



Juanita High School Counseling NEWSLETTER

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

Dear JHS students and families,

“Women Providing Healing, Promoting Hope” is the theme of this year’s National Women’s History Month. The 2022 theme honors the many ways in which women of many cultures and walks of life work diligently to ease suffering and restore dignity. To them we dedicate this issue.

The end of March marks the end of the quarter and beginning of spring break, and we included tips to help you enjoy the break and finish the quarter strong. We hope you enjoy it.

The JHS Counseling Department



SPRING PUZZLE & PRIZE!

Solve the puzzle as you read through the newsletter – including the links – and send a picture of the solved puzzle to ibergman@lwsd.org by April 27, 2022. The winner of a JHS Raven t-shirt will be announced the morning of April 29th!

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



ACADEMIC CORNER

April 1st marks the end of 3rd quarter (and the last day before Spring Break!). The last long break of the year before summer is a good opportunity to recharge your batteries and get ready for a strong 4th quarter.

- Talk to your teachers to clarify missing assignments you may be confused by.
- Get to class on time! The first minutes of class do matter and often include important information!
- Attend the After School Raven Homework Hour in the library after school.

MENTAL HEALTH CORNER

How to Deal with Rejection

We all experience rejection. Whether it’s in the form of being bullied, not being asked to prom, not getting into your college of choice, or getting broken up with. It feels painful and can cause us to avoid others in anticipation of experiencing more rejection. So, what can we do to handle rejection in a way that is healthy?

Here are some coping strategies:

- **Acknowledge the pain caused.** Often, rejection causes embarrassment, and we try to push that feeling of shame away. Instead, try to give yourself time to process your feelings with a trusted friend, parent, or counselor.
- **Don’t blame yourself.** It’s natural to want to point fingers and find out exactly why you were rejected. However, you may never know the reason. Don’t blame yourself for something that may be entirely out of your control.
- **Build Resilience**-practice self-care, remember that setbacks are a normal part of growth, discover what you can learn from this experience, and find people who can support you.
- **Keep showing up** – remember that rejection happens to everyone and it’s a part of becoming who you were meant to be.

SPRING BREAK IDEAS!

- ➔ Explore one of the local parks:
 - [Saint Edwards State Park](#)
 - [Crestwoods Park](#)
 - [O.O. Denny Park](#)
 - [Big Finn Hill Park](#)
 - [Bridle Trails State Park](#)
- ➔ Visit the [cherry blossoms](#) at the UW!
- ➔ Visit the [Skagit Valley Tulip Festival](#)
- ➔ Go see a movie at the new [Cinemark](#) in Totem Lake.



INTERESTED IN RUNNING START?

Running Start allows 11th and 12th graders to take college-level courses at community and technical colleges. Students can earn both high school and college credits through this program.

The Running Start Orientation is available to view on the JHS Counseling website at: <https://jhs.lwsd.org/counseling/running-start1>
Appointments with counselors about Running Start will be scheduled after students complete all steps.

RECIPE OF THE SEASON

Strawberry Smoothie (2 servings):

- ➔ In a blender, mix 2 cups of milk, 1-2 cups of fresh or frozen strawberries, 1 fresh or frozen banana, 1 tablespoon of honey or maple syrup and vanilla.
- ➔ Optional additions: Protein powder, avocado, nut butter, cocoa, or spinach



FEATURED CLUB OF THE MONTH: PERIOD CLUB

The period club was founded by Riva Gore, Katie Christensen, Gina Sáez, Corinna Scully, Sydney Bowmen and Gabriella Forcino in 2019 because of a research project on gender issues, and the realization that period poverty impacts women's access to education and the workplace not only around the world but in our own community.

During the two annual drives conducted in 2021 the club collected over 19,000 products, half of which went to JHS and Middle Schools girls' bathrooms, and the other half to Mary's Place in Seattle. Products are also distributed to classrooms, where trans men and nonbinary students can access them. The Club also held informational homeroom presentations to inform students on issues related to periods and women's health.



Though the founders of the club are graduating this year, they hope to keep the club going through younger members of the student body. Even if the focal issues of the club do not impact boys directly, the Period Club is looking forward to having more males join the club.

Anyone interested in joining the club can do so with this link <https://tinyurl.com/29nasacu>. Check out the Period Club Instagram at @period.juanitahs for any information and updates about club activities. Email period.jhs@gmail.com for any questions about our club!

Do you know how to start your day relaxed and on a positive note? Help is on the way!

Join the [CALMSTART](#) group on Mondays and Thursdays from 7:20-7:40 in the theatre for 20' of mindfulness and relaxation.

No time for breakfast? No worries, snacks available afterwards.

Featured Counseling Staff:

Ms. Hunsberger

Ms. Hunsberger has 2 French Bulldogs she loves more than anything else!
She enjoys skiing, paddleboarding, yoga, and biking.



Hunsberger loves being at JHS and working with her students!