

Ms. Rubio's Counseling Corner

National Suicide Prevention Week
September 7th - September 11th

Please Don't Forget!
Behavioral and Emotional
Screening System (BESS OPT
OUT Forms)

These OPT OUT forms can be
emailed to me or dropped off in
the front office BY
Friday, September 11th by 3:30
PM



Contact


Counseling Secretary: Mrs. Samantha Terwilliger
Phone: 706-565-2998
Email: rubio.janina.m@muscogee.k12.ga.us
BRMS Counseling Website:
<http://brmsschoolcounseling.weebly.com/>

All ILT lessons can be
found on the BRMS
Counseling website under
Classroom Guidance >
Virtual ILT Lessons

Office Hours

Monday-Friday
8 am to 4 pm

Monthly ILT Social Emotional Learning Lesson Schedule

SEPTEMBER				
Monday	Tuesday	Wednesday	Thursday	Friday
31 ILT: Weekend Reflection & Week 3 Goal Setting	1 ILT: Character Ed. Lesson Character Word of the Month - RESPECT	2 ILT: Mindfulness Lesson	3 ILT: Peer Pressure	4 ILT: Week 5 Reflection & Review Week 3 Goals
7  Labor Day! No School! National	8 Intro. To #BeThe1To ASK 2020 National Suicide Prevention Week Suicide	9 #BeThe1To BE THERE & #BeThe1To KEEP THEM SAFE Prevention	10 #BeThe1To HELP THEM CONNECT Week	11 #BeThe1To FOLLOW-UP #BeThe1To
14 ILT: Weekend Reflection & Week 5 Goal Setting	15 ILT: Character Ed. Lesson - Respect for Self - Respect for Others	16 ILT: Mindfulness Lesson	17 ILT: Bullying Lesson	18 ILT: Week 5 Reflection & Review Week 5 Goals
21 ILT: Weekend Reflection & Week 6 Goal Setting	22 ILT: Character Ed. Lesson - Respect for Authority	23 ILT: Mindfulness Lesson	24 ILT: Be a Good Friend	25 ILT: Week 6 Reflection & Review Week 6 Goals
28 ILT: Weekend Reflection & Week 7 Goal Setting	29 ILT: Character Ed. Lesson - Respect for Learning	30 ILT: Mindfulness Lesson	1 ILT: Digital Citizen Lesson Cyber Safety	2 ILT: Week 7 Reflection & Review Week 7 Goals


 If you would like to request a meeting with the
 Ms. Rubio please visit:
<https://brmsschoolcounseling.weebly.com/parent-counselor-request-form.html>
