

# Class of 2025

October Newsletter 2023



## IMPORTANT DATES:

- Oct 5/12 – After School Credit Recovery ends
- Oct 6, 7, 8 – Fall Play: Noises Off
- Oct 11 – Health Career Awareness Day @ SRHC
- October 12 – End of Qtr 1
- October 13 – No School, Teacher Inservice & Workday
- Oct 18 – PSAT at Central
- Oct 20 – Picture retakes
- Oct 23 – After School Credit Recovery session 2 begins
- Oct 23 – Site council, upstairs library, 5:00 pm
- Oct 30 – College and Career Fair at Central

Andrea Young, LSC  
Counselor of Sophomores  
andrea.young@usd305.com  
785-309-3516

X (Twitter): @SCHS1  
Facebook: SCHS Counseling

### College & Career Fair

The College Planning Conference on **October 30, 2023** at SCHS! Students will visit with colleges, industry leaders, and armed forces recruiters from 8:30am-9:15 am.

- This is a great opportunity to talk to *military representatives* and *40 colleges* from across the state.
- *Area businesses* ready to talk with students who may be considering work force opportunities after high school.

Students need to register via [StriveScan](#). This will allow for a quick and easy information share with colleges as well as information *from* colleges students were not able to visit.

**Please register by October 12 to save a spot!**

### 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.

### Social Media Alert!

The Counseling department will be using more social media to help with announcements, important information, and celebrations. Along with X (Twitter) @SCHS1, look for us on *Facebook*: SCHS Counseling!

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

**-Positive Self Talk**

### 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. People might engage in self-talk more when they face obstacles or challenges and may use it either silently or speak to themselves out loud. Identifying negative self-talk is the first step toward thinking more positively. Encourage your students to improve their mental health by identifying negative self-talk and replacing it with positive self-talk.