

## WESTERN PLACER UNIFIED SCHOOL DISTRICT

600 Sixth St, Suite 400, Lincoln CA 95648  
Ph: (916) 645-4078 Fax: (916) 645-9267

**Board of Trustees:** Paul Long  
Brian Haley  
Paul Carras  
Kris Wyatt  
Damian Armitage

**Superintendent:** Scott Leaman  
**Director of Special Education:** Susan Watkins

Dear LHS Students and Families,

The counseling team at LHS wanted to take an opportunity to reach out to you during this challenging time to assure you that we are still here for you. Although we miss seeing our students everyday, and interacting with them in ways that are familiar to us, like many of you, we are finding new ways to connect, support and help. To this end, some of us are using Google Voice to connect with you, Zoom to meet with colleagues and many other online platforms that are helping us, help you.

### **IMPROVING THIRD QUARTER GRADES: A GREAT OPPORTUNITY**

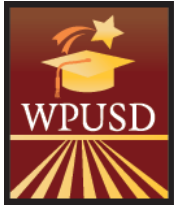
As many of you may know by now, progress report grades issued at the end of March cannot go down for the duration of the school closure. Grades CAN however, go up, based on work completed. Therefore, this is a great opportunity for students to improve their grades. Especially for students who had less than desirable grades. To do this, we have either online learning opportunities or, for those with limited internet access, packets have been made available (please check Mr. Leaman's or Mr. Maul's updates for the next packet distribution information).

At the high school level, the counselors will be reaching out to students/parents who are in danger of failing. We want to be proactive to ensure that students are aware of this great opportunity! We will be starting with our Seniors, for whom graduation is a priority, and working our way through the other grade levels.

### **BEING SUCCESSFUL WITH AT HOME LEARNING OPPORTUNITIES**

While working and studying from home may seem exciting and cool at first, it can be challenging to be productive at home. Here are several tips to make the most of your working hours.

- **Establish a Routine:** While doing school work when you feel like it seems great, a lack of routine can be the enemy of productivity. Set hours for yourself to focus on important tasks. Remember to maintain a school-life balance. School and work shouldn't dominate your life. Have a time when you turn your computer off and focus on things you enjoy.
- **Take Breaks:** If you are used to being at school all day, moving from class to class, and chatting with friends in between classes, you might not realize how draining sitting in front of a computer all day is. Make sure to give yourself breaks. Get up, take a walk around the house, get a glass of water, or pet your dog. Mindful breaks will make your working hours more productive.
- **Designate A Place To Work:** Using your bed as a desk is not productive. If possible, set up a desk and make it the spot where you get work done. If you do not have a desk, a kitchen table will do. While you work, try and minimize distractions around your house.
- **Get Ready For Your Day:** Similar to laying in bed, wearing pajamas can decrease your productivity. There is no need to dress up, but getting up and changing into real clothes sets the tone for the day. Similarly, getting up in time to eat breakfast, brush your teeth, and wake up will all help get you in the right frame of mind.
- **Over Communicate:** Communication is critical when doing online work and school. When you are in an in-person math class and don't get a problem, the teacher may notice your furrowed brow. That won't happen online. You must advocate for yourself and communicate you are struggling and need assistance. It is important to communicate what you do throughout the day, the progress you make, and any questions you may have. Please email or message teachers. They are there to help you and will get back to as soon as they can.



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### THE IMPACT OF SCHOOL CLOSURES FOR JUNIORS AND SENIORS APPLYING TO COLLEGE

What a difficult time to be in your senior year of high school! Seniors have worked so hard to celebrate their last few months of high school and are likely feeling a huge sense of grief and loss. This is certainly not how they pictured their final days of high school. For more information on how to cope, please refer to the article in the mental health section below.

Looking ahead for them, as well as the juniors, many changes and adjustments have occurred just in the last week that are worth mentioning. The College Board has postponed SAT testing, AP testing will be virtual, CA Universities will accept "Pass" grades and Financial aid packages will be re-evaluated based on need. These are unprecedented adjustments and great news to help accommodate students. Below are some links to give you more details on these changes.

[Suspension of SAT/ACT Requirement for 2021](#)  
[UC Admissions Update](#)  
[UC Virtual Admissions Programs and Financial Aid Changes](#)  
[AP Exam Information](#)  
[CSU Admission Guidance Due to School Closures](#)

### MENTAL HEALTH

This is an emotionally challenging time for all of us and we experience these challenges with different emotions, reactions, and perspectives. As your counselors, we encourage you to take the time to process your feelings in your own unique way. Below are some very helpful links to resources that can assist you. And remember:

- Be mindful of what fills your mind (less news, more encouragement).
- Take the time to really check in with yourself and express what you feel and need (appropriately of course).
- You can only control yourself, make that count.
- Be patient with others, we are all figuring this out together.

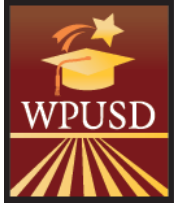
[Mental Health Resources](#) -A variety of links for anything you might need concerning mental health  
[Feelings of Grief](#) -An article on some of the things you may be feeling/experiencing and why.  
[Headspace- Mindfulness for your everyday life](#)  
[InsightTimer- An app for reducing stress and anxiety and improving sleep](#)  
[StopBreatheThink- An app for learning how to identify and recenter emotions](#)  
[Youper- An emotional health assistant](#)

### STAYING CONNECTED

Feeling socially connected, supported, and able to express yourself is important. As social distancing is put into place, we encourage all students to stay connected with friends, family, teachers, and counselors. Practice social distancing NOT social isolation. Let's continue to be creative and engage with others to stay connected and most importantly, take care of our own well-being.

[Rooted in Love, A Call to Action Video for students](#)  
[Helping Teens With Social Distancing](#)  
[Making Social Distancing Easier for Parents & Teens](#)





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Lastly, as we move into additional weeks of our closure, our four Zebra pillars of Character, Care, Connect, and Courage will be put to the test, but rest assured we are here for you. We are only an email or a phone call away. Please don't hesitate. Stay well.

Sincerely,

The LHS Counseling Team  
Julia Kent, Last Names A-D [jkent@wpusd.com](mailto:jkent@wpusd.com)  
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