

Counselor Corner – October 2020

This month's social emotional learning lesson will focus on *My Multicultural Self*. Students will be able to identify at least 5 facets of their multicultural self, reflect on how any one identity facet shapes the way you view the world and understand how ignoring facets of your multicultural self might be miscommunication.

Summit school counselors will be starting the Summit Culture Club! The Summit Culture Club is a group designed to promote positivity and help ensure our school is a culturally sensitive place for everyone. Please talk to your student and encourage them to apply if they have an interest in this leadership opportunity. Students will be receiving more information on how to apply. If your student has applied to be a part of the Student leaders, please do not apply for the Culture Club as the two groups work closely together.

COVID Recovery Iowa offers many resources to assist Iowans who are struggling. We want to make our parents aware of statewide online support groups. There is a support group for parents, one for teens and one for pre-teens. Please see the attached flyers for more information about these support groups.

Opportunity for FREE Virtual After-School Music Classes through Des Moines Music Coalition (DMMC) offered for ages 11-17!

FREE After-School Classes for Rock Band and Hip Hop are going Virtual this Fall. Students (11-17) will be working with professional musicians, music educators, Hip-Hop artists and special guests while diving into songwriting, recording, production, history, culture and more! **Rock Band** classes will meet weekly **Mondays** from **4:00-5:30** with start date of **October 5th**
Hip Hop classes will meet weekly **Wednesdays** from **4:00-5:30** with a start date of **October 7th**

You can register at: [registration](#) and **DMCC will contact you about details.** Please email DMMC Program Coordinator, Jordan Mayland, with any questions: jordan@desmoinesmc.com

The Strengths and Difficulties Questionnaire (SDQ) will be held in late October at Summit Middle School. SDQ is a confidential screening to help identify student strengths as well as any areas of challenge that may need help. SDQ is offered to all students 6th-12th grade within our district. Parents must give consent to have their student screened and will receive notification of screening results and follow-up support is offered if necessary. Please watch your emails for the SDQ consent along with an informational letter. We encourage you to consider having your