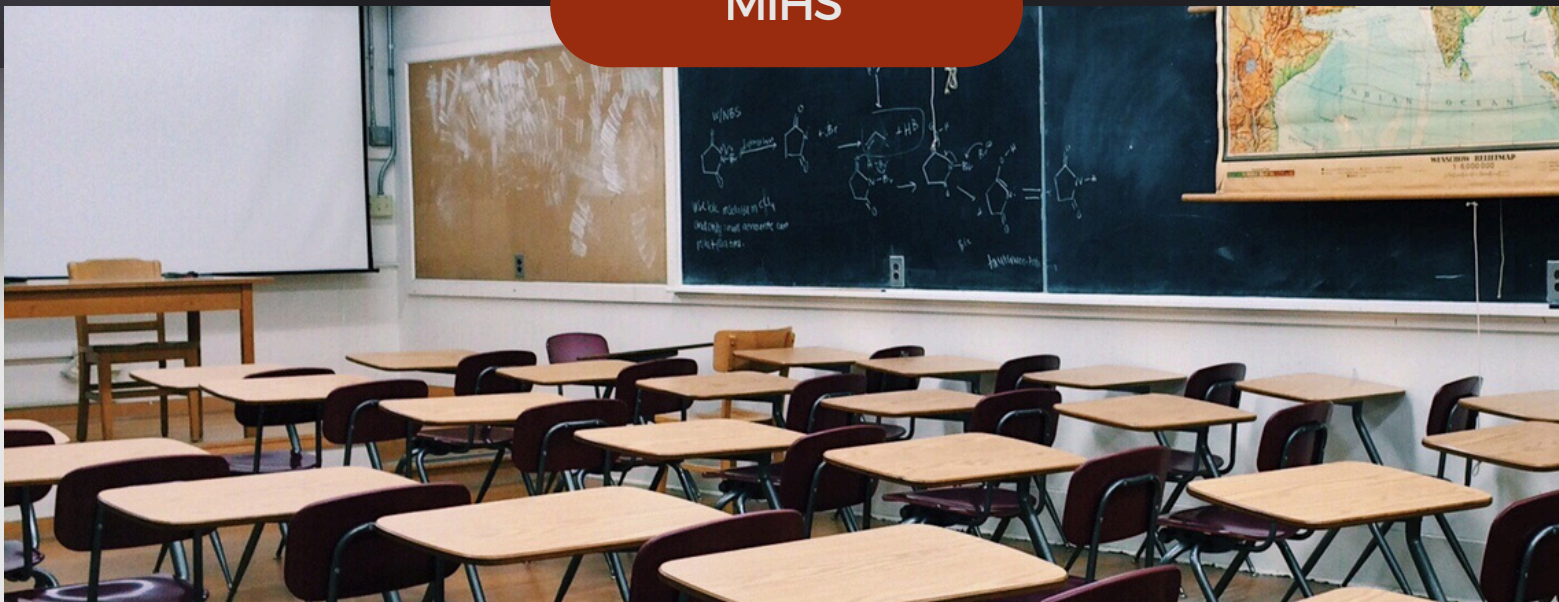


September

2025

COUNSELING NEWSLETTER

MIHS



Welcome Back Islanders!

The MIHS Counseling Team is excited to start another school year with you and want you to know that we are here to support you! Below is a brief introduction of how we plan to support ALL of MIHS students' academic goals, socio-emotional wellbeing, and post-secondary planning this year:

- Large group planning: Throughout the year we will have a variety of grade level activities during the school day and evening events
- We will continue to post slideshows/videos on our counseling website following student/parent presentations. Additional communication will be posted in the newsletter, email, and/or Schoology.
- Our friendly and wonderful counseling secretaries, Ms. Thrall and Mrs. Moore, are available to direct student and parent inquiries as well.

Counselor of the Day

Counselors will be available during both lunch periods to answer brief questions. More in-depth conversations can be scheduled with your alpha counselors.



SUICIDE PREVENTION

A W A R E N E S S M O N T H

988 SUICIDE & CRISIS LIFELINE

PREVENTION

Mercer Island High School has been affiliated with UW's Forefront Suicide Prevention Program since 2015 with the goal of reducing the risk of suicide. Through the use of the LEARN curriculum, we strive to educate parents, students, and staff about the signs of suicide and provide the tools necessary to prevent suicide within our community.

Nationally, suicide rates have been increasing for two decades now. And during this time Washington's suicide rate has remained higher than the national average. Moreover, youth suicide has risen in recent years, along with anxiety and depression.

