



# Juanita High School Counseling NEWSLETTER



VISIT US ONLINE @ [HTTPS://JHS.LWSD.ORG/COUNSELING](https://jhs.lwsd.org/counseling)

*Dear JHS students and families,*

November is rich with meaningful celebrations: Day of the Dead, Native American Heritage Month, National Parent Engagement Month, Veterans Day, Thanksgiving. The thread that weaves these seemingly unrelated tributes together is the gratitude for what these people and cultures have contributed to shaping our society. In whatever fashion your family honors this month of Thanks Giving (not a typo 😊), the counseling office wishes you relaxed and happy celebrations.

*The JHS Counseling Department*



## UPCOMING CLASSROOM VISITS

Are you aware of all the State of Washington Graduation Pathway options?

In December, we'll be visiting 9-11<sup>th</sup> grade classrooms for a lesson on Graduation Pathways.

Check your email for a pre-survey from Ms. Hasslinger!

## NOVEMBER PUZZLE & RAFFLE

Congrats to **EVA ODDERSON** for winning the Ravens sweatshirt in the October Puzzle Raffle!

Students, try your luck again! Solve [this](#) puzzle as you read through the newsletter – including the links – and **send a picture** of the solved puzzle to [ibergman@lwsd.org](mailto:ibergman@lwsd.org) by 12/15 @ 3pm.

The winner (a **MOD Pizza gift card!**) will be announced the morning of 12/16.

## MENTAL HEALTH CORNER

### Be Kind to Your Mind – Taming Perfectionism

Do you feel that what you achieve is never good enough? Or put off turning in homework because you want to get it "just right"? Here are some tips for taming perfectionism:

→ Pay attention to your "all or nothing" thoughts.

→ Being less critical of others can result in being less critical of yourself.

→ Allow yourself to make mistakes. If you're doing your best, you're doing just fine.

More for [students](#) & [parents](#).

## JHS STUDENT SKILLS GROUP

Stress  
Tolerance

Skills to  
decrease  
anxiety

Comm-  
unication

Organization  
Skills

Wednesdays @ 1:15-2PM in the Counseling Office!  
All students are welcome!

LEARNING TIP

**“Explain it to your brain”**

As you learn and practice new content, tell yourself what you are thinking and doing while learning. Self-explanation helps integrate new information with prior knowledge and creates inferences.

“The heart that gives thanks is a happy one, but we cannot feel thankful and unhappy at the same time.” ~ Douglas Wood

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The end of first quarter has passed. Congratulations! We are more than ¼ of the way through the school year!

Happy with your grades? Fantastic!

Not happy? Every **Tuesday and Thursday** there is homework help for an hour after school in the JHS library. Your teachers are available during ACT and by scheduling individual time before or after school.

ACADEMIC CORNER

Where & When

Emergency  
Come Now!

- Stress
  - Unsafe thoughts
  - Anxiety
  - Concern for someone's safety
- That is interfering with class time

Request an  
Appointment

- I need to talk with an adult
- Non emergency
- stress
- Academic concern

Drop In Time

- I have a quick question
- I need to deal with paperwork
- Picking up a transcript

When should I go to the Counseling Center?



Request an appointment with your Counselor here:



**National Parental Involvement Day** is in November and celebrates public education and honors families who make a difference in ensuring that every student receives a quality education, in and out of the classroom. **Thank you to all our families, and a big shout out to our PTSA for their constant support of staff and students!**

*Feeling stressed out? Want to start your day with a positive attitude?*

Join us for 20 minutes of mindfulness and relaxation.

When: Mondays & Thursdays @ 7:20-7:50AM

Where: JHS Theatre

**All are welcome – just show up!**

Featured Counseling Staff:

*Ms. Bergman*

Has been a counselor at JHS since 2007. She adores her baby granddaughter!



Loves reading, working out, sewing, knitting, mediation, and yoga.

**Mrs. B's Recipe of the Month: Pumpkin Pie Oatmeal**

- ½ cup Old-Fashioned Oatmeal
- 1 cup water
- 2 Tablespoons of Pumpkin
- Cinnamon to taste



Microwave for 3 minutes. Serve with smashed banana and a splash of milk of choice. Enjoy!