

Counselor Connection

Mr. Gilmore

<https://lcisd.org/campuses/roberts/home>

Mrs. Barbee

The Character Trait for August/September is Trustworthiness



Charged up Counseling:

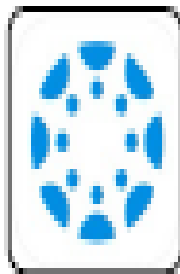
visit my canva page for important info.
Self enroll in the course at:

<https://lcisd.instructure.com/enroll/KEN6LJ>



Canvas Support Parenting

Classes will be offered via Zoom for Roberts' parents to teach this program.



Canvas Parent App
Great for when needing to know the status of your child(ren)'s assignments.



Group & Individual Counseling:



Contact
Mrs. Barbee
832-223-5305
or Mr. Gilmore
832-223-5314

for more information



Way to Go Roberts:



INTRODUCING

The School Counselor

About Me

My name is Torey Gilmore. This is my 3rd year as a school counselor. Previously, I was a counselor at Elsik 9th Grade Center. I am a 2003 graduate from Foster High School. I earned my degree in Social Work from Prairie View A&M and my counseling degree from UH-Victoria.



Contact Me

Torey Gilmore
torey.gilmore@lcisd.org
832-223-5314

My Role

- Guidance lessons
- Group counseling
- Individual counseling
- Care Closet
- Character Counts Club
- No Place for Hate
- Student Council
- Parenting classes/conferences
- Restorative Discipline
- PALS
- LAMP mentor program
- Homebound
- Behavior Rtl/Support

INTRODUCING

The School Counselor

About Me

My name is Amber Barbee. This is my 16th year as a school counselor. Previously, I was a counselor at Leaman Junior High School. I am a 1996 graduate from Terry High School. I earned my degree in education from Texas Tech in 2000 and my counseling degree from UH-Victoria.



Contact Me

Amber Barbee
abarbee@lcisd.org
832-223-5305

My Role






- Guidance lessons
- Group counseling
- Individual counseling
- Care Closet
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- No Place for Hate
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Join us in celebrating...

RED RIBBON WEEK 2021!



Monday October 25th	Tuesday October 26th	Wednesday October 27th	Thursday October 28th	Friday October 29th
<p><u>Slogan:</u> <i>Rally in Red- Stand up to drugs!</i></p>	<p><u>Slogan:</u> <i>Team Up Against Drugs!</i></p>	<p><u>Slogan:</u> <i>Friends don't let friends do drugs!</i></p>	<p><u>Slogan:</u> <i>Drugs Can't Find Me!</i></p>	<p><u>Slogan:</u> <i>Put A Cap <u>On</u> Drugs!</i></p>
<p><u>What to wear:</u> <i>red</i></p>	<p><u>What to wear:</u> <i>favorite sports team shirt or jersey</i></p>	<p><u>What to wear:</u> <i>Twins/triplets/group dress alike</i></p>	<p><u>What to wear:</u> <i>Camouflage</i></p>	<p><u>What to wear:</u> <i>Cap</i></p>
				



Let your Charged-Up Character Shine!



Character Counts

Trustworthiness

To be dependable, reliable,
and deserving of trust



- I will keep my word.
- If I say I will do something, I will follow through.
- You can depend on me!

The Character Trait for August/September
is **Trustworthiness**.

Blue is the color for **trustworthiness**.

A person who is **trustworthy**
is "True Blue."

Charger Care Closet

This closet will provide items to students in need for free.

Items available will be:

- Deodorant
- Composition Notebooks
- Map Pencils
- Backpacks

CHARGER CARE CLOSET



Food Pantry

Items needed: Peanut butter, Fruit pouches, Individual cereals, granola bars, juice boxes, mac & cheese, & Pop Tarts

Drop off in the front office throughout the year



Questions?
Contact the counselors:
Mrs. Barbee
or Mr. Gilmore

MENTAL HEALTH EFFECTS OF THE COVID-19 PANDEMIC ON YOUTH

With the closing of schools and the change in schedules and rules for everyone, COVID-19 has radically shifted how we are operating as a society. With these changes can come a wide range of feelings including anxiety, depression, and anger. MHA's national office has reported a 12% increase in the first two weeks of March for people screening themselves for clinical anxiety. It's important that young adults and children feel they have space to talk about what they're feeling, and that their mental health is treated as a priority.

