

# *Coffee with the Counselors*

*Episode 2 – February 2024*

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Presented by MSN School  
Counselors, Lindsay Ahedo and  
Jon Hickey



# *Welcome to 2nd Semester!*

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Agenda:

1. Review of school calendar
2. Scheduling Season
3. Parental involvement
4. Schoology & Xello

# ***MSN School Calendar***

*Updated 1/2/24*

**Feb. 27** No School - Professional Development Day

**March 25-April 1** No School - Spring Break

**April 2** School Resumes

**April 5** End of Third Quarter

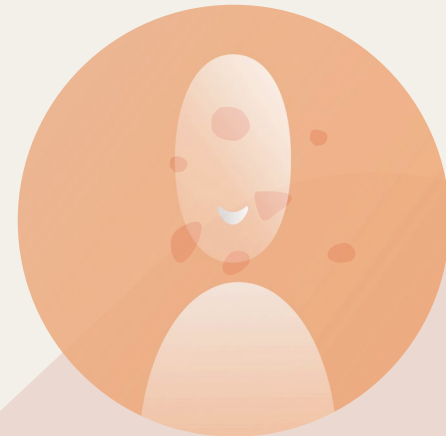
**May 7** No School - Professional Development Day

**May 27** No School - Memorial Day

**June 5** Half Day Middle and High School, PM Teacher Records Day

**June 6** Half Day for all Students, PM Teacher Records Day

**June 7** Last day of School - Half Day for all Students, End of 4th Quarter & End of Second Semester



# Scheduling 2024-2025

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How to help your student prepare for next school year's class selections:

- *Have a conversation with them* about their interests and future career goals and encourage them to take classes that fit.
  - Use **xello**
- *Review the course guide with them!* More specifically, discuss the career pathways and classes that are offered via the Career/Tech Education programs at ABHS:
  - [https://www.anchorbay.misd.net/downloads/high\\_school\\_files/cte\\_promotional\\_flyer\\_8thgrade\\_2021.pdf](https://www.anchorbay.misd.net/downloads/high_school_files/cte_promotional_flyer_8thgrade_2021.pdf)

# Scheduling 2024-2025

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## **For current 6th and 7th graders:**

- Here is the [2024-25 Course Guide](#)

## **For current 8th graders:**

- Here is [ABHS's course guide](#) :

# Scheduling 2024-2025

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6th grade (incoming 7th)

- Students will watch a video about the MSN course electives and receive their scheduling form on **February 28** in their Social Studies class. The form is due to your student's Social Studies teacher by **March 8**.

7th grade (incoming 8th)

- Students will watch a video about the MSN course electives and receive their scheduling form on **February 29** in their Social Studies class. The form is due to your student's Social Studies teacher by **March 8**.

# Scheduling 2024-2025

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8th grade (incoming ABHS freshmen)

- An 8<sup>th</sup> grade parent meeting is scheduled for **3/13 @ 6:00 pm at the Anchor Bay High School auditorium.**
- Students will discuss ABHS courses in their ELA classes on 3/14.
- The high school counselors will be coming to MSN the week of 3/18 to meet with the 8th graders to enter their course requests for their 9th grade schedule.
- 8th grade students must turn in their scheduling form to the MSN counseling office before spring break.

# Building Student Confidence

See the tips to the right and help your student have greater self-esteem and confidence! :)

20 Ways to Increase Self-Esteem	
WRITE A KIND LETTER TO YOURSELF.	BRAINSTORM A LIST OF WAYS TO SAY 'NO.'
DON'T PARTICIPATE IN CRUEL CONVERSATIONS.	KEEP AN 'ALL ABOUT ME' JOURNAL.
GIVE SOMEONE A COMPLIMENT.	INVITE SOMEONE NEW TO HANG OUT WITH YOU.
LIST THE WINS IN YOUR LIFE.	KEEP A GRATITUDE JOURNAL.
KEEP A 'WHAT I LOVE ABOUT MY LIFE' NOTEBOOK.	EAT HEALTHY AND TAKE CARE OF YOURSELF.
DRESS IN SOMETHING THAT MAKES YOU FEEL AWESOME.	MAKE A SELF-ESTEEM COLLAGE.
KEEP AN AFFIRMATION JAR.	PRACTICE LAUGHING.
FIND A HOBBY YOU LOVE.	FIND A SELF-ESTEEM MANTRA AND USE IT.
MAKE A SELF-ESTEEM CARE KIT BY FILLING A SHOEBOX WITH REMINDERS OF THINGS THAT MAKE YOU SPECIAL.	WRITE THINGS YOU LOVE ABOUT YOURSELF ON STICKIE NOTES AND POST ON YOUR MIRROR.
TAKE A SELFIE AND POST IT ONLINE.	GET SOME EXERCISE.



