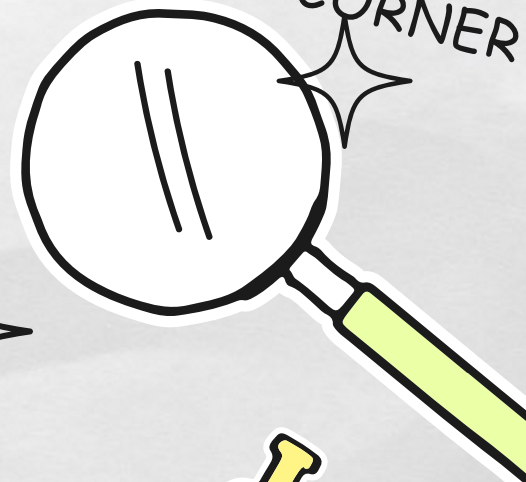


MONTHLY NEWSLETTER - MAR 2024

MS. MUIR'S
COUNSELOR CORNER



Current Juniors

Do you want some relevant work experience? Do you want to create connections and open the door for opportunities? Do you want to learn more about yourself and potential career possibilities? If you answered "Yes!" then don't forget to frequently check the WBL & Internship channel in your Class of 2025 Teams page!



Upcoming Important Dates

- 03/08 End of Trimester 2
- 03/14-15 Student-Led Conferences
- 03/22 Red Cross Blood Drive
- 03/22 Spring Fling (Spirit Week)
- 03/27 Spring Showcase & Awards Night
- 03/28 Autism Acceptance Day
- 03/29 Early Release @ 11:30am

Community Resource

Cork's Place

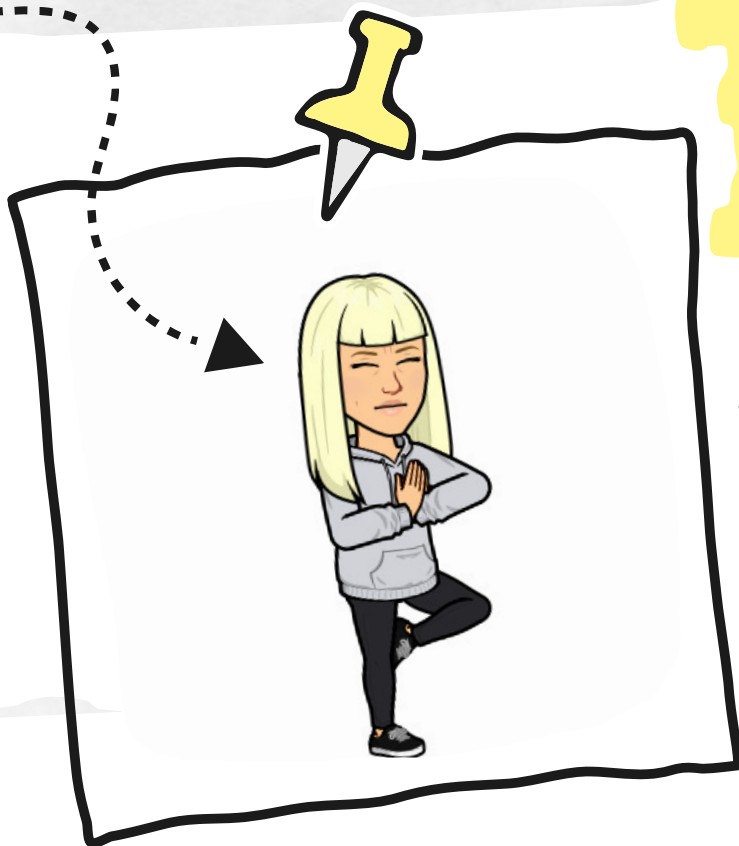
Located in Kennewick, Cork's Place is for children, teens and adults who are grieving the loss of a loved one. Cork's provides a safe and nurturing environment where those hurting can share experiences, support one another and find comfort as they move through the different processes of emotional healing.



MENTAL HEALTH TIP OF THE MONTH

Sensory Scavenger Hunt

Throughout your day, seek out things that satisfy, in a healthy way, your five senses. You'll become more present and will find a reduction in overall stress/anxiety. You should also see an improvement in your emotional regulation.



Need to Make an Appt?

calendly.com/ms_muir_counselor