

THE MIDDLE GROUND

The BEST STUFF is always found in the MIDDLE!

November/December 2019

Cramer Junior High School
Counseling Dept. Newsletter



MiCAREER Quest

The 8th grade students spent the month of October exploring their interests and skills using Xello.com to learn more about how they are connected to possible future careers. Xello is a brand new program that helps students plan their own unique journey whether it involves a trade, college, university, entrepreneurship or other training. The students then attended MiCareer Quest at SVSU on the morning of October 30.

Hosted by Great Lakes Bay Michigan Works! And Michigan Works! Region 7B the event saw close to 10,000 8th-

12th grade students from 11 counties. This was an experience unlike any other career and college-readiness event-with interactive, hands-on, informational and inspiring career opportunities delivered directly to students from working professionals in high demand industries.

Five industry sectors including; Advanced Manufacturing, Agri-Business, Construction, Health Sciences and Information Technology came together to create exciting exhibits with heavy equipment, simulators, robots, drones and much more.

Family Reading Night

Tuesday,
December 3rd
6:00-7:30 pm

We encourage families to come enjoy an evening of reading fun with their child. Prizes, refreshments and cookies, games and activities.

SAVE THE DATE



Friday, December 20th

More info to follow as we get closer to the date.

GRATITUDE

How often do you talk about gratitude with you kids? At this time of year, more than any other, we are Thankful. But do we really talk about it or just enjoy a turkey dinner and watch football and Hallmark movies?

HELPING YOUR CHILD PLAN FOR POST-SECONDARY EDUCATION

Planning for post-secondary school is not something students do when they become a senior. College planning begins in elementary school. When children are young, parents should encourage them to be enthusiastic about school. Parents can also help children develop study skills and a strong work ethic. As students move into junior high parents should allow them to take more responsibility for their studies and encourage career exploration. At this age students get excited about their future and like to think about when they grow up. Post-Secondary planning becomes most important as students move into high school. Students need to understand that their grades, courses, participation in co-curricular activities, volunteer opportunities and work experience all play a role in post-secondary education. It is also important that students understand that technical colleges and two year programs are becoming more difficult to get into all the time. These programs are limited to how many students they can admit, so they often fill up fast and have strict criteria for admissions.

Here are a few things parents can encourage their children to do:

- Take the right course work
- Do your best in all your classes
- Get involved in activities
- Acquire study skills and use them
- Come to school regularly
- Complete homework
- Volunteer
- Explore careers and options
- Ask your School Counselor questions

A Conversation About Gratitude

As a mom, I never want my kiddos to take our wonderful life for granted. We have had some trials and our share of not-so-good times, we are still fortunate. Gratitude is an emotion similar to appreciation, and the general practice of expressing thanks for our lives, even in times of challenge and change can be beneficial.

Many of us express gratitude by saying “thank you” to someone who has helped us or given us a gift. Gratitude is not just an action, it is also a positive emotion. It is a deeper appreciation for someone or something that produces long lasting positivity. Many people are not appreciative. Can you think of a time when you felt this? Most of us can. Often we have experienced things not go our way and get overwhelmed. Then we focus on the challenges and not the actual good that we still have going for us. Thanklessness deprives people of the positive emotional reward of gratitude.

Trying to make gratitude an ongoing conversation is not always easy. I don’t want to ask the same questions every day. I want my kiddos thinking and looking at ALL areas of their life. Looking at the little things, and not just the big picture. Thankfully (no pun intended) Gratitude conversation starters can help. They take the awkwardness out of starting a conversation. Grab a strip and read the question out loud. Adults can ask the kids or kids can ask the adults. They give you things to talk about that you may not have thought of before.

Examples of gratitude conversation starter questions:

- What is your favorite part about your home? Why?
- What abilities do you have that you are grateful for?
- What is one of your favorite things to do? Why are you grateful for it?
- What is something about your school that you are grateful for?
- Who did something nice for you today? What was it?
- Who did you do something nice for today? What was it?

You can find the Gratitude Conversation Starters in the attached documents.

Print off a set of conversation starters. Cut the strips apart and find a fun way to display them. You can put them in a thankful jar or fold them and put them in a bowl. Place one in front of everyone’s place at dinner. What is important is the conversation that develops. Try them out on long car trips. Remember all the little things, find the good, and be grateful for your wonderful life.

Who Sees the School Counselor?

The Counseling Office is a place for ALL students and not just for those experiencing problems.

