

COUNSELING NEWSLETTER

DECEMBER EDITION



A SPECIAL THANK YOU

Congratulations to Midland's Hope Squad

This amazing team of students took the initiative to gather food for our local food bank, which provides support to PUSD families. Thank you Midland families for your support.



PREPARING CHILDREN FOR A CHANGE IN ROUTINE

As we approach the long winter break, it's important to remember that a significant change in routine—such as shifting from seeing friends daily, following a school schedule, and having consistent breakfast and lunch times—can be difficult for many students. Families can support their child by preparing them early: talk about what changes to expect, keep a predictable daily structure at home, and build in social time or downtime as needed. Before break ends, gradually reintroduce school routines by adjusting sleep schedules, practicing morning routines, and discussing what they're looking forward to when returning. These small steps can help students feel secure during the transition and confident when it's time to come back to school.



DECEMBER 4TH GRADE LESSONS

Recognizing Bullying
Refusing Bullying
Reporting Bullying



COUNSELING HIGHLIGHTS NOVEMBER AND DECEMBER

PURPLE STAR APPLICATION SUBMITTED

This recognition supports our dedication to support military-connected students and their families. Our school officially submitted our Purple Star School application! We will hear back in January regarding our designation.

COUNSELING CYCLES WRAPPING UP

We are finishing up our 6 week counseling cycle, and students have shown great growth in skills like friendship, emotional regulation, and problem-solving. The next cycle will begin in January.

NEW MILITARY SUPPORT GROUP STARTING

This week we are beginning a 3-week small group series specifically for our military-connected students. The focus will be connection, support, and building a sense of belonging.

4COMMUNITYCARE FOOD DRIVE SUCCESS

A huge thank you to everyone who donated! Our school's Food Drive for 4CommunityCare was a huge success. 5th grade was our top donor, collecting the most food items, way to go, Rattlers!

CHARACTER COACHES TRAINING TO WELCOME NEW RATTLERS

Shake Hands
Make Eye Contact
Introduce Yourself

