

PTMS COUNSELING CAFE

Fall Newsletter



Meet the PTMS School Counselors

**HEATHER
WAWRZENIAK**

GRADE 6

This is my 18th year working for Peters Township. I previously spent 14 years at the HS and 3 at MCM. I have a B.S from Penn State in Human Development and Family Studies and earned my Masters in Education in School Counseling from Duquesne University.

**MARY BETH
KENNY-MASSARO**

GRADE 7

I am starting my 15th year with the middle school. Prior to working at PTMS, I spent 5 years as an elementary counselor at another district. I earned my B.A. in Psychology from Carlow University, a Masters in Social Work from the University of Pittsburgh & my School Counseling degree from Slippery Rock University.

**KIM
HICKS**

GRADE 8

This is my 8th year working as a School Counselor, 3rd school year at PTMS. I have a B.S. in Psychology and a B.S. in Marketing from University of Pittsburgh, as well as my Masters in Education in School Counseling from Duquesne University.

Tina Cramer-Counseling Secretary

Mrs. Cramer is starting her 13th year as the PTMS Counseling Department Secretary. She is more than happy to help with sports sign ups, getting your child a new copy of their schedule and answering general questions.

PTA Sponsored Walk-a-Thon

Get your walking shoes ready!

Grade 6: Wear **WHITE**

Grade 7: Wear **BLACK**

Grade 8: Wear **RED**

RED RIBBON WEEK

DRUG FREE LOOKS LIKE ME

OCTOBER 25-28TH

Monday: **Wear Red** "Use your Head-Stay Drug Free"

Tuesday: **Hawaiian/Tropical Day** "Your Future is Bright-Lei Off Drugs"

Wednesday: **College or Sports Apparel** "Don't Let Drugs Destroy Your Dreams"

Thursday: **Halloween Shirt or Costume** "Don't Be Tricked, Treat Yourself to a Drug Free Life"

**Student must still wear school required/approved face coverings.

Costume masks **DO NOT COUNT**.

**No fake weapons, props, or blow up costumes.



PETERS
TOWNSHIP
SCHOOL DISTRICT

UPCOMING DATES

- **PTA WALK-A-THON - FRIDAY OCTOBER 22ND**
- **STUDENT COUNCIL FOOD DRIVE - OCTOBER 25TH-27TH**
- **RED RIBBON WEEK - OCTOBER 25TH - 28TH**
- **APPLE CRUNCH DAY-OCTOBER 28TH**
- **NO SCHOOL - OCTOBER 29TH & NOVEMBER 1ST**
- **CHILDREN'S GRIEF AWARENESS DAY- NOVEMBER 18TH**
- **NO SCHOOL- NOVEMBER 25-26**



Homework Help: Tips and Tricks for Middle School Students to Think About

- Check the Week at a Glance tab or the Module section for each of your classes in Canvas - this will help you plan out the week to avoid waiting until the last minute for assignments.
- Write assignments in your planner and check them off as you complete each item.
- Plan to study several days in advance before tests. Reviewing your notes each evening is a great way to help prepare for tests.
- Set a designated time and quiet place at home for homework
- Remove distractions during homework time -i.e. phone, tv, etc.
- Use free time during the school day to your advantage. How is your homeroom and study lab time being utilized?
- Is your system of organization working? Clean out binders weekly to avoid the build up of papers you no longer need. If you aren't sure if you still need something, check with your teacher.
- Are you using your locker? If so, is your locker neat and organized?
- Reach out to your teachers and/or School Counselor for help!

Children's Grief Awareness Day-November 18

Before they graduate from high school, one child out of every 20 children will have a parent die—and that number doesn't include those who experience the death of a brother or sister, a close grandparent, an aunt or uncle, or friend. [Children's Grief Awareness Day](#) seeks to bring attention to the fact that often support can make all the difference in the life of a grieving child. It provides an opportunity for all of us to raise awareness of the painful impact that the death of a loved one has in the life of a child, an opportunity to make sure that these children receive the support they need.

Source: Highmark Caring Place

On [November 18th](#), we are asking all PTMS students and staff to [wear blue](#) to support our grieving children.

Also, if you would like to create a virtual butterfly to remember your lost loved one, please visit: HOPE.HighmarkCaringPlace.com