(CHILDREN)

WHAT TO EXPECT

(TEENS)



Change in appetite



Increased clinging behaviors, temper tantrums, and whining



Loss of interest/withdrawal



Headaches, stomachaches



Competition for parents' attention



Ignoring health promotion behaviors



Easily agitated



Decrease in energy/general apathy



Avoiding/cutting school (in this case home-based schoolwork)

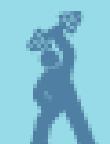
WHAT CAN YOU DO?



Encourage open dialogue in your home where kids feel comfortable asking questions and receive reassurance and kindness



Have them create a gratitude journal where they write at least one thing they are grateful for/one thing that is going well for them



Make sure kids have positive outlets and routines; these can include exercise, regular phone calls with friends/loved ones, and limiting media consumption



Reassure children that you, as their caregiver, are making sure they stay safe and that you are taking steps to ensure you stay safe too



Model the behavior you'd like to see; make sure you're engaging in meaningful self-care and are talking to your kids about why it's important



Connect with your child's teacher/counselor to see if a virtual session can be set up (many doctor's offices are utilizing tele-health, some at reduced cost to patients)

These behaviors are normal and expected; we understand it can be challenging to support children exhibiting difficult behaviors, but it's crucial that children feel supported and cared for, especially in uncertain times.

If your child exhibits behavior that puts themselves or those around them in danger, please call the **Harris Center Emergency Line 713-970-7000** and select **Option 1** or **9-1-1** (you can request a mental health unit be sent).

If you'd like more information about mental health and COVID-19, visit our website:

<https://mhahouston.org/covid19help/>



CENTER FOR SCHOOL
BEHAVIORAL HEALTH



SOURCES:
Boudreau, Emily, and Elio Pajares. "Helping Children Cope with Coronavirus and Uncertainty." *Harvard Graduate School of Education*, 13 Mar. 2020. www.hs-niederrhein.de/infocenter/infocenter/infocenter-child-care-coronavirus-and-uncertainty
HHS. "Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)." Edited by SAMHSA, The National Child Traumatic Stress Network, 1 Mar. 2020. www.samhsa.gov/sites/default/files/resources/000019parent-caregiver-guide-1.pdf
"Mental Health and Coping During COVID-19." Edited by NCIRD NIA, Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 1 Apr. 2020. www.cdc.gov/coronavirus/2019-ncov/child/coping-strategies.html
"Mental Health and COVID-19 - Information and Resources." Edited by MHA NIA, Mental Health America, 2020. www.mha.org/covid19/#ForParents
SAMHSA. Info. "Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak." Taking Care of Your Behavioral Health, SAMHSA, 18 Mar. 2020. www.samhsa.gov/sites/default/files/000019-social-distancing-quarantine-isolation-covid19.pdf



Top Apps



These apps are extremely popular among teens, but that also makes them dangerous.



Young children and preteens should NOT use this app!



Older teens may use it if they can be monitored and have earned your trust.

SNAPCHAT



WHY IS IT BLACKLISTED?

- Snapchat is one of the most popular apps for sexting.
- Sexts can be saved even though they're supposed to disappear.

KIK MESSENGER

WHY IS IT BLACKLISTED?

- Tweens and teens also Kik to send sexts.
- Predators can contact your child via Kik and send unsolicited sexts.





L.A.M.P.

Join LCISD's Mentoring Program

Be a Mentor

**An hour a week
for a lifetime of
change.**

Although mentors and students spend just one hour together each week during the school year.

