

MIDDLE SCHOOL COUNSELING NEWSLETTER

March 2025

Spring Wellness Tips

Spring is just around the corner, bringing with it a wave of energy and renewal. As the days grow longer and the weather warms up, it's the ideal time to focus on your health and well-being. Here are some tips to embrace the season and start fresh:

Set Spring Wellness Goals

Setting clear intentions can help keep you motivated and on track whether it's starting a new exercise routine or focusing on self-care.

Upgrade Your Daily Routine

Start by reflecting on your current routine and habits. Think about adjustments that could enhance your overall well-being.

Take a Walk

Now is the time to get back outside to boost your mood and energy.

Start Journaling

Get ready to welcome the new season with reflections to nurture your person growth.

Reminders

3/13 - 8th Grade Parent Night
3/14 - Staff Development Day
3/21 - Rock Your Socks Day



Upcoming Events

3/6 - District Choral Concert
3/11 - District Instrumental Concert
3/13 - 8th Grade 3 Strike Trip
3/21-3/23 - HS Musical: Footloose
3/24 - Circus in the HS Gym

Contact Info

Ms. Austin, Counselor
taustin@moraviaschool.org
Ms. Torok, Counseling Secretary
ltorok@moraviaschool.org

