



9th grade: Class of 2029

FALL COUNSELOR LESSON

Today's Topics

- A Few Staff Introductions
- Let's Talk About Stress
- Rest & Fun
- Words of Wisdom
- Graduation Requirements



Principal: Ms. Drew Thomas

Assistant Principals: Susan Thomas, Devin Barrett and Lanita Hill



Mrs. Susan Thomas

Last Names A-G



Mr. Devin Barrett

Last Names H-N



Mrs. Lanita Hill

Last Names O-Z



SHS



Counseling Team



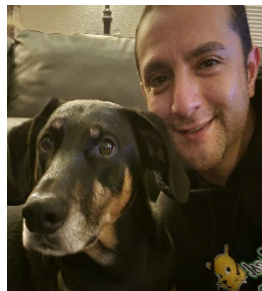
**Alicia
Williams**

A-Cr



**Mary Beth
Smith**

Cu-Ji



**Gerardo
Martinez
Escobar**

Jo-Mok



**Steven
Ono**

Mol-Sa



**Melinda
Breeze**

Sc-Z



**Jill
Follett**

**School
Counselor
Intern**



**Piper
Sangston**

**MHAT
Counselor**



**Vanessa
Lopez-Kopp**

**College &
Career
Advisor**

How to reach us: Email, Booking Link or Chat us any time!
You can find our contact information on the [Sammamish High School Website](https://www.sammamishhigh.org/).

School Counselors

What we do:

We help with Academic, Personal/Social and College/Career supports

When should you reach out to your counselor?

- ☐ When you're feeling overwhelmed or stressed out
- ☐ Having trouble in a class or with a teacher
- ☐ Problems with friends or worried about a friend
- ☐ Family issues
- ☐ Questions about planning for the future

