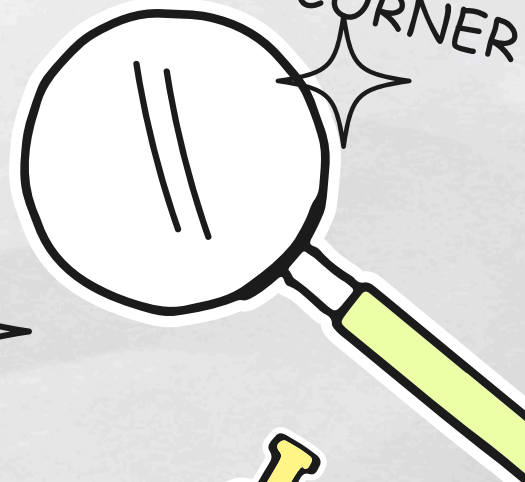


MONTHLY NEWSLETTER - JUNE 2024

MS. MUIR'S
COUNSELOR CORNER



Honoring our Seniors

"You have brains in your head.
You have feet in your shoes. You
can steer yourself in any direction
you choose. You're on your own.
And you know what you know. YOU
are the one who'll decide where to
go." -Dr. Seuss

We believe in you, Class of 2024
We know you will do GREAT things!



Upcoming Important Dates

6/6 - Senior Breakfast & Grad Rehearsal

6/6 - Graduation! 7:00pm, HAPO Center, Pasco

6/7 - All-School BBQ

6/13 - Last Day of School (End of T3; Early-Release @ 11:30am)

2024-2025 Important Dates:

8/19 - Schedule Pick-up & School Picture Day

8/27 - 1st Day of School (9th Grade ONLY)

8/28 - 1st Day of School (All Grades)

Ideas to Stay on Your Game This Summer!

Exercise (can improve cognitive function!)

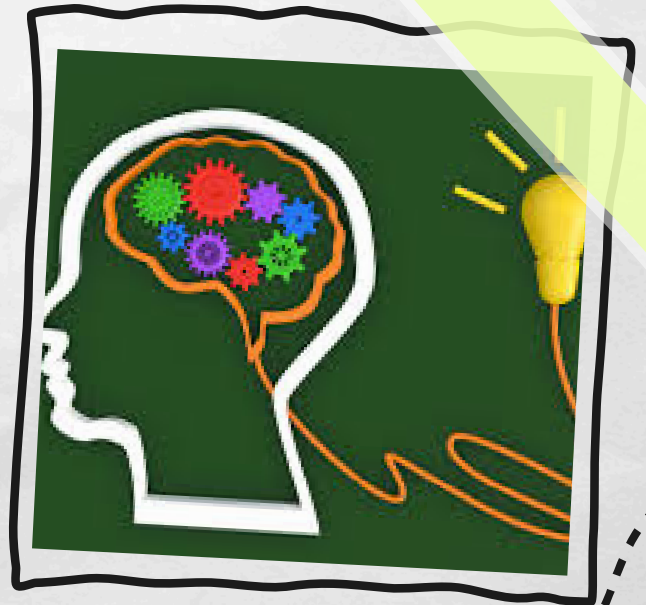
Read (keep the mind engaged!)

Volunteer (learn new skills!)

Stay Social (keep the mind sharp!)

Keep "Screen Time" in Check!

Let Creativity Flow!

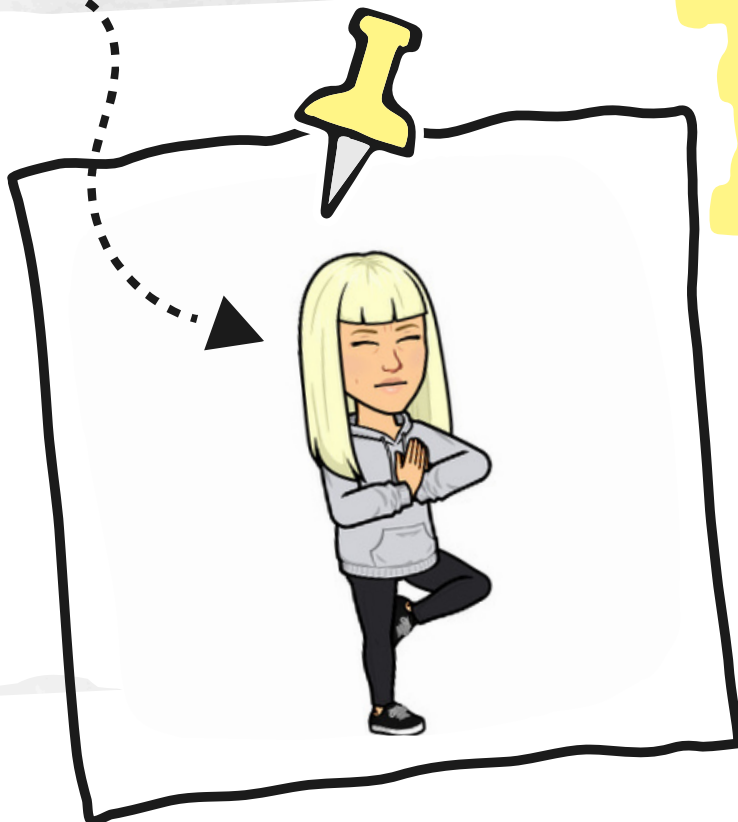


Mental Health Tip of the Month

3 C's for Negative Thoughts

"Catch it, Check it, Change it"

The things you say to yourself affects your happiness. Catch: Identify the thought that came before the emotion. Check: Reflect on how useful the thought is. Change: Change the thought to a more accurate, helpful, or kind one.



Need to Make an Appt During the School Year?
calendly.com/ms_muir_counselor