



# MMS School Counseling

A WEEKLY NEWSLETTER ABOUT OUR SCHOOL COUNSELING PROGRAM



WEEK OF DECEMBER 11

## THIS WEEK

This month's career cafe presenter was Carey McMunn, a freshman in high school and youth soccer referee. She talked about how she got into this and the rewards of the job. Students were excited to learn about how this could be an opportunity for them when they get older.



## FROM THE STUDENTS..

**"AS A SOCCER PLAYER, I HAD NO IDEA I COULD BE A REF WHEN I AM IN HIGH SCHOOL. THIS SOUNDS LIKE A REALLY COOL JOB!"**

**MMS 7<sup>TH</sup> GRADER**

## CONNECTING

**NOW IS THE TIME TO APPLY TO HIGH SCHOOLS.**



THE WINDHAM TECH APPLICATION WILL CLOSE ON JANUARY 25, 2026

ARTS AT THE CAPITOL THEATER: APPLICATIONS ARE DUE ON OR BY FRIDAY, JANUARY 23<sup>RD</sup>, 2026 TO BE ELIGIBLE FOR APPLIED STUDENTS' DAY ON SAT., FEBRUARY 28<sup>TH</sup>, 2026

QUINEBAUG MIDDLE COLLEGE: APPLICATIONS ARE DUE BY FEBRUARY 28, 2026.

VISIT EACH SCHOOL'S WEBSITE FOR MORE INFORMATION.



## STAY IN TOUCH

**MRS. EILEEN MELODY**

melodyem@mansfieldct.org  
7<sup>th</sup> and 8<sup>th</sup> Grade Counselor

**MRS. KRISTINA LEE**

leek@mansfieldct.org  
5<sup>th</sup> and 6<sup>th</sup> Grade Counselor

**MRS. JENNIFER ROBERTS**

robertsj@mansfieldct.org  
5<sup>th</sup>-8<sup>th</sup> Grade Counseling Support



## CONSIDER THIS



AS YOUR CHILD NAVIGATES THE CHALLENGES OF SCHOOL AND ADOLESCENCE, THEIR ACADEMIC SUCCESS AND OVERALL WELL-BEING ARE INFLUENCED BY ONE CORE SKILL: **EMOTIONAL REGULATION**. THIS ISN'T JUST ABOUT MANAGING TANTRUMS OR BIG OUTBURSTS; IT'S THE ABILITY TO UNDERSTAND WHAT THEY ARE FEELING AND HOW TO RESPOND TO THOSE FEELINGS IN A HEALTHY, PRODUCTIVE WAY.

EMOTIONAL REGULATION IS THE STARTING POINT FOR ALL HAPPINESS AND RESILIENCE. IF A STUDENT DOESN'T MANAGE STRESS, FRUSTRATION, OR DISAPPOINTMENT, THOSE FEELINGS BECOME OBSTACLES THAT BLOCK THEIR FOCUS, INTERFERE WITH LEARNING, AND DAMAGE THEIR RELATIONSHIPS. READ MORE ABOUT THIS IN NEXT WEEK'S EDITION OF THE SCHOOL COUNSELING NEWSLETTER



A statewide initiative raising funds, spirits and awareness for kids battling cancer.

Friday, December 12, 2025  
Mansfield Public Schools



Supporting Connecticut Children's Since 2011

Donate \$1, or more, to wear PJs in support of kids at Connecticut Children's who wear their PJs for long periods of time while enduring treatment.

[give.connecticutchildrens.org/fundraiser/6686232](https://give.connecticutchildrens.org/fundraiser/6686232)

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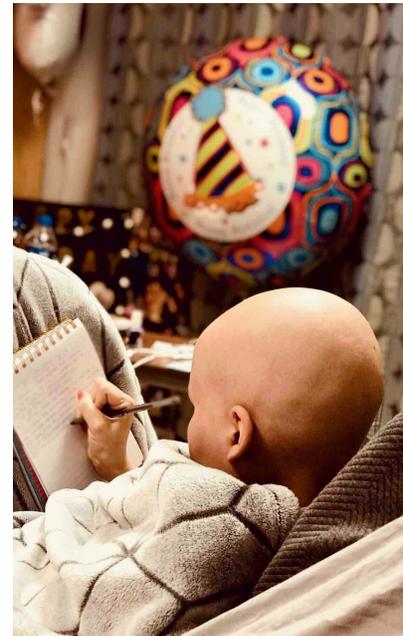
Become part of this fun and impactful event that has raised more than \$4.7 million dollars, funding vital childhood cancer research, clinical trials and care at Connecticut Children's.