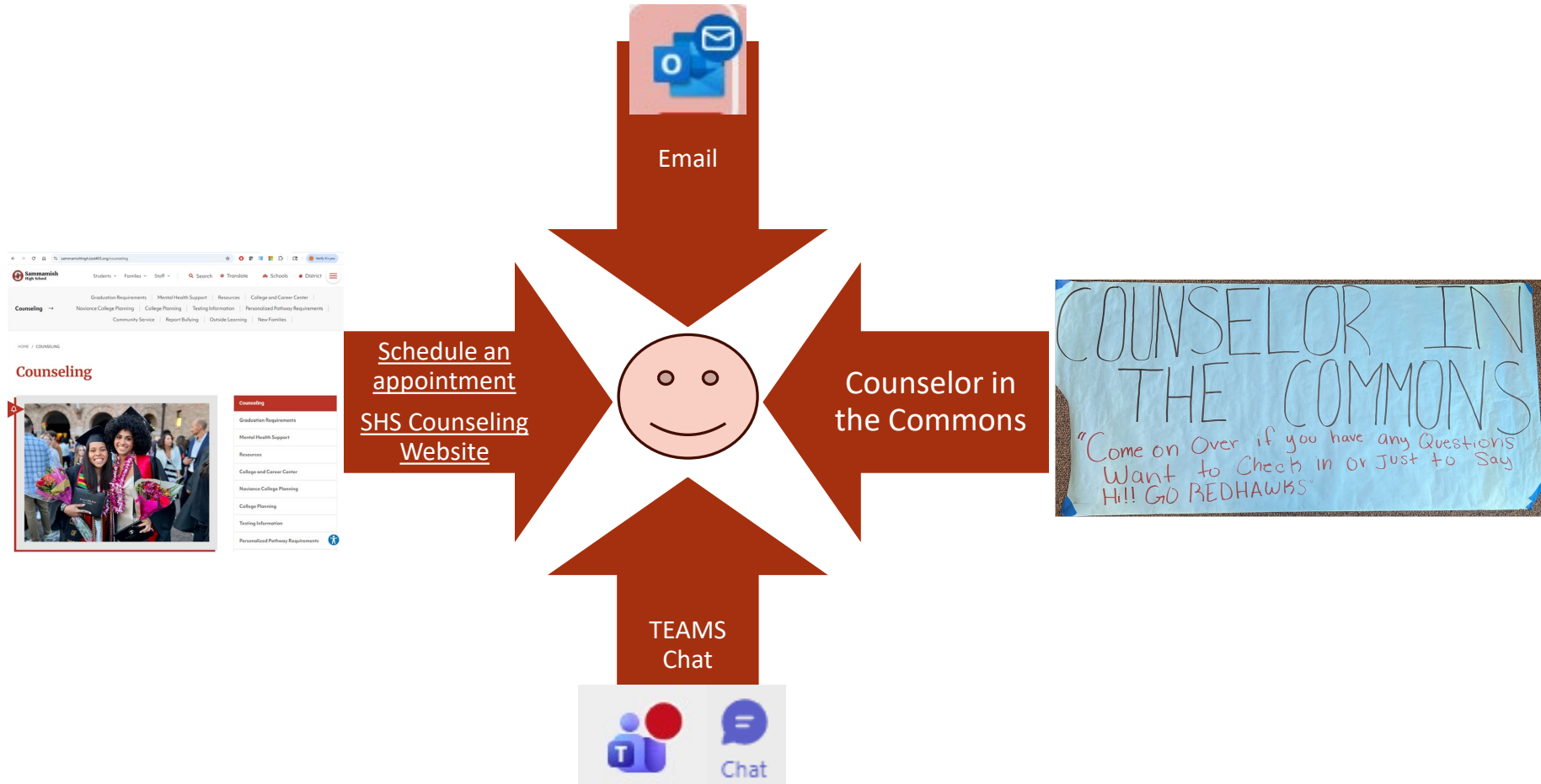
Confidentiality –

We keep our conversations confidential with a few specific exceptions:

If you are hurting yourself, hurting others, or if someone is hurting you



How To: Connect with a School Counselor



[illegible]

Other Academic and Mental Health Supports

At SHS:

- Tutorial!! *Build relationships with your teachers*
- MHAT – Ms. Piper Sangston *in Main Office*
- College & Career Center – Ms. Lopez-Kopp, College & Career Advisor
- Room 113
 - Sources of Strength –for Black & Latinx students, Tuesdays 3-4pm,
 - Graduate Success Coaches: Saida & Regi
 - Jubilee Reach Tutoring: Coach T (ELA/SS) , Caleb and Warren (Math)
- Mental Health Counselor @ SHS: YES, Sound MH, Consejo

Outside SHS:

- Community Agency Counselors (Personal issues, Drug/Alcohol Support, Friend/Family problems)
- Hotlines:
 - Crisis Connections: 866-427-4747 (24 Hour Crisis Line)
 - Crisis Text Line: Text START to 741741
 - TeenLink – 1-866-TeenLink (833-6546)
- Ask your counselor about other resources!

About Stress

 Fight Flight Freeze – Anxiety Explained For T...  Share

More videos 

Play (k) 

  0:00 / 2:41   YouTube

WHAT TRIGGERS YOU?

What does stress look like at Sammamish?

Name ways that students respond to stress:

- three helpful
- three unhelpful

Chat with your neighbors about ways Redhawks cope with stress

Sammamish Students, How Do You Cope?

COMMON SOURCES OF STRESS

Classes!

Keeping up on homework +tests, understanding lessons, earning good grades

Extracurriculars!

It's hard to juggle extracurriculars, especially sports, and still do well in classes

Friends and family!

Drama, conflict, managing expectations

HELPFUL COPING STRATEGIES

Active

Walks, exercise, dance

Calming

Breathing, sleep, listen to music

Creative

Journaling, drawing, hobbies

Helpful Coping Examples

Going for a walk (Active)	• Good for body (Getting exercise, going outside) • Good for relationships (Improved mood around other people) • Feels good (More energy, gives brain a break)
Talking with a friend (Calming)	• Good for body (Increases healthy chemicals in the brain) • Good for relationships (Strengthens connections with other people) • Feels good (Feel listened to and cared for)
Painting (Creative)	• Good for body (Uses and develops different parts of your brain) • Good for relationships (Feel calmer and/or positive around other people) • Feels good (Challenging self, pride in what you've created, meditative)