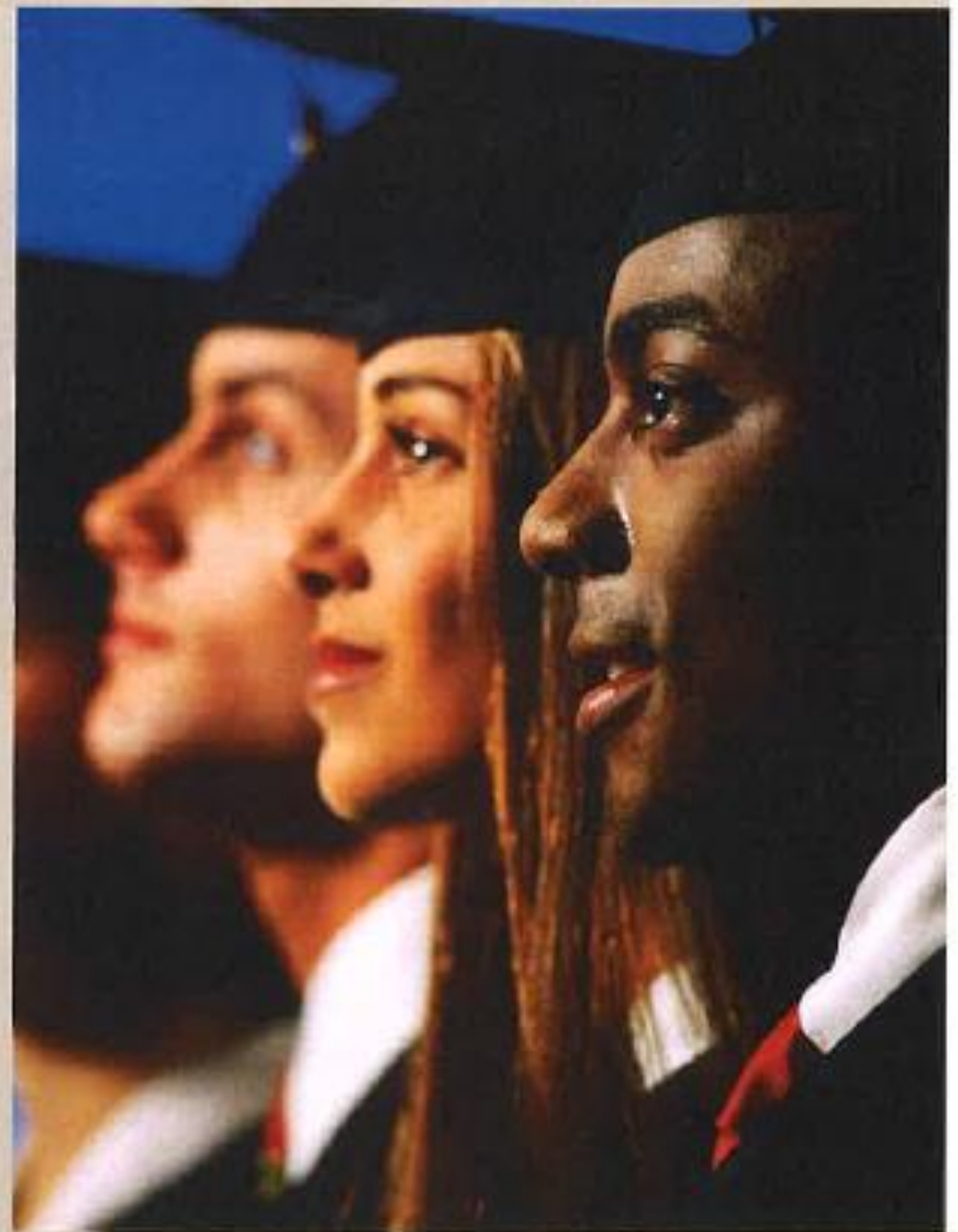
Mentored students are:

- More likely to enroll in college*
- Less likely to skip school*
- More likely to hold a leadership position*
- Less likely than their peers to start using drugs and alcohol*

It is our goal that the L.A.M.P. program will enhance the lives of thousands of children by providing and additional support to the one already provided by parents.

- L.A.M.P. mentors may serve at any LCISD campus EXCEPT a campus where their own children or a relative attends.
- L.A.M.P. is a relationship, not a tutoring program and as such helps mentors and students develop a bond built solely on friendship.

If you've any questions about L.A.M.P., please contact your child's campus counselor.



*mentoring.org

For additional information on L.A.M.P. and to access the L.A.M.P. application, please visit the LCISD website. Scan this code with your smartphone's QR reader or visit our Volunteers Website under the "Community" tab at www.lcisd.org.

LAMARCISD
A PROUD TRADITION | A BRIGHT FUTURE

Listen • Aspire • Motivate • Prepare



A PROUD TRADITION | A BRIGHT FUTURE

THE Canvas Evolution

SECONDARY EDITION

Canvas Parent/Guardian Accounts

What is Canvas? Canvas is Lamar CISD's online learning portal. Canvas provides parents and guardians "view only" access to see your student's online course work. This allows you access to information such as calendar reminders, announcements, student assignments, & instructional notes. As LCISD teachers begin using Canvas throughout the school year, you will see valuable information in Canvas!

