



May 21, 2021

# ICS Counseling Newsletter

All counseling newsletters can be found in student LWSD email and the ICS website under "Counseling." Your counselors are connected and here for you. We are only an email away.

## In this Issue:

- Counseling Booking Links
- Announcements
- Tips and Helpful Reads
- Volunteer Opportunities
- Enrichment Opportunities
- After School Club
- Summer Opportunities

## Students:

Along with the ICS website, please check your school email regularly for updates and opportunities. This is the main way to communicate directly with our school community members, and we want to be sure you are receiving all the information.

**Grades 6-9 Counselor**

**Lis Christiansen**

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**Grades 10-12 Counselor**

**Molly Schwarz**

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**YES Behavioral Health Specialist**

**Cora Goss-Grubbs**

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## Concurrent Learning at ICS

Your counselors are here for you whether you are remote or in-person!

We wanted to keep you in the loop of our hours changing now that our schedule has shifted to accommodate in-person instruction.

Student drop-ins during class time are limited to emergency situations such as mental health struggles, panic attacks, etc. For all other appointments pertaining to academic and college/career planning, please utilize the [Bookings Link](#) or email your counselor to schedule a virtual appointment (even if you are an in-person student).

### **Availability for supporting counselors:**

- **Ms. Christiansen – 6<sup>th</sup>-9<sup>th</sup> grade:** M, T, Th, F 1pm-3pm, Wednesday 10am-2pm
  - **Ms. Schwarz – 10<sup>th</sup>-12<sup>th</sup> grade:** Tuesday 1pm-3pm, Wednesday 10am-12pm, and Friday 1pm-3pm
  - **Ms. Goss-Grubbs (YES):** In-person availability on Thursdays at ICS. For telehealth, please leave a message at 425-747-4937, ext 2719. She will get back to you within 24 hours on weekdays.
- **Parents are still requested to email individual counselors for parent appointments, as our Bookings slots are reserved for students 😊.**



## **Announcements**

### **Reminder: June 1 Snow Make-Up Day: No School**

Reminder, June 1, 2021 is a no school day for students. It was on the calendar as a snow make-up day. However, we did not have any district-wide snow days, so June 1 will be a non-school day.

### **LWSD Summer School 2020-2021**

Summer School planning is in the works! Click [here](#) for weekly updates.

### **Proposed Plans:**

- Running Tuesday, July 6<sup>th</sup>-Friday, July 30<sup>th</sup>
- **Place: Monday - Friday at Lake Washington High School**
- **Time: 7:30am-10:40am and/or 11:20am-2:30pm**
- Priority will go to 12<sup>th</sup> graders, then 11<sup>th</sup> graders and so on
- Invites will be sent to parents/guardians
- Courses offered will be dependent on teacher availability

### **Unofficial transcripts**

Unofficial transcripts are now available for grades 9-12 in Student Access and Family Access. They can be found in Attachments under Portfolio and will be updated again after year-end grades are posted.



## Tips and Helpful Reads

### Practicing mindfulness



### *Mindfulness*

1. It helps you slow down
2. It helps you know yourself better.
3. It helps you focus or concentrate.
4. It helps you ruminate/stress less.
5. It helps you change bad habits.
6. It helps us be more resilient.
7. It leads to self-acceptance and compassion for others.
8. It leads to a more enjoyable life.

Summer break is in sight but we still have a few more weeks of school left that includes assignments and probably assessments which may have you a bit stressed. Take a moment and breathe! You are almost through this funky school year :) Here are some mindfulness tips and strategies to help you get through. Especially if you are preparing for AP exams!

## The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.

Acknowledge **1** thing that you can taste around you.



Acknowledge **2** things that you can smell around you.



