

ESTANCIA HIGH SCHOOL

SEPTEMBER IS SUICIDE PREVENTION/AWARENESS MONTH

See page 3 of this newsletter for resources and info

WELCOME BACK, EAGLES!

Welcome to September! We hope that you have started to get into a routine for the school year, are adjusting to your classes, and are working hard! Your counseling department is here to support you. Please reach out to your counselor or your teachers if you need any assistance. Go Eagles!

PSAT/SAT TESTING IS IN OCTOBER!

PSAT Testing will be held on October 12, 2022

- The PSAT is open to all juniors who are on track with their A-G requirements and have a minimum cumulative GPA of 2.5
 - Cost: \$20 or \$8 (if you qualify for free/reduced lunch)
 - Deadline to pay: 10 AM on September 14, 2022. Pay at the EHS ASB office.

SAT Testing will be held on October 27, 2022

- The SAT is open to seniors only
 - Cost: \$55 or \$8 (if you qualify for free/reduced lunch)
 - Deadline to pay: 10 AM on September 23, 2022. Pay at the EHS ASB office.

UPCOMING EVENTS

- New Parent Orientation: September 22nd, 5:30 PM, Choral Room
- Back to School Night: September 22nd, 6:30 PM, Main Gym

COLLEGE & CAREER CHECKLIST

September 9th is the LAST DAY to change your schedule!

Click [HERE](#) to submit a schedule change request

FRESHMAN

- Meet your school counselor
- Make a course roadmap
- Get involved with school activities
- Volunteer (HINT: looks good on resumes)
- Explore your interests!

SOPHOMORES

- Focus on your classes
- Develop your study and test taking skills
- Develop time management and organizational skills
- Utilize your planner (or ask your counselor for assistance!)
- Start thinking about taking the SAT or the ACT

JUNIORS

- It's time to set goals for this year!
College? Career path?
- Meet with your counselor to make sure you are on track for graduation
- Make sure you are meeting A-G requirements if you plan to apply to college
- Think about taking the PSAT

SENIORS

- Make sure that you are on track to graduate and fulfill A-G requirements if you plan to apply to college
- Finalize your college lists (reach, match, and safety schools)
- Research the schools you're interested in and make sure you're fulfilling their requirements
- If you have a first choice college, discuss the possibility of applying for Early Action (EA) or Early Decision (ED) with your counselor
- Take the SAT and/or the ACT

LINKS

Visit [Schoolinks](#) to begin exploring colleges!

If you are planning on applying to college, visit our college planning page [HERE](#)

If the college you are applying for requires the SAT or ACT, consult their official websites to find testing dates:

<https://www.act.org/content/act/en/products-and-services/the-act.html>

<https://satsuite.collegeboard.org/sat/registration/dates-deadlines>

SEPTEMBER IS SUICIDE PREVENTION/AWARENESS MONTH

World Suicide Prevention Day is September 10th. Visit the International Association for Suicide Prevention (IASP) for more info: <https://www.iasp.info/>

National Suicide and Crisis Hotline: Dial 988

Crisis Text Line: Text HOME to 741741 (English) or AYUDA to 741741 (Spanish)

The Trevor Project: Dial 1-866-488-7386 or Text START to 678678

- LGBTQ+ mental health and crisis support

NAMI (National Alliance on Mental Health) Helpline: Dial 800-950-6264 or text HelpLine to 62640

Orange County 24HR Suicide Prevention Hotline: Dial 800-273-8255 (OC specific)

Orange County 24/7 WARM Line: Dial or text 714-991-6412

- Free, confidential
- Provides emotional support and resources to Orange County residents

NMUSD Mental Health and Wellness Resources:

<https://sites.google.com/nmusd.us/mental-health-wellness/home> (English and Spanish)

NMUSD Care & Support Line: 714-424-5050 (English and Spanish)

- Technology, family & mental health, student records, enrollment, student meals

CARE SOLACE: <https://caresolace.com/site/nmusd> or Dial 888-515-0595 (all languages)

- 24/7, no cost, anonymous
- Mental health, substance use

You Matter: The Estancia Counseling Department is here to support you. If you or someone you know is struggling, don't hesitate to reach out to a counselor or other adult at school.