




Rutledge Middle School



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The Counseling *Connection*



A Monthly School Counseling Newsletter for all Stakeholders

December 2020





The Vision and Mission of the School Counseling Program



The school counseling program at Rutledge Middle School supports the vision and mission of Midfield City Schools which is to educate our community of learners in a safe environment and to prepare graduates for excellence in a global, innovative, and diverse society.



School Counseling Department



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Behavioral
Consultant

The Role of the Behavioral Consultant

The Behavior Consultant's role is to help students learn better ways of handling anger, stress, cope with sadness, anxiety, etc. The behavior consultant provides individual behavior consulting as needed for students who are struggling with day-to-day obstacles at school, home and community. The behavior consultant may also provide educational social and emotional small groups. Additionally, if there is a greater need for your child's mental health functioning, the behavior consultant may refer students to other notable mental health agencies for counseling. Ultimately, the behavior consultant's goal is to provide healthy avenues toward developing social and emotional functioning.



The Role of the School Counselor

Click [here](#) for a description of school counselors.

Click [here](#) for the essential role of middle school counselors.

An Overview of The School Counseling Program

The school counselor designs and delivers a school counseling program that is available to all students. An effective school counseling program promotes positive outcomes for all students in the areas of academics, career, and social/emotional development. School counselors deliver developmentally appropriate activities and services directly to students or indirectly for students as a result of the school counselor's interaction with others.

A minimum of 80% of a school counselor's time should be spent in direct and indirect student services.

Direct Student Services:

- Classroom, Small-Group and Individual Instruction
- Appraisal & Advisement
- Counseling (Individual or Small Group)

Indirect Student Services:

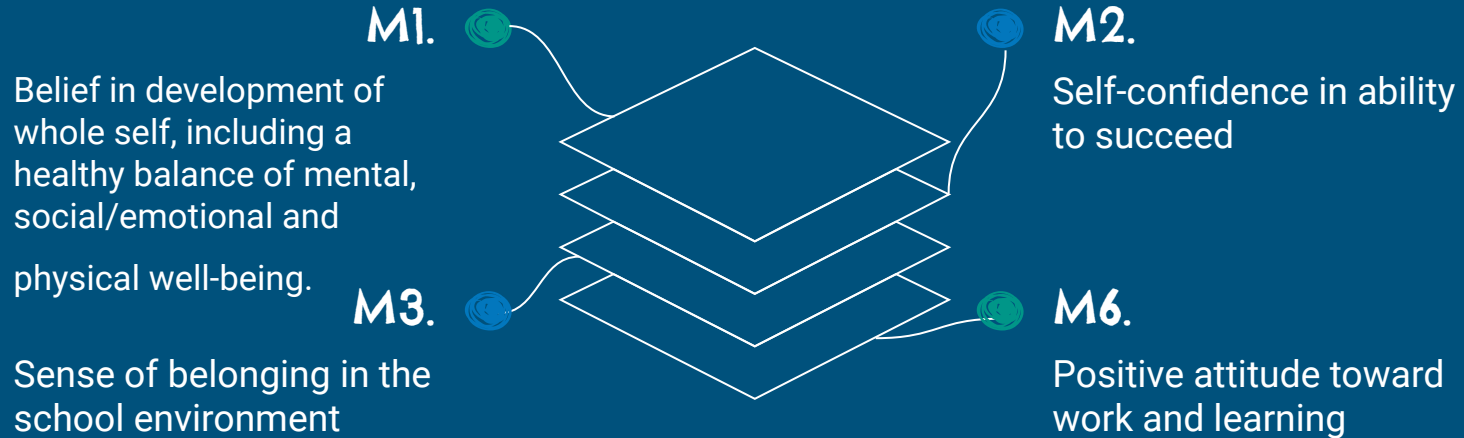
- Consultation
 - Collaboration
 - Referral
-

Student Standards

The ASCA Mindsets & Behaviors for Student Success describe the knowledge, skills and attitudes students need to achieve academic success, college and career readiness and social/emotional development.



