

# PIN OAK MIDDLE SCHOOL COUNSELING CORNER



VOLUME 10  
MAY 2025



## MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month is a time where we can foster a culture of acceptance, support, and understanding around mental health, ultimately contributing to the well-being of our community. It also offers opportunities to educate the public about different mental health conditions, their symptoms, and available treatments. By raising awareness about the importance of early intervention and prevention strategies, we can reduce the prevalence and severity of mental health issues. This includes promoting mental health screenings, recognizing warning signs, and providing resources for early intervention. Increased understanding leads to more empathy and support for those struggling with mental health challenges. Together, let's break the stigma and advocate for mental health awareness! See the calendar below, provided by the National Federation of Families, to find daily activities for you and your family to partake in mental health awareness.

Now that STAAR testing is over, there are so many exciting things to celebrate this May! This is an opportune time for our students to reflect on what they have learned this year and the growth that was made. Besides a successful school year, May is when we celebrate our teachers for their dedication to our students, honor the Asian American and Pacific Islander, or AAPI, community for their contributions to history, and recognize the importance of mental health awareness. You can also find a summer program opportunity on the back of this newsletter if you are interested in your incoming 9th grader to engage in the wonderful program Rice University has to offer. Although we are approaching the end of the year, it is imperative that you remind your student that school is still in session and that every effort and action counts in completing the school year successfully.

Children's Mental Health ACTION Week 2025  
Theme: That's a WRAP! (Wellness, Resilience, Action, Purpose)

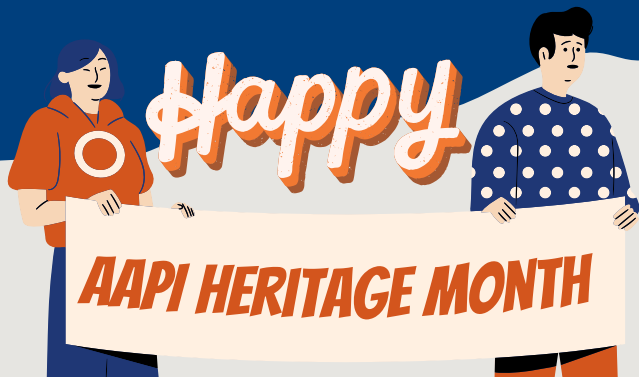
SUN	MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9	10
<b>FAMILY DINNER:</b> Use these conversation starter tips.	Wear green today and tell someone "Why green?"	Help your child list their strengths and weaknesses.	Download a mental health or mindfulness app.	Model kindness in your interactions with others today.	Take a walk. Notice what you see, hear and smell.	Share self-care ideas and do one together this weekend.
11	12	13	14	15	16	17
<b>FAMILY DINNER:</b> Use these conversation starter tips.	Talk as a family about the beauty of diversity. <a href="#">Here are some tips.</a>	Talk about what you are grateful for in your life.	Show kindness to someone who might need a friend.	Allow your child to hear you compliment them.	Help your child reframe a mistake. Learn from and improve next time.	Say "I'm sorry," or "I forgive you."
18	19	20	21	22	23	24
<b>FAMILY DINNER:</b> Use these conversation starter tips.	Encourage your child to try something new this week.	Value your child's input. Show that they can trust their own instincts.	Ask your child what they are most proud of.	Help your child set and plan to reach a personal goal.	Model positive thinking. Share the top 3 things that happened this week.	Express how you feel artistically - draw, paint, write.
25	26	27	28	29	30	31
<b>FAMILY DINNER:</b> Use these conversation starter tips.	Remind your child it's ok to talk about feelings and to ask for help.	Play a feelings game with your family.	Talk about how mental illness has affected your family.	Watch our Mental Health Awareness video.	Say "I love you" and "Thank you."	Follow NPR on social media to stay up to date on mental health.

