



# The Counselor Connection

## Upcoming Events

### WELCOME BACK!

Wednesday, August 14<sup>th</sup> at 6:30pm: Back to School Night

Friday, August 23<sup>rd</sup> at 7:00 to 9:00pm: 8<sup>th</sup> Grade Get Acquainted Night

Wednesday, August 28<sup>th</sup> at 6:30pm: 8<sup>th</sup> Grade Induction Ceremony

## 8<sup>th</sup> Grade

### Meet Our New Counselor

We are excited to welcome **Kaylee Pitre** to our Vanderbilt family. Kaylee is from Thibodaux, Louisiana, and she recently earned her Master's Degree in School Counseling from Nicholls State University. She is here to help the incoming 8<sup>th</sup> graders reach their unique levels of social, emotional, spiritual, and academic potential. She is excited for a fun and successful school year! Please feel free to contact her with any questions or concerns.

### New Beginnings

Ms. Kaylee is visiting each 8<sup>th</sup> grade religion class to share helpful information with your student. Some of the topics addressed are:

- Grading scale
- Study strategies
- Test Preparation Tips
- Getting Involved

All 8<sup>th</sup> grade students are strongly encouraged to join a club or activity here at Vanderbilt. The SGA will host **8<sup>th</sup> Grade Get Acquainted Night** for all 8<sup>th</sup> grade students on August 23<sup>rd</sup>. Please plan for your student to attend.

## 9<sup>th</sup> and 10<sup>th</sup> Grade

### ACT Aspire

- A score report with your student's ACT Aspire results will be mailed to your home this month.
- You will also receive an email with instructions about how to interpret the report when the scores are mailed.
- If you have not received this information by Friday, August 30<sup>th</sup>, please contact our department.

### Classroom Visits

- Mrs. Katie is visiting each 9<sup>th</sup> grade class to explain cumulative and TOPS GPA, new grading scale and the importance of their high school transcript.
- Each 10<sup>th</sup> grade student will receive a transcript with both cumulative and TOPS GPA during classroom visits.

**Checking your parent plus portals account is a great way to support your student.**



## 11<sup>th</sup> and 12<sup>th</sup> Grade

### Countdown Begins

The junior and senior year can be both an exciting and scary time for parents especially if this is your first experience with a student who is about to graduate. We have several events planned throughout the year to help guide you and your student through this transition. Please mark your calendars.

- **September 6<sup>th</sup>**: College Reps visit Senior Religion Classes
- **September 11<sup>th</sup> at 6:30pm**: Junior Parent Meeting in café
- **September 18<sup>th</sup> at 6:30pm**: Senior Parent Meeting in cafe
- **September 23<sup>rd</sup> at 6:00-7:30pm**: College Night at EDW
- **October 28<sup>th</sup> from 6:30-8:00pm**: Career Night
- **December 5<sup>th</sup> 3:00-7:00pm**: FAFSA Completion Event (for Seniors) in the library

Starting next week, Mrs. Bliss will visit each senior and junior religion class. Every student will receive an updated overall and TOPS grade point average with his/her unofficial transcript. You will be notified via email when this visit occurs to ensure you are aware of the information they are bringing home.

# Welcome New Parents

## The Counseling Center

**What we do?** Our goal is to address the academic, personal-social and career/post-secondary goals of our students. We aim to provide support to each and every student, parent and faculty member in order to meet these needs.

**How do we do it?** We meet with students individually, present to classrooms, facilitate parent conferences and provide referrals to community resources. Some of the topics covered during individual and classroom sessions are study strategies, coping skills, college/career preparedness and motivation. If you have any concerns about your student and would like our assistance, please contact the grade level counselor at the information listed on the right.

**The Counselor Connection** is a monthly newsletter distributed by our department to communicate important information and events as well as to provide you with support and resources to navigate the challenges experienced within our student population.

## Check out the NEW Changes in our department!

**Counseling Center**  
(985) 876-5336

**Front Office**  
(985) 876- 2551

**11<sup>th</sup>/12<sup>th</sup> Grade:**  
Bliss Cunningham, LPC  
[bcunningham@htdioocese.org](mailto:bcunningham@htdioocese.org)

**9<sup>th</sup>/10<sup>th</sup> Grade:**  
Katie Champagne, LCSW  
[kchampagne@htdioocese.org](mailto:kchampagne@htdioocese.org)

**8<sup>th</sup> Grade:**  
Kaylee Pitre, M. Ed.  
[kaylee.pitre@htdioocese.org](mailto:kaylee.pitre@htdioocese.org)

**Counseling Coordinator:**  
Jane Voss  
[jvoss@htdioocese.org](mailto:jvoss@htdioocese.org)



**Although exciting at times, the start of the school year is more often filled with stress and anxiety for parents. Whether we felt prepared entering this school year or the end of summer caught us by surprise, we are all faced with new routines, supply lists, a surge of emails and undoubtably worry. Is my child happy? Do they get enough sleep? Do they play too much fortnite? Will they pass this year? Do they qualify for TOPS? BREATHE. Inhale. Exhale. It is going to be okay! We are all in this together.**

During the developmental teenage years, it is normal for teenagers to begin developing their own moral code and challenging beliefs and ideas. Finding the balance between allowing our students to become responsible for their achievements and failures and providing the appropriate amount of support and guidance can be hard. It is **most** important for your student to have a sense of security and to know he/she is loved and cared for.

When overwhelmed by the challenges of parenting a teenager, remember to keep it simple. Show up for your child and take an interest in the activities they enjoy. Talk to them and most importantly, listen. Ask about their relationships, goals and daily stressors. Set expectations and limits. Although teenagers are becoming independent, they are still in need of structure and consistency. Model for them how to manage stress and make it a priority to spend time together to laugh and have fun.

### THE HARVARD HEALTH INITIATIVE SUGGESTS THESE SIMPLE TIPS FOR REDUCING STRESS.

1. **Get enough sleep.**
2. **Learn relaxation techniques.**
3. **Strengthen your social network.**
4. **Hone your time-management skills.**
5. **Try to resolve stressful situations if you can.**
6. **Nurture yourself.**
7. **Ask for help.**

**How can we help?** Students can meet with their grade-level counselor to address any specific concerns. Students can get involved in clubs and activities to strengthen their social network. Encourage your student to take advantage of daily mass offered in the chapel. Ensure your student utilizes the support offered during the extended lunch program and accesses free tutoring services in the math and English labs.

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

*Philippians 4: 6-7*