

August 31, 2022

Dear parents & guardians,

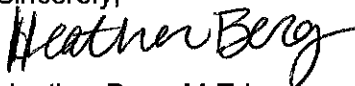
A new school year is upon us! I am excited for the new year and hope to help make it great for your kids. Here is some information about the PK-12 School Counseling Program at Midway. The program consists of classroom guidance lessons, small groups, and individual sessions. I visit each grade level at least once per month, some classroom lessons are weekly. More information on lesson topics are available on my website. I cover many topics: academic success, getting along, managing conflict, social media/internet safety, emotion management, friendships, careers, responsibility, etc. The goal is to improve social skills and academic success so students are able to get along better and become better problem solvers. Older grade levels dive deeper into career exploration, post-secondary planning, and tougher emotional topics.

Groups and individual sessions are voluntary and offered to all students, sometimes at their teacher's request. Group and individual sessions are not meant to be therapy. Sessions are typically once a week for 30 minutes for a few weeks depending on the nature of the visit. In cases when a more serious need arises, I may encourage that your child speaks with an outside therapist or psychiatrist. We are also fortunate to have a certified therapist from CVIC come to our school at least one day per week. CVIC referrals are discussed with parents before therapy begins. Counseling services and/or recommendations are provided for your child so he/she/they can have the opportunity to address concerns so they do not get in the way of personal and academic success. Please let me know if there is anything I may help your child with. *All counseling is confidential except if it is in the student's best interest for me to disclose to the proper authorities, such as in the case of neglect, abuse, endangerment, or self-harm.* I am happy to discuss general impressions as I work with your child so you may best help him/her/they at home.

**Parents of high school students:** You may want to check out my website for important documents (Information for Juniors & Seniors), testing dates/information, and financial aid & college planning resources. Refer to the "High School" tab for more information and important links. The current "ND Graduation Worksheet" is another document to keep handy. All students in grades 8-12 have a working copy of this worksheet in their career portfolios. **Senior parents:** You can begin filling out the FAFSA as soon as October 1<sup>st</sup> if your child plans to attend college next school year. I will hold a Financial Aid Meeting for parents/students during Parent/Teacher Conferences October 27<sup>th</sup> in the evening. Stay tuned for updates!

Please call or email me with any questions you may have. Refer to the online links below for important activities, lesson schedules, testing dates, and other information for you and your student(s). Thank you for your time and I am looking forward to a great school year!

Sincerely,



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