

NOVEMBER 2024

MIHS COUNSELING NEWSLETTER



IN THIS ISSUE

- Practicing Gratitude
- Student and Family Resources
- Career Hub Updates
- Financial Aid information
- Testing Accommodations and Off-campus courses
- Upcoming Events
- Parent Edge and Forefront Training





PRACTICING GRATITUDE

November is traditionally a month when we think about giving thanks.

This month, take some time for gratitude. If you think you don't have time because of all you need to do, consider the research:

People who practice gratitude have an improved attitude, improved physical and psychological health, feel more positive, are able to handle challenges more effectively, and are more likely to have lifelong happiness. When you face life's challenges with gratitude, they become less overwhelming and more manageable, creating a sense of well-being.

Try one of these ideas:

- **Go outside for a Gratitude Scavenger Hunt**
- **Write a list of 3 things each day for which you are thankful**
- **Call or send a note to someone you appreciate**
- **Be creative and show gratitude through art, dance or music**
- **Come up with your own idea!**



Gratitude Scavenger Hunt

1. Find something that makes you happy.
2. Find something to give to someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing that you enjoy looking at.
5. Find something that's your favourite colour.
6. Find something you're thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.
9. Find something that makes you feel calm.
10. Find one thing that feels soft to touch.



Even taking one minute to be mindfully grateful each day, especially first thing in the morning, can have a positive impact on your well-being and state of mind! (Equity and Instructional Leadership, Puyallup SD, 2.Nov.2021)

IMPORTANT DEADLINES

01 NOVEMBER

• END OF QUARTER 1



11 NOVEMBER

• VETERANS DAY - NO SCHOOL



22 NOVEMBER

• LAST DAY TO REQUEST A P/NP FROM TEACHERS FOR A CLASS



27 NOVEMBER

• STUDENT HALF DAY



28-29 NOVEMBER

• THANKSGIVING - NO SCHOOL
• NATIVE AMERICAN HERITAGE DAY - NO SCHOOL



STUDENT AND FAMILY RESOURCES



After School Academic Support

Students are invited to take part in after school academic support. These sessions are designed to support students who are struggling to complete homework once they get home, who have questions about assignments, who might need a re-teach of a specific topic, who need time to make up an assessment after school, or any combination of these situations. Click [here](#) to look at the tutoring schedule. .



hi

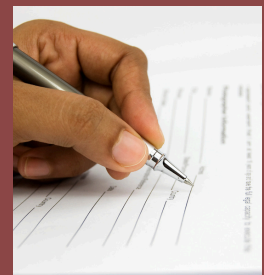


College & Career Planning

The MIHS Counseling Dept. uses Naviance to communicate important updates to students and families. It's important for students to check their Naviance account frequently. Students have time to explore this tool during Islander Hour, but can schedule times with their counselor if they have specific questions such as exploring careers and colleges, applying to colleges, completing their High School and Beyond Plan. They can also stop by the Career Hub/make an appointment with Ms. Kenyon or look [here](#) for additional resources.

Additional Support

Mercer Island High School is committed to supporting all students through our four B's. One of the four B's is Removing Barriers which includes removing financial and social barriers to students who qualify for Free and Reduced Meals. When students are provided nutritious meals, they are able to perform better academically, behaviorally, and emotionally throughout the day. Through this [confidential document](#), MI is able to better communicate your students' needs to the necessary people and provide the resources your student needs to be successful in school. Please reach out to your counselor if you have any questions or concerns.





MIHS Financial Aid Week 2025- One a Day!

7 days of Financial Aid tips and actions to help MIHS families prepare for post secondary funding. Do one per day for a week to build your knowledge and resources. For more information, please visit the [Washington Student Achievement Council](#)



Day #1	<p>**If you do nothing else this week, please do this!** Watch this 24 minute video Introduction to Financial Aid <i>Brought to you by the Washington Student Achievement Council</i></p>	
Day #2	<p>Register for a LIVE Financial Aid Workshop November 1, 2024 5:30-7:00 pm December 11, 2024 5:30-7:00 pm <i>Presented live in English and Spanish</i></p>	
Day #3	<p>WASFA or FAFSA? Take the quiz to determine which is right for you <i>The Washington Application for State Financial Aid (WASFA) is for people who don't file a federal FAFSA application</i></p>	
Day #4	<p>Financial Aid Calculator Estimate your award from the Washington College and Pell Grant programs <i>Many undergraduate students can cover some or all their college costs with the Washington College Grant (WA Grant) and/or Federal Pell Grant (Pell).</i></p>	
Day #5	<p>Set up your FSA ID Click to access these handy FSA and WASFA account set up worksheets (English) (Spanish) <i>Creating an FSA ID is the first step to completing your FAFSA.</i></p>	
Day #6	<p>Learn about the CSS profile Review the CSS Profile information on College Board <i>The CSS Profile is an online application used by colleges and scholarship programs to award non-federal institutional aid</i></p>	
Day #7	<p>Western Undergraduate Exchange (WUE) Check out the WUE Savings Finder and the List of WUE Schools to learn more about this cost saving program <i>The WUE was established to make college more affordable to western state students</i></p>	