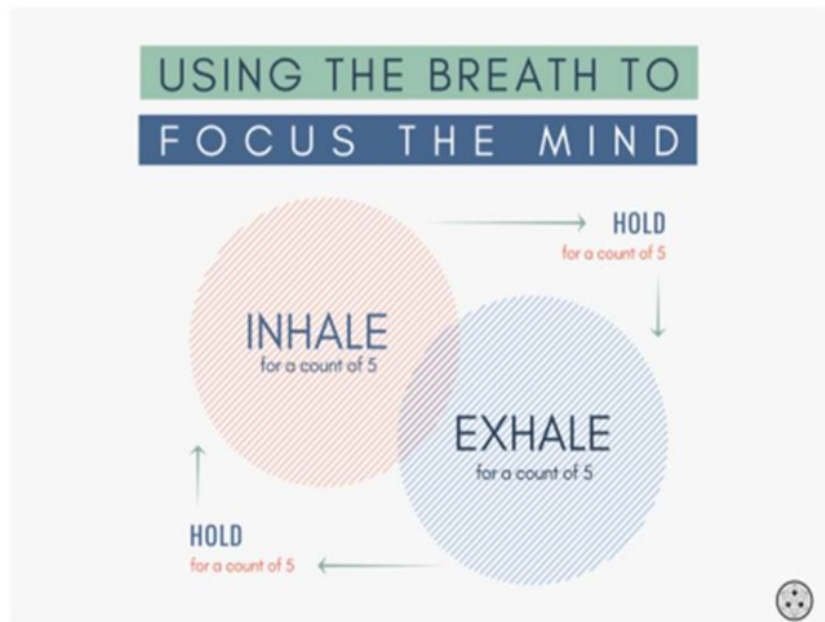


## Tips and Helpful Reads

### Focused breathing

Sometimes called square breathing

1. Focus on taking deep intentional breaths.
2. Bring your awareness to what it feels like when you inhale and exhale.
3. Notice the sound of your breath.



### Progressive muscle relaxation

- Tense a specific muscle group (e.g. arms and hands or neck and shoulders) and hold for five seconds a
- Release the muscle group and notice how you feel
- Work head-to-toe to better understand all of the muscles affected by anxiety
- Very easy calming technique to do at school



**Adolescent Brains Are Wired to Want Status and Respect: That's an Opportunity for Teachers and Parents.** Research shows that adolescents have a need to contribute to society, and doing so can safeguard against anxiety and depression.

## Volunteer Opportunities

### A Comprehensive Resource of Information for Teens About Volunteering

Click [here](#) for the complete list.

#### JustServe

[JustServe.org](#) is a website where the volunteer needs of organizations may be posted and volunteers may search for places to serve in the community, providing opportunities to help those in need and enhance the quality of life in the community. Check out the website to find volunteer opportunities and resources today.

#### Teens Who Care

[TEENSWHOCARE](#) aims to provide easily accessible and meaningful volunteering opportunities to high school students.

#### Virtual Volunteer Opportunities: Volunteer Match

Explore hundreds of virtual volunteer opportunities in cause areas like health and medicine, education, and community building that you can do from a computer, from home or anywhere. Click [here](#) to start your search.



## **Enrichment Opportunities**

### **TeenLife**

The leading directory for teen academic and enrichment opportunities: Summer Programs, GAP Year Programs, Community Service and more.

**13,000+ Experiences for Students in Grades 7-12.** Discover how spending time in the world outside the classroom can help teens do better in school, during the college admissions process and in their adult lives. Our mission is to connect students, parents and educators with the best experiential learning opportunities for middle- and high- school students. Click [here](#) to start exploring.

### **Microsoft Learn Student Ambassadors**

[Become a Student Ambassador](#). Finding your community is more important than ever as classes and social activities take place virtually. Amplify your impact and bring together your peers to learn new skills, solve real-world problems, and build communities across the globe. Click [here](#) to apply.

### **Coding Landscape Database**

The Kapor Center has collected information on 300+ programs or soft-ware that teach youth and adults elements of computer science and coding. This is not an exhaustive [list](#), as this field is rapidly growing.

