

SCHOOL COUNSELING NEWS



Bridgewater Middle School

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Transition to Middle School

Welcome 6th grade Bobcat families! Here are a few considerations to help your new middle schooler make a successful leap from elementary.

Help set realistic expectations – Each grade will present its own challenges. Somewhere between the scary stories they heard in elementary school about mountains of homework and older students bragging about passing with no effort at all, lies the truth about what middle school holds.

Who to contact:

- Please click [HERE](#) for a link to BWMS frequent contacts.

Focus on the positive - Motivate your child by discussing what they look forward to in middle school in terms of classes, after school clubs, sports, and meeting new teachers and friends. Many 6th graders are even excited about eating outdoors in our courtyard!

Set goals – New academic year resolutions will help with focus and motivation. After you set 1-3 main goals, outline the steps to reach them.

Stats:

- Orange County, FL is the 9th largest school district in the nation
- There are 37 middle schools serving over 41,000 students in the county

Emphasize mastery and improvement over relative ability and competitiveness

– Middle school students tend to compare their abilities to others which often leads to less than ideal assessment of themselves. Inspire your student to use middle school as an opportunity to try new things (e.g., encourage your math and science focused child to take a fine art). Praise their willingness to take such risks and their effort, regardless of outcomes.

Upcoming Events

- **First Day of School** — August 12
- **6th Grade Transition Lessons** — August 26-27
- **Naviance Career Lessons** — September
- **National Suicide Prevention Week** — September 8-14
- **Last day of Quarter 1** — October 16

This quarter school counselors will visit 6th grade classrooms to discuss transitioning from 5th to middle school.

We will also conduct class lessons on career goals as students begin working with the Naviance program. In 6th and 7th grade, students will begin career exploration and resume building. They will take career and self-discovery surveys, and research different careers. In 8th grade, students will identify career interests and begin their post-secondary plan.

Click [HERE](#) to register as a volunteer through OCPS

- Assist with special events
- Chaperone field trips
- Assist teachers in the classroom



Change in address or phone number?

Please make sure the school registrar has your current contact information.

- Visit our registrar, Ms. Howland, to update your information in person.

In the Spotlight



Ms. Seante Borden

Ms. Borden has a Masters in School Counseling and Bachelors in Social Work, both from the University of Central Florida. She is the Chair of School Counseling.

Q: Where are you from?

A: I am originally from Colorado.

Q: What did you want to be when you grew up?

A: In middle school my career goal was to be a teacher. Then, I wanted to be a social worker and help children in difficult situations.

Q: What do you like to read?

A: I like sci-fi! My favorites include Parable of the Sower by Octavia Butler. I get into stories about an apocalyptic future.

Q: What other hobbies do you have?

A: I like watching TV to relax and going to the beach.

Q: What would you say to your middle school self?

A: Focus at school and get better grades!

School Counselors/Advisors

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Tackling Tech Issues

What do you do if you are having computer issues on campus? Here are Mr. Shreffler's tips:

1. When in doubt, restart the computer. This will clear up the majority of issues.
2. Do not install any Google Chrome extensions that are not explicitly requested by your teacher.
3. If you have any issues that a restart does not fix, ask your teacher to send you down to the **Media Center for Student Tech Support**. They are open 7 periods a day, 5 days a week.

Bring out the Rebel in your Reader

What do *Captain Underpants*, *Harry Potter* and the *Hunger Games* have in common? They're on the list! Challenge your child to read a banned book by checking out the American Library Association's list of most challenged books (www.ala.org). Doing so provides an opportunity to exercise critical thinking skills about why these books made the list and spurs discussion about the issue of censorship. As middle schoolers move from concrete to more abstract thinking, such in-depth discussions pave the way.