Parents can learn more about what Canvas has to offer here:

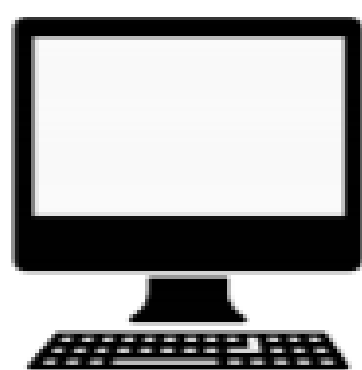
<https://www.lcisd.org/students-parents/canvas-information>

📺 Each video is full of valuable information!

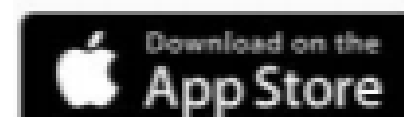
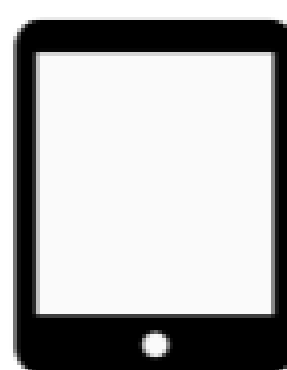
Before You Log In To Canvas for the First Time	
<p>What do I need to get started?</p>	<p>You must know...</p> <p>✔ The email address associated with your Skyward Family Access account.</p>
<p>☐ 1 NEED HELP? Log in to Skyward Family Access https://goo.gl/CkEUeu & tap My Account to add or update your email address.</p> <p>Having Trouble?</p> <ul style="list-style-type: none"> • Forgot Skyward Family Access Username/Password - https://goo.gl/XftKb9 • Report Other Skyward Family Access Issues - https://goo.gl/nf477A <p>Please note...once the email address has been successfully added or updated in Skyward, it may take up to a week for Skyward to "push" this email address into Canvas.</p>	
Create a Password to Access your Canvas Account	
<p>☐ 2</p>	<p>Visit http://canvas.lcisd.org/</p> <ol style="list-style-type: none"> 1. Tap "Forgot Password" 2. Username: Enter the email associated with your Skyward Family Access account 3. Tap "Request Password" 4. Open your email. Follow the prompts found in your email to change your password.
Log in to Canvas	

After you have gone through the steps above to create a Password for your Canvas Account, you can access Canvas using your parent credentials online, or through the Canvas App!

3



Visit <http://canvas.lcisd.org/>



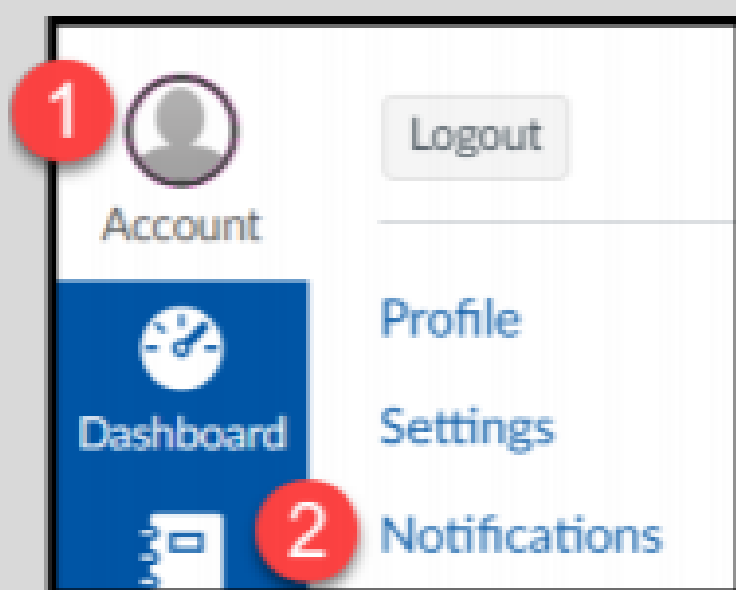
<https://goo.gl/uE67HM>



<https://goo.gl/XK1ebi>

Update Notification Settings

4



Add Cell Number -

- Tap **Account**
- Tap **Settings**
- **+ Contact Method**
- **Add Cell Number, Select a Carrier & Tap Register SMS**
- Follow the prompts in your "Text Messages" on your Cell Phone to confirm.