SUICIDE PREVENTION TOOLKIT INCLUDES:

- **Online suicide prevention and mental health trainings and webinars**
- **All Patients Safe suicide prevention training for healthcare providers**
- **LEARN® Saves Lives overview and frequently asked questions**
- **Resources for families and schools**
- **Videos about suicide prevention, building connection, and supporting those in mental health crisis COVID-19 resources**

CHECK OUT THE REST OF THE
TOOLKIT [HERE](#)





IMPORTANT DATES

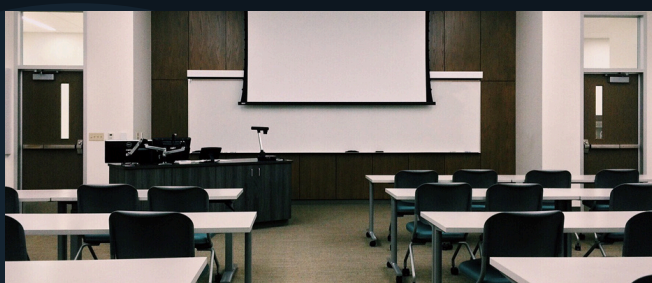


- Last day to add first semester class: **Sept. 3, 2025**
- Last day to add an MI online Course: **Sept. 17, 2025**
- Last day to drop a class without a "W" on the transcript: **Oct. 3, 2025**
- Curriculum Night: **Sept 25 from 5pm–8pm**

AP EXAM NEWS: REGISTRATION AND PAYMENT

Advanced Placement (AP) exams are not placement exams for high school courses; they are college-level assessments that potentially allow students to earn college credit before leaving high school

AP exams are designed for students currently enrolled in College Board AP courses, but may also be appropriate for students who have learned the requisite knowledge in other ways (home-school, self-study, etc.)



FOR MORE INFORMATION

Please visit this [link](#)



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PSAT UPDATE: JUNIORS ONLY!

At MIHS, the PSAT is administered to all Juniors each year. This year's test administration will take place at Mercer Island High School at 8am on Oct. 27. The PSAT is for current Juniors only

SAT/ACT TEST PREP RESOURCES

- Khan Academy and the College Board have partnered in offering free SAT Test Prep. Details may be found [HERE](#)
- ACT offers a variety of test prep information on its website, including a free guide that students can order: [HERE](#)
- The MIHS PTSA offers mock ACT and SAT Tests for students to try out the assessments. Registration can be found [HERE](#).



More information
to come



A message from **MI Youth and Family Services**

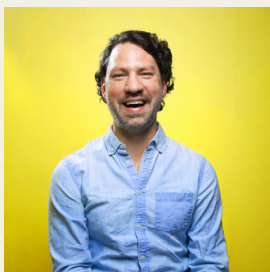


Dear Parents & Caregivers

Through a unique partnership between the City of Mercer Island, the Mercer Island School District and MIYFS two licensed mental health counselors are available onsite at MIHS. Chris Harnish and Caleb Visser work collaboratively with students, families and school staff to support the social and emotional needs of MI teens as they navigate their way through the school year.

The R&R (which stands for Resources and Referrals) is based on-campus at MIHS and offers students a safe, confidential space to gather informally on a drop-in basis and to seek out support/guidance around the many issues facing adolescents today.

The MIYFS counselors are available to provide a range of services, including individual counseling, facilitating youth leadership and development programs, teaching emotional selfcare skills, substance abuse education, prevention and assessment services and if necessary assisting in making referrals to providers outside of the school setting. These services are also available to students who attend the Crest Learning Center.



Caleb Visser, LMHC, MACP
caleb.visser@mercerislandschools.org
206-236-3290



Chris Harnish, CDP, CC, CPP
chris.harnish@mercerislandschools.org
206-236-3363

Please do not hesitate to reach out, even to ask a simple question or check in about your teen. All of the services offered through the R&R are confidential and free.

GENERAL INFORMATION FOR ALL STUDENTS

Post secondary Info

USING SCHOOL LINKS TO YOUR BEST ADVANTAGE

OSPI is having all WA schools transition to School Links, a universal platform that helps shape personalized pathways to graduation and beyond. School Links can help students discover career pathways, explore career and college opportunities, and track their goals and progress from 7th-12th grade. If you are interested in exploring your personal interests and how it relates to colleges and careers, take a look at your School Links today! Sign in through Class Link and see your counselor or Ms. Kenyon if you have questions.



