

Palmer Ridge High School
November 5, 2018

COUNSELOR NEWSLETTER

Attached is the November Issue of Counselor Connection newsletter. There is lots of great information. Please take a moment to review.

BLOOD DRIVE ON WEDNESDAY, NOVEMBER 7TH!

The PRHS National Honor Society is hosting a Blood Drive on Wednesday, November 7th at PRHS from 8:30 a.m.-1:30 p.m. in the Sunset MPR. Students 16+ may sign-up for an appointment and students under 16 years of age must have parent's written consent.

Parents and community members are also welcome to donate. To arrange for an appointment, please contact Mrs. Brown at 867-8606 or lbrown1@lewispalmer.org.

Give the gift of life and thank you for your support!

DODGEBALL AND BREAKFAST BAR

Pancake! Waffle! Who you going to get out with that dodgeball?
Get your dodgeball team together and come delight in some breakfast goodies!

Friday, November 9, 2018
8:30 p.m.-11:30 p.m. in the YMCA/Young Life Teen Center.
All high school students are welcome, MUST have valid High School ID

Volunteers are always welcome and much appreciated!
For more information, visit our website at www.ppymca.org/RAD

THANKSGIVING BREAK November 19-23, 2018

Classes resume on Monday, November 26, 2018.

FINALS

Final Exams begins Friday, December 14th -Thursday, December 20th. The schedule will be posted on the PRHS website under PRHS Announcements. NO EARLY FINALS will be allowed!



COUNSELOR CONNECTION

At Palmer Ridge High School

November, 2018

Visit the [school counseling website](#) for [announcements](#) and continuous updated information

Upcoming Events

Free Seminar:
Navigating Grief
Monument Academy

*Wed, November 7, 2018
*6:30 PM – 8:30 PM

-Grief and loss affect us all regardless of age. This presentation focuses on how dealing with death and loss can affect children and how to help them navigate their feelings. This presentation also discusses the ways to help an adult, including yourself, through the grief journey.

-Monica Meade, MA, LPCC, NCC, is a therapist in Colorado Springs and Monument.

Please RSVP below:

<https://www.eventbrite.com/e/navigating-grief-tickets-51633610519>

Please Join Peak View and D49 in a free presentation for the prevention of the "Silent Epidemic" of youth suicide, presented by Clark Flatt of the Jason Foundation! This is a complimentary event to all members of the community.

*Wednesday, November 14th
*6:00PM - 8:00 PM

D49 Creekside Success Center: 3850 Pony Tracks Dr. Colorado Springs

<http://jasonfoundation.com/>

Register to attend by emailing:

eric.gibbs@strategicbh.com

Pondering . . .

In light of recent events, our school, district, and community are all grieving. How do we as educators and parents begin to help our students when they have questions, concerns, grief, and overall worry? Please know that there are many resources available to your family. If you feel that you need some help finding resources, please let us know. We care for you and are here to help.

As school counselors, we are encouraging students to take some time to slow down and ponder the healthy activities that bring them joy. Many times our students are overwhelmed by all of the things they think they have to do in order to be considered a successful student and member of society. Encourage your student to spend some time pondering . . .

The Palmer Ridge Counseling Team sincerely wishes your family a relaxing Thanksgiving Break. May you take time to enjoy your family and friends, love on your teenager, and genuinely connect with your loved ones. The holidays are a great time to reconnect with your "Sources of Strength."

We will regularly release editions of the Counselor Connection to keep you up to date on [events](#), [opportunities](#), [scholarships](#), and [important information](#). Thank you for taking the time to read! Make sure to check your email and keep an eye out for each new issue. We look forward to partnering with you to make this year your best one yet!



Sources of Strength Wheel

Online Resources

Please check-out many valuable resources on the Palmer Ridge Website!

[School Counseling at Palmer Ridge](#)

[Academic Supports – Need Tutoring?](#)

[Personal Social Supports](#)

[College and Career Planning](#)

[Individual Career and Academic Plan \(ICAP\)](#)

[College Credit Opportunity](#)

[Graduation Requirements](#)

If you are seeking mental health services specific to grief/loss and are in financial need, please talk with your school counselor. We may be able to connect you with pro-bono services.



Thank you!

Monument, CO is a special place! This community comes together in the midst of the joy, the pain, the good, and the hard! On behalf of Palmer Ridge High School, **THANK YOU** to the [many](#) Community Counselors of Monument, the D20 Crisis Team, the Aspen Pointe Counselors, the County Chaplains, and the Emergency Responders who came to Palmer Ridge to support students, families, and staff facing troubling times. Thank you to the district schools who sent cards and flowers. The outpouring of support was felt! Thank you to the D38 School Board, Lewis Palmer Middle School, and Highlands Behavioral Health for providing catered lunches and snacks. When there wasn't time to eat, it sure was nice to have catered food to grab! Thank you to staff members who stepped into roles they don't normally have, such as Marcela Lopez interpreting for families. The emotions were real and raw and they will continue to be raw. We are thankful to work in a community that pulled together and filled in where needed!

