

SEPTEMBER 2021

COUNSELING NEWS

LOST MOUNTAIN MIDDLE SCHOOL



HEADS UP!

SCHOOL COUNSELING NEEDS
ASSESSMENT
- [LINK](#)

Are you interested in being a
part of the school counseling
advisory council?
- Email [Valerie Wombles](#)

CONTINUED NEEDS:

- 5 AND 3 SUBJECT SPIRAL NOTEBOOKS
- COMPOSITION NOTEBOOKS
- TISSUES
- CHLOROX WIPES
- INDIVIDUALLY WRAPPED CANDY

SCHOOL COUNSELING
AMAZON [WISH LIST](#)

HOW TO BEHAVE IN CLASS

SELF REGULATION

Is your student having a difficult time transitioning back into a "normal" routine?

Self Regulation is the ability to understand and manage your own behavior and reactions. Self-regulation helps children and teenagers learn, behave well, get along with others and become independent.

Why is this important: there is a direct link to a teens ability to self regulate and their ability to handle stress.

How can you help?

- Be a Role Model
- Limit the amount of negative emotion and reaction in your house
- Remain calm and model calm reactions
- Visit the following website to learn more: [Link](#)



RESOURCES

WHAT KIDS FEEL ENTERING A THIRD
COVID SCHOOL YEAR

SUPPORTING YOUR KIDS AND YOURSELF
DURING COVID

UNDERSTANDING THE EMOTIONS OF
GRIEF

HELPING ANXIOUS STUDENTS RE-
ADJUST TO SOCIAL SETTINGS

Self Care Tip

MAKE A FOLDER ON
YOUR PHONE WITH
YOUR FAVORITE
PHOTOS AND LOOK
AT THEM WHEN YOU
NEED A PICK-ME-UP.
EVEN JUST A FEW
PHOTOS OF
TREASURED
MEMORIES CAN BRING
YOU A BOOST WHEN
YOU NEED IT MOST.

LOST MOUNTAIN SOURCES OF STRENGTH



If you're struggling with anxiety or depression or grief, be honest when someone asks how you are. We're all experiencing degrees of change and uncertainty right now, and being honest can help start a dialogue and opens the door for you to give and receive support.

If you or someone you know is thinking about suicide **text 'Help' to 741741 to connect with a Crisis Counselor**

MAGNET PROGRAMS

Important Dates to Remember

Note: this timeline does NOT apply to Pebblebrook's Magnet

August and September

- Middle School Visits (virtual or face to face)

September 1, 2021

- Pebblebrook's Audition Schedule Published

October 1, 2021

- Application Opens (magnet.cobbk12.org)

October - November

- Magnet School Open Houses

December 1, 2021

- Application Deadline

February 18, 2022

- Magnet Decisions in Portal

March 15, 2022

- Student Decisions Due in the Portal

Admissions



COBB COUNTY CENTER
FOR EXCELLENCE IN THE
PERFORMING ARTS
AT PEBBLEBROOK HIGH SCHOOL

October 7 - Performing Arts Prospective Student Night – South Cobb HS Theatre (6:00pm Company performance followed by a Q&A session for 8th graders and parents. Pick up free tickets at the registration table between 5:30 – 7:00.)

November - March – Informational meetings and auditions are held on the campuses of all Cobb County middle schools. Auditions may also be scheduled at Pebblebrook High School.

Two weeks prior to audition - Applications and supporting documents are due to 8th grade counselors.

March 13 – CCCEPA Open House for Accepted Students

Thank you

We hope to see you at our Magnet Open House events

Thursday, October 7, 2021 at 6:00 PM

- [Cobb Innovation and Technology Academy](#)

Thursday, October 7, 2021 at 6:00 PM

- [Pebblebrook High School](#)

Sunday, October 17, 2021 at 1:30 PM

- [Campbell High School](#)

Tuesday, October 19, 2021 at 6:30 PM

- [South Cobb High School](#)

Thursday, October 21, 2021 at 6:00 PM

- [Wheeler High School](#)

Tuesday, October 26, 2021 at 6:30 PM

- [North Cobb High School](#)

Monday, November 1, 2021 at 6:00 pm

- [Kennesaw Mountain High School](#)

Visit the website for more information