### **High School Program: Microsoft Careers**

Resources for High School Students. Click [here](#).

### **Johns Hopkins Center for Talented Youth**

The world leader in gifted education since 1979, [Johns Hopkins Center for Talented Youth](#) is a nonprofit dedicated to identifying and developing the talents of academically advanced pre-college students around the world. We serve bright learners and their families through our research, advocacy, and counseling, as well as our signature gifted and talented [summer](#), [online](#), [international](#) and [family](#) programs.

[Gifted Online Programs courses](#) are designed to enrich and accelerate academically advanced students in the areas where they show the strongest abilities. The appropriate course depends on the student's previous education and not necessarily on age or grade. Similarly, students can choose among **Session-Based** courses, which have set dates and deadlines, or **Individually Paced** courses, which they can complete during a time period of their choosing.

## After-School Club

### Hidden Gems History Club

We are excited to share an upcoming opportunity for a new and free after-school club for K-12 students who identify as Black (African/African Descendent, Afro Latino/a/x, Afro Asian, Afro Indigenous, Caribbean, [etc.](#)). We recognize that approximately 2.2% of students identify as Black/African. These students often do not get to see themselves represented in their curriculum, staff and student body. Because of this lack of representation, these students may feel isolated. Therefore, we created the Black Gems History Club.

The “Hidden Gems History Club” will provide students with:

- A safe and supportive space for shared lived experiences and build rapport with other students within the district who are of Black/African descent.
- An opportunity to celebrate their culture, learn about the richness of Black history and how Black people have impacted the world.
- An opportunity to see themselves reflected in the curriculum.
- An opportunity to form mentorship relationships with instructors.

For session dates and to register click [here](#).





## **Summer Opportunities**

### **Washington Network for Innovative Careers Summer 2021**

Applications have reopened for summer semester classes with short waitlists including DigiPen. Click [here](#) for more information.

### **Johns Hopkins Center For Talented Youth Summer Programs**

Johns Hopkins Center for Talented Youth - [CTY's gifted and talented summer programs](#) offer students the opportunity to engage in challenging academic work in the company of peers who share their exceptional abilities and love of learning. Various dates and camps available.

### **UW Summer Youth Programs**

Learn something new. [UW programs](#) are designed for curious kids and teens who want to keep learning during the summer — and year-round.

### **Jumpstart Joy of Coding**

[The Joy of Coding](#) is an online course specially created for anyone who wants to experience first-hand the power, and thrill, of coding computers to do amazing things. Created with high school students in mind, it is a great way for anyone to step into the wondrous world of coding. No prior coding experience is required!

Using Python, course students will learn how coding powers apps such as Snapchat, TikTok, Instagram and Siri, and even learn how to code their own versions of Snapchat lenses. The course includes weekly video lectures, reading, and coding assignments.

### **Summer Study In The USA**

Co-sponsored by the Association of University Summer Sessions (AUSS) and the North American Association of Summer Sessions (NAASS),

[SummerStudyinUSA.org](#) is a collaboration among over 100 North American colleges and universities that offer short-term summer programs for a wide range of learners, including pre-college, undergraduate, and graduate students. Our tool allows users to conduct a detailed search of summer programs by grade level, program length, academic area, program type, and more.

## Summer Opportunities

### Girls Rock Math STEM Camp

At [Girls Rock Math](#) we reinforce that math is fun and imaginative. We aim to boost interest and confidence in mathematics. Learning at Girls Rock Math allows for collaboration, emphasizing persistence, strategy building and mathematical thinking.

### Summer STEM Institute

Making research and mentorship accessible to high school students.

[The Summer STEM Institute \(SSI\)](#) is a 6-week virtual summer program from June 20 to August 1, 2021. SSI is an international program that provides academically talented and highly motivated students the opportunity to learn through a data science and research bootcamp, a Masterclass lecture series, weekend challenges, and a mentored research project.

