

# PIN OAK MIDDLE SCHOOL COUNSELING CORNER



VOLUME 2  
September 2024



## SETTING UP FOR SUCCESS

### STAY ORGANIZED

Part of being organized is sticking to a routine. Ways you can stay organized are setting a bed time for maximal rest, allocating homework to folders/binders, and remembering to CHARGE YOUR LAPTOP before bed. This way your body will create muscle memory in what you need to do to prepare to be successful every day.

We hope everyone's first few weeks of school ran smoothly! It was a joy to see everyone's eager faces during the first weeks of school. As we enter the first grading cycle, it is best practice for students to create a strong foundation at the beginning of the school year in order to maintain successful and healthy habits. This foundation may consist of tools that help students become responsible and accountable in their education, but at the same time feel accomplished and safe within themselves. As you read this newsletter, consider ways that your student can incorporate or improve some of these practices to make for a prosperous school year.

### BE MINDFUL OF YOUR COMPANY

Choosing the right peers that you surround yourself with on a daily basis directly correlates with how you carry yourself. Believe it or not, your group influences your choices and your overall character. Choose friends who support, respect, and make you a better person all around.



### ASK FOR HELP

POMS has one of the most friendliest and helpful staff to support you and your community. Do not hesitate to ask for help. We are here to help your student be the best they can be, and if we don't have an answer right then and there, we will help you find one.

### Upcoming Events

- Sept 2: No School - Labor Day
- Sept. 3: Student Holiday
- Sept 5: Open House
- Sept. 6: Kona Ice
- Sept. 11: TELPAS Parent Night
- Sept. 13: 6th Grade Game Night
- Sept. 15-Oct. 15: Hispanic Heritage Month
- Sept. 18: Yearbook Pictures
- Sept 20: C1 Ends

# TECHNOLOGICAL AWARENESS

## Limit Tech Time

Although technology is typically used to make our lives easier, there are also ways that it can make a negative impact on our lives. Extended amounts of screen time may alter our physical and mental health by declining eye sight, limiting much needed physical movement, and increasing anxiety. Try setting a specific time frame allotted towards technology use. (<https://doi.org/10.1016/j.envres.2018.01.015>.)

## Screening Followers/Following

Parents, be aware of whom students come in contact with on social media platforms and other communicative apps. Screen conversations to ensure your child is not in danger. Unfortunately, some predators may disguise as people who may not be harmful, so check for signs and vocabulary that would alert red flags.

## Do You Need the App?

There are many applications that are readily available for anyone to download that may not benefit the student. Be conscious of apps that are distracting and enable negative behaviors. Also, make sure the app has adequate secure measures if they are accessible to minors.

## Not All Apps Are Bad

Technology can be a blessing and curse. If utilized correctly, it allows people to perform at optimal levels and spread viable information for the common good.

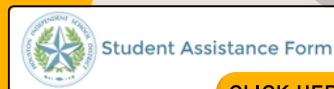


**WATCH NOW**

# NEED TO SEE THE COUNSELOR?



**SCAN ME!**



**CLICK HERE**

If you or your student is in need of emotional or academic support or any other resources, please visit [www.tinyurl.org/POMScounselors](http://www.tinyurl.org/POMScounselors) to fill out a Student Assistance Form (SAF) so that a counselor can contact you or your student promptly.

# HISPANIC HERITAGE MONTH



Hispanic Heritage Month (HHM), Sept. 15 to Oct. 15, began as a week celebration, but then turned into a month long tribute under President Reagan in 1988. This special month celebrates the history and customs of the Latino culture. HHM also recognizes the independence days of Central American countries, such as El Salvador, Mexico, Guatemala, Nicaragua, and Chile. HHM will be highlighted at POMS via announcements, projects, and fine arts.

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