A **school counselor** is a member of the education team, and is someone who gives valuable assistance to students, helping them with their academic goals, their social and personal development, and with their career development. Programs include Lunch Bunch with the counselor. Classroom guidance activities, school wide programs, small group and individual counseling.

GRATEFUL



Mrs. Karen Muma

mumak@e-hps.net

989-894-9740 ext#2334

RED RIBBON WEEK & ANTI-BULLYING MONTH

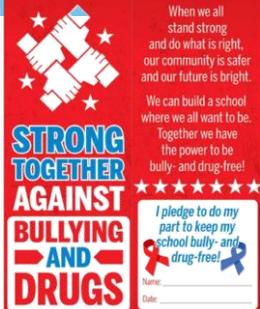
October was more than a celebration of fall and Halloween at Cramer. October was national anti-bullying month and the last week of the month was Red Ribbon Week. The students and staff at Cramer dressed up to promote awareness and support of both during the final week of the month. Each day had a different theme: Monday-“Be Someone’s Hero! Stand UP to Bullying & Drugs”, students wore camo and superhero t-shirts. Tuesday-“Don’t Let a Bully or Drugs Mix You Up!” showing off their mixed up patterns, crazy socks and hair. Wednesday-“Strong Together Against Bullying & Drugs”, wore red or orange the official colors of each cause. This was also Pledge Day when students and

staff had the opportunity to sign a pledge stating they would “Stand Strong Together” against bullying and drugs. Thursday-was Halloween and we said “BOO” to Drugs & Bullying while wearing our costumes. Students were able to grab a trick or treat bag full of goodies and information as they left school that day. On Friday we “Teamed Up Against Bullying & Drugs” when students wore their favorite teams gear.

4 Types of BULLYING

PHYSICAL Bullying	VERBAL Bullying	SOCIAL Bullying	CYBER Bullying
<ul style="list-style-type: none"> Hitting, kicking, slapping, pinching Spitting Tripping, pushing Stealing or destroying someone's possessions Making mean or rude hand gestures 	<ul style="list-style-type: none"> Name calling Insults Teasing Intimidation Homophobic or racist remarks Inappropriate sexual comments Taunting Threatening to cause harm 	<ul style="list-style-type: none"> Lying & spreading rumors Leaving someone out on purpose Telling others not to be friends with someone Embarrassing someone in public Damaging someone's social reputation or relationships 	<ul style="list-style-type: none"> Posting/sending hurtful texts emails or posts, images or videos Making online threats Imitating others online or using their log-in Deliberately excluding others online Spreading nasty gossip or rumors

safety magnets PLUS ©2018 Safety Magnets Plus



In schools across America one in five students report being bullied weekly. That represents 108 of the 540 students at Cramer each week. This is NOT okay! Each day announcements included statistics,

information to increase awareness and educate the students on managing and prevention of bullying and substance use. For example, students learned about being an UPstander and not a bystander. On pledge day it was stressed that students be committed to being substance free, healthy, and an UPstander who treats everyone with kindness or they weren’t ready to sign a pledge. In addition, prizes were given out to some of the best dressed and spirited students. There was also a school wide poster contest with over 85 students participating. The top 25 posters, voted on by the staff, were awarded a small prize and invited to a donut and cider break during Academic Success.

The Red Ribbon Week and Anti-Bullying Awareness Month celebration are something we hope will grow and continue annually.



Cramer Caring Closet: Every child should have access to the basic needs of life so that they can focus on their education. Many struggle to overcome things taken for granted by others, such as access to clothes, school supplies, personal hygiene products and other simple necessities. As a community, if we can assist those who are struggling to keep their focus on education, we will not only improve the individual lives we touch, we will also improve the community. By caring for basic needs of our youth and allowing them to dress as their peers, we are encouraging positive self-esteem, academic success and regular class attendance.

We are in need of clothing, shoes and personal items for students in youth size 10/12 through adult XL to fit the junior high grade 5-8 student.

What types of clothing and donations are we looking for? Jeans, pants, athletic pants, leggings, coats, boots, warm hats, gloves, in-style shirts and sweaters, shorts for gym class and play, sleepwear, shoes and lunchboxes. In addition, NEW socks and underwear are needed.

What types of clothing and donations are we NOT looking for? Stained or dirty clothing, Adult or career clothing, items needing repair, well-worn or out of fashion clothing.

Donations of new and clean gently used clothing, outerwear and footwear may be brought to the Cramer office.