



THE PUMA CLINICIANS

NEWSLETTER

December 2024

Mr. Thompson, School Counselor

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Ms. Baker, School Social Worker

IMSA Promise Program

The Illinois Math and Science Academy (IMSA) Promise Program application is now open. The Promise program offers hands-on learning experiences, exciting experiments, and engaging STEM courses alongside IMSA faculty, staff, and student tutors to 7th and 8th grade students. The Promise Program is open to all students but is competitive. The deadline is January 8, 2025.

In order to support our students interested in IMSA Promise and students interested in attending IMSA for high school, representatives from IMSA will be presenting to interested families on December 4th from 5:30 PM to 7:00 PM in the LRC here at FRMA. We look forward to seeing you!

Seasonal Affective Disorder Awareness

Each year, millions of Americans are affected by this condition, which brings on significant mood changes in response to the changing of seasons. Typically SAD occurs during late fall and winter months, when there is less sunlight and colder weather. The symptoms usually lift during the spring and summer months.

SAD is a type of depression, so the symptoms look similar to depression symptoms, and can include:

- Sad, anxious, or “empty” feelings
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Loss of interest or pleasure in formerly enjoyable activities
- Fatigue and decreased energy
- Overeating (or conversely, lack of appetite)
- Difficulty concentrating, remembering details, or making decisions
- Social withdrawal
- Thoughts of death or suicide

If these describe you or a loved one this time of year, you are not alone. Talk to a mental health specialist or health care provider and find out what therapies or treatments may be available to you.

Upcoming Classroom Visits

Mr. Thompson will be visiting classrooms and providing the following lessons in November:

- 6th grade: SchoolLinks Onboarding
- 7th Grade: True Colors Personality Test
- 8th Grade: Exploring Identity

All students have access to a grade-level counseling class in Google Classroom. In the event that a student is absent, they will be able to obtain the information they missed.



Community Resources

A list of community resources can be found on our website: <https://magnet.d131.org/aurora-area-resources/>.

Important Dates

- December 4 - IMSA Rep Visit @ 5:30 PM
- December 20 - Half Day for Students
- December 23 - January 3 - Winter Break