



Commack Middle School Counseling Center Newsletter

Fall 2023

Dates to Remember:

August 28

6th Grade Orientation

August 29

6th Grade and New Student
Information Night

September 5

First Day of Classes

September 20

Grade 6 Open House

September 28

Grade 7 & 8 Open House

October 20

Grade 6 Fall Festival

October 24

NJHS Inductions

October 26

Pumpkin Palooza

November 15 & 16

Parent Teacher Conferences

[Grade Level School
Supply List for 2023-24](#)

Welcome Back to Commack Middle School and the 2023-24 academic year! We are excited to welcome you back!

Commack Middle School has a tremendous support system for students and families. We are here to support all students as they transition back so they can experience academic and social success.

[Back to School Simplified](#) — [Read more](#) from Parents.com

[Parents Can Have Back-to-School Anxiety Too — Here's How to Cope](#) [Click here](#) for full article

[Course Schedules for the 2023-24 year will be available on the Parent Portal on August 24th.](#)

- ⇒ The best way to get scheduling questions answered is to email your school counselor directly
- ⇒ [Click here](#) for counselor emails
- ⇒ As always, we cannot honor requests for change of teacher, lunch period or friend groupings

[CMS Building Access](#)

Want to come back to the building to walk your schedule, check your locker and become more comfortable?

ALL Students/families can come to the building on the days and times below!

Date	Times
Monday, 8/28	12:00pm—3:00pm
Tuesday, 8/29	9:00am – 3:00pm
Wednesday, 8/30	2:30pm – 5:00pm



6th Grade New Student and Family Orientation

Monday, August 28th

Last Name A through L	8:00am
Last Name M through Z	11:00am

There is an opportunity to hear from the building administrative team and the 6th grade counselors! Presentation will conclude with a self-guided building tour, where students can see their lockers, the Counseling Center, Gymnasium, Library and more!

Still have questions? Check out the [CMS Guidebook for Families!](#)

6 th Grade School Counselors		<h3>Support Staff at CMS</h3> <h4>Who's Who?</h4> <ul style="list-style-type: none"> ◇ Universal support for all students ◇ Transitioning back to school <ul style="list-style-type: none"> ◇ Academic advising ◇ Getting involved in school ◇ Confidence building ◇ Self-advocacy 													
Mrs. Denton	kdenton@commack.k12.ny.us														
Ms. Nicols	cnicols@commack.k12.ny.us														
7 th Grade Counselors															
Mr. DiLorenzo	jdilorenzo@commack.k12.ny.us														
Mrs. Pihlkar	dpihlkar@commack.k12.ny.us														
8 th Grade Counselors															
Ms. Martella	jmartella@commack.k12.ny.us														
Mrs. Neibloom	nneibloom@commack.k12.ny.us														
Lead Counselor															
Mr. Schwartz	Mschwartz3@commack.k12.ny.us														
<ul style="list-style-type: none"> ◇ Stress or anxiety ◇ School avoidance/phobia ◇ Mandated counseling ◇ Assist with community resources ◇ Crisis intervention 	<h3>School Social Workers</h3> <table border="1"> <tr> <td>Ms. Klingman</td> <td>KKlingman@commack.k12.ny.us</td> </tr> <tr> <td>Ms. Schleisner</td> <td>aschleisner@commack.k12.ny.us</td> </tr> </table> <h3>School Psychologists</h3> <table border="1"> <tr> <td>Ms. D'Orio</td> <td>LD'Orio@commack.k12.ny.us</td> </tr> <tr> <td>Ms. Ciccotto</td> <td>SCiccotto@commack.k12.ny.us</td> </tr> <tr> <td>Dr. Pata</td> <td>APata@commack.k12.ny.us</td> </tr> <tr> <td>Dr. Rappaport</td> <td>ERappaport@commack.k12.ny.us</td> </tr> <tr> <td>Ms. Rizzo</td> <td>jrizzo@commack.k12.ny.us</td> </tr> </table>	Ms. Klingman	KKlingman@commack.k12.ny.us	Ms. Schleisner	aschleisner@commack.k12.ny.us	Ms. D'Orio	LD'Orio@commack.k12.ny.us	Ms. Ciccotto	SCiccotto@commack.k12.ny.us	Dr. Pata	APata@commack.k12.ny.us	Dr. Rappaport	ERappaport@commack.k12.ny.us	Ms. Rizzo	jrizzo@commack.k12.ny.us
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Clubs and Activities:

- | | | |
|------------------------------|------------------------------------|----------------------|
| -Art & Literary Magazine | -Leaders' Club | -Pride Club |
| -Beekeeping Club | -Lego Club | -Rocket Club |
| -Best Buddies | -FLL, Research & Robotics Team | -School Store Club |
| -Cause for Paws | -Math Counts Club | -Science Olympiad |
| -Chamber Orchestra | -Math Olympiad | -Scrapsters Club |
| -Chess Club | -Math Team 7th Grade | -Select Band |
| -Digital Media | -Math Team 8th Grade | -Select Chorus |
| -The Fan Club | -Mock Trial/Debate Team | -Service Club |
| -The Design, Sewing & Crafts | -Musical Show Club | -Stage Band |
| -Fitness Club | -National Junior Honor Society | -Stage Crew |
| -Flip It | -Nature Explorers Earth Protectors | -Student Government |
| -Geography Club | -Newspaper Club | -Treble Singers |
| -History & Research Club | -Pay It Forward | -Tri-M Honor Society |
| -Jazz Band | -The Political Activist Club | -Yearbook Club |

The Importance of Being Involved in the School Community!

- Meet new friends
- Try new things
- Connect with teachers and other adults
- Get involved in a hobby/passion
- Build an activity resume
- Have fun!

Preparing Students for CMS
An informational evening for families

Presented by CMS School Counselors

Tuesday, August 29th
5:30pm - 7:00pm

Parents/Guardians will have another opportunity to:

- Learn how CMS will support the transition of students
- Receive answers to commonly asked questions from families entering CMS for the first time
- Freely navigate and familiarize students with the building

6:00pm—6:30pm

***Optional Study Skills and Organization Workshop
in the Little Theatre***

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SCHOOL