

Class of 2027

COUNSELING NEWSLETTER

October 2023 / Vol 3

Social Media

We know that social media can be a great way to communicate so the Central Counseling department decided to start a Facebook page. On the page, we will share information about upcoming events, celebrate the things our students and staff are doing, and various other topics. We would love for you to follow us. Look for us at SCHS Counseling.

End of Quarter

The end of the first quarter is quickly approaching with next Thursday, October 12th being the last day. I would encourage you and your child to regularly check Skyward (both grades & attendance) and reach out to teachers if you have questions. Also encourage your child to get any missing or late work turned in. It will most likely not be accepted after the quarter.

First quarter grades, along with attendance and discipline, determine eligibility for a Renaissance final exam exemption at the end of the semester. Renaissance is a program to reward students for academic achievement and citizenship. Students can earn up to two exemptions with a GPA for the quarter of 3.7 or above and 1 exemption with a GPA of 3.4-3.69. Both required no office referrals and no unexcused absences or morning tardies.

How to Connect:

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*October
Counseling Theme:
Positive Self-Talk*

Our theme for October is Positive Self-Talk. Positive self-talk is an internal dialogue that makes a person feel good about themselves. A person can use positive self-talk to think optimistically and feel motivated. Positive self-talk is a natural cognitive process. It is the flip of negative self-talk. It's more about showing yourself some self-compassion and understanding for who you are and what you've been through. Positive self-talk sees our internal narrative switching to ideas like 'I choose to learn from my mistakes, not be held back by them'. Practicing positive self-talk regularly can improve the quality of your life!

IMPORTANT DATES

- Oct. 6 & 7: Fall play - Noises Off @ 7:00 PM
- Oct. 8: Fall play - Noises Off @ 2:30
- Oct. 10: Jazz Band Concert @ 7:00 PM
- Oct. 12: End of 1st Quarter
- Oct. 12: Choir Concert @ 7:00 PM
- Oct. 13: NO SCHOOL FOR STUDENTS
- Oct. 17: Orchestra Concert @ 7:00 PM
- Oct. 19: Pre-ACT 9 for all freshmen
- Oct. 20: Fall picture retakes
- Oct. 23: Site Council @ 5:00 in the Central library (upstairs)
- Oct. 30: Truck or Treat in the parking lot from 4:00 - 8:00
- Nov. 9: Building Bridges event downtown Salina 5:15 - 7:00

happy
fall