ASCA Mindset Standards based on Staff and Student Needs Assessments



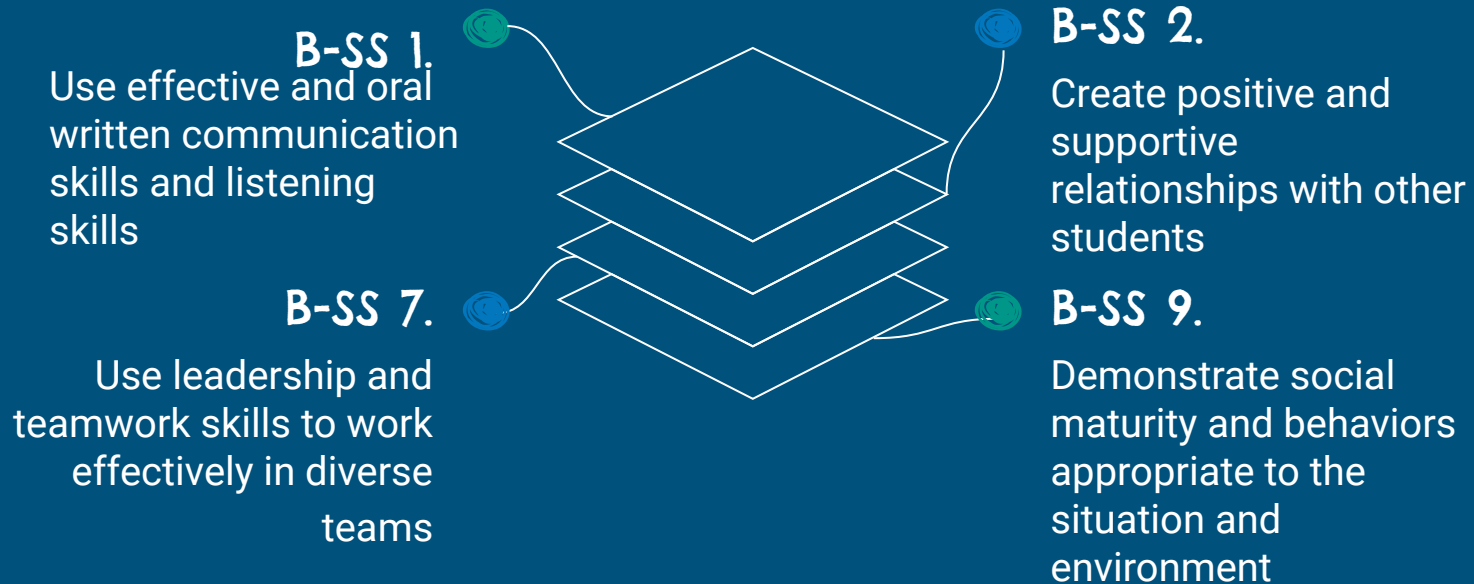
ASCA Behavior Learning Strategy Standards based on Staff and Student Needs Assessments



ASCA Behavior Self-Management Skill Standards based on Staff and Student Needs Assessments



ASCA Behavior Social Skill Standards based on Staff and Student Needs Assessments



Annual Student OUTCOME GOALS

RMS



Attendance

By the end of the 2020-2021 school year, students who had 10-14 absences during the previous school year will decrease the cumulative number of absences by 20% from 225 total absences to 180 total absences.



ELL

By May 2021, ELL students will increase their overall score on the WIDA assessment by 1% from an overall score of 1.5-4.7 to an overall score of 2.5-5.7.

Annual Calendar

Annual Calendar

School: Rutledge Middle School

Academic Year: 2020-2021

A minimum of 80% of time recommended for direct and indirect student services and 20% or less in program planning and school support

Month	Delivering		Program Planning and School Support (Defining, Managing, Assessing, Fair-Share Responsibilities)
	Direct Student Services Activities (Include dates of school counseling initiatives or events, classroom and group activities, career or college nights, schoolwide academic support events, etc.)	Indirect Student Services Activities (Significant collaborations, leadership and advocacy activities)	
Ongoing Services	Classroom, small group and individual instruction, appraisal, advisement and counseling, Peer Helper Prevention Curriculum, Peer Helper Program, Alabama Career Planning System (Kuder), Grade level Transition Activities	Demonstrate leadership through weekly school counselor meetings, school counseling newsletter, Advisory Council and professional development. Demonstrate collaboration through leadership team and grade level meetings. Demonstrate advocacy through student support team meetings. Demonstrate consultation through referrals.	Student schedules, building test coordinator, 504 Designee
August	School Counseling Program Orientation, Student-Parent-Counselor Agreement, Student Needs Assessment M 1. Belief in development of whole self, including a healthy balance of mental, social/ emotional and physical well-being. M 3. Sense of belonging in the school environment	Student Services Meeting Collaborations, Consultations and Referrals	Review ASCA Mindsets & Behaviors K-12 College-and Career-Readiness Student Standards
September	6-12 National Suicide Prevention Week 18 - #WHYAPPLY M 1. Belief in development of whole self, including a healthy balance of mental, social/ emotional and physical well-being. M 3. Sense of belonging in the school environment B-LS 5. Apply media and technology skills	ALSCA Workshop 18 Student Services Meeting Collaborations, Consultations and Referrals	Review ASCA Ethical Standards for School Counselors
October	19-23 College Application Week 21- Stop Bullying Day 23-31 Drug Free (Red Ribbon Week) 13- 5 th Grade – DIG Mentoring 29 – 6 th Grade DIG Mentoring 20- 5 th Grade Girls Inc. 1, 8, 22 –Girls Inc. M 1. Belief in development of whole self, including a healthy balance of mental, social/ emotional and physical well-being. M 3. Sense of belonging in the school environment M 6. Positive attitude toward work and learning B-SS 2. Create positive and supportive relationships with other students B-LS 5. Apply media and technology skills	Annual Administrative Conference Advisory Council Student Services Meeting Collaborations, Consultations and Referrals	Review ASCA School Counselor Professional Standards & Competencies Use of Time (M-Thurs)

