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# Port Susan Middle School

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## Counselor's Corner

*March, 2017*

Adolescent girls grapple with issues such as body image, self-esteem, friendships, and role models on a daily basis. In response to this, Port Susan Middle School is sponsoring our annual 7<sup>th</sup> Grade Girl's Retreat that will be taking place this year on Friday, March 3<sup>rd</sup> after school until 10:30 in the evening. This is a great opportunity for our girls to bond, create new friendships, strengthen other friendships, and have fun with their peers.

Each girl is able to attend three sessions during the retreat. The sessions include self-defense, jewelry making, and internet safety. Students will also be listening to our key note speaker with the message of having a healthy body image and lifestyle as well as participating in Zumba.

We are so thankful for the many volunteers that make this event possible for our girls. Our female staff is outstanding and are always here to help. Experts come into our building to work with our girls as well. This year's participants are keynote speaker, Kristy Butler, Karen Altom from Future Impact, Pam Dunbar making jewelry, Deputy, Erin McIntyre teaching self-defense, and Kandyce Hansen and Sharee Samuels teaching Zumba. We couldn't do this without all of these outstanding individuals coming together to pull this off.

I am sincerely thankful that we have this opportunity to provide for our young girls with so many talented volunteers. It's sure to be an evening of energy and fun.

Keli Niegemann

