Jr. High School Counseling Newsletter

Fall 2026



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Now that students are settling into the school year, It's a great time to reflect on accomplishments, set new goals and continue building positive habits. The counseling office is here to support students and families throughout the year. Please see our counseling website for resources and information!

Academic Success Tips!

- Encourage consistent attendance.
- Check grades regularly.
- Establish homework routines.
- Help students balance academics and activities.

Extra Support After School!

Students can stay after school on Monday, Tuesday, and Thursday to receive extra support for school work! Room 213 after school is available with Mrs. Yockey. This is the time for Falcon Support and Library access and is open from 3:05-3:45.

Science: Gratitude can

Improve overall mood and happiness

Help reduce stress and anxiety

Train our brains to notice posiitvity

September was Suicide Prevention Month

One of the most important protective factors for children and teens is having trusted adults they can turn to when life feels difficult. Regular conversations about emotions, stress, friendships, and coping skills help create a foundation of trust and support. Taking a few minutes each week to check in with your child can make a meaningful difference. 🧡

Warning signs include:

- Significant mood changes
- Withdrawal from friends, activities, or interests
- Changes in sleep patterns
- Expressions of hopelessness
- Declining academic performance
- Increased irritability or anger

October was Bullying Prevention Month

October was National Bullying Prevention Month. At Summit Academy, we encourage all students to practice kindness, inclusion, and respect. Families can support bullying prevention by talking openly about friendships, encouraging students to speak up when they see someone being mistreated, and reminding them that small acts of kindness can have a big impact. Together, we can help create a school community where every student feels safe, valued, and connected. 🧡

How families can help:

- Encourage open conversations about friendships and peer relationships.
- Remind students to speak up if they witness bullying.
- Reinforce the importance of treating others with kindness and respect.
- Contact the school if concerns arise.

Click and see our counseling website for resources!