Annual Calendar

November	<p>Bullying Prevention Curriculum via REACH Advisory / Peer Helpers Campaign</p> <p>5 – 6th Grade DIG Mentoring</p> <p>10 – 5th Grade DIG Mentoring</p> <p>13 – World Kindness Day</p> <p>17- 5th Grade Girls Inc.</p> <p>Career Development Month</p> <p>M 1. Belief in development of whole self, including a healthy balance of mental, social/ emotional and physical well-being.</p> <p>M 3. Sense of belonging in the school environment</p> <p>B-LS 4. Apply self-motivation and self-direction to learning</p> <p>B-SS 1. Use effective oral and written communication skills and listening skills</p> <p>B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment</p> <p>B-LS 5. Apply media and technology skills</p>	<p>ALCA Conference 18-20</p> <p>Student Services Meeting</p> <p>Collaborations, Consultations and Referrals</p>	<p>Review Program beliefs, vision statement, and mission statement</p>
December	<p>Bullying Prevention Curriculum via REACH Advisory / Peer Helpers Campaign</p> <p>1- 5th Grade Girls Inc.</p> <p>3 – 6th Grade DIG Mentoring</p> <p>8 – 5th Grade DIG Mentoring</p> <p>7-11 Positive Affirmations Week</p> <p>M 1. Belief in development of whole self, including a healthy balance of mental, social/ emotional and physical well-being.</p> <p>M 3. Sense of belonging in the school environment</p> <p>B-SS 1. Use effective oral and written communication skills and listening skills</p> <p>B-SS 2. Create positive and supportive relationships with other students</p> <p>B-LS 5. Apply media and technology skills</p>	<p>Student Services Meeting</p> <p>Collaborations, Consultations and Referrals</p> <p>504 Updates Conference</p>	<p>Review School Data</p>
January	<p>Suicide Prevention Curriculum via REACH Advisory / Peer Helpers Campaign</p> <p>18-22 No Name calling Week</p> <p>*Begin 8th grade 4-year planning</p> <p>M 1. Belief in development of whole self, including a healthy balance of mental, social/ emotional and physical well-being.</p> <p>M 3. Sense of belonging in the school environment</p> <p>B-LS 7. Identify long- and short-term academic, career and social/emotional goals</p> <p>B-LS 5. Apply media and technology skills</p> <p>B-SS 2. Create positive and supportive relationships with other students</p>	<p>Student Services Meeting</p> <p>Collaborations, Consultations and Referrals</p>	<p>Review Annual Student Goal Outcomes</p>