Other Resources

FAFSA and WASFA live help	12th Year Campaign Student Padlet	Participating CSS Profile Schools
Live MIHS Scholarship Flyer	Types of Financial Aid	Research Study- Why Students Don't Apply

Any questions about this information, please visit the Career Hub @ MIHS

THE CAREER HUB @ MIHS

COLLEGE APPLICATION SUPPORT

Do you have questions? Want a quiet place to work?

TUES/THURS | THRU NOV 30, 2024 |
BOTH LUNCHES | CAREER HUB

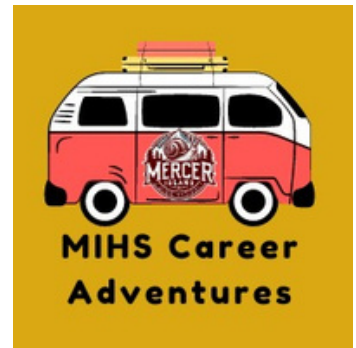
Drop by during either lunch on Tuesdays and Thursdays
September through November for help with essays, Naviance,
online applications, college exploring, and anything else you
need to help you get through this process.

Open to all members of the Class of 2025. The Career Hub is
located right inside the Counseling Department.

Questions? Email Ms. Kenyon
christine.kenyon@mercerislandschools.org or stop by the
Career Hub anytime!



Islander Road Trip!



Hop into the Career Adventure Van! Below is our current list of visits, subject to change. See the most updated list on the Career Hub Website or COD table. When you complete a permission slip, you are eligible to go on all trips that meet your interests. Questions?

christine.kenyon@mercerislandschools.org

Steps to participate in Career Adventures:

1. Get the attached permission slip signed and return to Ms. Kenyon (Ok to leave in mailbox on door to Career Hub)
2. Sign up for the trips you are interested in attending
 - a. Clipboard in the mailbox on the door of Career Hub OR
 - b. Email christine.kenyon@mercerislandschools.org
3. You will receive an email with details of the trip the Monday before. Your parent/guardian will be emailed as well
4. Show up at the MAIN OFFICE on the day of the trip at the time indicated on your email
 - a. Posted on Career Hub website
 - b. Posted in Schoology "class of" group calendars
 - c. Posted on Career Hub bulletin board - end of 200 hall
 - d. Posted by the calendar at Crest

Date	Time	Destination
10/17	8am-10:30am	Renton Tech
11/21	8am-10:30am	Construction Industry Training Council
12/19		Fred Hutch
1/16	8am-1pm	Edmonds CC/AMSC/WATR
2/13	10am-1pm	Lake WA Tech/WANIC
3/20	12pm-3pm	Seattle Pipe Trades
4/17		TBD (Fairmont Hotel)
5/2	9:30 am - 2:30 pm	Health Education Center at Pacific Tower and Seattle Central College

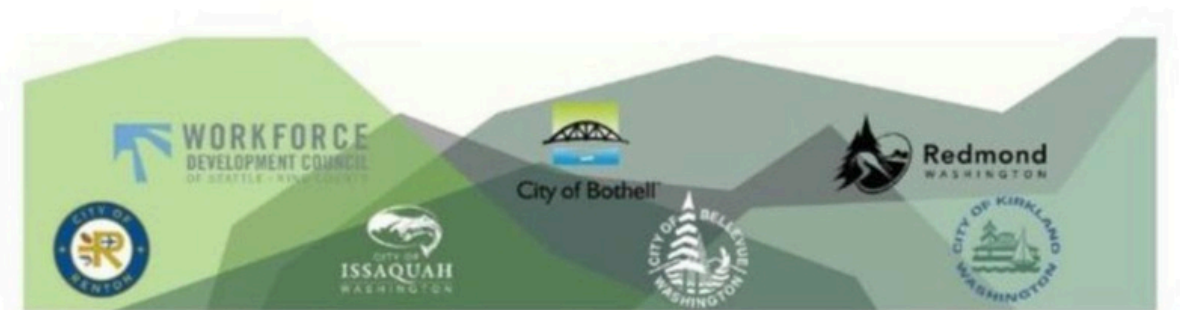
Eastside

2024

VIRTUAL

JOB FAIR

November 14, 2024
10:00 am-1:00 pm



Registration Required

<https://app.premiervirtual.com/events/d5b532b6-1a74-4829-9888-4bc1f0d5ce53/2024-eastside-virtual-job-fair/attendee>





Lake Washington High School
is proud to host

BLACK FAMILY COLLEGE NIGHT 2024

November 20th | 6 pm - 8 pm

Lake Washington High School North Commons

 Post High School Options

 Preparing for College

 Applying to College

 Financial Aid

It's never too late, or too early to think about what's after high school. The Black Family College night will provide the information you need to have this important conversation.