Una iniciativa estatal que recauda fondos y concientiza a los niños que luchan contra el cáncer.

**Viernes 12 de diciembre de 2025**  
**Escuelas públicas de Mansfield**



**Apoyando a Connecticut Children's desde el 2011**

Done \$1 dólar o más, para usar pijamas en apoyo a los niños de Connecticut Children's que usan pijamas durante largos tiempos mientras soportan el tratamiento.

**[give.connecticutchildrens.org/fundraiser/6686232](https://give.connecticutchildrens.org/fundraiser/6686232)**

presented by



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PJ Day for the Kids ha recaudado más de \$4.7 millones de dólares, Financiando investigaciones vitales sobre el cáncer de niños, ensayos clínicos y cuidado en Connecticut Children's.





# Middle School Teen Events

Cooking, Arts & Crafts, and more!

Dinner is provided!

**Fridays: 3:00-5:30 pm**

*Students MUST sign up to ride the afterschool bus to the MCC! Registration is required for these events! Space is limited!  
More info to come!*

## **December 5<sup>th</sup> Winter Fun & Hot Cocoa:**

Location: MCC Teen Center

## **January 16<sup>th</sup> Teen Cooking Class:**

Location: MCC Teen Center

## **\*\*\*February 27<sup>th</sup> Winter Spice Dough Magnets**

Location: MCC Teen Center

## **March 6<sup>th</sup> TBD**

Location: cooking in Townhall and MCC, Teen Center

## **March 28<sup>th</sup> Youth Services Family Fun Run**

Location: MCC Teen Center, Teen Center

For more information and to register, please contact  
[ysb@mansfieldct.org](mailto:ysb@mansfieldct.org)

\*Events with an asterisk are open to High School Students, also!



**THE E.O. SMITH MUSIC DEPARTMENT**



**BANDS - ORCHESTRAS - CHOIRS**

# WINTER CELEBRATION CONCERT

GENEROUSLY SPONSORED BY

**The Edwin O. Smith**  
FOUNDATION

**DECEMBER 11<sup>TH</sup> - 8:00PM**

**The Jorgensen Center for the Performing Arts - UCONN**

**\$10 ADULTS - \$5 STUDENTS AND SENIORS**

**\*PROCEEDS GO TO LOCAL LOCAL CHARITIES AND THE E.O. SMITH MUSIC SCHOLARSHIP FUND**

# MOTHER-DAUGHTER CIRCLE

Inviting All Girls And The Important Female Caregiver In  
Their Lives!

ARE YOU A FEMALE CAREGIVER WHO WANTS  
TO BETTER CONNECT WITH YOUR TEENAGE  
CHILD ?

ARE YOU A TEEN WHO WISHES YOUR  
CAREGIVER UNDERSTOOD MORE ?



## DATES:

( 5-WEEK SERIES)

JANUARY 15<sup>TH</sup> & 29<sup>TH</sup>

FEBRUARY 5<sup>TH</sup> & 19<sup>TH</sup>

MARCH 5<sup>TH</sup>

5:00-6:30 pm

### What to Expect:

Interactive activities, guided discussions, and practical tools that will help daughters and the important woman in their lives connect on a deeper level.

### Who Can Join:

Female Caregivers and their daughters (ages 11-14 ) who want to improve communication and strengthen their bond.

### Why Join:

Because the female caregiver–daughter relationship is one of the most important connections you'll ever have—and it deserves care, attention, and growth.

**FREE! PIZZA DINNER PROVIDED!**

### Registration & Contact:

Kelly McKenney, LMSW

Phone: 860.429.3392

Email: [YSB@mansfieldct.org](mailto:YSB@mansfieldct.org)

**Register with QR Code. Space  
is limited!**

