

# CCHS Newsletter

College and Career High School: We Turn Dreams Into Degrees



CCHS PTSA hosted lunch with a loved one on February 13th, where family members joined us for lunch and trivia!

1

Senate is putting on an art and writing contest- see details to the right

2

Google Form Submission  
Link for the art and writing contest:  
<https://forms.gle/5GqnUqTh6SJ3yQUj9>

3

Open to: All students  
Categories: Art (painting, digital, drawing, photography, etc.) and Writing (poetry, short stories, personal essays)

4

Submission  
Deadline: March 7th

## Therapeutic Thursdays Help Students Survive the Spring Term

If you saw a bunch of dogs on campus a few weeks ago, no need to call animal control, they were just here as part of CCHS' new Therapeutic Thursdays led by CCHS teacher Leslie Richard.

"Nellie, Addie-tude, and Rizona stayed for about an hour and soaked up the attention. Their handlers also enjoyed the company of CCHS students and asked if they could return. They will be coming back in March and April, during exams," explained Mrs. Richard.

The goal of these Thursday events is to introduce students to methods of reducing stress and anxiety and offer time to explore these methods at CCHS as we build community through the events.

"We recognize that students who are successfully pursuing their high school diploma at the same time as an Associates Degree and navigating the life of a teenager need ways to mitigate stressful times," Mrs. Richard said when asked what her motivation was for putting together these events.

In addition to the dogs, CCHS had a therapeutic art session hosted by CCHS senior, Juniper Chrisp. Juniper guided students and staff through a relaxing and energizing hour of listening to music and producing art.



CCHS students bond with their new best friend

"As a participant I can share that the session felt like meditation in a room full of others meditating. It was lovely," stated Mrs. Richard.

Next up is a games day in the foyer. Everyone is invited to pick a game, a table, and some friends (new or old) to play with.

"CCHS students have unusual schedules that don't always allow for community gathering. In response to this, as well as students' communications about anxiety, I thought Therapeutic Thursdays would be a great way for us all to spend quality time together and address needs," said Mrs. Richard.

All CCHS students are welcome to participate. The events start at 2:40 on Thursdays.

## STUDENT PROFILE OF THE MONTH: AARON NGUYEN

This month we are profiling 12th grader Aaron Nguyen (pictured to the right), who came to us as a 10th grader and is an Integrated Studies major.

**What do you like the most about your major and your CNM classes?** I started off as a computer science major but it was not for me. I like that being at CCHS allowed me to take various classes for various careers while still working for a degree. If anyone is unsure what they want to be, I would recommend choosing Integrated Studies as your major.

**What will you do after you graduate this spring?** I plan on attending UNM and working towards a career in healthcare. I am not sure exactly which specific healthcare job but CCHS has helped me narrow my choices.

**What advice do you have for CCHS underclassmen?** Don't take what you have for granted. When you finish your day at CCHS you can't just go home and relax. There is a reason that CCHS gives their students so much freedom. You were lucky enough to attend here, so please take the opportunity to make the most of it everyday.