# BUILDING Confidence IN CHILDREN

- You have such a gentle heart
- I'm so proud of who you are
- You will always be my hero
- I will always be there for you
- I love your creativity
- I'm so proud to call you my child
- You were born to do great things
- You're such a quick learner
- Live to be better every day
- You have the best manners
- All your problems have solutions
- You make a great leader
- You are so amazing
- You make me smile
- Thanks for working so hard
- You are such a great kid



# *Parental Involvement*

## Getting the Most Out of Your One-on-One Time



Make the time about quality, not quantity



Put this time in your calendar



Put your phone away

## - How to stay close as kids move into adolescence

Read this article for tips to nurture your relationship: [10 Tips for Parenting your Preteen](#)

## 50 QUESTIONS TO ASK YOUR KIDS AFTER SCHOOL INSTEAD OF "HOW WAS YOUR DAY?"

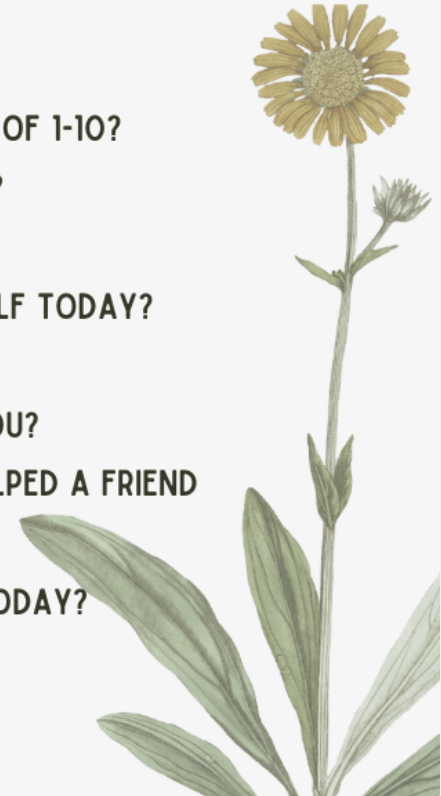
- What made you smile today?
- Can you tell me an example of kindness you saw/showed?
- What did you do that was creative?
- Who did you sit with at lunch?
- Was anyone in your class gone today?
- Tell me something you know today that you didn't know yesterday.
- Did you like your lunch?
- What was the hardest rule to follow today?
- If you could change one thing about your day, what would it be?
- What made your teacher smile?  
What made her frown?
- If you could switch seats with anyone in class, who would it be? And why?
- What kind of person were you today?

See full list at [HerViewFromHome.com](https://www.HerViewFromHome.com)

## QUESTIONS TO ASK YOUR CHILD AFTER SCHOOL INSTEAD OF "How was your day?"

- WHAT MADE YOU SMILE TODAY?
- WHO DID YOU SIT WITH AT LUNCH TODAY?
- WHAT WOULD YOU RATE TODAY ON A SCALE OF 1-10?
- DID YOU READ ANYTHING YOU LOVED TODAY?
- WHAT CHALLENGED YOU TODAY?
- WHEN DID YOU FEEL MOST PROUD OF YOURSELF TODAY?
- HOW DID YOU FEEL ABOUT MATH TODAY?
- IS THERE ANYTHING I CAN DO TO SUPPORT YOU?
- WHAT'S ONE THING YOU DID TODAY THAT HELPED A FRIEND OR YOUR TEACHER?
- WHAT WAS THE HARDEST RULE TO FOLLOW TODAY?

Adapted from <https://tinybeans.com/how-was-your-day-alternatives/>



Your student has access to two free technology accounts.  
See their uses below:

## *Schoology*

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### **Uses:**

- When your student is absent, for make-up work in their classes
- Find extra copies of materials from their classes in case they were misplaced
- Counseling Corner - resources for overall wellness

## *Xello*

### **Uses:**

- Career exploration
- Personality type
- Learning type
- (8th grade) Scheduling