

COUNSELING NEWSLETTER

August 16, 2024

IMPORTANT DATES

8/21/24: Juniors meet with Counselors during TEA
8/21/24: Last day for schedule changes (fee to drop a course)
8/28/24: Freshmen meet with Counselors during TEA
9/2/24: Labor Day-No School
10/9/24: First Quarter Ends
10/9/24: PSAT/NMSQT for all 10th/11th graders
10/10/24: Employee In-Service-No Students
10/11/24: Fall Break-No School
10/24/24: 2:30-6:30 Parent/Teacher Conferences

CONTACT INFORMATION

Mrs. Horvath: School Counselor (A-K), ext.1117
Mrs. Rottinghaus: School Counselor (L-Z), ext. 1127
Mrs. Ginter: Social Worker, ext. 1111
Mrs. Dipzinski: College, Career, Testing Coordinator
ext. 1123



Dates coming soon for the upcoming visits from the amazing therapy dogs of Canines for Christ!

WELCOME BACK!

We hope you all had wonderful summer and were able to enjoy time with friends and family. There is an exciting energy running through the halls of Mercy McAuley this week! We are thrilled to have your daughters back at school and meet our newest students. We had a great time at freshmen orientation sharing our fears about starting high school and then crumpling them up and having snowball fight with them. We also discussed the importance of self-care and the students shared what they do to take care of themselves.

SELF-CARE IDEAS:

- *EXERCISE
- *JOURNALING
- *MEDITATION/PRAYER
- *PRACTICING GRATITUDE
- *MUSIC
- *PRACTICING MINDFULNESS
- *GET TOGETHER WITH A FRIEND
- *PROPER NUTRITION AND SLEEP
- *HOBBIES

ORGANIZING TIPS FOR CHILDREN WITH ADHD: HELPING DISORGANIZED STUDENTS (ADDITUDEMAG.COM)