CLICK  
HERE

## Upcoming Events

- May 2: Staff PD Day
- May 8: Orchestra Concert
- May 8: Intermediate Spring Play
- May 9: Kona Ice
- May 15: IPC Entrance Exam
- May 16: C5 Honor Roll
- May 16: 8<sup>th</sup> Grade Dance
- May 20-22: NWEA MAP MOY
- May 26: Memorial Day - No School
- May 27, 28, & 29: 8th Grade Promotion Ceremonies
- May 30: 8<sup>th</sup> Grade Field Trip





Asian American and Pacific Islander (AAPI) Heritage Month, observed in May, celebrates the contributions, culture, and achievements of Asian Americans and Pacific Islanders in the United States. The month-long celebration is a time to recognize the rich history and diverse cultures of these communities and to raise awareness about the challenges they have faced and continue to face. Throughout the month, various events, activities, and programs are organized to celebrate the achievements and contributions of AAPI individuals in various fields, including art, literature, science, technology, business, politics, and more.



**“Success isn’t about the end result, it’s about what you learn along the way.”— Vera Wang**

By celebrating AAPI Heritage Month, we honor the diverse experiences and identities within these communities and promote greater understanding, inclusivity, and appreciation of their contributions to American society. It's a time to recognize the resilience, strength, and cultural richness of Asian American and Pacific Islander communities and to reaffirm our commitment to equality, justice, and diversity.

## MUST READS BY AAPI AUTHORS

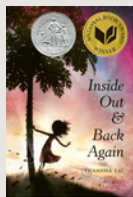


**Count Me In** by Varsha Bajaj

“Karina Chopra, her grandfather and the boy next door, Chris, are the victims of hate crime. When the Indian-American girl takes to social media, her posts become viral.”

**Inside Out and Back Again** by Thanh Hà Lai

“10-year-old Hà as she and her family flee South Vietnam just before the fall of Saigon in 1975. Speaking no English, Hà and her family leave their missing father and arrive in Alabama... only to encounter the realities of racism in the South.”



**You Are Here: Connecting Flights** edited by Ellen Oh

“When an incident at a TSA checkpoint in a crowded Chicago airport goes awry, 12 young Asian Americans are suddenly brought together as they discover the challenges of friendship, the power of courage, and the importance of saying the right thing at the right time.”



# WE LOVE OUR TEACHERS!

## TEACHER APPRECIATION WEEK: MAY 5, 2025 - MAY 9, 2025



Teacher Appreciation Month is an annual observance held in May to honor the contributions and hard work of educators. It serves as an opportunity for students, parents, administrators, and communities to express gratitude and appreciation for the dedication, passion, and impact that teachers have on shaping the lives of students and society as a whole. We love teachers for their passion, and profound impact on our lives. They embody the values of knowledge, mentorship, and empowerment, making the world a better place one student at a time. Let's remind these inspiring individuals of the invaluable role that they play by some of the ideas below:

**Write a thank you letter.**

**Nominate them for an award.**

**Gift card <\$50.**

**Create a personalized gift.**

**Offer your time to help.**

## SUMMER OPPORTUNITY: STUDENTS KINDER-8TH SUMMER YOUTH PROGRAM W/ RICE

**CLICK HERE**

**1-Week Summer Program  
STEAMotion**

STEAMotion is a one-week, summer academy for grades K-8 that integrates Science, Technology, Engineering, Arts, and Mathematics (STEAM) with movement-based learning. Students will engage in hands-on activities focused on physics, mathematics, computer science, art, and engineering, both in the classroom and through interactive challenges.

**Satellite Locations and Dates**

**Locations**

- Lone Star College
- Grades 3rd-8th
- Tomball Junior High
- Grades K-8th

**9:00am - 3:00pm | Mon-Thu**

- Week A: June 2-5
- Week B: June 9-12
- Week C: June 23-26

**Registration Information**

- Registration fee required - \$399/week
- Participants need to bring a water bottle & snacks daily.
- Participants will need to bring their lunch daily. The option to use a school lunch account is available at select sites and districts. Please see the website for details.
- Scholarships available. See application online.

**LEARN MORE**

Scan to learn more or visit our website at [rstem.rice.edu](http://rstem.rice.edu)