

# STUDENT SERVICES FALL NEWSLETTER

## NOTE FROM YOUR SCHOOL COUNSELORS

At WHMS, School Counselors assist students in academic, educational/career planning, and personal/social development. Each counselor is assigned a cohort and follow them through their middle school years. School counselors work with all students, school staff, families, and members of the community as an integral part of the education program. This newsletter provides both parents and students an opportunity to learn about the variety of tasks and types of support the Student Services team offer.

### STUDENT ATTENDANCE MATTERS

Student attendance is important to the success of students in and out of the classroom.

Currently at WHMS we have an average attendance rate of **95.5%**. Research shows that missing **10** percent of the school year, or about **18** days in most school districts, negatively affects a student's academic performance.

That's just two days a month and that's known as chronic absence.\*

\*\*The School District of Elmbrook's attendance policy allows ten (10) excused absences per year.

After that, the student is considered to be truant and will need doctor notes for all subsequent absences. \*Doctor notes are considered "exempt," and do not count towards your child's 10 excused days.

WHMS Attendance Line - 262-780-8083

### STUDENT SERVICES TEAM

MARGO BLOMQUIST - 6TH GRADE COUNSELOR

COLLEEN GONZALEZ - 7TH GRADE COUNSELOR

JASON GRODSKY - 8TH GRADE COUNSELOR

PEGGY RIEMER - SCHOOL PSYCHOLOGIST

NICHOLE LAHODIK - SCHOOL SOCIAL WORKER

KAYLA SIMPSON - STUDENT SERVICES ASSISTANT.

### HEALTH & WELLNESS

AS WINTER IS APPROACHING AND IT'S GETTING DARKER EARLIER AND EARLIER, IT CAN BE EASY TO FEEL LIKE YOU ARE STUCK IN A RUT. TRY A FEW OF THESE THINGS TO IMPROVE YOUR MOOD;



- CUDDLE A PET
- WRITE OR DRAW
- TAKE A WALK
- HUG A FRIEND
- READ A BOOK
- PRACTICE A NEW HOBBY
- LIMIT SOCIAL MEDIA TIME
- GET GOOD SLEEP



### IMPORTANT DATES COMING UP

November 9 -24 - WHMS Food Drive

November 10 & 16 - Parent Teacher Conferences

November 23 - 25 NO SCHOOL

December 23 -31 NO SCHOOL

January 6 - 27 - Winter MAP testing



### STUDENT SERVICES PHONE #

**262-780-8080**



## TIME MANAGEMENT



### WHAT IS TIME MANAGEMENT?

THE PROCESS OF PLANNING AND EXERCISING CONTROL OF TIME SPENT ON SPECIFIC ACTIVITIES, ESPECIALLY TO INCREASE EFFECTIVENESS, EFFICIENCY, AND PRODUCTIVITY.

### WHO BENEFITS FROM TIME MANAGEMENT?

WE ALL BENEFIT! STUDENTS, PARENTS, TEACHERS ALL MANAGE THEIR TIME TO BE MORE EFFECTIVE IN THEIR DAILY ROUTINES!

### WHY IS TIME MANAGEMENT IMPORTANT?

TIME MANAGEMENT SKILLS HELP STUDENTS INCREASE THEIR LEARNING. TIME MANAGEMENT ALLOWS STUDENTS TO LEARN MORE EFFECTIVELY. EFFECTIVE TIME MANAGEMENT REDUCES STRESS AND INCREASES SELF-CONFIDENCE AND SELF-EFFICACY.

### HOW CAN I IMPROVE MY TIME MANAGEMENT SKILLS?

1. FIGURE OUT HOW YOU'RE CURRENTLY SPENDING YOUR TIME.
2. CREATE A DAILY SCHEDULE—AND STICK WITH IT.
3. PRIORITIZE WISELY.
4. GROUP SIMILAR TASKS TOGETHER.
5. AVOID THE URGE TO MULTITASK.
6. ASSIGN TIME LIMITS TO TASKS.
7. BUILD IN BUFFERS.
8. LEARN TO SAY NO.

## MEET MRS. BLOMQUIST



HI! I'M MARGO BLOMQUIST, AND I HAVE BEEN AT WISCONSIN HILLS MIDDLE SCHOOL FOR 24 YEARS. I'M PASSIONATE ABOUT MAKING SURE ALL STUDENTS FEEL WELCOME.

MY ROLE AT WHMS: **SCHOOL COUNSELOR**

NUMBER OF SIBLINGS: **2** NUMBER OF CHILDREN: **2**

FIRST JOB: **GYMNASTICS COACH**

FAVORITE FOOD: **COOKIES**

FAVORITE MOVIE: **DEAD POET'S SOCIETY**

FAVORITE SUBJECT: **HISTORY**

FAVORITE ANIMAL: **OTTER**

FAVORITE GAME: **CODENAMES**

FAVORITE VACATION DESTINATION: **NICE, FRANCE**

## MEET MRS. SIMPSON



HI! MY NAME IS KAYLA SIMPSON, AND I AM NEW TO WISCONSIN HILLS THIS YEAR. MY HUSBAND AND I MOVED TO WISCONSIN IN JULY FROM INDIANA TO BE CLOSER TO FAMILY. IF YOU SEE ME AROUND RECOMMEND A PLACE I SHOULD VISIT IN WISCONSIN.

MY ROLE AT WHMS: **STUDENT SERVICES ADMIN. ASST.**

NUMBER OF SIBLINGS: **4** NUMBER OF CHILDREN: **0**

FIRST JOB: **SUBWAY**

FAVORITE FOOD: **SANDWICHES**

FAVORITE MOVIE: **FINDING NEMO**

FAVORITE SUBJECT: **MATH**

FAVORITE ANIMAL: **DOLPHIN**

FAVORITE GAME: **CODENAMES**

FAVORITE VACATION DESTINATION: **DISNEY WORLD**

### WHAT CAN I GO TO MY SCHOOL COUNSELOR FOR?

- PEER CONFLICT
- ACADEMIC CONCERNS
- ANXIETY/ STRESS
- GETTING INVOLVED
- STUDY SKILLS
- COMMUNITY RESOURCES
- PEER CONCERNS
- SCHEDULING CLASSES
- PARENT/TEACHER RELATIONSHIPS
- ORGANIZATIONAL ASSISTANCE

## STRESS REDUCTION STRATEGY



It may seem simple, but focusing on your breathing for 2 minutes can help reduce stress and increase the feeling of calm. Deep breathing releases tension and toxins. Your breathing patterns might change when you are afraid, stressed, or nervous. To feel relaxed, breathe with purpose and see how your mood has elevated.