



# Juanita High School Counseling NEWSLETTER

ISSUE 3  
2021-2022

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

*Dear JHS students and families,*

Winter break is around the corner! As always, school and family calendars fill up with concert practices, family gatherings, shopping, cooking, and travelling. The holidays offer a chance to reconnect with friends and family, but they can also be stressful and hectic. In this issue, you'll find ideas and activities to help you manage the stress of the holidays and the upcoming end of the semester, but also to have fun and be creative.

We hope you enjoy it.

The Counseling Department wishes you a wonderful holiday season and a Happy New Year!

*The JHS Counseling Department*



## Fun & Creative Holiday Ideas

Handmade cards are fun and easy to make.

Attend a holiday event or production

Make cookies or other holiday treats

Even if you've never tried it before, go ice skating!

Try this new hot cocoa recipe. It's amazing!!

## December Puzzle & Raffle

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 1/14 @ 3pm.

The winner (of a **\$25 Chipotle Gift Card!**) will be announced the morning of 1/12.

## Mental Health Corner



### Tips for reducing holiday stress

Know your spending limit. Stay within your budget.

Give something personal. Showing care and love doesn't have to cost a lot: write a note, make a card or a phone call.

Get organized, especially if you have schoolwork to do.

Make time every day for physical activity.

Practice mindfulness and meditation to help you sleep better and combat anxiety. [This is a great free app](#)

Learn to say "No" to events that won't contribute to your physical or mental health wellbeing.

*Want to meet new people who like the same things as you??*

### Join a club!

For a list of clubs at JHS, click [here!](#)

**Spring sports** start in February!



## Recipe of the Month

### Cranberry Spritzer (2 servings):

In a blender, mix ½ cup cranberries and 1 cup apple juice. Divide in to two fancy glasses and top with sparkling water.

*Need a tutor?*

**Need help with school?**

Check out the JHS Library the hours after school on Tuesdays (ELA, History, Languages) and Thursdays (math & science) to work with Peer Tutors!

King County Library System has FREE, ONLINE tutors available for you in almost any subject! More info about [Study Zone Plus](#).



The end of the semester is approaching soon, but you still have time to make up schoolwork and finish the semester strong!

- Leave for Winter Break with a clear plan on how to tackle missed work.
- Talk to your teachers to discuss which assignments to focus on.
- You can use the break to rest and renew but find an hour here and there to get ahead.

*Academic corner*

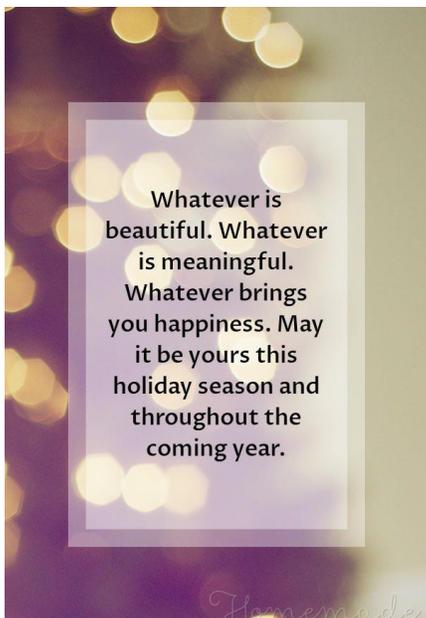


*Featured Club of the Month: ARK (Acts of Random Kindness)*



The ARK Club was founded at Juanita by Grace Wang and Mavin Weinrod in September of 2020 to share kindness in the Juanita community, a need highlighted during the pandemic. Ms. Kruse is the Club advisor, and membership has grown to over 40 members. The goal of the club is to make school -and the world- a more positive place to be in the face of stress, anxiety, and negativity, to lift people up and encourage inclusivity and connection.

**ARK Club believes a little bit of kindness, in any shape or form, can go a long way and have a lasting positive impact.** ARK has organized several campaigns and projects in the community, and this year they designed a kindness board located outside the library where people can share encouraging messages. Want to join or learn more about ARK? They meet every two weeks in room 513.



Whatever is beautiful. Whatever is meaningful. Whatever brings you happiness. May it be yours this holiday season and throughout the coming year.



**Request an appointment with your Counselor here:**



*Feeling stressed out?*

Join us for 20 minutes of mindfulness and relaxation.

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

Where: JHS Theatre

Featured Counseling Staff:

*Mrs. Hamilton, Registrar*

Graduated from JHS!  
Has worked at JHS since 2012.  
Has 2 sons in college (both JHS grads!)



Loves watching football & baseball, baking, reading, and travelling to warm destinations.