

# Ms. Karbeling & Mrs. Kemp's Counselor Corner

Volume 1 Issue 2

October 2018

Dear Garrett Park Families,

We have had a GREAT first month of school. It seemed the school was up and running in no time and we got right into the swing of things. We loved being in the classroom and seeing all of the kids during this first month. October is shaping up to be a busy month for the School Counseling team!

This month is MCPS Mental Health and Awareness Month. Mental health and physical, social, and psychological well-being are the foundations of academic achievement, followed by college, career, and community success. Students will hear Tips of the Day and receive information about mental health as the month unfolds. October is also a month that many schools focus on healthy decision making, as Red Ribbon Week is October 23-31<sup>st</sup>. Look for an announcement about a Spirit Week to celebrate a healthy lifestyle later this month. Finally, October is also Bullying Prevention Month. In Elementary School, we teach children about the bullying triangle and importance of being "upstanders." Check out more information in this newsletter.

We look forward to the busy month ahead! Please let us know if you or your child need anything!

Fondly,

*Ms. Leslie Karbeling  
& Mrs. Loren Kemp*

## Opportunity Awaits

**5th Grade-** Are you interested in the Middle School Magnet programs? Begin informing yourself about the different options and the process at [this link](#). Mrs. Kemp will be meeting with 5<sup>th</sup> grade students to explain middle school options. **Students will be centrally reviewed for Eastern and Takoma. The deadline for the MSMC Choice programs is November 2, 2018.** Contact Mrs. Kemp if you are applying to a magnet program.

**5th Grade-** The Montgomery County Office of Human Rights sponsors a Human Rights and Diversity Camp each month for 5<sup>th</sup> graders. This year the camp will be held November 9-11. The purpose of the camp is to bring together students from a diverse racial, cultural, religious, ethnic, and socio-economic backgrounds to share in interracial and intercultural understanding, exposure to diversity concepts, cultural competencies and team building skills. Deadline for application is Friday, October 26<sup>th</sup>. Email Mrs. Kemp if you are interested!

**3<sup>rd</sup> and 4<sup>th</sup> Grade:** Montgomery College is proud to present **Kids College** for in grades 3-12. To obtain the brochure and registration form, please visit <http://www2.montgomerycollege.edu/departments/wdce/youthpdf/kidscollege.pdf> This program fills quickly, so register early!

"Blowing out  
someone else's  
candle  
doesn't  
make yours  
shine  
any brighter."

*thisislovelifequotes.net*

## Monthly Counseling Lessons

K- Personal Body Safety Lessons

1- Personal Body Safety Lessons

2- Personal Body Safety Lessons

3- Personal Body Safety Lessons

4- Personal Body Safety Lessons

5- Information about Magnet  
School Applications

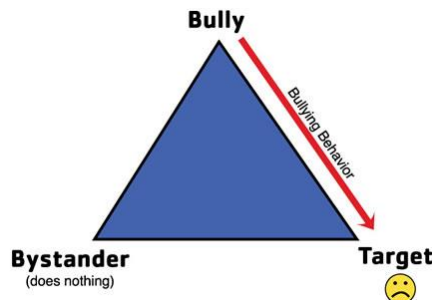
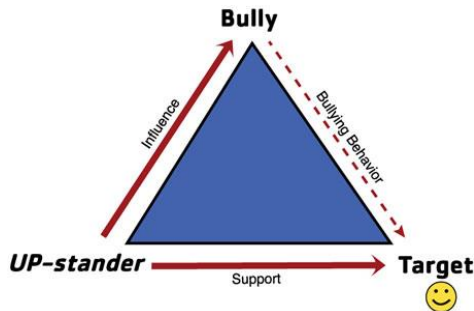
Personal Body Safety Lessons will be taking place in October and November in each class. These lessons are required in all MCPS schools and focus on the prevention and awareness of child abuse and neglect. Look for a letter coming home to explain more about these lessons. Please let us know if you have any questions!

“Meaningful bullying prevention is dependent upon children, teachers, administrators, parents, and the community working in **partnership.**”

October is National Bullying Prevention Month!

### The Bullying Triangle

It is important for children and parents alike to understand the bullying triangle (see left). Many times we think of bullying as a bully and a victim. But, much of the power lays within the bystanders, the third group that witnesses the bully. The choices that the bystanders make will directly impact the victim. Will they stand like an audience and watch or take a stand and help? We want to encourage students to take a stand. Speak up, or get an adults help if you feel uncomfortable.



### CHECK IT OUT

Parents: A Key Role in Bullying Prevention

The Juice Box Bully: A Read Aloud for Kids

Washington Post: Bullying

### Contact Us

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GPES School Counseling Website

