

Counseling Office Newsletter

SAYREVILLE MIDDLE SCHOOL

September, 2016

Meet the Middle School Counselors!

Ms. Basile

7th Grade

School Counselor

Ms. Basile has been a school counselor for 5 years. This is her second year at Sayreville Middle School. She earned her Master's Degree in Counseling at Kean University and Bachelor's Degree in Psychology at Rutgers University. She also has been working as a Mental Health Counselor in a Children's Hospital for 9 years. She is on the I&RS/504 Committee for the District and the Middle School, is the 7th grade 504 Coordinator and is on the Class Act Committee. Ms. Basile grew up in Sayreville and also attended the Middle School. She is happy to be working in the community she grew up in!

Mrs. Consulmagno

Student Assistance

Counselor (SAC)

Mrs. Consulmagno has been a SAC at the Middle School for 18 years. She earned her Master's Degree in Counseling at Kean University. She is a Licensed Professional Counselor, Licensed Certified Alcohol and Drug Counselor and Approved Clinical Supervisor. Before working in Sayreville, she worked in mental health and substance abuse treatment centers. She is the Association of Student Assistance Professionals of New Jersey Middlesex County Chairperson and the Membership Co-Chair. Mrs. Consulmagno is on the District and Middle School I&RS/504 Committee, is the Middle School I&RS Coordinator, the Community Service Advisor and Class Act Committee Coordinator. She loves working in the Middle School and is looking forward to a great school year!

Ms. DaRold

8th Grade

School Counselor

Ms. DaRold has been a School Counselor at Sayreville Middle School for 2 years. She earned her Master's Degree in Counselor Education at Kean University and her Bachelor's Degree in Psychology at Ramapo College of New Jersey. Additionally, she has been a volunteer soccer coach at Sayreville War Memorial High School since 2011. Ms. DaRold is a member of the District and Middle School 504/I&RS Committee, is the 8th grade 504 Coordinator and is a member of the Professional Development Committee. Ms. DaRold is excited for a successful 2016-2017 School Year!

Mr. Fischer

6th Grade

School Counselor

Mr. Fischer has been a School Counselor in SMS for 12 years. Prior to SMS, he worked at an Adolescent Residential Treatment Center as a counselor for 18 years. He is a Licensed Professional Counselor, Certified Group Psychotherapist, and a Structural Family Therapist. He is on the I&RS/504 Committee for the District and the Middle School and is the 6th grade 504 Coordinator. Mr. Fischer has completed 1000 of the 2000 miles of the Appalachian Trail as a hiking and camping facilitator. Mr. Fischer earned his Black Belt in 2012.

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What do School Counselors do?

Middle school is an exciting, yet challenging time. Our students have multiple challenges, both inside and outside of school. Each member of the school community plays a crucial role in assisting the students in achieving educational, personal, and social success. As a team, we help build protective factors in our students to help protect against many of the risk factors middle school students face.

School Counselors have many roles. Our mission is to support the academic, social and emotional achievement of students through various efforts, such as academic and personal supportive services, peer facilitation, crisis intervention, group counseling and presentations. Some of the issues that are frequently addressed may include: family issues, anxiety, grades, organizational

and study habits, coping and problem solving strategies, etc. Collaborating with parents, teachers, administration, child study team members and other school personnel is very important. We have a team approach that focuses on the best interest of the student. We strive to help students do their very best. If you have any questions or concerns, please contact us.

“Stand Up, Say No” to Bullying

We are pleased to announce the anti-bullying curriculum being used at the Middle School this year: “Stand Up, Say No” to Bullying. The curriculum was developed by the New Jersey Principals and Supervisors Association in collaboration with the producers of the film “Contest”.

“Stand Up, Say No” to Bullying is an engaging, interactive and instructive curriculum. All students will be taught lessons from this curriculum to provide students the tools and skills to address bullying and normal social conflict.

The issue of bullying is an important one for children

today. We believe it is critical to talk with your children about bullying so they understand their options in safely addressing bullying behavior. While it is essential that schools take strong actions to create a climate and culture where this behavior is unacceptable, school personnel also recognize the importance that families play in establishing expectations for behavior and fostering healthy and positive peer relationships.

The most important thing you can do is to listen to your child so they know that they are not alone and that they always have the support of caring adults, both at home and at school.



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6th, 7th and 8th Grade Orientation

The week of September 12, the Middle School Counselors and a teacher, Mr. Lampkin spoke with all grade levels presenting the first lesson from the “Stand Up, Say No” to Bullying Curriculum. The presentations went extremely well and all grade levels were attentive and engaged. The first lesson covered what bullying is, the elements of bullying, the types of bullying behavior and the difference between bullying and conflict. In addition, Mr. Fischer who is the Middle School Anti-Bullying Specialist taught the students how to report bullying. Lastly, the students

were given a screening tool that they should use to determine whether or not they should say, post, tweet or send something to a peer. T.H.I.N.K.!

T.H.I.N.K. is a tool that anyone can use to screen whether or not something is appropriate to say, send, post, etc. You ask yourself:

- T-is it True?
- H-is it Helpful?
- I-is it Inspiring?
- N-is it Necessary?
- K-is it Kind?

If the answer to these questions is no, then it should not be said, posted, sent, etc.

Think is a very simple screening tool to help students navigate their interactions with others and to make those interactions pleasant, fun and productive.

Before you speak:
THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?



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Dates to Remember!

October 3-7: Week of Respect

October 6: Progress Reports Issued

October 17-21: National School Bus Safety Week

October 17-21: Violence Awareness Week

October 23-31: Red Ribbon Week

November 4: "Academies" applications due to the Counseling Office

November 16: 1st Marking Period ends

November 13-19: American Education Week

November 30: Report Cards Issued

Date To Be Determined: Vocation-Technical School representative will come to speak to 8th Grade students. Vo-Tech application due shortly thereafter.

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The Six Pillars of Character

