



# COUNSELOR CONNECTION

## At Palmer Ridge High School

January, 2019

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

### 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](#) — Will be offering a Family to Family 12 session program for families and friends of adults with mental health conditions.

Monument: Feb 6<sup>th</sup> - April 24<sup>th</sup>

REGISTRATION REQUIRED

[NAMICOLORADOSPRINGS.ORG](http://NAMICOLORADOSPRINGS.ORG)

719.473.8477

[INFO@NAMICOS.ORG](mailto:INFO@NAMICOS.ORG)

### January, 2019

It's hard to believe that we're already beginning a new year! At Palmer Ridge High School, a new year doesn't just mean setting resolutions and new beginnings. A new year also means that it's time to start thinking about courses for the following school year! In addition to a brief Counselor Connection, we are also sending out an entire Counselor Connection dedicated to college credit opportunities. We would like to take this time to tell you and your student to be intentional about the courses selected for the following year. Think about a healthy life balance. We encourage students to consider rigor, clubs, athletics, stress levels, personal preference and post-secondary plans as they prepare to register for classes. Please encourage your student to consult with his or her counselor and teachers about appropriate courses for next year.

**Grab a cup of coffee and enjoy reading!**

*We 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

### 2019-2020 Registration Details

February 6<sup>th</sup> and 7<sup>th</sup> — Registration Materials handed out to Students

-9<sup>th</sup> and 10<sup>th</sup> graders will receive materials in Study Hall/Free Range Bears

-11<sup>th</sup> graders will receive materials in their American History classes

February 13<sup>th</sup> and 14<sup>th</sup> — Students will register for classes

-9<sup>th</sup> and 10<sup>th</sup> graders will register during Study Hall/Free Range Bears

-11<sup>th</sup> graders will register during their American History classes

February 19<sup>th</sup> and 20<sup>th</sup> — Registration Materials delivered to LPMS and MA

February 28<sup>th</sup> — 8<sup>th</sup> Grade Registration Night and Club Fair

### Meet Your School Counselor



**Mrs. Kinney**

Last Names A-D

(719) 867-8242

[tkinney@lewispalmer.org](mailto:tkinney@lewispalmer.org)

Neighborhood B



**Mrs. Eason**

Last Names E-K

(719) 867-8165

[leason@lewispalmer.org](mailto:leason@lewispalmer.org)

Neighborhood C



**Mrs. Kugler**

Last Names L-Rh

(719) 867-8165

[skugler@lewispalmer.org](mailto:skugler@lewispalmer.org)

Neighborhood C



**Mrs. Simbeck**

Last Names Ri-Z

(719) 867-8166

[gsimbeck@lewispalmer.org](mailto: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.

Anonymous Report Concerns 24/7:

 1-877-542-7233  
safe2tellico.org  
Apple Store & Google Play

## Registration Packets!

Your student will be bringing home a packet of information regarding course choices for next year. PLEASE, PLEASE make sure you sit with your child and read the information! We feel strongly about the value in reading through the materials and reviewing the 2019-2020 Course Guide online. Again, all of the materials will be handed out and updated online by February 6<sup>th</sup> and 7<sup>th</sup>.

## Mindworks!

While we are discussing the upcoming Registration season, we would like to take the opportunity to advertise a class! Mindworks is not just a class for GT students. All Sophomore, Juniors, and Seniors are welcome!

Topics studied in Mindworks:

- **Neuropsychology**, focusing on the teenage brain & the power of our Mind
- Strategies to **improve your own well being**
- Differentiated **Career and College Exploration**: Many paths to choose from...
- Opportunities to research what YOU are interested in through an **Independent Study Project**
- Application of the concepts through academic reflections, personalized projects, and class discussions. **No tests.**

Contact Ms. Breazzano ([dbreazzano@lewispalmer.org](mailto:dbreazzano@lewispalmer.org)) to learn more

## Sources of Strength UPDATE

Mike Donahue from Value Up will be speaking to all students during a special Sources of Strength Lunch!

When: January 31<sup>st</sup> WHO: **ALL ARE INVITED!!!!** Time: 12:00-1:00

Students must make arrangements with their teachers about missing class for this special meeting. Please Sign-up in Neighborhood D to confirm attendance. We need to know how much lunch to provide!

## Social Worker's Corner: Stuffing It

These days there is a huge epidemic that is not talked about much: It is an epidemic I call "stuffing it". Every day I see teens who don't talk about their feelings or their struggles with anyone either because they are embarrassed or feel alone or simply don't know how to verbalize what they are feeling. They stuff it in, keep it deep down inside where they think it might magically disappear. Unfortunately, more often than not, this stuffing doesn't disappear. In fact, students end up being filled with difficult emotions and struggles that build and eventually come out in negative ways. Teaching our teens how to talk about the tough stuff on a daily basis is the best way to avoid an inevitable explosion of all that they have "stuffed away". Providing teens with a safe place to talk through and process their emotions can help them avoid seeking negative coping mechanisms (i.e. avoidance, drugs/alcohol, fighting or anger outbursts, withdraw, depression, etc.).

Today's students are asked to meet high, sometimes unrealistic, expectations set by social media, society, community, teachers, parents, etc. Falling short of lofty standards is viewed as an individual failure leading to feelings of disappointment or inadequacy that can cause students to simply shut down. Thankfully we have Sources of Strength! This wellness program focuses on upstream prevention: Teaching our school community how to promote protective factors so that when students are in need of help the support is ready and waiting. Sources is for all of us, not just our teens. It helps kids and adults alike to implement more hope and help and strengthen our lives. If you are interested in helping our schools continue to build our Sources of Strength program please let me know! We need lots of collaboration between everyone in our D38 community.

Debbie Sell, High School Social Worker, can be reached at [dsell@lewispalmer.org](mailto:dsell@lewispalmer.org)

## YOUTH MENTAL HEALTH FIRST AID TRAINING

- Understand signs, symptoms, and risk factors for mental illness
- Better understand common mental health challenges YOUTH experience
- Increase confidence when responding to YOUTH in crisis
- Designed for adults who interact with YOUTH: parents, school staff, neighbors, caregivers, and others!

Free and open to the public 17 years and older

Please Register at the following link: <http://bit.ly/2919LPHS>

## 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!](#)

## Child Mind Institute

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Their teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most.

Have a topic in mind? Search for specifics at: <https://childmind.org/topics-a-z/>

Just a few *Good Reads* from Child Mind Institute:

Vaping: <https://childmind.org/article/teen-vaping-what-you-need-to-know/>

Selfies: <https://childmind.org/article/what-selfies-are-doing-to-girls-self-esteem/>

Eating and Body Image: <https://childmind.org/topics/concerns/eating-and-body-image/>

## Another Interesting Read: Anxiety and Burnout

<https://www.vox.com/first-person/2019/1/10/18174263/anxiety-kids-burnout>

## 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](#)
- [Method Test Prep](#)
- [PrepFactory](#)
- [Pikes Peak Test Prep](#)
- [March2Success](#)
- [Test Prep Seminars](#)
- [MasteryPrep](#)

## 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

## 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  
Registration Materials  
Individual Career and Academic Plan (ICAP)  
College Credit Opportunity  
Graduation Requirements



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!