

Holiday Newsletter

HOLIDAY CHEERS FROM THE COUNSELORS

The 2018-2019 school year has gotten off on a great start! We've already had so many exciting events: classroom visits, FAFSA Day, College App Day, Career Center visits, College and Career Day, college visits, Unity Day. We hope the energy of the holidays and prospect of playing in the snow (you're never too old for that) help you finish out the second quarter strong.

We also have so many things to look forward to in 2019! Whether you will be taking the ACT, going on college visits, scheduling for next year, picking a college, finding a job, we hope the new year brings you excitement and happiness in whatever you do.

A few reminders:

Juniors — Break is a great time to go on college visits (and figure out what kind of winter coat you'll need to walk to class). Schedule a visit to a college and do some volunteer work to build your resume.

Sophomores — If you're interested in the Career Center next year, complete your application by February 1st for first round consideration.

To all students, thank you for such a great school year so far. We have had a tremendous time seeing you in classroom visits and at our various school events. You all make getting up on cold mornings to come to TVHS so worth it!

LOCAL RESOURCES AND VOLUNTEER OPPORTUNITIES

Ashville Food Pantry (First English Lutheran Church) — 94 Long St.; 740-983-2641

Pickaway County Community Action, Org. Inc (PICCA) — 469 East Ohio Street, Circleville, Ohio; 740-477-1655 or Toll Free 1-877-810-0500

Community Kitchen (St. Joseph's Catholic Church) — 134 East Mound St., Circleville; 740-474-4791; *will deliver*

Village Table — 30 Circleville Ave.; 740-983-4675

IMPORTANT DATES

Dec. 20 — Last day of quarter

Dec. 21-Jan. 2 — Winter Break

Jan. 3 — First day back

Jan. 4 — Counselors with Sophomores

Jan. 9 — CCP Meeting, 6-8pm

Jan. 21 — No School (Dr. MLK Jr. Day)

MORE FROM THE COUNSELORS

Visit our website at

<http://bit.ly/TVHSGuidance>

Remind: text **81010**

Class of 2019 @**f64fdh**

Class of 2020 @**7ck6f3**

Class of 2021 @**86ck2**

Class of 2022 @**2022tv**

Schoology Groups:

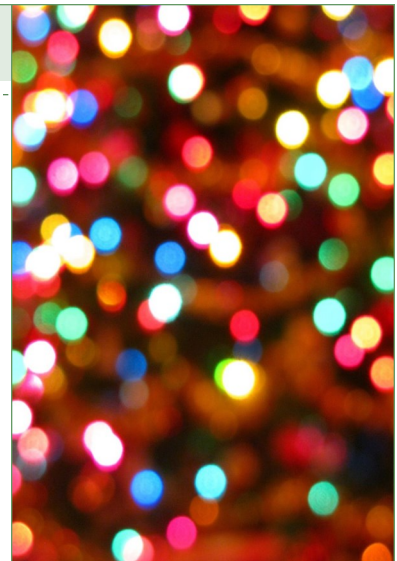
Class of 2019 **j32CP-PKQDV**

Class of 2020 **S37B4-43KN7**

Class of 2021 **VXRHK-P58RN**

Class of 2022 **VF58P-NMGNX**

CCP Students **GZKF4-CRSNQ**





SEASON'S SNACKINGS

Don't feel like leaving your house because it's too cold? Invite your friends over and make this delicious HOT COCOA CHEESECAKE DIP. If you like dipping cookies in your hot cocoa, this is even better. (Cookies not included...)

Ingredients:

- 4 (.73 oz.) envelopes hot cocoa mix, without marshmallows
- 1 (8 oz.) package cream cheese, room temperature
- 4 oz. cool whip, thawed
- 2-3 tbsp vanilla mallow bits

Instructions:

1. In a medium mixing bowl, combine the hot cocoa mix and cream cheese. Mix with a hand mixer on medium until thoroughly incorporated.
2. Add in the cool whip and continue to mix until combined.
3. Scoop in to a serving bowl and top with vanilla mallow bits. Serve with cookies.
4. Enjoy!
5. Store in refrigerator.

“Winter is the season of recovery and preparation.” - Paul Theroux

SENIOR SECTION

Congratulations class of 2019... you're halfway done! And so far **158 of you have applied for college** — keep it up! Applications may be done but there is still more to do.

Make sure you pass your classes! Colleges will be looking at your senior year grades so you still need to finish strong.

You should also start looking at scholarships; there are plenty on our website. Go to the link to the left and click on the **“Senior Scholarships”** page under **“Paying for College.”**

HOW TO COPE WITH HARD TIMES

We understand that sometimes things that should be fun and enjoyable can also be difficult. Twinkling lights can shine on an issue you might be facing. It can be easier to stay in bed and binge Netflix and wait for January 3rd but that isn't a healthy way to deal with our problems. Here are some ways to get through the upcoming hard weeks:

1. Pay tribute

Holidays are a great time for family traditions, but if you are experiencing the loss of a family member, traditions may not feel the same and may upset you unlike the joy they used to bring. Paying tribute to lost loved ones is a great way to channel your negative emotions into something positive, like a photo album, writing a message to them, and sharing memories with your family. If the loss you're experiencing is a relationship, try paying tribute to yourself. **What can you do for yourself that'll restore your spirit?**

2. Cultivate gratitude

Life can be good or bad, but gratitude is always a mood lifter, even research says that. Take time out of your day to notice what's going right. You could be going through a challenge or difficult time but there is always something to be grateful for. When you wake up in the morning, write three things from the previous day that you are thankful for. This reminds yourself to pay attention to and spend more time with the positive things in your life, and trains your brain to keep doing this on its own!

3. Find the things you like

Maybe you aren't experiencing a loss or have a specific challenge, but your life just isn't where you want it to be right now. **Just because your life isn't perfect doesn't mean you can't enjoy it.** Your life could be a work in progress but find the things you like about the holidays. Don't put your happiness on hold just

because your goals are still in progress. Enjoy some downtime over break, bake with your friends, or start new traditions with friends and family.

4. Invest in your relationships

When we are faced with something difficult, support systems are incredibly helpful and important. Your relationships with your friends and family contribute to your well-being, so reach out and talk to them when you need help. But remember, your friends aren't therapists. They can help lift you up, but don't count on them to carry your weight.

5. Do something for someone else

If being in your head is painful and sad, the best thing to do is to redirect your focus onto someone else. Giving back to others isn't just kind, it can also make you feel good about yourself. Volunteer at a homeless shelter, soup kitchen, or Meals on Wheels. Spend your time however you like in something you are passionate about, and you can feel better by stepping outside of yourself to care for someone else.

6. Flood your brain with funny

Watch the latest *Jimmy Fallon*, sing along to *Carpool Karaoke*, talk to your funniest friend, or sit down with family and watch *Elf*. **Whatever makes you laugh, immerse yourself in that.** A little levity and laughter can be an escape from whatever is bringing you down.

December can be painful and hard, but there are ways you can make your own life better with self-compassion and kindness. You are in charge of what you think and feel so take this break to discover magical moments in your life.