

# PHMS Counseling Newsletter

## Dear Parents,

Welcome Back!! Classes have begun and we are so happy to see everyone. Even if it is on a computer screen. I know students have missed seeing school, their teachers and friends, but it definitely goes both ways. Teachers and staff have missed you all as well. Please don't let yourself get behind because you are unsure how to do something. If you are having problems signing on to your google classrooms, Zoom, or google meets reach out to your teachers, counselors or the office. It is important to check your google classrooms multiple times a day because your teachers may have added information or changed information. Please reach out to

**Your School Counselors,**  
Amy Lond and Octavio Medina

## Staying Connected

Synchronous and asynchronous learning is a new and different type of learning. Synchronous means that class is happening live and the students will meet with their teacher on zoom or google meets. They will discuss things in class and their teacher will be able to share their information with the students as well. They may have small groups during class or whole class discussions. Asynchronous learning is when there is not a full live class being given. Teachers may call in a small group to work on specific work or a student may reach out to the teacher to get some extra help during their specific class time. However, it is important to know that a teacher will always have a lesson or something for the student to fill out and submit so they can get credit for class attendance that day.

## Fixed Mindset Growth Mindset

I give up.	I'll try something different.
I failed.	Mistakes help me learn.
I'll never be smart.	I'll learn how to do this.
I'm no good at this.	What am I missing?

## Google Classrooms for Counseling

6th grade - Class of 2027 Counseling - 7iw5euq

7th grade - Class of 2026 Counseling - bkkx4uk

8th grade - Class of 2025 Counseling - v26ymyz

## Get in touch with counselors

Octavio Medina

Counselor - 6th, 7th A-L.

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

Amy Lond

Counselor - 7th M-Z, 8th

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

760-459-5299

760-251-1551x4 (Th.-Fr)

Claudia Gomez

Prevention Specialist

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(760) 695-7558

### Schedule

Monday - Friday

8:30 - 18:00

Saturday

8:30 - 13:30