Recommended Notification Settings-

- Announcement
- Conversation Message
- Administrative Notifications

View Course Announcements

5



- By default, important course announcements will be emailed to the email address listed in Skyward Family Access.
- If you would like to see ALL course announcements...

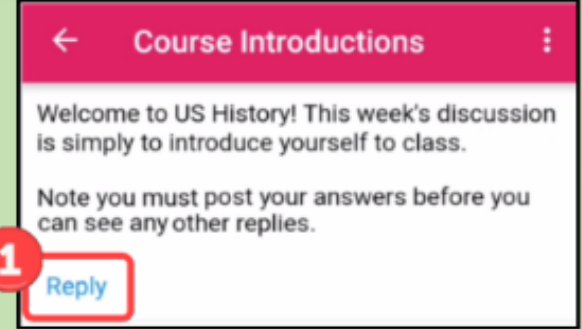
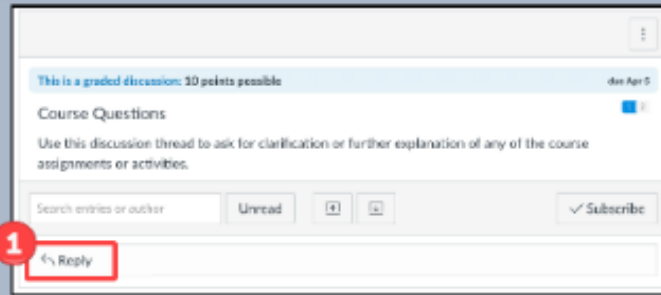
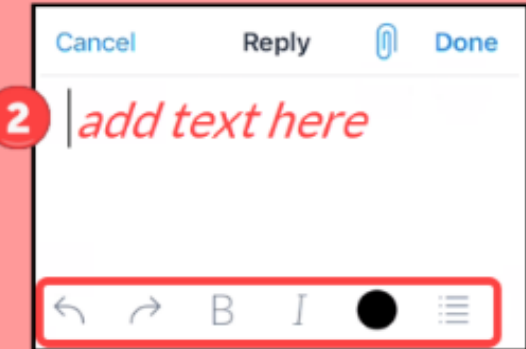
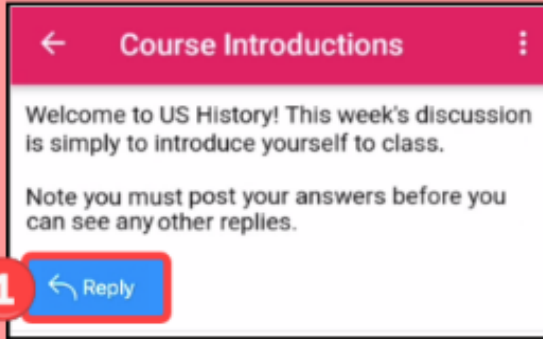
Log into Canvas - <http://canvas.lcisd.org/>

