

# Counseling News

April 2022



## Southern Middle School Guidance Staff

Mr. Jason Katz, School Counselor Last Names A-K x3523

Mrs. Lisa Hall, School Counselor Last Names L-Z x3522

Mrs. Lisa Zapach, Guidance Clerk A.M. x3520

Mrs. Jackie Winterson, Guidance Clerk P.M. x3536

Please reach out and contact us with any concerns, so we are able to work with you in a proactive manner to ensure your son/daughter gets what they need to make school a happy, safe place to learn. You may contact us at [lisa.hall@sycsd.org](mailto:lisa.hall@sycsd.org), [jason.katz@sycsd.org](mailto:jason.katz@sycsd.org) or at 717.235.4811, extension 3520.

## WE NEED KIDS!

The Rent-A-Kid program, sponsored by the York County Area Agency on Aging, needs kids in middle and senior high school. Rent-A-Kid offers students an opportunity to earn money and/or community service hours doing household chores, yard work, technology assistance, and pet care for York County seniors. Kids must be in grades 7 through 12. Applications are available at all school



guidance offices or by downloading from the *Forms & Documents* page of [www.ycaaa.org](http://www.ycaaa.org). For additional information, contact the Rent-A-Kid program at (717) 771-9103.

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**continued**

# High School Here We Come

The transition from middle school to high school can be daunting. Teens will be navigating a new culture with more students, harder courses, and new social pressures. Here are some tips to help make the move a little easier.



**Stay organized:** Get yourself a daily planner and write down all of your assignments. Keep a calendar to help you plan ahead.

**Join something:** Explore various activities such as student government, sports, and clubs. You'll meet other students with similar interests.

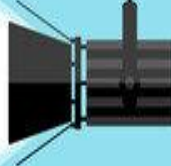
**Establish a routine:** Think about how you're going to balance school, extra-curricular activities, homework, a social life, along with time to recharge. Be consistent with your routine.

**Be your own advocate:** If something doesn't make sense in class, ask a question. Confused on your homework, ask for help either in class or during a free period.

**Remember it takes time:** Every student finds themselves feeling confused and overwhelmed in the beginning. Try to keep perspective and know that things will improve as you start to figure out your routine and you adapt to your new normal!

## April Spotlight Article

[What Teens Need to Know About Boundaries](#)



Each month we share a resource or article about teens or middle school life that can hopefully assist you and/or your student. Here are past articles:

[Anxiety in Teens: 8 Ways You Can Help Your Child](#)

[Six Reasons School is Tough This Year](#)

[A Guide to Your Child in Middle School](#)

[51 Things I've Learned About Raising Teenagers](#)

[7 Things Teenagers Desperately Need Adults to Understand](#)

[The Hangout House: The Upside of Being Teen Central](#)

# Crisis Intervention Services

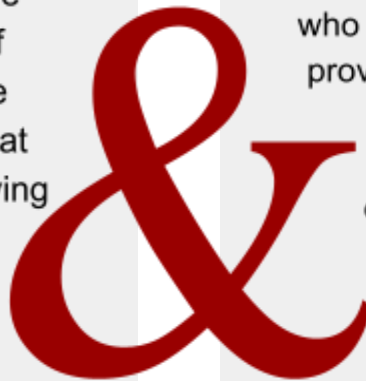
If you are concerned for the immediate health and safety of a child, please call 911 and send them to the location of the child. If you share the crisis information with a student and have any concerns, please contact your school counselor as soon as possible so they are able to follow up.

- TrueNorth Wellness Crisis Intervention: 1-866-325-0339 or 717-632-4900 (For students experiencing a mental health crisis or suicidal ideation.) Open for phone calls - no walk-ins or home visits.
- York Hospital, Hanover Hospital and UPMC Memorial Emergency Departments have 24/7 Crisis Intervention Services available, but due to the influx the departments may have with COVID-19 cases, you may want to avoid these locations unless you have no other options.



## *Resources to Help*

The Student Assistance Program (SAP) continues to actively function in the middle school. The SAP team is a group of trained staff members who work to identify, intervene and refer students who are having difficulties due to a variety of possibilities. The student assistance program is available to all students at SMS (except anyone already receiving drug/alcohol or mental health counseling). Please contact the guidance office to make a referral or obtain additional information.



The SYCSD/PCBH School-Based Counseling Program utilizes a multi-disciplinary approach to bridge the gap for young people who need mental health care, and young people who receive mental health care by providing coordinated mental health services at a licensed satellite office of PCBH in the familiar environment of the school setting. Please contact Mrs. Hall or Mr. Katz for more information if needed.