
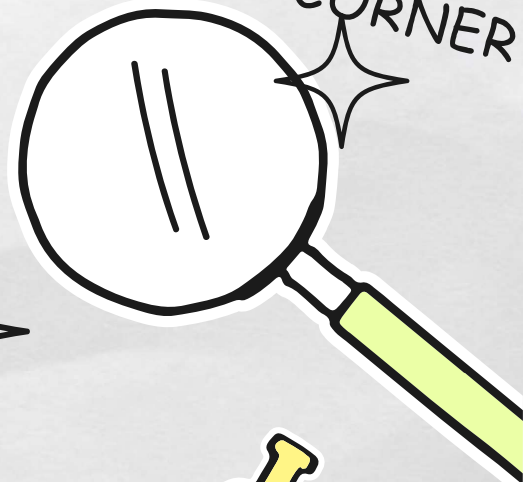


MONTHLY NEWSLETTER - MAY 2024

MS. MUIR'S COUNSELOR CORNER



Senior-itis (it's spreading!)

Don't catch it! Symptoms include that lack of motivation that strikes seniors this time of year! You've made it this far; don't crash and burn at the finish line.

- Keep the end goal in sight.
- Don't deprive yourself of fun.
- Change things up a bit (where you study and do schoolwork).
- Stay organized and on schedule.



Upcoming Important Dates

- 05/01 - Senior Panoramic Photo
- 05/01 - Job Shadows (11th grade)
- 05/07 - PoDS Meeting, 7:00pm
- 05/10 - Intern Fair (11th grade)
- 05/06-05/10 - Spirit Week
- 05/11 - Junior-Senior Prom
- 05/15 - Early Release @ 11:30am
- 05/20 - Delta Awards Ceremony
- 05/24 - Red Cross Blood Drive
- 05/27 - No School (Memorial Day)

Mental Health Awareness Month

#TakeAMentalHealthMoment

Our mental health journey starts with a single moment. Seeking support? Visit NAMI for support services and treatment options.

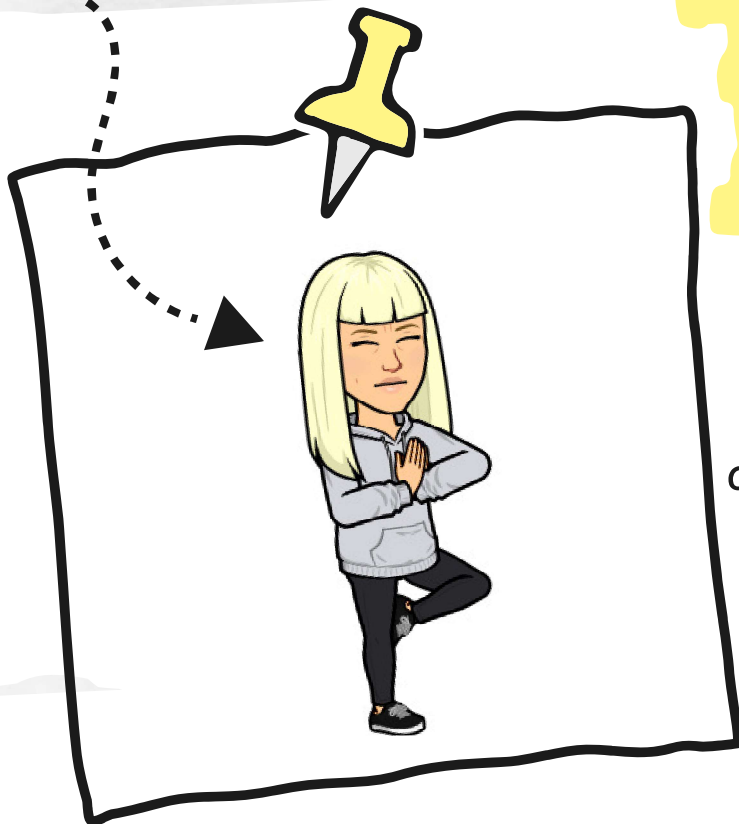
[NAMI.org](https://www.nami.org)

Small steps
can lead to
big progress
in mental health.

Mental Health Tip of the Month

Thoughts are Just Thoughts

Our thoughts are not necessarily facts. Our minds like to warn us about stuff to keep us safe, which can cause us to feel anxious. We CAN learn strategies to become less sensitive to intrusive thoughts. Ask Ms. Muir for more details!



Need to Make an Appt?

calendly.com/ms_muir_counselor