

Class of 2025

November Newsletter 2023



IMPORTANT DATES:

- Nov 9 – Building Bridges: Downtown Salina, 5:15
- Nov 13 – Winter sports practices begin
- Nov 24 – BOE meeting
- Nov 17-18 – Fall Play- Putnam Spelling Bee, 7pm
- Nov 19 – Fall Play- Putnam Spelling Bee, 2:30pm
- Nov 22-24 – Thanksgiving Break, No School
- Nov 27 – Site council, upstairs library, 5:00 pm
- Dec 14 – Joyous Noel, 7pm
- Dec 18-19 – Semester Finals
- Dec 20-Jan 3 – No School

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Career Development & Senior Enrollment

Every student in Kansas 8-12 has an Individual Plan of Study (IPS), and we use Xello as a way for students to create and adjust them. You can look at the classes they have chosen for next year, careers they are considering, and their post-secondary plans. While they are developed during ELO, these are things that their counselors will go over with them individually as well during their enrollment time (January-early March).

As post-secondary plans are getting nearer, be on the lookout for scholarship and other senior year opportunities on the Class of 2025 Google Classroom.

National Honor Society

In January, students with a minimum 3.7 GPA will be given a submission packet to complete and submit for membership consideration. Students will be considered based on the Four Pillars: Scholarship Leadership, Service, and Character. *Students must document 20 hours of [volunteer service](#) on the application.* Have your student pay attention to Google Classroom and other announcements for volunteer opportunities.

Free ACT March 26

Students interested in signing up for the **free** ACT on **March 26** will need to visit the Counseling Center to do so before Thanksgiving Break. The test will be held at Central High during regular school hours.

Central's counseling theme for **November** includes:

-Gratitude
&
-Career Development

Gratitude

Gratitude is more than just an emotion or state of mind; it is the quality of being thankful or readiness to show appreciation for and to return kindness. Gratitude starts with the recognition of what is good in your life, but it doesn't stop there. The practice of gratitude includes acknowledging the source of that goodness. Practicing acts of gratitude has surprising benefits on mental and physical health such as increased resilience, stronger relationships, better sleep, a stronger immune system, coping with anxiety, better academic performance, and increased happiness!