



PATRIOT CORNER

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.

This is our schedule for this Fall:

Seniors: Aug 26-30th

Freshmen: Sept 16-20th

Juniors: Oct 21-25th

Sophomores: Nov 4-8th

Reminders



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!

HERITAGE EXTENDED LEARNING PROGRAM

AFTER-SCHOOL HOMEWORK HELP PROGRAM

A group of students sitting around a table, working on their homework.

MONDAY-THURSDAY: 3:30 PM-5:00 PM
LOCATED IN STUDY HALL
(UPSTAIRS IN THE LIBRARY)

PE MAKE UPS EVERY WEDNESDAY
(MEET AT THE FOOTBALL FIELD BY 3:30)

You must follow all school rules and be working on homework in order to come to the HELP program. Disruptive students will be asked to leave and/or receive a referral.



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 daily announcements for upcoming College and Career Center Events!



**UNIVERSITY
OF
CALIFORNIA**

Filling Period: Oct 1st-Dec 2nd

Application Link:

<https://admission.universityofcalifornia.edu/index.html>



**The California
State University**

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 do not) 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 brag sheet and **thank** them afterward! The **deadline to request a letter of rec** from your **counselor** is **Nov 4th, 2024!**