

Hi! I’m Mrs. Kukes. This year marks my 10th year as a School Counselor at Foley Middle School. I spent 10+ years as a teacher and counselor at a variety of schools overseas for the Department of Defense. I have a Bachelor’s degree in Cellular & Molecular Biology (1994) and a Master’s degree in Counseling & Psychology (2004), one from The University of West Florida, and the other for Troy University. In my free time, you will find me outside on my boat. I look forward to meeting you!

**7th grade**

**Counseling Calendar**

*(subject to change)*

**August**

Internet Safety\*

Needs Assessments

**September**

Attendance Awareness Month

Suicide Awareness Week

You Are Unique\*

Lauren’s Kids\*

**October**

Bullying Prevention Month

Teaching Tolerance\*

Red Ribbon Week

Kuder in elective class

**November**

Anxiety Lesson\*

**December**

Kuder in elective class

Release Lesson\*

**January**

Kuder in elective class

Gratitude Letters

**February**

Black History Month

Kindness Week

**March**

Kuder in elective class

**April**

Say Something (Youth Violence Prevention)

**May**

Mental Health Awareness Month

\*A letter will be sent home to parents/guardians prior to the lesson with more information.

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**School counselors help ALL students:**

* Apply academic achievement strategies
* Manage emotions and apply interpersonal skills
* Plan for postsecondary options (higher education, military, work force)

**Appropriate duties include:**

* Individual student academic planning and goal setting
* School Counseling classroom lessons based on student success standards
* Short-term counseling to students
* Referrals for long-term counseling/support
* Collaboration with families, teachers, administrators, and the community for student success
* Advocacy for students at individual education plan meetings and other student-focused meetings
* Data analysis to identify student issues, needs and challenges
* Acting as systems change agent to improve equity and access, achievement, and opportunities for all students

Please don’t hesitate to contact me should you have any questions or need assistance throughout the school year. I welcome your phone calls, but email is typically the easiest way to reach me. [jkukes@bcbe.org](mailto:jkukes@bcbe.org)