# **Cuidance Newsletter**

September 2024

## Service Academy Day

Congressman Russell Fry is hosting a Service Academy Day on September 21, 2024. This event is a valuable opportunity for high school juniors and seniors to learn about the various U.S. Service Academies, the application process, and the opportunities they offer.

Event Details:

Date: September 21, 2024

Start Time: 9:30 am Exhibits Open

10:00 am Program Begins

Location: Francis Marion University
Luther F. Carter Center

for Health Science 200 West Evans St. Florence, SC 29501

### **PSAT 10th Graders**

**PSAT Opt-In** 

Deadline to opt-in

**September 13, 2024** 

**Test Date** 

October 22, 2024

Senior IGP Seniors, please sign up for your final IGPs <u>h</u>ere

# **Important Dates**

Service Academy Day - Sep. 21st

Jostens - Oct. 1st

College Fair - Oct. 7th

Furman University - Oct. 9th

Be Pro Be Proud - Oct. 9th

PSAT - Oct. 22nd

### Gifted & Talented

Deadline: Monday, September 16th

- The GT Screening and Identification parent notification and translations are posted on the HCS website here.
- GT Referral Form

### **Jostens: Seniors**

October 1st- 10:45 a.m.

Only students will meet.

Packets will be sent home with the students.



# Guidance Newsletter September 2024

# **Mental Health**

What is National Suicide Prevention Week?

National Suicide Prevention Week is an extension of National Suicide Prevention Day, organized by the American Foundation for Suicide Prevention (AFSP) and endorsed by the World Health Organization (WHO). This week is dedicated to educating the public about the warning signs related to suicide and spreading awareness of resources that exist to offer support and save lives.

Many special events take place during September around the world for suicide remembrance and prevention.

Out of the Darkness will host a community walk

Myrtle Beach Walk Information

Date: 10/12/2024

On-Site Registration Starts: 10:00 am

Program Starts: 11:00 am

Location: Broadway on the Beach - The Hangout, Myrtle Beach, SC

Contact: Abbey & Dana Soucy Contact Phone: 843-254-1588

Contact Email: myrtlebeachafspwalk@gmail.com

The Community Walks, held in hundreds of cities across the country, are the core of the Out of the Darkness movement, which began in 2004. These events give people the courage to open up about their own connections to the cause, and a platform to create a culture that's smarter about mental health. Friends, family members, neighbors and coworkers walk side-by-side, supporting each other and in memory of those we've lost. Now, more than ever, it's important to be there for one another and take steps to safeguard our mental health and prevent suicide.

Register today and be part of the movement to walk #OutOftheDarkness.

#### 988 Suicide & Crisis Lifeline

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Call 988 or visit https:988lifeline.org



# **Guidance Newsletter**

# September 2024

# Guidance Staff

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