

# COUNSELOR'S CORNER

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## Odem Jr. High School

We are halfway done with the year. The fourth six weeks progress reports were distributed on January 26, 2017. The last day for the six weeks will be February 17, 2017. Please make sure you are checking grades. Students and parents can access their grades online. If teacher conferences are needed please do not hesitate to contact your student's teacher. The counselor can help you set up conferences as well. Junior high students need to pass for the year to receive credit. If a student fails two or more core classes, they will be in jeopardy to be retained.

### Naviance

Almost all junior high students have completed their interest inventory through Naviance. Students can explore careers and colleges using this software. Students can log on using their lunch numbers as their user-name. Student password is birth date with no spaces in between the year month day. So if a student's birth date was April 1, 2001. The password would be 20010401.  
<https://connection.naviance.com/family-connection/auth/login/?hsid=odemjh>

#### Too Good For Drugs

Corpus Christi Wellness Program will continue into March every Tuesday. The program focuses on goal setting and awareness of drugs and alcohol.

#### UIL

OJH represented well in the Districts UIL meet on January 20 and 21. There were many students who placed in the various speaking, writing, and academic events. Odem earned a 4th place overall. Great job UIL participants.

#### Cheer Tryouts

March 10, 2017

### BENCHMARK DATES SET

Odem Junior High has set February 8 and 9 as benchmark dates. 8th graders will test reading on Wednesday, February 8. Math will be tested on Thursday, February 9. Also on Thursday, February 9, 7th graders will test on writing. It is imperative all students take the Benchmark seriously. These benchmarks will give teachers an indicator of where our students are in the curriculum. Tutorials and enrichment classes may be set up based on these results. The benchmark will also be a test grade for the six weeks.

### Anxiety /Stress Relievers

#### Before the Test:

- Do not overwhelm yourself. Review Material a little at a time in the days following up to the test.
- Allow yourself time in the morning.

#### Stress Busters:

- Engage in deep breathing for 2-5 minutes.
- Tense and relax different muscle groups.
- Engage in guided imagery for a few minutes.
- Try to describe the anxiety.
- Aerobic exercise will help you release anxiety and stress.
- Engage in positive self- talk.

#### During the Test:

- Use the stress busters.
- Get a drink of water.
- Move to an easier question.
- Chew gum.
- Ask for help to help clear up directions.
- Continue the positive self talk.

February 2017  
 Odem Jr. High School  
 Committed to Excellence

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Too Good For Drugs Benchmark Math 8th grade Benchmark Writing 7th	8	9 Benchmark 8th grade Reading	10	11
12	13	14 Too Good For Drugs	15	16	17 End of the 4th SIX WEEKS	18
19	20 School Holiday	21 5th SIX WEEKS Begins Too Good For Drugs	22	23 Report Cards Distributed	24	25
26	27	28 Too Good For Drugs				