Food Available

NEED MORE INFORMATION?

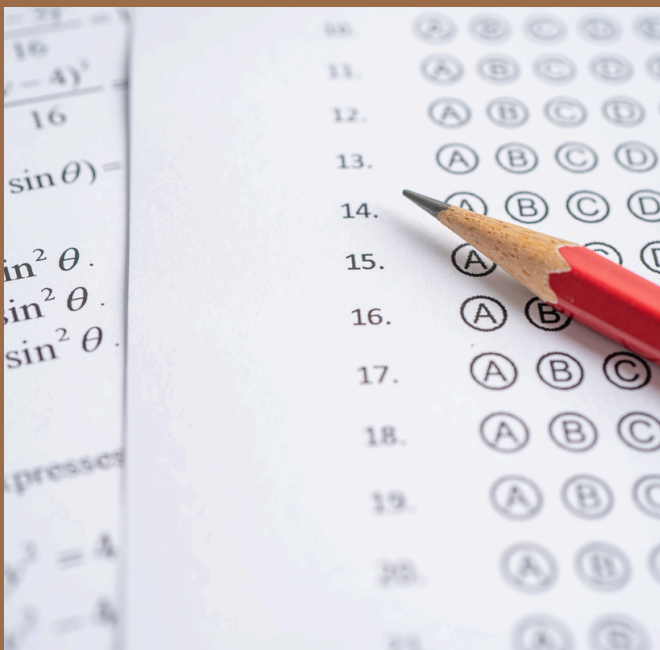
 +1 425 754 4431

 c-dwilliams@lwsd.org

OFF CAMPUS CREDIT AND TESTING ACCOMMODATIONS

Off Campus Credit

If you are trying to pursue any class for credit outside of MIHS, you **MUST** see your counselor and get it pre-approved and signed before you can begin the course. You can find the form [here](#) and read more information [here](#).



Testing Accommodations

If you have an IEP or 504 that provides testing accommodations and you plan to take an SAT/ACT and/or AP exam this year, e-mail Mike Neff, School Psychologist (mike.neff@mercerislandschools.org) to initiate the process of submitting a request for accommodations, if you have not yet done so. Please let Mr. Neff know which test(s) you plan to take along with the test date(s).

PARENT CIRCLE

Navigating School and Family Life from the Immigrant Experience with Dr. Belle Liang



DATE

Nov 8th



TIME

From 12-1 PM



Location

Mercer Island Library

Zoom Option Available



Are you an immigrant parent who wants to learn how to better support your kid? Join us as we learn and discuss [Dr. Belle Liang's recorded webinar](#) (scan QR code to watch) on how to help our kids navigate life in school, work and beyond. This is also an opportunity to exchange thoughts and questions about the resources available in our school district and community.



MI Parent Edge in partnership
with MIHS PTSA & IMS PTSA



Open to parents of all ages



*Auto-translated subtitles are available for the recorded webinar via [Youtube](#); and via [Zoom](#) (Zoom ID: [817 0658 1778](#)) for the [Parent Discussion](#). [Dr. Belle Liang](#) 的视频的自动翻译字幕在 [Youtube](#) 上可用，并且将通过 [Zoom](#) (Zoom ID: [817 0658 1778](#)) [链接](#) 提供给家长讨论。

Dr. Belle Liang 的 비디오에 대한 자동 번역 자막이 [Youtube](#) 에서 제공되며, 부모 토론은 [Zoom](#) (Zoom ID: [817 0658 1778](#)) 링크를 통해 제공될 예정입니다.



MERCER ISLAND

Healthy Youth
Initiative

YOUTH SUICIDE PREVENTION FOR ADULTS

Tues. Nov. 12, 2024
7:00 PM

Virtual Presentation



What to Know. What to Do. You Can Help.

Come and **learn the evidence-based prevention strategies** that you can use to help a youth in crisis stay safe and get support. Just **like first aid and CPR**, this is valuable knowledge for everyone to have in their toolkit to **support a healthy family and community.**

FOR ADULTS ONLY.

Visit www.intheforefront.org for more information on this important topic.



CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES

FREE event! Register at MIHealthyYouth.com