

Mickle Counselors' Corner



**Welcome to a New and Exciting Year at Mickle!
Here at the Counseling Center we strive to
support students' learning through advocacy,
support, and empowerment.**

This Month's Virtue "Respect"

"Kindness and respect for others helps
trust grow." -Donna B. Forrest

Mr. Pearson, 8th Grade Counselor

- 10 Year Veteran at Mickle
- Father and grandfather
- Enjoys Gardening and loves spending times with family

Mrs. Janvier, 7th Grade Counselor

- 2nd Year at Mickle
- Mommy to an adorable baby girl
- Loves exploring new cultures and new things

Mrs. Hanseling, 6th Grade Counselor

- 1st Year at Mickle
- Mother of two beautiful girls
- Enjoys traveling and spending time with family

What can your counselor do for you?

- Teach classroom guidance lessons
- Facilitate counseling groups
- Conduct limited, short-term individual counseling, as needed
- Consult with parents, staff, and outside resources
- Assist in deescalating conflicts and crisis issues
- Provide a confidential, safe, and comfortable environment for students to share feelings
- Advocate for the liberty of students and families

Signs of Bullying:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem

Did you know September is....

- ⇒ National Suicide Prevention Week (Sept. 10th)
- ⇒ RAINN (Rape Abuse and Incest National Network, Sept. 25th)
- ⇒ Self-Awareness Month
- ⇒ Self-Improvement Month
- ⇒ Good Manner Month