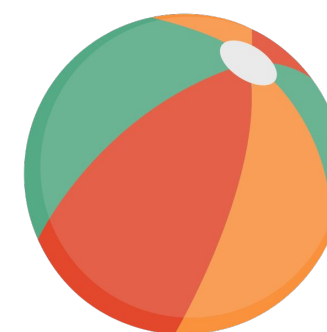
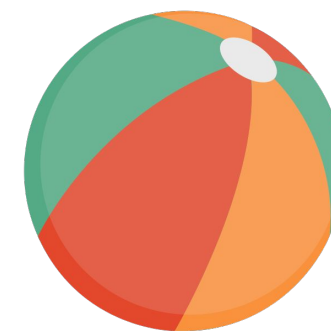


GNASHER NEWS

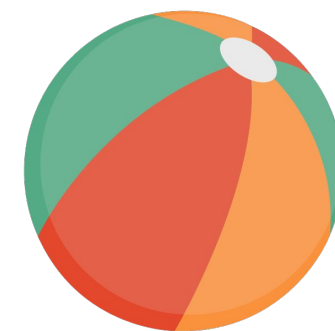


SEL LESSON
OCTOBER 13, 2023



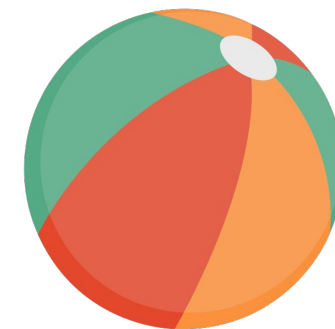
Resources

THINGS THAT CAN HELP YOU



Counselors

WE HAVE FOUR COUNSELORS AT
GMS. THREE ARE GRADE LEVEL
AND ONE IS A "BONUS"



Ms. Oh

6TH GRADE

corinne.oh@austinisd.org



Ms. Hodges

7TH GRADE

patti.hodges@austinisd.org



Ms. Ryan

8TH GRADE

carrie.ryan@austinisd.org



Mrs. Parnell

WELLNESS COUNSELOR

sarah.parnell@austinisd.org



Counseling Resources

- Talk to a counselor
- Use the counseling BLEND course





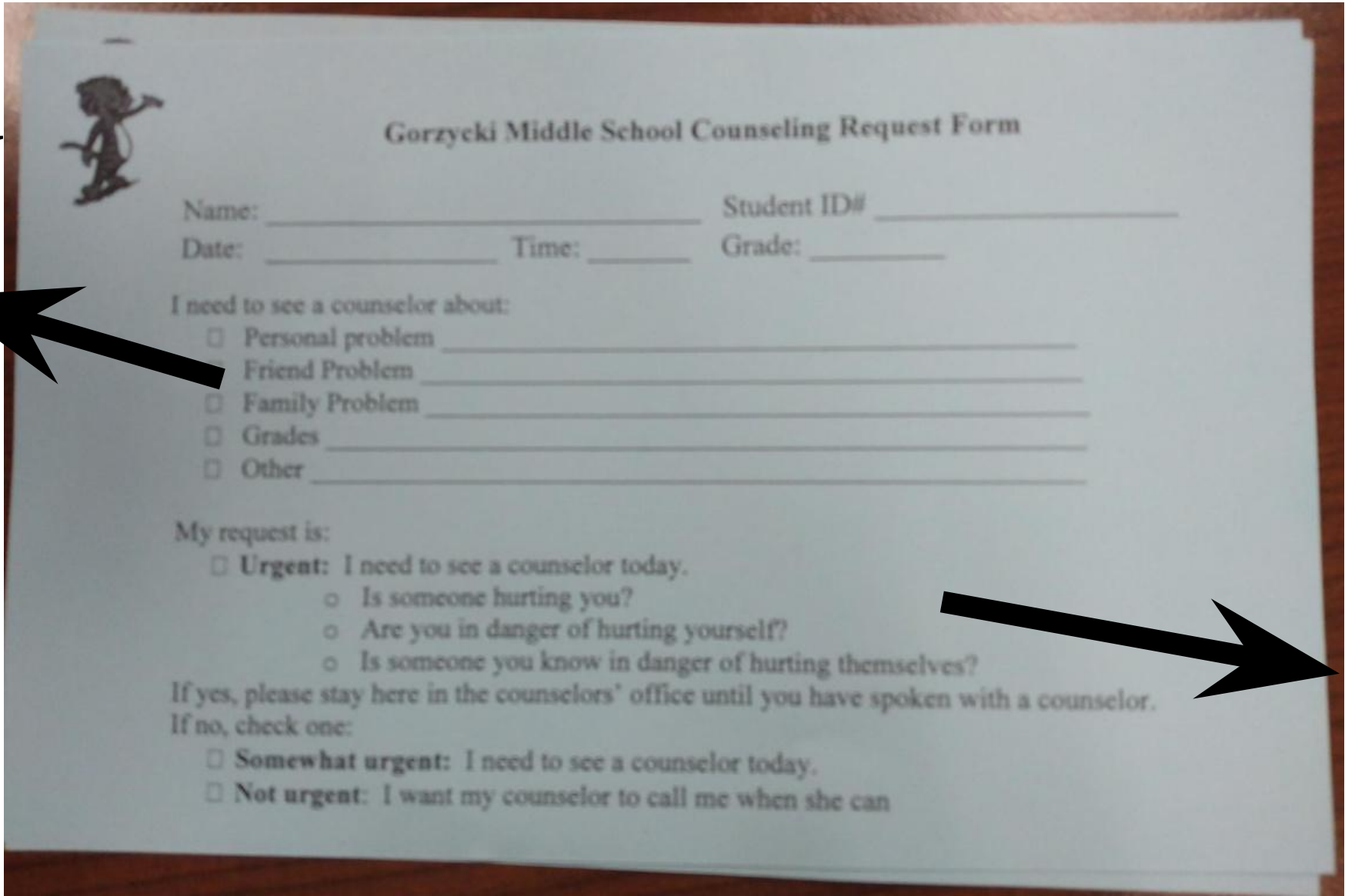
How do I get to talk to a counselor?

- Come by the office. If we're not available, fill out a blue GMS counseling request form.

2. Send us a BLEND message or regular email

GMS Counseling Request Form

Not sure how
to answer -
check other
and give us a
little info



The image shows a 'Gorzycki Middle School Counseling Request Form'. At the top left is a small cartoon character of a person with a backpack. The title 'Gorzycki Middle School Counseling Request Form' is centered at the top. Below the title are fields for 'Name: _____', 'Student ID# _____', 'Date: _____', 'Time: _____', and 'Grade: _____'. The next section is 'I need to see a counselor about:' followed by a list of checkboxes: 'Personal problem', 'Friend Problem', 'Family Problem', 'Grades', and 'Other'. Below this is 'My request is:' followed by a checkbox for 'Urgent: I need to see a counselor today.' and three sub-questions: 'Is someone hurting you?', 'Are you in danger of hurting yourself?', and 'Is someone you know in danger of hurting themselves?'. Below these is the instruction 'If yes, please stay here in the counselors' office until you have spoken with a counselor.' and 'If no, check one:'. The final two options are 'Somewhat urgent: I need to see a counselor today.' and 'Not urgent: I want my counselor to call me when she can'.

Mark urgent
only if at
least one of
those things
is true.

Gorzycki Middle Counseling BLEND Page



Here's you'll find a ton of different resources -
from time management to information on how
your brain works, to mindfulness/grounding
activities