

Mercer Island High School

HAPPY — NEW YEAR

2024

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January 2024



MIHS Counseling Newsletter

NEW YEAR MENTAL HEALTH RESOLUTIONS



- Commit yourself to carving out some time each day to "shutting down" and doing something that helps you rest and recharge your mental/emotional batteries
- Speak nicely about yourself and treat yourself with respect. Try daily affirmations such as "I am confident, I am strong, I am capable"
- Remind yourself that it's okay to make mistakes or miss goals and that is okay.
- Stay mindful and in the moment.
- Embrace change
- Practice gratitude such as writing down 1-3 things you're grateful for each morning or night, writing thank you notes to the special people in your life, or doing a gratitude-focused meditation.
- Ask for help. You and your needs are not a burden, and there are likely many people in your life who would love to help you when given the chance.



[CLICK HERE FOR MORE IDEAS](#)





Important Dates and Deadlines

Timeline

January 15

MLK Day - No School

January 16-19

Finals week (check out schedule [here](#))

January 22

MIHS - No school

January 23

2nd semester begins

January 29

Last day to add a course for 2nd semester

February 9

Skyward registration opens (grades 9-11)

February 1

1st day to submit Running Start enrollment verification forms to BC for spring quarter

Mid February

Seniors: Mid year transcripts will be sent to colleges

February 16

Deadline to register for a 2nd semester MIOne course

March 4

Last day to DROP course without a "W" Withdrawal grade

March 8

Skyward registration closes (grades 9-11) L

June 8

Graduation

Second Semester Schedules

Students

Take a moment to check your second semester schedules in Skyward. If there are errors, you don't have 6 classes, or you are missing a graduation requirement, stop by the Counselor of the Day table to get help with this. We want you to have your schedule for 2nd semester lined up and ready to go BEFORE the semester begins on Tuesday, January 23rd.

MI Online Course Registration

Due February 16

For students who need to take a credit recovery course or who want to take a course not offered at MIHS, MI Online courses are available. To find out more information and to register, visit the Counseling website. Second semester registrations will be considered until February 16.

2ND SEMESTER UPDATES

COURSE REGISTRATION

Registration Season is almost here for our Freshmen, Sophomores, and Juniors! Students in grades 9-11 will be making course selections for next school year throughout the month of February. Here are some highlights of the upcoming activities:

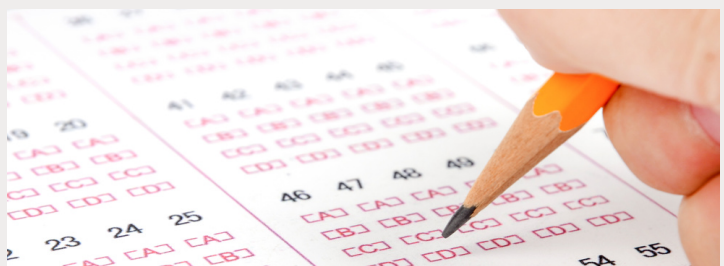
- Early February: Ms. Brown visits 9th grade Science classes to discuss registration information
- 1/24 & 1/31: Registration informational videos shown in 10th and 11th grade IH classes
- Feb. 9: Skyward opens for 9-11th grade
- March 8: Skyward closes for course selection

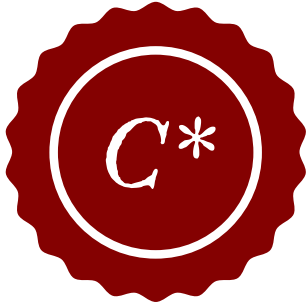


AP EXAM

ACCOMMODATIONS

Students who are seeking accommodations for AP exams in May who have not been approved previously by the College Board should contact Mike Neff, School Psychologist, at mike.neff@mercerislandschools.org before January 13th, 2024. Students who have already been approved by College Board for accommodations for PSAT or SAT exams will automatically receive accommodations, no additional action is needed.





College and Career Updates



Field Trip!

JANUARY 23 & FEBRUARY 14

Two field trips are scheduled to WANIC/Lake Washington Tech/Digi Pen on January 23 and to Renton Tech Open House on February 14.

There is limited space, so please reach out to Ms. Kenyon if you are interested!

Ms. Kenyon

Reach out to Ms. Kenyon with any of your College and Career questions. Stop by the Career Hub or email at christine.kenyon@mercerislandschools.org.

Tips for Coping with Stress

Here are six tips for preventing unhealthy stress and managing anxiety

1 SLEEP

Getting 8-10 hours per night is essential for your physical and emotional well-being.

2 TALK

Find a trusted friend or adult who can help you work through a stressful situation.

3 EXERCISE

Physical activity helps reduce stress. Move your body for at least 60 minutes a day.

4 GET OUTSIDE

Spend time in nature. Take a walk, ride a bike, or go for a run or hike.

5 EXPRESS YOURSELF

Writing, drawing, painting—any creative outlet can reduce anxiety and improve your mental health.

