



MMS School Counseling

A WEEKLY NEWSLETTER ABOUT OUR SCHOOL COUNSELING PROGRAM



WEEK OF JANUARY 29

THIS WEEK

Quinebaug Middle College application deadline is February 28th.

[Apply Here](#)



FROM THE STUDENTS..

"I AM GETTING NERVOUS ABOUT LEAVING MMS AND GOING TO HIGH SCHOOL."

AN 8TH GRADE STUDENT

CONNECTING

8TH GRADE TRANSITION RECOMMENDATION PROCESS

8TH GRADE TEACHERS ARE PREPARING TO MAKE HIGH SCHOOL COURSE AND LEVEL RECOMMENDATIONS FOR EO SMITH. ALL STUDENTS WILL RECEIVE THESE RECOMMENDATIONS MID-FEBRUARY VIA THEIR SCHOOL EMAIL. STUDENTS ARE ASKED TO COMPLETE A GOOGLE FORM WHICH IS IN THE EMAIL, TO CONFIRM THEIR COURSE SELECTIONS. EO SMITH SCHOOL COUNSELORS WILL VISIT OUR 8TH GRADE ON MARCH 18TH TO ASSIST IN REGISTERING STUDENTS FOR THEIR COURSES IN THE EOS POWERSCHOOL PORTAL.



STAY IN TOUCH

MRS. EILEEN MELODY
melodyem@mansfieldct.org
7th and 8th Grade Counselor

MRS. KRISTINA LEE
leek@mansfieldct.org
5th and 6th Grade Counselor

MRS. JENNIFER ROBERTS
robertsj@mansfieldct.org
5th-8th Grade Counseling Support



CONSIDER THIS

EMOTIONAL REGULATION STRATEGIES

FOR MIDDLE SCHOOLERS, WHOSE BRAINS ARE UNDERGOING MASSIVE CHANGES, EMOTIONAL REGULATION IS A CHALLENGE. HERE ARE PROMPTS A PARENT CAN USE:
THE "3-QUESTION RULE"

WHEN YOUR CHILD IS STUCK IN A NEGATIVE THOUGHT, ASK THESE THREE QUESTIONS TO HELP THEM FIND A NEW PERSPECTIVE:

1. IS THIS 100% TRUE? (E.G., IS IT TRUE THAT "EVERYONE" HATES YOU?)
2. IS THIS THOUGHT HELPING ME OR HURTING ME?
3. WHAT WOULD I SAY TO A BEST FRIEND WHO WAS THINKING THIS?



*VEGETARIAN ITEM

FEBRUARY 2026 LUNCH MENU

MANSFIELD MIDDLE

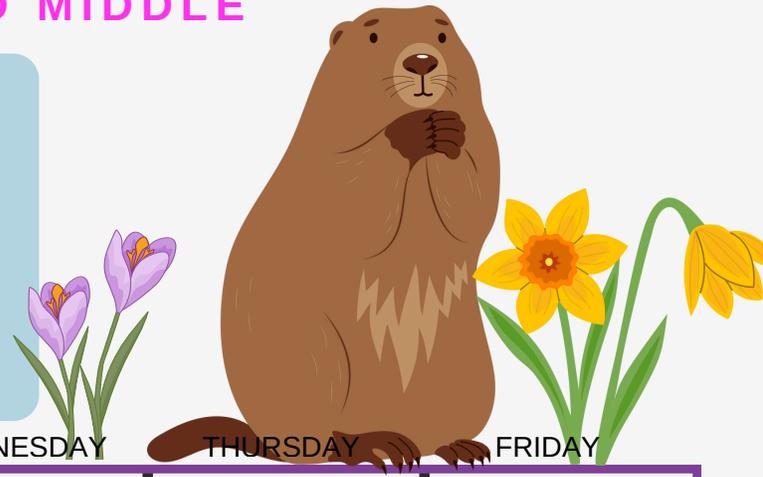
NO SAD LUNCHESES! PLEASE ENCOURAGE KIDS TO ASK IF THEY NEED SOMETHING. WE ARE HAPPY TO HELP!

YOU CAN ADD FUNDS TO YOUR STUDENT'S ACCOUNT ONLINE (FEES APPLY) AT LINQCONNECT.COM OR AVOID THE FEES BY SENDING CASH OR CHECK IN TO SCHOOL.

