

# Counseling Newsletter

## Welcome to NP<sup>3</sup> Middle School

### Transition Process

We are so excited to have your students join us for the 2023-2024 school year! This coming spring we will help your students begin the process of their transition to middle school. This is a very important time in their lives and we want to make sure they are ready and well prepared to become NP3 Pirates.

### How To Visit A Counselor

- Self Referral
- Referral from parent or teacher
- Call or drop in
- Students can fill out the "I would like to see a counselor" slip found in all classrooms.



**Linsey Dotson**  
last names A-K  
(916) 567-5745

Ldotson@natomasunified.org

MEET  
THE  
COUNSELORS!



**Lina Rashid**  
last names L-Z  
(916) 567-5751

Lrashid@natomasunified.org

Hi 5th grade families! We are so excited to meet our incoming Pirates! As their future counselors, our mission is to be proactive and assist in meeting the developmental, academic, and personal or social needs of every student. Our counseling program provides educational, preventative, and intervention services to help your student reach their full potential. These services are facilitated through individual/small group counseling and classroom guidance lessons.

## Supporting the Transition to NP3 Middle School

### Counselors Visit 5th Grade Classes

On **January 30th**, Middle School Counselors will do a meet and greet with your students in their 5th grade classes. We will introduce ourselves and review Shadow Day with the students.

### Shadow Day

Shadow Day is on **February 9th**. We will give all 5th grade students the opportunity to visit our campus. Students will go on a tour and then join one of our amazing Advisory classes.

### Tips to support your 5th grader

Our goal is to get the 5th graders excited about their transition to Middle School and reduce any anxiety by answering as many questions as possible. Please email us anytime with questions regarding their transition.

NP<sup>3</sup> Middle School  
3700 Del Paso Road  
916-567-5740