1. Select a **Course**
2. Tap **"Announcements"**
3. Tap the **Title of any Announcement** to view details.

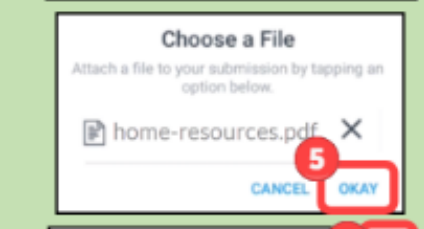
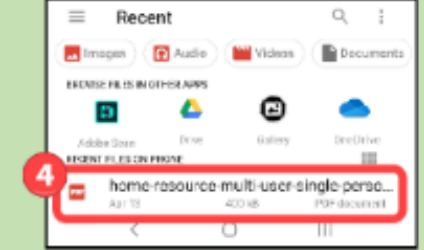
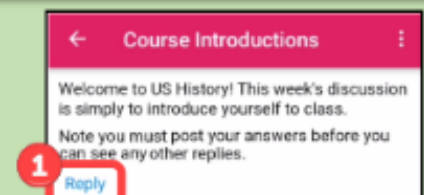
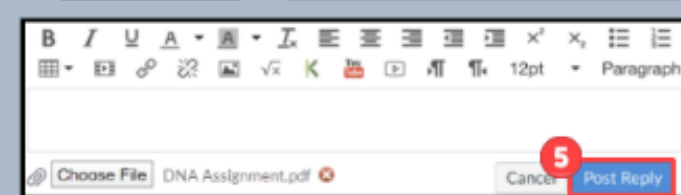
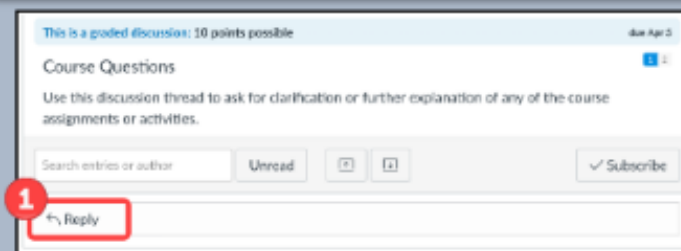
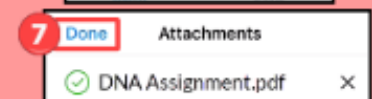
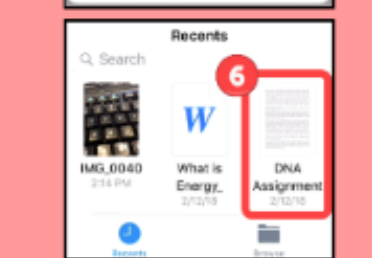
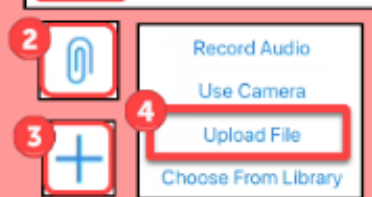
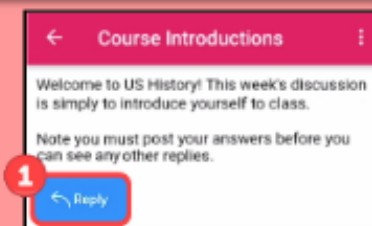
IMPORTANT: If you do not see the "Announcement" button in a course, then no announcements are currently posted for that course.



