

NP³ Middle School Counseling Newsletter

Quarter 1

Career Day!

Career Day is an event we host every year to give our 7th grade students the opportunity to explore potential career paths; it will be held on Tuesday, October 25th from 1:20-2:40 PM. Each advisory class will hear from two different presenters and have the chance to ask any questions related to the field. We have a variety of presenters from careers in behavior therapy, fitness training, law enforcement, photography, veterinarian, and much more. Students will then explore potential career paths for themselves and prepare for their Career Fair project in December!



WE WISH OUR NP³ FAMILIES A WONDERFUL FALL BREAK!

Hello Pirate Families !!!

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Resources to support your child navigate Middle School

Establishing Routines

Routines have the power to improve our sleep, reduce anxiety, boost our cognitive function, and can even have a positive impact on mental health. Check out [Stress-Free After School Routines Your Kids Will Love](#) to learn how you can create home routines to set your student up for success.

Growth Mindset

We work with students daily to help them improve their self-esteem and develop a growth mindset. This article explains how a growth mindset can help your child manage stress. [The Best Mindset for Minimizing Stress](#)

Healthy Friendships

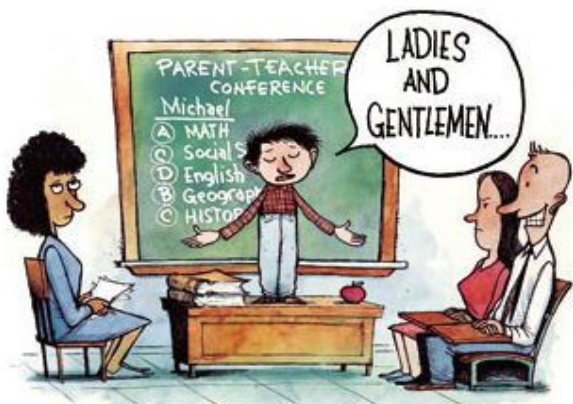
Friendships are so important to our students and it is important that we help them foster healthy and happy relationships with their peers. [Good Therapy | 6 Ways to Help Your Teen Make and Keep Great Friends](#)

NP³ Middle School
3700 Del Paso Road
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Student Led Conferences (SLCs)



NP³ Middle School is super excited to have all students participate in SLCs this school year. Students will present their progress, successes and future goals with their families. We take pride in building leadership qualities and skills in our pirates as they grow throughout middle school. They take initiative and responsibility in the work they turn in and are looking forward to sharing it with you!

Suicide Prevention Policy

The teen years are marked by a roller-coaster ride of emotions—difficult for teens, their parents, and educators. It is easy to misread depression as normal adolescent turmoil; however, depression (among the most common of mental illnesses) appears to be occurring at a much earlier age, and the past decade has seen teen suicide rates double. Please review our Suicide Prevention Policy. Contact your counselors with any questions or concerns.

<https://natomasunified.org/content/uploads/site/s/16/2017/09/Suicide-Prevention-Policy.pdf>

College Prep Information

Would your middle school student like to get a jump on college knowledge? Check out the link below for some awesome resources regarding CSU/UC requirements, financial aid, application examples and much more!

<https://natomasunified.org/np3h/counseling/college-information/>