

Meads Mill Counseling Minute

September, 2018

Meads Mill counselors are working to support our students, parents, and staff....

A New School Year & Making Friends

Starting a new school year is an exciting time for students. There are many opportunities to learn, develop new skills, and make new friends. Middle school students may be nervous about meeting new peers. Here are some helpful tips to consider:

- Treat peers with respect and kindness
- Be a good listener and show a genuine interest in others
- Join school clubs and/or teams to meet students with common interests
- Keep a positive attitude

As you meet new people, do not forget to **stay true to yourself**. Do not try to change who you are to impress other people.

Study Tip:

Write down assignments and upcoming test/project due dates in your planner. This will help you stay on task and complete work on time. Students can check-in with their teacher or a peer to make sure their planner entries are accurate.



Upcoming Dates to Remember:

Sept 13:

Open House at 6:30 pm

Oct. 10:

8th Grade PSAT Test

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