

MONTHLY NEWSLETTER - SEPT 2023

MS. MUIR'S
COUNSELOR CORNER

SENIORS

College-Bound?

- Keep your grades up!
- Meet with me to review graduation progress & transcript accuracy.
- Finalize list of college choices and apply.
- Create calendar for college admissions, financial aid, and housing.
- Do you need SAT scores?
- Request letters of recommendation.
- Keep applying for scholarships!



MILITARY INTEREST?



Start looking for cafeteria visits during lunch starting in October. Want to meet one-on-one with a recruiter? Let

Mrs. Hoppe know!

Heather.Hoppe@thedeltahighschool.com

FRESHMEN

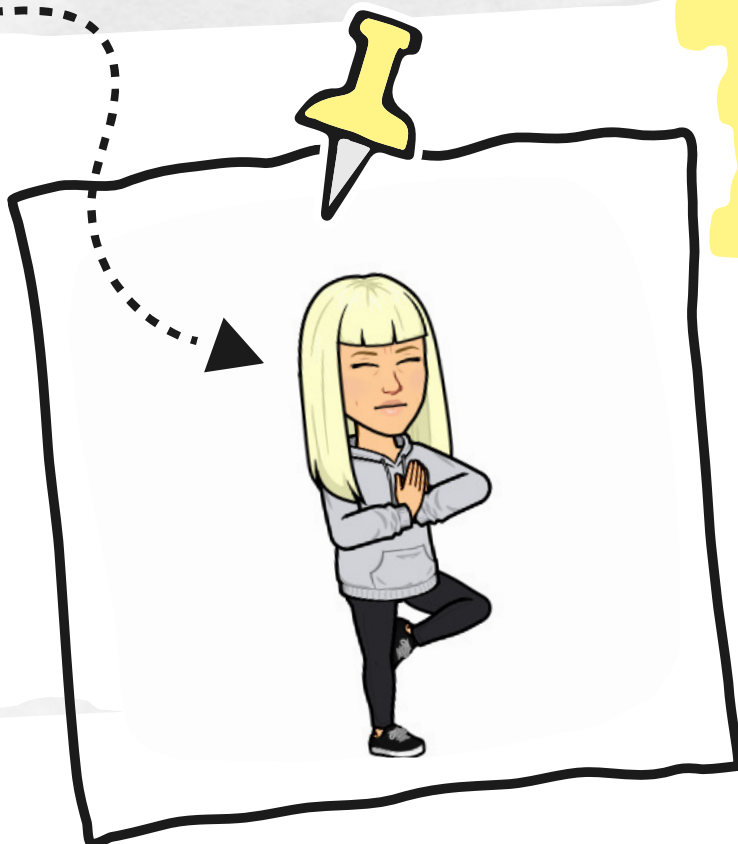
Did you know that joining a club can improve mental health and well-being? Clubs offer a sense of belonging, social support, opportunities for leadership, and boosts self-esteem! Not only that but clubs are a great way to help develop your character and the skills that will benefit you in school, your career, and in life! Check out our full list of clubs and when/where they meet on Delta's website & posted in the halls!

Delta Senate (ASB)	John Solomon
Ambassadors	Kamila Hernandez-Martinez
Bible Club	Warren Carlson
Chess Club	Mason Rose
CyberPatriot	Roman Todd
Delta & Dragons	Nicholas Baker
Delta PRIDE	TBD
Film Making	Lydia Galle
Fine Arts	Lorelei Ockenfels
Gesa Credit Union	Estrella Rodriguez
Key Club	Isabel Melendrez
Literary Club	Hailey Yunker
Music Club	Oscar Perez Covarrubias
National History Day	TBD
National Honor Society (NHS)	Leo Serna
Robotics (Tech) Club	TBD
Speech & Debate	Ayden Hicks
Video Gaming	Donovan Johnston

MENTAL HEALTH TIP OF THE MONTH

Exercise is an important tool for staying mentally healthy in high school. Benefits:

- Better sleep
- It's fantastic for "me-time" (and socializing)
- It'll force you to hydrate
- It increases your cravings for healthy food
- It increases self-esteem and reduces stress
- Helps you find balance in your busy life



Stay "In The Know"

Remember to regularly check your Delta email and Teams pages!