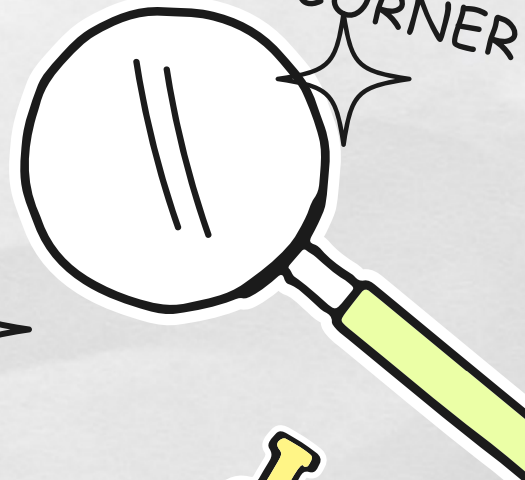


# MONTHLY NEWSLETTER - APR 2024

MS. MUIR'S  
COUNSELOR CORNER



## Digital Footprint

It's made up of EVERYTHING you share digitally (texts, photos, videos, social media posts.) It matters when it comes to both college admissions and jobs. Do an audit. Look at all your social media accounts and examine them via a different lense. Consider an admissions officer or employer seeing them. Is it what you want the adult decision-makers to see?



## Upcoming Important Dates

04/01-05 Spring Break

04/17 Early Release @ 11:30am

04/17 STAMP Testing

04/19-20 WA State NHD Finals

04/22-26 SBA ELA (10th Grade)

04/24 Senior Picture

04/29-05/03 SBA Math (10th Grade)

# Community Resource

## Community Resource Desk

The Kadlec Community Resource Desk is a free service that connects people with the community resources they need. They can help with housing/rent, food, utility costs, clothing, transportation, jobs, legal help, alcohol/drug recovery, counseling & more!

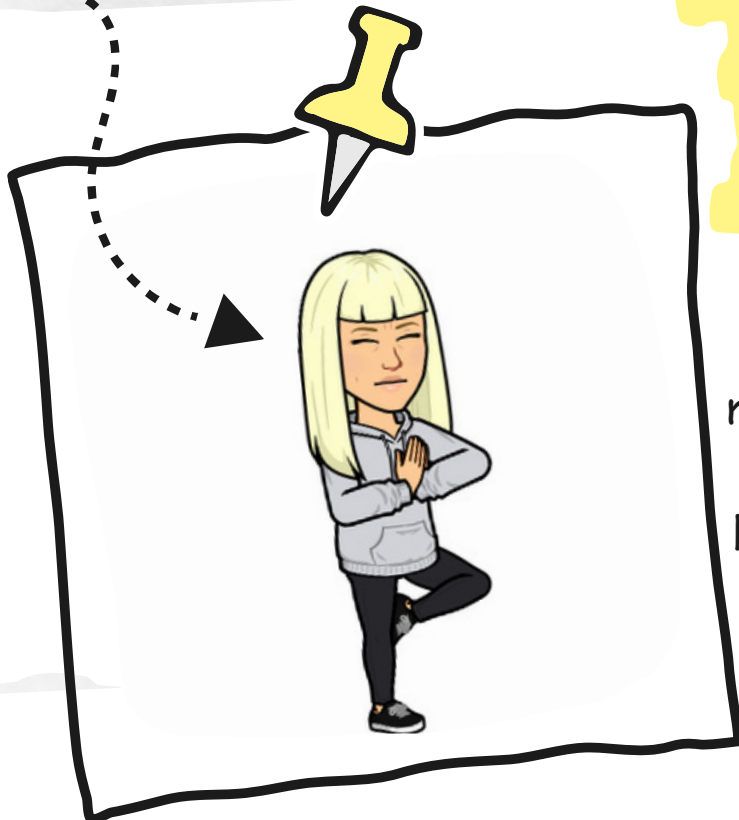
# KADLEC

Kadlec Healthplex  
1268 Lee Blvd  
Richland  
M-F 9am-2pm

## Mental Health Tip of the Month

### Reclaim Your Power

Focusing on what you can control means directing your time, energy, & resources towards things you have direct influence over, rather than things outside of your control. This includes actions, attitudes, and responses.



Need to Make an Appt?  
[calendly.com/ms\\_muir\\_counselor](https://calendly.com/ms_muir_counselor)