

# NP<sup>3</sup> Middle School Counseling Newsletter

## Summer 2023

### *Practicing Habit 5 As A Family!*

You will have a lot of time with your teen this summer, and to help maintain the peace we would like to offer an article focused on communication. Habit 5: Seek First to Understand, Then to Be Understood is the habit of listening to other people's ideas and feelings. It's trying to see things from their viewpoints. It's about being confident in voicing your ideas. It's about looking people in the eyes when speaking. Habit 5 is a timeless principle we all strive to teach our kids; it teaches them to be confident when speaking to others while also teaching them the importance of listening to others when they are speaking. The best way to teach someone how to communicate is by practicing it with them. Check out the article [here](#) to see how you can practice habit 5 at home!

### *Summer Break Activities!*

Start a family garden! Grow your own fresh herbs, fruits, and veggies!

Build and paint a bird feeder or bird bath and hang outside your home. Watch the birds sunbathe all summer long!

Learn a new hobby, skill, or sport. Ex. art, crafts, yoga, swimming, crochet, baking, pottery, fishing, or kayaking.

Teach your child about the value of a dollar. Give them a budget and have them purchase household items for the week (detergent, soap, toilet paper, etc.)

Decorate your driveway or sidewalk with chalk!

Go camping or pitch a tent in your backyard to spend some quality time as a family!

More ideas and activities can be found [here](#).



### ACADEMIES FOR 7TH - 12TH GRADERS

Check out the CSU Sacramento Summer Youth Academies. Courses include fire and emergency services, engineering and robotics, digital forensics, creative writing, performing arts, and much more! Learn about the 22 programs offered [here](#).

### *The Teenage Cloud*

Teenagers may not want to talk  
but you must never stop listening  
to their sounds  
and their silence.

They may constantly reject  
your affection  
but don't you ever stop  
making those moves.

Teenagers may push you far away  
to see if your love is breakable  
to see where the boundary  
of your love lies...  
show them it is endless.

Hang on tight  
through these wilderness years  
and keep your door open.

There will be a moment  
every now and again  
when they need you  
be there.

The teenage cloud is temporary  
but much distance can be covered  
stay close.

### *Youth Sports Programs*

Check out this free Youth Development based instructional league geared towards all youth in 4<sup>th</sup>-8<sup>th</sup> grade. Players will learn the fundamental skills and strategies of flag football through both practice and game play. Practices will be held 2 days per week and games will be on Saturdays. For more information check out the website [here](#).

### *Virtual National Parks!*

Interested in exploring national parks and the outdoors virtually? Check out the National Parks Service website now offering photos, videos, and audio stories on every National Park. Explore the Grand Canyons, view a giant brown bear, or take a virtual hike all from your own home. Check out this fun resource [here](#).

### *Contacting Your Counselor Over Summer*

Please contact our counseling team with any questions or concerns. Please allow a few business days for a response back as we will be in and out of the office during summer break! Contact information can be found on our counseling [webpage](#).