

EHS COUNSELING NEWSLETTER



Mr. Huggins (Crossroads Counselor), Ms. Martinez-Eggleston (A-Df), Mr. Stepney (Jad-N), Dr. Montoya (Rok-Z), Mr. Beecher (Family Therapist), Ms. Ryan (Dg-Jac), Mr. Bia (O-Roj), Ms. Velhagen (College & Career Counselor)

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SENIORS: exciting times for the Class of 2022!

Make a note of these dates & details:

Mandatory Senior Meeting in PAC: April 19, 4th period: detailed information re: end-of-year requirements & events.

College Signing Day: May 1: let the college of your choice know you're committing to them, if you haven't already!

College Signing Celebration: May 2 @ lunch in courtyard

Senior Finals: May 4 & 5

Deadline to complete Senior Exit Survey: May 4 (survey posted in Counseling Google Classroom starting 4/19)

Mandatory Graduation & Honors Assembly Practice: May 11 in gym: arrive @ 7:45 at latest for 8 AM start!

Cap & Gown Pickup: May 11 following Honors Assembly practice, in Counseling. NOTE: You will be able to pick up your cap & gown ONLY if you've completed all mandatory tasks! (see list at left)

Honors Assembly: May 12 @ 9:46-10:46 AM in gym; arrive by 9:15 AM at latest. All families welcome!

Graduation! May 13 @ 2:30 PM at Tingley Coliseum. Seniors report by 12:30 PM. All families welcome; no tickets required!

CONGRATULATIONS, GRADS!

Senior Mandatory Tasks!

In order to pick up your cap & gown, you must take care of these items by their deadlines:

- Complete Senior Exit Survey by May 4
- Complete Final Next Step Plan by April 20
- Return all textbooks & library books
- Pay all fees & fines
- Return all EHS property: ROTC uniforms, etc.



All welcome at Health & Wellness Fair: Thursday, April 7 from 5 - 7 PM!



ELDORADO HIGH SCHOOL'S 2022 HEALTH AND WELLNESS FAIR

Come join us at Eldorado High School for a panel discussion from community members sharing their personal stories of their Journey to Wellness and meet some of our local health resources!



There will also be food trucks and door prizes

Where: Eldorado High School's Performing Arts Center and Courtyard

When: Thursday, April 7, 2022 at 5:00 pm to 7:00 pm

Guest Speakers:

Jeremy Lihte, Founder of New Mexico Leaders in Recovery
Nico Morales, Author and Founder of No Halo, LLC
Nika Lawrie, Founder/CEO Moringa Health + Wellness, LLC
Mike Robertson, Parent, Teacher, and Coach.

For more information contact: Tim Huggins, Crossroads Counselor at Eldorado High School at timothy.huggins@aps.edu. (505) 296-4871 ext. 35176.

Vape-Free Eldorado!

Dear Parents/Guardians,

We are proud to share that on January 6, 2022, Eldorado High School was recognized as part of the American Lung Association's Vape-Free Schools Initiative. We want to help our school be a healthier space for all of our students and set them up for a lifetime of success. This includes helping our students live tobacco-free lives.

By enforcing a vape-free campus, using e-cigarettes and other tobacco products becomes less socially acceptable and creates a healthier environment for all students, staff, parents and visitors. As educators, we are responsible for educating our students about the dangers of nicotine dependence and providing appropriate resources. For those who are currently vaping, smoking or using any kind of commercial tobacco product, we offer assistance to help them quit. Members of our staff have completed American Lung Association training to deliver vaping/tobacco use intervention and cessation programs for our students.

Not On Tobacco (N-O-T)[®] is the American Lung Association's teen smoking/vaping cessation program, helping teens who want to quit, and providing the tools, information and support to quit for good. Over the 10-session program, participants will learn to identify:

- o Their reasons for smoking, vaping or chewing tobacco
- o Healthy alternatives to tobacco use
- o People who can support them in their efforts to quit
- o Effective tools to prepare and support them through their quit journey

If your child is interested in learning more about N-O-T and signing up for this free course, please contact Tim Huggins, EHS Crossroads Counselor at timothy.huggins@aps.edu.

INDEPTH[®] (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health) is an alternative for students who face suspension for violation of school vaping or tobacco use policies. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students about nicotine dependence and establishing healthy alternatives. As outlined in our school code of conduct, offenders of our tobacco/vape-free school policy will be subject to attendance to an INDEPTH program, while subsequent offenses may face further disciplinary measures.

We appreciate your help in supporting this initiative for the safety and health of our school, and sharing this new policy with your child.

If you have any questions or comments, please reach out to Tim Huggins, Crossroads Counselor: timothy.huggins@aps.edu.

Sleep Awareness



Healthy sleep habits include:

- Go to bed & wake up at the same time every day;
- Skip the snooze button;
- Keep naps to 20-30 minutes;
- Limit caffeine;
- Limit exposure to screens (especially right before bed);
- Keep room temperature cool, if possible;
- Set aside 8 hours to sleep every night.

If poor sleep is an issue for you, please seek assistance, including from EHS Counseling or Nurse.

SAT School Day



All Juniors will take the SAT on Wednesday, April 13. This is a "real", complete SAT test, scores from which students may choose to send to colleges in their senior year. Students may also choose to retake the SAT, and to try the ACT. For more information on these tests, as well as test prep support, see the [Counseling website Testing page](#).

~ To all other grades: enjoy your day off! ~

AP Testing

Students who registered and paid for AP exams (which are optional) will be testing in the Lecture Hall during the weeks of May 2 and May 9.

Please see Ms. Harmon's AP Classroom for dates, times and details, and how to prepare.

AP scores are typically emailed to students by College Board in July.

Seniors, if an AP exam conflicts with one of your finals, contact that teacher to make other arrangements. Also, seniors, be sure to follow College Board's instructions on how to select the college where you want your scores sent; do this before their deadline, so they don't charge you!

[AP testing schedule here](#)

SUMMER SCHOOL

Need to make up credits? See your Counselor right away to get registered for Summer School! It's free for all students this year. Details on the [APS Summer School website](#).