



KMS Happenings - Counseling

Counseling Department

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For the Month of: September

Counseling Lessons/Dates:

Mrs. Lawson will be doing the 6th gr. presentations for 6th grade on the following dates:

- 6B Wednesday Sept. 14th
- 6C Monday & Tuesday Sept. 19th & 20th
- 6A Wednesday & Thursday Sept. 21st & 22nd

6th/7th/8th Grade Happenings:

Welcome to all Kiewit Colt families from the counseling department! Our school is growing as we increased our numbers in each grade with sixth adding 19 new students, seventh with 21 and eighth with 20. That's 60 brand new students.

It's a transition for everyone getting back into a school routine and making sure everyone is getting a good night's sleep. Sleep impacts everyone a great deal, but most specifically, adolescents, whose bodies require 9-10 hours a night. Any help you can give to ensure a good night's sleep will be most appreciated. The blue lights emitted from electronics interfere with the production of melatonin and a person's circadian rhythm, which affects people's wake/sleep cycles and hormones among other things. Try to avoid blue lights a couple hours before bedtime whenever possible.

Speaking of getting back into a routine, homework is an area where routines can be established. The rule of thumb for homework is ten minutes times the grade level, so for sixth graders, that's sixty minutes and so on. If they utilize their guided study period (GSP), they would have 40 minutes less homework time. Some music classes occur during GSP time so some days those kids do not have GSP. The exceptions are when they have tests or projects that will require a little extra time. Study habits are critical to a student's success, and an idea that has worked for many families is called Mandatory Homework Time (MHT).

Mandatory Homework Time is a set amount of time, whenever it works best each day for your family, depending on activities. They should sit down for twenty to eighty minutes a night, (depending on having GSP or not) to review notes, read, make flash cards etc. Thus, "I'm all done with my homework" is a great thing to hear, but they should still sit down and focus on their classes. If this routine is established and enforced, it will help them throughout their school years. Families can support MHT by eliminating T.V. or other distractions during that time.

Counselors will be meeting with each of our teams soon to go over information about how and why kids can see us throughout the year. We attend team meetings every week and may see students who teachers feel could benefit from a visit with us whether it be about study skills, friendship issues, organizational tips and many others. Students can ask to see us and parents can request that we see their child as well. Just give us a call or send an email.

Thank you for all of your support as we help our kids reach their potential!