



# Juanita High School Counseling NEWSLETTER



VISIT US ONLINE @ <https://jhs.lwsd.org/counseling>

*Dear JHS students and families,*

Welcome to the first issue of the 2021-2022 JHS Counseling Newsletter!

The goal of this publication is to keep you up to date with the happenings in the counseling office and to support our students and families in the areas of academic development, social-emotional health, and college and career planning.

*The JHS Counseling Department*

## How Do I See My Counselor?

Counselors are available in the lobby of the Counseling Center for quick questions before and after school and at both lunches.

You can also scan this QR code to request an appointment with your counselor.



## RAVENS CONTEST!!!

Want to try your luck at **WINNING** a free Ravens sweatshirt? Solve this **puzzle** as you read through the newsletter and send it to [ibergman@lwsd.org](mailto:ibergman@lwsd.org) by November 10<sup>th</sup>. Your name will be entered into a raffle to win a Ravens sweatshirt!

**CLICK [HERE](#) TO GO TO THE PUZZLE!**

## JOIN THE WELCOME TEAM!

→ Do you love meeting new people?

→ Need community service hours?



→ Help new students @ JHS navigate their first days of school!

→ Bilingual students encouraged to apply!

**APPLY IN THE COUNSELING OFFICE!**

Feeling anxious?  
Stressed out?

Join us for 20 minutes of mindfulness and relaxation before school.

Mondays & Thursdays  
@ 7:20-7:40AM in the Theatre

How About a  
*Calm Start*  
To your day?

**SIGN  
UP FOR  
CALM  
START  
HERE:**



## Who's Who?

**Jennifer Hamilton**  
Counseling  
Secretary/Registrar  
425-936-1680  
jehamilton@lwsd.org

**Hannah Sessions  
(for Stefa Chow)**  
Counselor, A - Da  
hasessions@lwsd.org

**Angie Kilkenny**  
Counselor, De-Ka  
akilkenny@lwsd.org

**Michelle Bainter**  
Counselor, Ke-N  
mbainter@lwsd.org

**Christina Hunsberger**  
Counselor, O-St  
chunsberger@lwsd.org

**Ines Bergman**  
Counselor, Su-Z &  
Spanish-speaking  
families  
ibergman@lwsd.org

**Molly Hart, LSWIC**  
Evergreen Health  
Social Worker  
c-mhart@lwsd.org

**Leann Johnson**  
Data Processor  
lejohnson@lwsd.org

**Ashleigh Hasslinger  
Teacher**  
High School & Beyond  
Plan Coordinator  
ahasslinger@lwsd.org

**Kendra Rodland**  
College & Career  
Specialist  
krodland@lwsd.org

**Peggy Shay**  
College & Career  
Assistant  
pshay@lwsd.org

**MENTAL HEALTH  
CORNER**

The return to school in person has been a positive step towards “getting back to normal” but it has also brought a lot of stress, anxiety, and mental health challenges. Students in need of individual mental health support can reach out to their counselors and to our Social Worker, Molly Hart.

Check out the Calm Start morning group and stay tuned for more support groups that will begin soon.

The last day of 1<sup>st</sup> quarter is November 5<sup>th</sup>. Don't forget to check your grades regularly on Skyward (parents can too!) This is the halfway point in first semester.

Talk to your teacher if you need help. Homework help is also available in the JHS Library for an hour after school every day. Utilize ACT Time to meet with teachers.

Take “Brain Breaks” by moving around, getting water or going for a walk. Getting more oxygen to the brain is good for you!

**ACADEMIC  
CORNER**

**YOUTH EASTSIDE SERVICES @ JHS!**

**¡HOLA, HOLA!**

Latinxs Club at JHS: Every Tuesday after school in room 256

**Everyone is welcome to join!**

- Leadership & Community Service
- Cultural Learning & Sharing
- Cultural Empowerment
- Youth Voice

**Bilingual/Bicultural Latinx Youth& Parent Services:**

- Community Resources & Case Management
- College Readiness for 1<sup>st</sup> Gen. College Students
- Undocumented Student Needs

**Reach us in Room 417 in the Counseling Office or call us at our YES office @ 425-747-4937 Judith Mercado x 2320 Tina Morales x 2783**

**MEET MARLON!**

Marlon Shelton is our Equity and Engagement Specialist (EES) supporting Black and African diaspora youth and families.


The EES's mission is to connect youth and families to:

- Education
- Employment
- Enrichment
- Social/Emotional Support
- College Readiness

**Want to meet Marlon?**

**Reach him in Room 417 in the Counseling Office or email [marlons@youtheastsideservices.org](mailto:marlons@youtheastsideservices.org)**

**WHAT IS THE *High School & Beyond Plan* AND HOW DO I COMPLETE IT?**

Click on the link to watch this instructional video! Students received this info in in Homeroom on 10/7. What were your Matchmaker career results? What did you think about your Personality Styles results? Log in and you're your parents!  [HSBP Oct7 HR.mp4](#) Email Ashleigh Hasslinger with questions. [ahasslinger@lwsd.org](mailto:ahasslinger@lwsd.org)

***Thinking of therapy?*** Get connected with a therapist:

- 1.) Ask your doctor for referrals.
- 2.) If you are 17 or younger, you can call the Seattle Children's Mental Health Referral Line at (833) 303-5437 Monday – Friday @ 8am – 5pm.
- 3.) Search <https://psychologytoday.com/us>
- 4.) Reach out to our Evergreen Health social worker, Molly Hart at [cmhart@lwsd.org](mailto:cmhart@lwsd.org)

Featured Counseling Staff:

*Mrs. Bainter*

Has been a counselor at JHS since 2001!



Loves cats, pizza, and travel. Has 2 kids of her own in the LWS

**GO DAWGS!**