

COUNSELOR'S CORNER

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Odem Jr. High School

We have started the Fourth Six Weeks. Progress reports will be distributed on March 23, 2017. Students need to be aware of their grades. Students must pass for the entire year to get promoted to the next grade level. Tutorials are still ongoing with core classes.

STAAR Testing

Odem Junior High will be taking the state assessment on March 28 and 29. Seventh grade will take the Writing test on Tuesday, March 28, 2017. Also on that day, Eighth graders will take the Math test. Eighth graders will take the Reading test on Wednesday, March 29, 2017. Please make sure your student goes to bed early that day, comes to school on time, and eats a good breakfast.

Opportunities

Craft Training Center will be on campus on March 24 to discuss summer school opportunities with 8th graders.

Del Mar is offering a Pre Engineering summer school for upcoming 7th graders who meet criteria. Parent Meeting is being set up for March.

STRESS

Teenagers, like adults, may experience stress everyday and can benefit from learning stress management skills. Most teens experience stress when they perceive an event difficult, dangerous or painful, and they do not have the resources to cope. Some sources of stress for teens might include:

- School demands and frustrations
- Negative thoughts and feelings about themselves

[Cheer Tryouts March 6-10](#)

[Progress Reports March 23](#)

[STAAR Testing March 28-29](#)

[Spring Break March 11-19](#)

- problems with friends and/or peers at school
- unsafe living environment/neighborhood
- separation or divorce of parents
- chronic illness or severe problems in the family
- death of a loved one
- taking on too many activities or having too high expectations
- Family financial problems

Parents can help their teen in these ways:

- Monitor if stress is affecting their teen's health, behavior, thoughts, or feelings
- Learn and model stress management skills
- Support involvement in sports and other pro-social activities

Teens use these strategies to decrease stress:

- Exercise and eat regularly
- Avoid excess caffeine intake which can increase feelings of anxiety and agitation
- Avoid illegal drugs, alcohol and tobacco
- Learn relaxation exercises (abdominal breathing and muscle relaxation techniques)
- Learn practical coping skills. For example, break a large task into smaller, more attainable tasks
- Decrease negative self talk: challenge negative thoughts about yourself with alternative neutral or positive thoughts. "My life will never get better" can be transformed into "I may feel hopeless now, but my life will probably get better if I work at it and get some help"
- Learn to feel good about doing a competent or "good enough" job rather than demanding perfection from yourself and others

Take a break from stressful situations. Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress.

March 2017
 Odem Jr. High School
 Committed to Excellence

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Early Release	4
5	6 Cheer Tryouts begin	7 Too Good For Drugs	8	9	10 Cheer Tryouts	11
12	13 Spring Break	14 Spring Break	15 Spring Break	16 Spring Break	17 Spring Break	18
19	20	21	22	23 Progress Reports Distributed	24 Craft Training Center 8th graders 12:05	25
26	27	28 STAAR Testing 7th Writing 8th Math	29 STAAR Testing 8th Reading	30	31	