6 FIND BALANCE

Make time for things that really matter to you. Find a healthy balance between schedules and free time. Avoid mood changers such as alcohol, marijuana, and vaping.



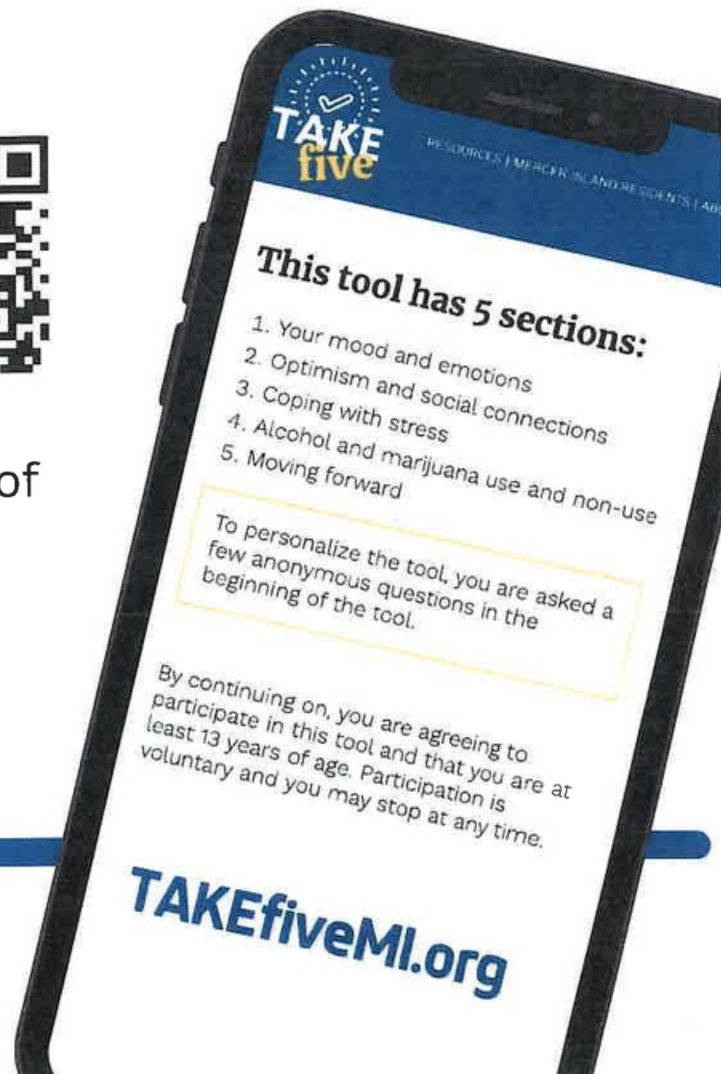
See how you're doing in all areas of your life to cope with everyday stress & pressure.

Get personalized tools & resources!

Brought to you by

MIHS S.A.F.E. CLUB

& MI Healthy Youth Initiative



2024 BELLEVUE SCHOOL DISTRICT COLLEGE CONFERENCE SERIES

NEW for 2024! Happy New Year! MIHS and BSD are partnering on several post secondary events in the coming months. All of the events on this flyer are open to MIHS students and families. If you have any questions, please check with Ms. Kenyon in the Career Hub.

COLLEGE APPLICATION PROCESS 101 FOR PARENTS OF JUNIORS

Wed, Jan 24, 2024: 6:30 pm

Sammamish HS Performing Arts Center

Attend in person

Join online, or watch the recording at your convenience

RUNNING START INFORMATION SESSION

Wed, Jan 31, 2024: 4:30 pm

Join online, or watch the recording at your convenience online

COLLEGE CONFERENCE

Wed, Feb 7, 2024: 6 pm Keynote speaker, Dr. Kelly

Aramaki 6:40 pm First session begins

Highland Middle School

Attend in person

Join online, or watch recordings at your convenience

HBCU VIRTUAL COLLEGE FAIR

Mon, Feb 12, 2024: 5 pm – 6 pm

Join online at www.bsd405.org/CC2024

COLLEGE APPLICATION 101- SPANISH SESSION

Thu, Feb 15, 2024:

9 am – 10:30 am

Highland Middle School Library

Attend in person

INTERNATIONAL COLLEGES FAIR

Thu, Feb 29, 2024: 5:30 pm – 7:30 pm

Odle Middle School Commons

Attend in person

Students and families from all high schools are welcome to join!

NEW sessions added this year include:

- University of California schools panel
- Western Undergraduate Exchange
- Out of State Flagship Universities
- WA Guaranteed Admissions (WA GAP) schools panel
- University of Washington focused session
- Bellevue College focused session
- Additional BSD Alumni panel



Please watch the College Conference page on the BSD website for the conference schedule, session descriptions, links to join sessions and session recordings.

www.bsd405.org/cc2024



**Bellevue
School District**



SPECIAL THANKS TO