VIRTUAL COLLEGE REPS VISITS

Connect with college representatives through Zoom and in-person to find out details of particular college admission requirements and application recommendations. College reps are excited to meet our talented MI students! Look at the calendar [here](#).

- Sign up to meet with reps via Naviance!



POST SECONDARY APPLICATION FAQs

Class of 2026



How do I find out my current GPA?


Seniors can contact Mrs. Moore (robin.moore@mercerislandschools.org) or Amanda Thrall (amanda.thrall@mercerislandschools.org)

What is the class size for the Class of 2026?

There are 380 students in the class.

What is my school rank?

The Mercer Island School District has eliminated the student ranking system. Therefore, seniors can report “No School Rank Available” on any post-secondary application.



How do I personally get a copy of my transcript

At any time during the school year, students can request an unofficial transcript from Mrs. Moore or Mrs. Thrall in the counseling center.



How do I order an official transcript

Seniors can order official transcripts beginning October 9, 2025. The Counseling team has posted a tutorial video that outlines the steps for ordering and paying for official transcripts.





CLASS OF 2026

Post-Secondary WEBINAR



Tuesday, September 16, 2025, 7:00-8:00 pm

Presented by the MIHS Counseling Staff for MIHS students and families



Post-Secondary Options

We will share ideas for post secondary pathways and how to explore them



College Application Process

We will unpack the college application process and timelines



Supports at MIHS

We will connect you to resources at MIHS to navigate your post secondary plan



Join the webinar via the QR code or the link below!
<https://meet.google.com/dkq-jtcp-gwc>



CAREER PATHWAYS HUB RESOURCES



LIFT OFF CAMP

Check out all the amazing opportunities that will be happening from 9/17-9/25 to prepare the class of 2025 for Infinity and Beyond!

WEEK AT A GLANCE

Take a glance at what's coming out of the Career Pathways Hub for 9/14-9/20



**STUDENTS: make an in-person
appointment [here](#)**



**STUDENTS: Make a virtual
appointment [here](#)**



PARENTING MERCER ISLAND PARENT LAB



Fall 2025 Series

Fostering your Child's Autonomy, Confidence & Resilience

- Elementary 9/23
- Middle & High 9/29

Big Picture Parenting: Knowing & Teaching Your Values

- Elementary 10/20
- Middle & High 10/14

Parenting in the Digital Age

- Elementary 11/12
- Middle & High 11/5

All workshops are 6:30-8:00PM

PARENT LABS are **in-person interactive workshops**
for Mercer Island parents/caregivers of
elementary, middle and high school students.

Discussions are facilitated by MI Youth and Family Services counselors and staff.

Visit **www.MIHealthyYouth.com**
for dates, times and registration



CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES



Youth Matters

Youth MATTER.

You are important members of the Mercer Island community and **we want to hear from you** about what's working well and how we can better support Island youth. We also want you to share ideas and **be part of the solution!**

SHARE YOUR VOICE!

WHAT?

YouthMATTERs is a youth advisory group facilitated by MI Youth and Family Services. The group will meet 3-5 times during the year to discuss ideas, issues and concerns of Island youth.

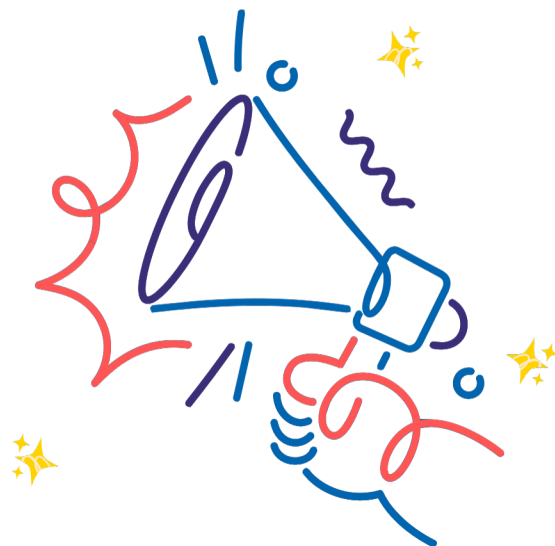
WHO?

This opportunity is open to Mercer Island youth in middle and high school. Students will be selected to participate in YouthMATTERs group through an application process.

WHY?

YouthMATTERs members will:

- Discuss issues important to MI youth
- Receive volunteer credit
- Gain valuable experience engaging with a community group (great for the resume!)
- Make a positive impact in your community



CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES

APPLY TODAY at MIHealthyYouth.com