



COUNSELING NEWSLETTER



SEPTEMBER 2024- FALL SEMESTER



Hello Fall!

Hello Patriots.

We hope you have had a great start to the 2024-2025 school year! The HHS Counseling team will continue offering these newsletters to help you stay informed about upcoming school events, deadlines, and relevant information to help you navigate your high school career.

If there is anything you would like to see or learn more about, send any suggestions to romans@luhsd.net

Thank you,

HHS Counseling Team



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September is Suicide Prevention Month

You may notice purple and teal ribbons and signs around campus this month to help bring awareness to those who may be struggling and to help shift public perception around mental health. Our goal is to spread hope and share vital information to people affected by suicide and to discuss suicide prevention and how to seek help.

If you or someone you know is struggling, please reach out by calling 988 or the Contra Costa Crisis Center by dialing 211 or texting HOPE to 20121.

Please click the link for more information: https://www.nami.org/wp-content/uploads/2024/08/NAMI_SuicidePreventionMonth_Toolkit_2024.pdf



Counselor Classroom Presentations





Counselors visit grade-level classrooms twice a year to present on a variety of topics from creating 4-yr plans, career exploration, and planning post-secondary options.









Freshmen: Sept 16-20th

Juniors: Oct 21-25th

Sophomores: Nov 4-8th

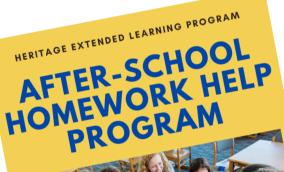














DAY-THURSDAY: 3:30
LOCATED IN STUDY HALL
LOCATED IN STUDY HALL
(UPSTAIRS IN THE LIBRARY)
(UPSTAIRS IN THE LIBRARY)
PE MAKE UPS EVERY WEDNESDAY
(MEET AT THE FOOTBALL FIELD BY 3:30)

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Grading Periods

The Quarter 1 grading period ends on 9/27. Report cards will be available after the Fall break.

These are not final grades but they do affect athletic and extracurricular eligibility!

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College Application Season is here! Do not miss the following deadlines if you are applying to four-year colleges/universities! Do not forget to check the <u>daily announcements</u> for upcoming College and Career Center Events!



Filling Period: Oct 1st-Dec 2nd

Application Link:

https://admission.universityofcalifornia.edu/

index.html



Filling Period: Oct 1st-Dec 2nd

Application Link:

https://www.calstate.edu/apply/freshman



Filling Period: Varies, check w/ each school

Application Link:

https://www.commonapp.org/

Some schools may use an in-house application. Please check each school's website for what application they want you to use.

Letters of Recommendation

Not all schools require letters (UC's and CSU's <u>do not</u>) but if a school does, plan ahead and check the school's guidelines on letters. Give recommenders plenty of time (at least two school weeks!) to write you a letter and make sure to give them your <u>brag sheet</u> and thank them afterward! The deadline to request a letter of rec from your counselor is <u>Nov 4th, 2024</u>!

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