have had on society generation after generation. It is encouraged that ALL people familiarize themselves with their stories to help spread awareness of the history and breakthroughs these admirable women have accomplished.



"I raise up my voice—not so that I can shout, but so that those without a voice can be heard...We cannot all succeed when half of us are held back."
– Malala Yousafzai

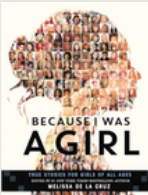
MUST READS BY HISTORIC WOMEN



Teen Trailblazers by Jennifer Calvert
 "This fascinating book features 30 young women who accomplished remarkable things before their twentieth birthdays. Visually compelling with original illustrations, this book will inspire the next generation of strong, fearless women."

Because I Was a Girl by Melissa de la Cruz

"The collection includes writings from an impressive array of girls and women who are trailblazers in their fields, including bestselling authors Victoria Aveyard, Libba Bray, and Margaret Stohl; Hollywood heavy-hitters such as Quvenzhané Wallis; renowned chef Katie Button; aerospace and mechanical engineer Emily Calandrelli; and many more."



Rima's Rebellion by Margarita Engle

"In 1920s Cuba, Rima is legally excluded from her father's family because she was born out of wedlock, while her sister enjoys a life of wealth and privilege. As dictatorships and natural disasters threaten her and her family's lives, she turns to las mambisas, women veterans who are fighting for women's suffrage."



BREATH, REFLECT, RE-FOCUS

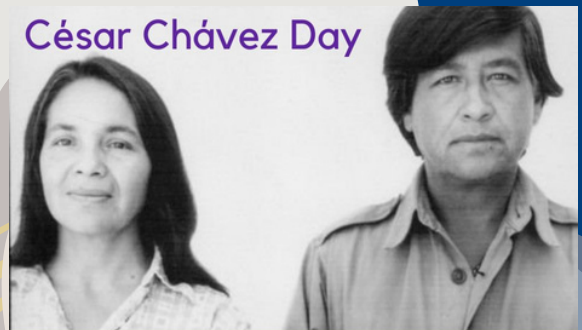


As we are approaching testing season and the last grading periods of the school year, it is imperative that students tune their minds into refining their work ethic to meet, and maybe exceed, their academic goals by the end of the year. Below are some tips to help you and your student maintain their skills for the next few months:

- Have consistent, meaningful conversations with your student. This encourages "intrinsic motivation" (J. Feldman & J. Zeleski 2020) and deeper thinking.
- Classify their weaknesses and strengths across all content. This helps identify/set goals and promotes positive reinforcement.
- Record your progress and reflect.
- Make sure goals are healthy and realistic.
- Stay organized and prompt to avoid being behind and keeping a fresh mindset.
- Self-care: maintain a healthy sleep schedule, limit screen time, and make time for friends and family.

MARCH 31: CHAVEZ HUERTA DAY

César Chávez Day



"Every moment is an organizing opportunity, every person a potential activist, every minute a chance to change the world"

Dolores Huerta

"Preservation of one's own culture does not require contempt or disrespect for other cultures."

César Chavez

Houston ISD honors Cesar Chavez and Dolores Huerta's legacy this year on March 31st for the efforts in equal work opportunities, cultural awareness, and many other achievements that these influential leaders accomplished. Their efforts have instilled powerful views that have paved the way for work reform, human rights, and economic justice. We appreciate the sacrifices they made in maximizing workers' standards of living, which have also spread nationwide. Mrs. Huerta continues to work hard every day to create change and fight for justice.

Source: <https://www.chavezhuerta.org/dolores>