You all were a blessing! We appreciated your love, kindness, and genuine help!

Mental Health support

Sometimes it is helpful to talk to someone outside of school or home

[Mental Health Supports](#) (PR Website)

[Aspen Pointe](#)

[Peak View Behavior Health](#)

[Cedar Springs](#)

[Highlands Behavioral Health](#)

[NAMI](#) — National Alliance on Mental Illness

[NAMI](#) — Colorado Springs will be offering a Family to Family 12 session program for families and friends of adults with mental health conditions. Registration required

Mental Health Report

For the fifth year in a row, Mental Health America (MHA) released its annual [State of Mental Health Report](#), which ranks all 50 states and the District of Columbia based on several mental health and access measures. This year, Minnesota came out on top overall with Nevada coming in 51st. The report also dives into addressing [trauma](#) in youth, and its long-term impact on performance and behavior in school

Much is Happening on the Hill!

It has been an eventful fall and much has taken place!



Just to name a few:

- 49 College representatives have visited Palmer Ridge to meet with students!
- D38 College Fair was well-represented with over 50 colleges for students to meet!
- October 30th was a state-wide initiative to help students with **Free** applications to Colorado colleges. Nearly 60 seniors took advantage of this day! Super FUN! We also provided **Free** transcripts!
- D38 FAFSA Night helped seniors complete their Financial Aid applications!
- Counselors met with 9th graders and had them begin working on their Individual Career and Academic Plan (ICAP).
- Counselors met with 10th graders and had them continue working on their ICAP.
- Junior Seminar is rescheduled for November 13th and 14th. (*Prepping for senior year and beyond*)
- Individual senior meetings have taken place.
- Pikes Peak Community College met with many seniors and helped them complete their college applications!

Personal Social Lessons This Semester

School counselors and the school social worker will be meeting with the 9th and 10th graders to offer Personal Social class guidance lessons.

9th grade — Pro-Social Behavior, Week of October 29th, during 9th grade PREP

10th grade — Stress Reduction and Taking Care of Yourself, December during 10th grade Study Hall/Free Range Bear



Meet Your School Counselor



Mrs. Kinney

Last Names A-D
(719) 867-8242

tkinney@lewispalmer.org

Neighborhood B



Mrs. Eason

Last Names E-K
(719) 867-8165

leason@lewispalmer.org

Neighborhood C



Mrs. Kugler

Last Names L-Rh
(719) 867-8165

skugler@lewispalmer.org

Neighborhood C



Mrs. Simbeck

Last Names Ri-Z
(719) 867-8166

gsimbeck@lewispalmer.org

Neighborhood A

* For more information visit our counseling directory at <https://www.lewispalmer.org/Page/4338>.

Safe2Tell

At Palmer Ridge we are committed to providing a safe and positive learning environment for all students. PARENTS and STUDENTS, if you see or hear anything concerning call 911 or report to Safe2Tell. Click [here](#) to see a short clip explaining Safe2Tell.

Safe2Tell is an anonymous reporting line. It is open **24 HOURS a DAY**
7 DAYS a WEEK!

To Report

- Call:
1-877-542-7233
- Make a web-tip at:
[click here for web-tip link](#)
- Download and report on the mobile app:
Apple Device
[download here](#)
Google Play
[download here](#)



See it.



Report it.



Stop it.

Anonymously Report Concerns 24/7:

safe tell
Colorado
1-877-542-7233
safe2telco.org
Apple Store & Google Play

Military Connection

ASVAB:

Palmer Ridge will be offering the ASVAB (Armed Services Vocational Aptitude Battery) on **November 6th at 8:00 am**. This is part of the ASVAB Career Exploration Program. One of the scores of the ASVAB is the military services' entrance score which your student can use to explore career options in the military. There is an additional form to sign if you would like your student's scores released to the military. If this form is not signed, we will not release the scores.

If you missed the opportunity to take the ASVAB this semester, stay tuned. We will potentially offer it again in the spring.

Military Recruiters:

Army, Air Force, and Navy recruiters regularly come to Palmer Ridge during lunches to set up tables and answer any questions students may have. Keep an eye out for these lunch visits!

Career Start

(Formerly called Area Vocational Program)

The Career Start Application process is beginning for the 2019-2020 school year!

Palmer Ridge's Career Start Program is a wonderful opportunity for our PRHS students interested in a particular trade, vocation, or pathway. Career Start at Pikes Peak Community College provides occupational skill development and training for junior and senior high school students from all over the Pikes Peak region. Students select a program of their interest and attend PPCC five days a week. Students attending Career Start earn credit which can be applied toward high school graduation as well as college credit. If your student is interested in applying for Career Start, it is important to know prior to turning in an application, there are two mandatory events: that parents/students must attend the **mandatory** parent meeting offered in January, and students must attend the **mandatory** field trip to PPCC.

