



MARK TWAIN JUNIOR HIGH SCHOOL COUNSELING NEWS

December
2022



SCHOOL COUNSELING DEPARTMENT MESSAGE

Hey Panthers! Join us in welcoming the Winter season and the month of December! We are excited to share all we have lined up this month. **December** is our month of learning about **Compassion**. Compassion is a feeling that arises when you **understand another's suffering and feel motivated to help**. Compassion can arise from **empathy—the ability to understand and feel others' emotions—but goes further by also wanting to help**. When compassion leads to action, we often call the result kindness. **Kindness is the intention to benefit and help other people.**

SCHOOL COUNSELING DEPARTMENT

Ms. Gonzalez, M.A., P.P.S

Caseload: A-F

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Mrs. Cruz, M.A., P.P.S

Caseload: All EL's

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Mrs. Valero, M.S., P.P.S

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OFFICE HOURS

Monday-Friday

9am-3pm



*Before and after school by
appointment only.
(209) 574-1918



December HAPPENINGS

DECEMBER LESSONS



MONTHLY THEME

Ways to show compassion:

PROVIDE ENCOURAGEMENT ALL THE TIME.

BE A GOOD LISTENER

RESPECT OTHERS' BOUNDARIES

USE WORDS IN A POSITIVE WAY

PRACTICE ACTS OF KINDNESS

CHALLENGE YOURSELF TO SMILE MORE

VOLUNTEER TO HELP

BE A LEADER

CULTIVATE POSITIVE EXPECTATIONS FOR OTHERS

OUTREACH

Mark Twain & Parents United

- **Date & Time:** Tuesday, December 13 at 9:30 AM
- **Topic:** Adolescent Development

STUDENT SERVICES ADMINISTRATORS

Yolanda Molina

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**Stay connected
via**

**ParentSquare,
Schoolology,
PowerSchool
& email.**

ANNOUNCEMENTS

7th grade/8th grade:

- **Semester 1 ENDS 12/16/22**
- **Winter Intersession Jan 3rd - Jan 6th**
- **Panthers! Make sure to participate in the 12 days of self-care challenge!**

988 Suicide & Crisis Lifeline

- If you or someone you know needs support now, **call or text 988 or chat at 988lifeline.org**