DISCUSSIONS - Reply with Text



DISCUSSIONS - Reply with a File





DISCUSSIONS - Reply with Media



1 Reply

2 Attachments

3 +

4 Record Audio
Use Camera
Upload File
Choose From Library

5 Audio

6 Done

7 Done Attachments

2018-04-06T20:14:48.567Z.jpg X



1 Reply

2 Attachments

3 Record Media or Upload Media

4 Post Reply



1 Use the camera app to record video file, then save to the Library

2 Reply

3 Attachments

4 Camera Gallery Device

5 Gallery

6 Choose a File

7 Reply



DISCUSSIONS - Reply with Photo



1 Reply

2 Attachments

3 +

4 Record Audio
Use Camera
Upload File
Choose From Library

5 PHOTO

6 Use Photo

7 Done Attachments

2018-04-06T20:14:48.567Z.jpg X



1 Reply

2 Attachments

3 Image Source

4 My Files

5 Upload File

6 Open

7 Post Reply



1 Reply

2 Attachments

3 Camera Gallery Device


4 Camera


5 Checkmark


6 Choose a File

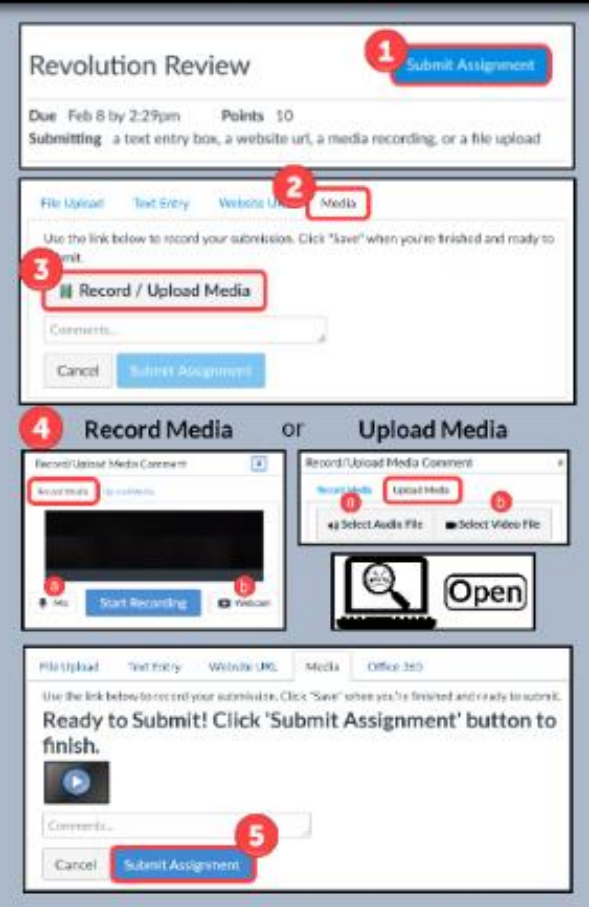
7 Reply


ASSIGNMENTS - Submit a Media Recording









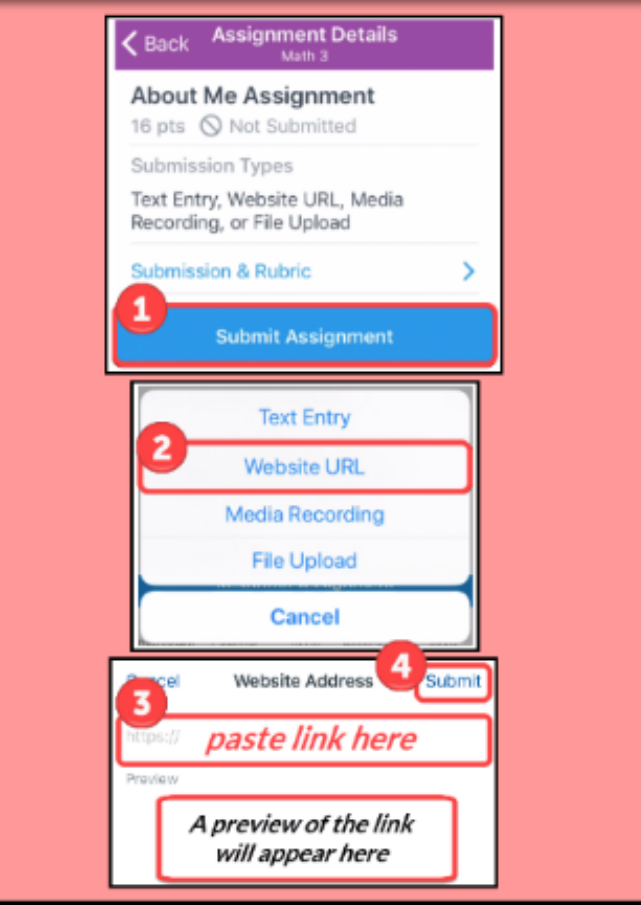





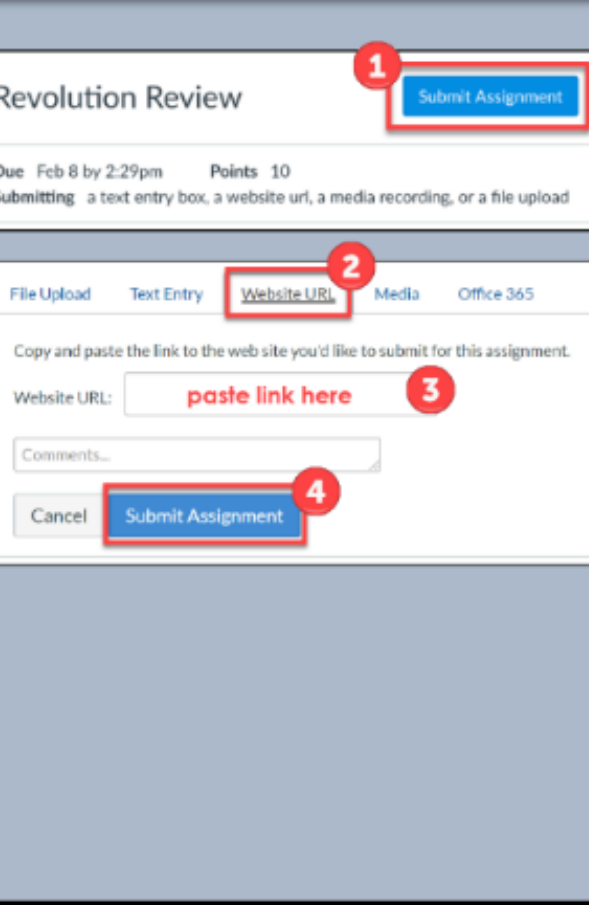



ASSIGNMENTS - Submit a Website URL

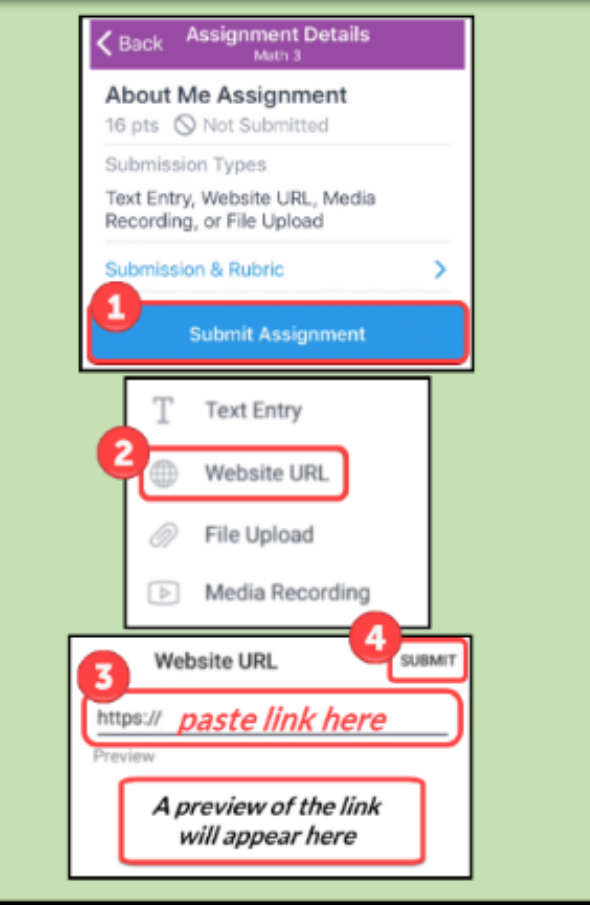













ASSIGNMENTS - Submit a Text Entry




Submit Assignment (1)

Text Entry (2)

add text here (3)

Submit (4)

format text




Submit Assignment (1)

Text Entry (2)

add text here (3)

Submit Assignment (4)



Submit Assignment (1)


Text Entry (2)

add text here (3)

SUBMIT (4)

format text, insert photo or add a link

ASSIGNMENTS - Submit a File




Submit Assignment (1)

File Upload (2)

Choose a File (3)

Submit (4)

HistoryResearch.mp4
Zero KB




Submit Assignment (1)

File Upload (2)

Choose File (3)

Submit Assignment (4)

add multiple files



Submit Assignment (1)

File Upload (2)