Here is the general timeline of the Career Start Process:

November/December*** Happening Now!

- Students begin talking with their counselor about whether Career Start is right for them
- Career Start is advertised throughout the school

Before Winter Break- ***Happening Soon!

- Applications for Career Start become available for pick up in Neighborhood C

January

- Mandatory Parent Information night the second week of January. This is imperative that parents attend as there is family financial liability for Career Start if the student does not pass a class/does not attend.
- This Parent Night is a mandatory part of the application process

End of January/ Early February

- Two dates available as options for Career Start Field Trips. Students will walk a day in the life of a Career Start student and check out two programs they are interested in. This is a mandatory part of the application process.

Mid February

- Applications are due! This is your application to Palmer Ridge to see if you will be a good fit for the Career Start program. Once Palmer Ridge approves you, we will then apply to the college together to see if you gain admission into your desired program.

March

- Students apply to their Career Start program on PPCC's Career Start Registration Day

GOV. HICKENLOOPER SIGNS EXECUTIVE ORDER AND PROCLAMATION RECOGNIZING VAPE-FREE NOVEMBER

Vaping is a popular trend amongst teens. Is it really safer? What do you need to know as parents?

[Vape-Free November](#)

[The Dangers of Vaping](#)

College Visits

Multiple college representatives visit Palmer Ridge to talk about programs with interested students. The list is constantly updated on Naviance, under the *colleges* tab. If you are interested in an upcoming visit, make sure to sign up through Naviance and print your ticket as your pass. **DO NOT MISS OUT!!!**

Scholarships

Seniors - - Are you interested in receiving financial aid and scholarships in order to pay for college or postsecondary education? If so, don't forget to log onto Naviance to view more detailed information, additional requirements for colleges, and the most recent updates of scholarship opportunities. *****NOTE:** Once you are logged in to Naviance, click the *colleges* tab and then click on *Scholarship List* find scholarship information.

National Co-Op Scholarship Program

Wace — Advancing cooperative and work-integrated education
College Cooperative education is a unique academic program combining classroom studies with professional job experience. Cooperative education links you, your college, and employers in an academic partnership.
<http://www.waceinc.org/>

Western Undergraduate Exchange

What is it?

Reap steep nonresident tuition discounts—averaging \$9,000/year! Choose from hundreds of majors at 160 two-/four-year schools in [16 Western states/U.S. territories \(CNMI and Guam\)](#). Graduate with more options, less debt.

[Find your school today!](#)

Quick links for Testing Preparation

If you are planning on taking the PSAT, SAT, or ACT this year, you may want to utilize some of the following links to facilitate your learning. Click below to find out more.

- [Khan Academy and College Board- FREE](#)
- [PreFactory](#)
- [March2Success](#)
- [MasteryPrep](#)
- [Method Test Prep](#)
- [Pikes Peak Test Prep](#)
- [Test Prep Seminars](#)

Remember: Khan Academy and College Board FREE Test PREP!!!

“Marry” your College Board account with KHAN Academy and receive excellent SAT test prep!

[More Information](#)

Sources of Strength

Sources of Strength is active at Palmer Ridge High School. Many teachers, staff and students have been trained to be leaders in the school with the philosophy. We are always looking for more students to join! Be watching for student-led initiatives taking place throughout our building! **ALL are welcome!** Talk to your counselor if interested, or simply show up to a meeting!

On Friday, November 2, 2018 at the Palmer Ridge football game, Sources of Strength kicked off a week long schedule of events. You may have noticed students on the track prior to the game. They were waving colored flags to support their personal Sources of Strength! Here are the week's events:

Monday, November 5 - Wear the color of your personal strength

Tuesday, November 6 — Help create a chain of kindness

Wednesday, November 7 — Teachers share their “sources of strength” with their classes

Thursday, November 8 — Quotes of Strength

Friday, November 9 - Handprint tree of gratitude

The more students and staff involved, the stronger we are!

Mission: Our mission is to provide the highest quality evidence-based prevention for suicide, violence, bullying and substance abuse by training, supporting, and empowering both peer leaders and caring adults to impact their world through the power of connection, hope, help and strength.

Vision: We believe that many strengths are more powerful than one, and our united goal is to activate and mobilize these strengths in ways that positively change individuals and communities.

Discover Sources of Strength

Parents — Take a moment to talk with your teen about their sources of strength. If you are uncertain about how to begin the discussion, start with *Healthy Activities*. Find out what your student genuinely enjoys doing. **What activities rejuvenate your student and fill them with positivity?** You can visit the Sources of Strength website for more information.



Thank you for taking the time to read through this Counselor Connection edition.

As Counselors, we genuinely value parental partnership. Please let us know if you have any questions or concerns!