



UMS Counseling/Guidance News

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Go Cougars!

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From the desk of . . . *Corie Gaylord, Director of Student Academic and Counseling Services:*

It's hard to believe that it is already November and we are at the end of the first marking period.

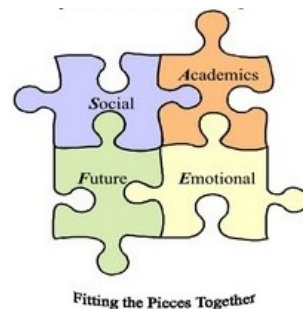
Students have adjusted well to life in 7th and 8th grade and it is so rewarding to watch them grow academically, emotionally, and socially.

The virtual back to school night was very successful with a great turn-out. Thank you, parents!

For additional information and resources go to the [District Counseling/Guidance website](#).

Please continue to visit the [UMS Counseling/Guidance website](#) for valuable information and resources.

Sincerely,
Corie Gaylord



Counseling/Guidance Newsletter:

- ◇ E-Communication will be sent throughout the school year to keep our UMS families informed
- ◇ Each quarter, it will be in the form of a newsletter
- ◇ Reminders of important dates and events will be sent out via e-blasts

UMS Counselors

New this year: students are assigned to counselors by team and alphabetically:

Jeanne Fedun: 7 Blue, 7 Red, 7 Gold A—L

Allison Doyle Smith: 8 Blue, 8 Red, 8 Gold A—O

Meghan Moore: 7 Gold M—Z, 8 Gold P—Z, 7 Green, 8 Green



Fight for the things that you care about, but do it in a way that will lead others to join you.

— Ruth Bader Ginsburg

Important Dates:



Important Dates:

Nov 20: Fully virtual learning

Jan 19: Planned return to hybrid learning model

Parent Conferences: Nov 23

Early dismissal: Nov. 25 & Dec. 23

Virtual Vo-tech visit: date TBD

Happy Thanksgiving!

October 5-9 is the official Week of Respect in NJ. The Week of Respect is an important event each year, as we take some time to promote and celebrate Respect for ourselves and others, in an effort to take a stand against bullying in our schools and community.

At UMS we used PAWS for a CAUSE each morning during the morning announcements to take some time to reflect on the importance of Respect in our schools, in our homes, and in our community.

Each day students were encouraged to participate in Spirit Wear to symbolize a show of Respect, and students were put to task with a daily Respect Challenge during their Lunch/Flex time, and share out their experiences on the UMS Counselor Google Classroom.

UMS also dedicated November 13 and 16 to Self-Care Days to facilitate stress relief at the end of Marking Period 1. Activities included: Art (Neurologic Drawing Activity), PE games, Archery, Nature Walks, Mindful Activities, and a Movie.

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A SCHOOL COUNSELOR IS...



Naviance is a resource that can provide our students with unique experiences that help to enhance their understanding about their strengths and abilities both in and out of the classroom. It is introduced to all 7th graders in the College and Career Readiness cycle course. Each year the 7th graders will set up their *Naviance* accounts in the cycle course and begin their journey of self-discovery utilizing *Naviance* as a tool. This will enable students to learn about their personal strengths and blind-spots, so

that they can more confidently and positively approach their future goals and appropriately advocate for their personal needs.

The 8th grade students will continue their use of *Naviance*, exploring, taking that next step in self-discovery.

Parents are encouraged to visit their child's *Naviance* accounts once they begin work in their cycle classes.

Naviance is a tool that will be used throughout students' high school experience to explore careers that match their strengths and interests and, when the conversations about colleges begin, to search for colleges that are the best fit based on the students interests, goals, and abilities.

If everything was perfect, you would; never learn and you would never grow.

—Beyonce Knowles-Carter

