

# GUIDANCE CORNER

A QUARTERLY NEWSLETTER FROM THE OMS GUIDANCE STAFF

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OLDFIELD MIDDLE SCHOOL GUIDANCE DEPARTMENT

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## Latest T.L.C. class trained, 20 new members inducted

Oldfield Middle School's Natural Helpers program, T.L.C. (*Tornadoes Listening and Caring*) was pleased to induct an additional 20 students to the program in December, bringing the total number of current student helpers to 29.

In October of this year, all 7th and 8th grade students were asked through an anonymous survey to list the names of three of their peers who they felt were trustworthy and who they would approach in a time of need.

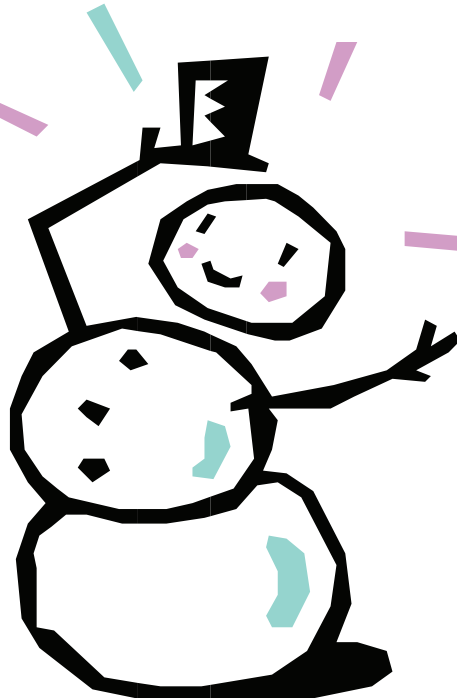
From there, a committee of staff members determined the final 20 students to be invited to T.L.C. training. These stu-

dents had to have received numerous nominations from their peers and must also represent different social groups

within the school.

The 20 students nominated underwent six hours of training, led by T.L.C. co-advisor Ms. McCaffrey. Students were trained in breaking down social barriers, looking past stereotypes, effective communication, expressing genuine care, and most importantly, how to recognize when a friend is in need of adult assistance.

All T.L.C. members were then introduced to the entire student body during Anti-Violence Day in February. Already, many students have taken advantage of this wonderful student-helping network.



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### The Strategy Corner

Homework Tip for Parents

*To avoid the last minute rush, take a look at your child's Agenda Book on a regular basis. Mark your own calendar with your child's upcoming tests and projects so you can track their progress.*

### Dates to Remember:

End of 2nd Marking Period	JAN 29
Report Cards Mailed	FEB 10
Winter Recess Begins	FEB 15
Gr 6 Parent Meeting—7 pm	MAR 4
Interim Reports Mailed	MAR 12
Spring Recess Begins	MAR 29
End of 3rd Marking Period	APR 16

## 9th Grade Scheduling Underway

Following the 8 into 9 Parent Meeting held on January 6th, 8th grade guidance counselor Ms. Roemer began visiting all Social Studies classes during the week of Janu-

ary 11th to explain the scheduling process and review the high school course catalog. Beginning January 15th, Ms. Roemer then met individually with each 8th

grader to help select their electives for 9th grade. If you have any questions about the scheduling process, please contact the Guidance Department at 754-5340.





## Time Management Tips for Students

Ever feel like there's just not enough time in the day? Here are some tips to make the most of your day...

**Make a To-Do List:** Prioritize what's most important or due first and put it at the top of your list. Use your Agenda Book to help map-out your day/week/month.

**Don't Overload Yourself:** School, friends, sports, music, clubs....realize it's OK to say 'no' sometimes when you have a lot of work to do.

**Find the Right Time:** Figure out when you do your best work. If you're more alert in the afternoon, don't wait until the evening to start studying!

**Don't Waste Time Worrying:** No progress is made by worrying about all you have to do. Just get to it!

**Review Your Notes Everyday:** When you read over your notes everyday, you're reinforcing what you've learned and you won't have to "cram" the night before a test.

**Be a Task-Master:** Figure out how much time you spend on your school work and other school-related activities. You will budget your time better if you know exactly how much time you need for a particular task. Don't forget to budget in

some free time for yourself too.

**Make Every Second Count:** Finished your homework sooner than expected? Read over your notes for a few minutes. Have independent reading for your English class? Read on the bus ride to or from school.

**Get a Good Night's Sleep:** Running around all day on no sleep makes the day feel longer, your tasks more complicated, and can make you cranky. So turn off your iPod, X-Box 360, TV, cell phone, computer and get to sleep!

## Teacher Challenge Coming in March!

In light of the horrific earthquake in Haiti, the Oldfield Middle School community is raising funds and supplies in numerous ways. One of our fund raising events is Teacher Challenge. This event is based on a simple premise: teachers, administrators and guidance counselors volunteer for a challenge of their choice. Each teacher's challenge is posted in the student cafeteria along side a donation jar. The students then "vote" for the staff members they would most like to see perform their challenge by placing dona-

tions in the particular staff member's jar. On March 3rd, the entire student body will come together in the gymnasium to watch the staff members with the highest donations perform their hilarious challenges.

For more information on this event, please contact Ms. McCaffrey or Ms. Roemer in the Guidance Office.



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## The Latest from the Industry Advisory Board

This April, Oldfield Middle School will be piloting a program with a portion of the 8th grade entitled, "Finance Park." Sponsored by the Junior Achievement program, "Finance Park" aims to educate middle school students on personal finance planning and career exploration. Following the classroom portion of the program, students will then visit "Finance Park" to put what they've learned to practice. Students will be assigned an "identity" for

the day, including a career, family, salary, taxes. Students will then have to budget their earnings while "purchasing" a home, car and other needed items. This program is provided free of cost, courtesy of Capital One Bank and the Junior Achievement Program. For more information, please visit [www.ja.org](http://www.ja.org).



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