Annual Calendar

February	<p>Suicide Prevention Curriculum via REACH Advisory /Peer Helpers Campaign</p> <p>1-5 National School Counseling Week</p> <p>M 1. Belief in development of whole self, including a healthy balance of mental, social/ emotional and physical well-being.</p> <p>M 3. Sense of belonging in the school environment</p> <p>B-LS 5. Apply media and technology skills</p> <p>B-SMS 6. Demonstrate ability to overcome barriers to learning</p>	<p>Student Services Meeting</p> <p>Collaborations, Consultations and Referrals</p>	<p>Review Action Plans</p> <p>Use of Time (M-Thurs)</p>
March	<p>Substance Use Prevention Curriculum via REACH Advisory / Peer Helpers Campaign</p> <p>22-28 National Drug & Alcohol Facts Week</p> <p>M 1. Belief in development of whole self, including a healthy balance of mental, social/ emotional and physical well-being.</p> <p>M 3. Sense of belonging in the school environment</p> <p>B-LS 5. Apply media and technology skills</p> <p>B-SMS 9. Demonstrate personal safety skills</p>	<p>Student Services Meeting</p> <p>Collaborations, Consultations and Referrals</p>	<p>School Counseling Program Assessment</p>
April	<p>Abuse Prevention Curriculum via REACH Advisory / Peer Helpers Campaign</p> <p>Child Abuse Prevention Month</p> <p>M 1. Belief in development of whole self, including a healthy balance of mental, social/ emotional and physical well-being.</p> <p>M 3. Sense of belonging in the school environment</p> <p>B-LS 5. Apply media and technology skills</p> <p>B-SMS 9. Demonstrate personal safety skills</p>	<p>Student Services Meeting</p> <p>Collaborations, Consultations and Referrals</p> <p>Amelia Center Grief Workshop</p>	<p>ASCA School Counselor Professional Standards & Competencies Assessment</p>
May	<p>Suicide Prevention Curriculum via REACH Advisory/Peer Helpers Campaign</p> <p>Mental Health Month</p> <p>M 1. Belief in development of whole self, including a healthy balance of mental, social/ emotional and physical well-being.</p> <p>M 3. Sense of belonging in the school environment</p> <p>B-LS 5. Apply media and technology skills</p>	<p>Student Services Meeting</p> <p>Collaborations, Consultations and Referrals</p>	<p>School Counselor Performance Appraisal</p>
June	<p>Annual Program Assessment</p>	<p>Student Services Meeting</p> <p>Collaborations, Consultations and Referrals</p>	<p>Annual Results Report</p>

Behavior Tip



When you're stuck in a negative thought, write down three good things.

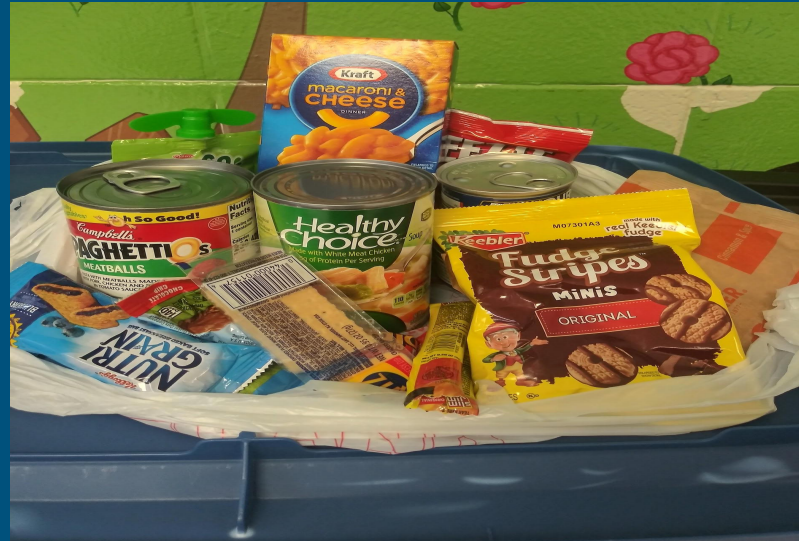
For many of us it is hard to think of anything else when we are really upset, or stressed about something. So when faced with a negative thought, just think of three positive things in your life at that moment. Write down something that brings you joy, something you're proud of, and someone who loves you. This can help ease your negative thoughts.

CONGRATULATIONS!

Congratulations to 7th grader, Ja'Marcus Managan! During the 1st 9 weeks, he participated every week via Zoom for his scheduled grade level classroom instruction. The intent of instruction is to help all students maximize their potential by enhancing academic, career and social/emotional development. A Zoom meeting was held for the students who participated every week and the "Wheel of Names" was used to randomly pick one student's name. Ja'Marcus received a certificate and a gift card of his choice.



Special thanks to **First United Methodist Church** of downtown Birmingham for supplying weekly donations of over 200 non perishable food bags for the students in Midfield City Schools!



Special thanks to **United Fellowship Community Baptist Church** in Midfield for supplying turkeys and all the sides for families in Midfield City Schools!



Helpful Resources

Digital Resources for Parents

Digital Resources for Students

Alabama Career Planning System
(Kuder Navigator) - beginning in 6th
grade