COMPLETE LUNCH \$ 3.75
MILK ONLY \$0.50

ALL ENTREES ARE SERVED WITH:

- FRUIT (FRESH, CANNED AND DRIED) AND
- ASSORTED FRESH VEGGIES AND
- LOCAL MOUNTAIN DAIRY MILK CHOICES: FAT-FREE CHOCOLATE FLAVORED MILK, OR 1% PLAIN MILK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ALL BEEF OR VEGGIE BURGER* ON A BUN WITH ROASTED LOCALLY GROWN BUTTERNUT SQUASH	3 JUST CHEESE QUESADILLA* WITH SALSA AND MEXICAN-STYLE ZUCCHINI AND CORN	4 OUR OWN MACARONI AND CHEESE* WITH ROASTED BROCCOLI	5 PEPPERONI OR CHEESE* PIZZA SLICE SERVED WITH HUMMUS AND VEGGIES TO DIP	6 MIDDLE EASTERN INSPIRED CHICKEN SHAWARMA WITH BROWN RICE AND GARLIC ROASTED POTATOES
9 CHEESY EGGS* WITH A WARM ROLL AND OUR HOME FRIES	10 TURKEY WHITE BEAN CHILI OR JUST BEAN CHILI* AND WHOLE WHEAT CHEDDAR DROP BISCUITS	11 JAPANESE INSPIRED TERIYAKI STYLE CHICKEN OR TOFU* WITH BROWN RICE AND STIR-FRY VEGETABLES	12 PERSONAL CHEESE* PIZZA SERVED WITH KALE CAESAR SALAD	13 SCHOOL CLOSED
16 SCHOOL CLOSED	17 SCHOOL CLOSED	18 PASTA* & MARINARA WITH BEEF MEATBALLS, GARLIC BREAD STICK AND RANCH SALAD	19 PERSONAL CHEESE* PIZZA SERVED WITH CARROT STICKS AND RANCH TO DIP	20 CHICKEN CREOLE STEW WITH BROWN RICE AND GARLIC GREEN BEANS
23 CRISPY CHICKEN OR PLANT BASED* TENDERS WITH CINNAMON SWEET POTATOES AND HOMEMADE CORNBREAD	24 DEEPLY ROOTED PLANT BASED CHILI* WITH CORN TORTILLA CHIPS AND SEASONED BLACK BEANS	25 OUR OWN MACARONI AND CHEESE* WITH ROASTED ZUCCHINI	26 PEPPERONI OR CHEESE* PIZZA SLICE SERVED WITH STRAWBERRY SPINACH SALAD	27 CT MAPLE FRENCH TOAST BAKE* WITH OUR OWN SEASONED HOME FRIES



MENU SUBJECT TO CHANGE WITHOUT NOTICE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.
DAILY ALTERNATES: YOGURT PARFAIT, PIZZA, PEANUT BUTTER & JELLY OR TURKEY & CHEESE SANDWICHES

2025-2026
Mansfield Middle School
YEARBOOK
On Sale Now - Order Before April 11, 2026
Yearbook price \$28.00

You can purchase yearbooks online now!

Simply go to <https://jostensyearbooks.com/?REF=A01085650> and select Mansfield Middle School as your school. Just follow the prompts to order your yearbook!

Order online at <https://jostensyearbooks.com>
Click on Yearbook then click on "**Buy Your Yearbook**"
Enter the school name, city and state, then place your order.

If you have any questions or need assistance, feel free to contact yearbook advisor Jenny Roberts via email at robertsj@mansfieldct.org

You can order a yearbook by sending in a check made payable to: MMS STUDENT ACTIVITY FUND

Please print and return to homeroom teacher with payment

Student Name _____ Grade _____ HR # _____

Name of person ordering _____

Number of yearbooks ordered _____

Amount enclosed _____ Cash or Check _____



MANSFIELD MIDDLE SCHOOL ASSOCIATION



SAT. MARCH 7 | 6:00PM



vs



TICKETS \$24.51 + after fees

TO ORDER TICKETS ONLINE USE
THE URL OR SCAN THE QR CODE

[https://www.gofevo.com/event/
MansfieldMiddleSchoolAssocHW](https://www.gofevo.com/event/MansfieldMiddleSchoolAssocHW)
P26



A PORTION OF EACH TICKET WILL
GO BACK TO THE MMSA!

