



Welcome Back to Painted Hills Middle School 2020-2021

We are so happy to have everyone returning to school. We are the Painted Hills Middle School counseling staff and wanted to tell you a little bit about ourselves. Octavio Medina is the counselor for all 6th graders and 7th graders with the last names beginning with A-L. Amy Lond is the counselor for 7th graders with the last names beginning M-Z and all 8th graders. The counseling staff is here to help students, parents, and teachers with a variety of things. We teach class guidance lessons, hold small groups, and see students individually. The topics we cover are Academic Success, Career & College Readiness, & Social-Emotional Learning. Claudia Gomez is the Prevention Specialist. She helps parents and students with resources, such as the Insight program, chronic attendance, and she also works with “essential” kids in efforts to help to improve their grades. We are all here to support families.

It is always important to be able to get in touch with us. There are multiple ways to accomplish this. We will be having weekly Zoom meetings with all three grade levels from 2:30p.m.-3:00p.m. These meetings will begin as followed:

Mondays: 6th Grade (starting August 10th) [Join 6th grade weekly Q & A](#)  
Tuesdays: 7th Grade (starting August 11th) [Join 7th grade weekly Q&A](#)  
Thursday: 8th Grade (starting August 13th) [Join 8th grade weekly Q&A](#)

Parents:

Tuesdays (1:00-1:30) [Tuesday Session Parent Question and Answer](#)  
Thursdays (3:30-4:00) [Thursday Session Parent Question and Answer](#)

We invite both parents and students to attend the meetings. If you have individual questions, you can contact your designated counselor or Ms. Gomez.

### School Hours

**Octavio Medina**

**Counselor-Gr. 6-7th (A-L)**

Monday - Friday 7:30-3:30

760-251-1551 x 3

[omedina1@psusd.us](mailto:omedina1@psusd.us)

**Amy Lond**

**Counselor-Gr. 7th (M-Z)-8th**

Monday - Friday 7:30-3:30

760-251-1551 x.4

760-459-5299 (google voice)

[alond@psusd.us](mailto:alond@psusd.us)

<https://calendly.com/alond-2/15min>

**Claudia Gomez**

**Prevention Specialist**

Monday-Friday 7:00-3:30

(760) 251-1551 ext.

work cell (760) 695-7558

[cgomez@psusd.us](mailto:cgomez@psusd.us)