Choose a File (3)

add multiple files (4)

SUBMIT (5)

VID_20190808_111830.3gp
1.8 MB

IS IT BULLYING?

Not everything that's mean is actually bullying. Use the chart below to understand the difference between bullying, conflict, and a mean moment.

MEAN MOMENT

- One Time
- On Purpose
- Hurtful
- One Sided

CONFLICT

- Occasionally
- On Purpose
- Hurtful
- Both parties involved

BULLYING

- Repeatedly
- On Purpose
- Hurtful
- One Sided

25 Conversation Starters to Help You

Connect with Your Middle Schooler

- 1 Tell me about the best book you've ever read.
- 2 What's your first childhood memory?
- 3 What do you miss about being a little kid?
- 4 Who do you consider to be your role model?
- 5 If you could live in any period of history, when would that be?
- 6 If you could live anywhere in the world, where would that be?
- 7 What's the hardest part of growing up?
- 8 What do you think your first real job will be?
- 9 Who do you admire most?
- 10 Who do think admires you most?
- 11 What is your favorite movie ever?
- 12 What was your most embarrassing moment?
- 13 What's the craziest thing you've ever done?

- 14 If you could have any super-power, what would it be?
- 15 If you could meet anyone, dead or alive, who would you meet?
- 16 If you could eat one food for the rest of your life, what would it be?
- 17 What is your dream job?
- 18 How has God blessed you the greatest?
- 19 What would you like to change about yourself?
- 20 What is your idea of the perfect day?
- 21 What is your biggest goal for the coming year?
- 22 What do you believe is the most important element of a happy family?
- 23 If you could change the world, what would you do?
- 24 What do you like least about school?
- 25 What makes you a good friend?