IT IS STAR WARS NIGHT! FIRST 2,500 FANS IN
ATTENDANCE WILL RECEIVE A LIGHTSABER!

DEADLINE TO ORDER: MON. FEB. 20TH BY 5PM

****This offer is NOT available at The Hartford Ticket Office At PeoplesBank Arena or on date of game ****

**FOR MORE INFORMATION & TICKET RELATED
QUESTIONS CONTACT: JULIA BABCOCK**

CONTACTMMSA@GMAIL.COM



College Fair & Networking Event

TAKING PLACE AFTER THE COLLEGE FAIR

THE PRESIDENT'S RECEPTION

FEBRUARY 7TH, 2026

CONNECTICUT SCIENCE CENTER

2:30PM - 5PM

PROCEEDS FROM THIS EVENT WILL GO TOWARDS SHEBA'S YOUTH EMPOWERMENT PROGRAM

GENERAL ADMISSION IS \$20



Sonserae Cicero
CEO of SHEBA



Dr. Makola M. Abdullah
President of Virginia State University

FREE GENERAL ADMISSION

COLLEGE/CAREER VENDOR PASS
\$100

SMALL BUSINESS VENDOR PASS
\$150

SATURDAY FEBRUARY 7TH, 2026

COLLEGE INFORMATIONAL SESSIONS, ON-SITE ACCEPTANCE, FIRESIDE CHAT WITH OUR KEYNOTE SPEAKER, PANEL DISCUSSIONS, PRIZES, AND MORE

HBCUs
Community Colleges
State Colleges
Sponsorships and donations available

10AM-2PM

CONNECTICUT SCIENCE CENTER
250 COLUMBUS BLVD
HARTFORD, CT 06103

[Register Now](#)

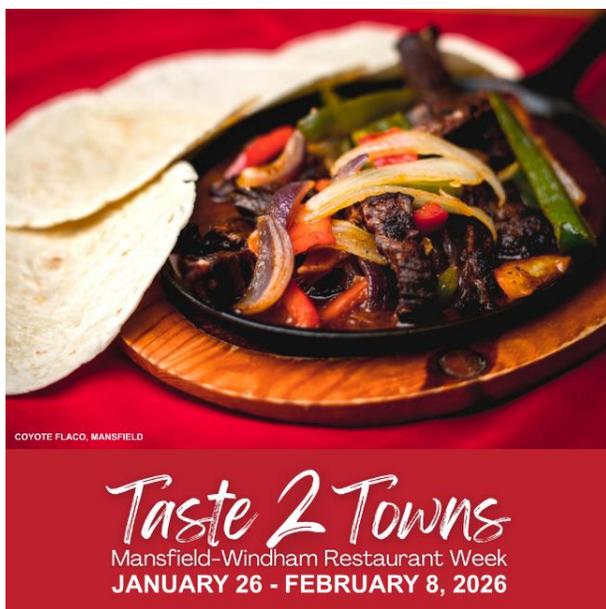


Taste 2 Towns

Mansfield-Windham Restaurant Week

Popular Taste 2 Towns Returns for Fifth Year with 29 Participating Restaurants January 26 to February 8!

Special "Kids Night Out" January 30 at Mansfield Community Center Offers Free Childcare so Adults Can Enjoy a Taste 2 Towns Dinner Out!



From chef-driven full-service establishments to beloved counter-service favorites, 29 restaurants in Windham and Mansfield are showing off their best bites for Restaurant Week. The two weeks of delicious known as Taste 2 Towns returns Monday, January 26 to Sunday, February 8, 2026.

Find all the participating restaurant menus and deals at Taste2Towns.com

Thanks to a collaboration between the Mansfield Downtown Partnership and the Mansfield Community Center (MCC), families can register their children for FREE for Kid's Night Out on Friday, January 30. Ages 5 to 12.

This provides adults a chance to dine out and be part of Taste 2 Towns Restaurant Week while their children have fun at MCC!

[Register with MCC by Monday, January 26](#)

(Activity #390095-A)