

Winter Newsletter

Welcome back! We hope you had a restful break and are ready to get back to work and finish the year strong! There are lots of events this semester to look forward to (some are listed to the right) and we are very excited to continue this year with you all.

Coming back to school after a break can unfortunately lead to increased stress or anxiety. Instead of waiting until you are too stressed to function, try giving yourself self-care habits you can do everyday! Here's some of our favorites:

- * **Exercise** — Doing a few jumping jacks or yoga stretches in your room before bed can increase your sleep quality and start you off right for the next day. Your body influences your mind so take care of it!
- * **Gratitude journal** — Research shows that if you focus on what you're grateful for, your health and emotions will positively increase (don't believe me, ask Harvard). Every day, write at least 3 things you were grateful for and see your world fill with positivity.
 - * **There's an app for that — Grateful: A Gratitude Journal**
- * **HALT** — If you feel yourself getting upset, HALT, or "Hungry, Angry, Lonely, or Tired." If we don't recognize our basic needs, we can get overwhelmed which can lead to harmful results. Go take a break, stretch, or read a chapter of your current book to reset.

LOOK FORWARD, NOT BACKWARD

A new year is a great time to evaluate where you are in relation to reaching your goals, and taking further steps to get there. You may have a goal of more self-care, less missing assignments, more time with family, or less screen time. Personal goals are great, but don't forget about your career goals. What do you want to do after you graduate? What college do you want to go to? Those may seem very far away, especially for 9th graders, but there are many steps you have to take in order to reach them, starting now.

We are going to start scheduling for the 2019-2020 school year at the end of January through February. Evaluating your goals before hand will help you in the long run so you know what classes you need to take to get you where you want to be. We are so lucky here at Teays Valley with all the classes, programs, and pathways available to you all. Choose the one that is right for you and will get you where you want to go. If you aren't quite sure what you want to do yet, visit Naviance and use the career exploration tools and talk to your counselor.

<https://student.naviance.com/teaysvhs>



IMPORTANT DATES

- Jan. 4 — Counselors with Sophomores (Pre-ACT)
- Jan. 9 — CCP Meeting, 6-8pm
- Jan. 9 — Parent University, 6:30pm
- Jan. 21 — No School (Dr. MLK Jr. Day)
- Feb. 1 — Early Release
- Feb. 4-8 — National School Counseling Week
- Feb. 5 — Parent/Teacher Conferences, 4-7pm
- Feb. 6 — Parent University, 6:30pm
- Feb. 12 — Parent/Teacher Conferences, 4-7pm
- Feb. 18 — No School (Presidents' Day)
- Feb. 20 — ACT for Juniors
- Mar. 1 — Honors Diploma Application Due
- Mar. 6 — Parent University, 6:30pm
- Mar. 8 — End of 3rd 9 weeks
- Mar. 27 — CCP Intent to Participate Form Due

SENIOR SECTION

This time of year is like rounding second base of your senior year. There are still quite a few steps until you can reach home base (graduation)...

- * You should be receiving your financial aid awards from the schools you were accepted at during this time — look out for those!
- * Apply for scholarships! Financial aid probably won't cover everything. Visit the "Senior Scholarships" page under the "Paying for College" tab on our website.
- * Make sure you order your cap and gown.
- * Pay your school fees! (Or else you won't be able to graduate)
- * Apply for Honors Diploma(s)! Guidelines are on our website under the "High School" tab and applications are in the Guidance Office.

CAREER TECH THURSDAYS

Sophomores and freshmen interested in attending Eastland or Fairfield Career Center —

If you missed sophomore visitation or Open House, these are a great way to see the programs you're interested in.

Pick up a form in the Guidance Office if you're interested!

Dates are as follows:

January 17th
February 14th
March 14th
April 4th
April 18th

JUNIOR ACT

All Juniors are taking the ACT for free on February 20th. Make sure you prepare yourself to take advantage of this opportunity. Here are some ways to prepare:

- * **Naviance Test Prep** — Naviance has ACT test prep activities for you to practice and improve your score
- * **ACT Academy** — FREE
- * **ACT Rapid Review**
- * **PrepFactory** — FREE

View resources and links on our website: <http://bit.ly/TVHSGuidance> —> "Testing Information" —> "ACT"

If you're thinking "Why should I care about the ACT?", here's why:

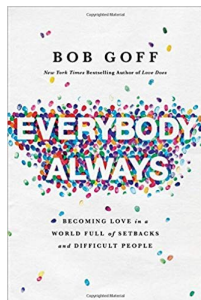
- * In addition to getting 21 credits, getting a remediation-free score on college readiness tests (ACT or SAT) can serve as a graduation requirement
- * College admittance is based on your ACT or SAT score

Make the most of this opportunity! If you have questions or want more resources, see your school counselor.

*"JANUARY,
The first month of the year,
A perfect time to start all over again,
Changing energies and deserting old moods,
New beginnings, new attitudes."
-Charmaine J. Forde*

BOOK TALK

Trying to stay warm inside but run out of Netflix shows? Winter is a great time to catch up on reading! Need a suggestion? Here's what your student ambassadors are reading!



Everybody Always: Becoming Love in a World Full of Setbacks and Difficult People by Bob Goff

Everything Everything by Nicola Yoon

