

Counseling Corner

6th grade and M-Z 7th Grade

Pete Martich-Guidance Counselor
Connie Wiggam-Student Services Coordinator

7th Grade A-L and 8th Grade

Cheyenne Walker-Guidance Counselor
Tanya Garber-Student Services Coordinator

Natalie Slider-School Psychologist



Carmel Middle School Giving Tree

Last year we started a new holiday tradition at Carmel Middle School—a school-wide giving tree program to assist Carmel Middle families. A large tree, decked in school colors, was displayed in the main office and decorated with cougar paws. A requested item was listed on each paw. Carmel Middle School staff and families donated generously and all needs were met. Ten families had a happier holiday thanks to you! Be watching for applications and information on this year's Giving Tree program in Mrs. Jay's Bi-Weekly Update email.

November 27, 2013-Applications Due

December 2-16-Donations Accepted in Main Office



Dates to Remember:

November-Career Profiles for 7th Grade Completed with Counselors

December-Career Profiles for 8th Grade Completed with Counselors

Interested in AVID? Please visit the website at www1.ccs.k12.in.us/chs/avid to see criteria for admission and to complete a preliminary questionnaire. All questionnaires are due by
December 2, 2013

December 19, 2013-Special People

December 20, 2013-End of Second Grading Period

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Feeling A Little Anxious?

As we begin to approach the holiday season and the days get shorter and the nights get longer, many of us may begin to feel anxious. Believe it or not, this time of year, adults and children alike begin to get feelings of anxiety, but for many children this feeling may be unfamiliar and they may not really know how to deal with it. Anxiety is defined as “a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.” We have all experienced feelings of anxiety in some capacity and for most of us these moments of anxiety are short-term and manageable. There are times, though, when anxiety can be so overwhelming it can prevent the performance of daily tasks and activities. If your child is feeling anxious, encourage them to talk to someone they trust—a parent, a friend, or a counselor. By talking about their feelings and exploring their emotions, children can learn that feelings of anxiety, from time to time, are a normal and appropriate reaction to stress.

Some children, however, may exhibit signs of abnormal anxiety. Listed below are some signs that your child may be experiencing excessive anxiety:

- Consistent and on-going worries about school or homework
- Complaints of headaches or stomachaches with no traceable physical cause or origins
- Difficulty sleeping or feeling tired a lot
- Over-exaggerating a situation or behaving irrationally in response to a comment or situation
- Withdrawing from social and school events and not interacting with friends and family

If you or your child believe they are suffering from excessive anxiety, please contact the Carmel Middle School Counseling Department. Your child’s counseling team can provide support as well as offer strategies and interventions to help them manage their anxiety during the school day.

The Carmel Middle School Counseling Center is available to you and your child if you would like resources or more information about anxiety. Please email or call your child’s counselor or student services coordinator with any questions or concerns about their experience here at Carmel Middle School.

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The Counseling Department completed Bullying Presentations for 6th, 7th, and 8th grade students during the month of October. The following topics were covered during the presentation:

How to Identify a Bully/Bullying

How to Report a Bully/Bullying

The Carmel Clay Schools Policy about Bullying and Jurisdiction of Bullying

The Types of Bullying: Physical, Verbal, Cyber, Relational, and Reactive

If you would like to view the PowerPoint or Video, please visit the website at:

<http://www1.ccs.k12.in.us/cam/Counseling/counseling-services>