Unhelpful Coping Examples

Harm your body

or

Harm your relationships

or

Feel bad

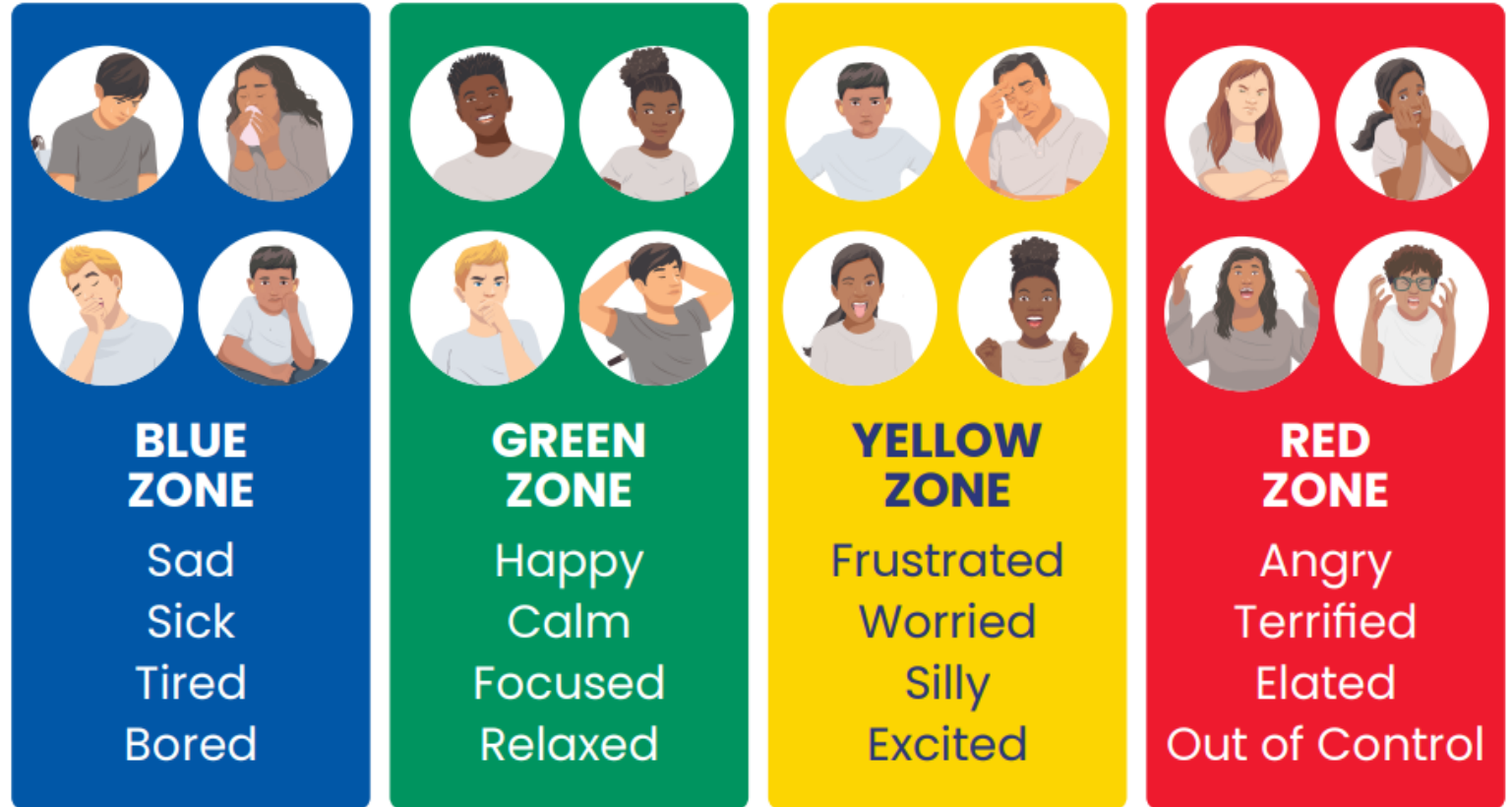
If something meets **any** of these criteria, it is an unhelpful way to cope.

“Coping” vs
“Maintaining”

*What color are
you today?*

How will YOU stay
Green or get
there?

The Zones of Regulation®



[Las Zonas de Regulacion](#)

HOW DO YOU KNOW WHEN YOU NEED TO REST?

- How does it show up in your body?
- How does it impact our mood?
- What would people notice in your behavior?

“Rest is not this optional leftover activity. Work and rest are actually partners. They are like different parts of a wave. You can’t have the high without the low. The better you are at resting, the better you will be at working.” - Alex Soojung-Kim Pang, Author

What Kind of Rest Might *You* Need?



Physical rest - Sleep



Mental Rest – short breaks, light exercise, disconnect



Social Rest – Just say no!



Emotional Rest – vent to a trusted friend/adult , journal



Sensory Rest – Turn off your phone, even for 5 minutes!



Creative Rest – Art, nature, FUN

Advice from Seniors



"Don't put so much pressure on yourself, there is more to life than school."



"I would tell myself to not stress too much."



"Take classes you're passionate about and try to make a good balance between fun and work while at school."



"Try new things and always be yourself."



"I wish I formed better study habits and was more disciplined."



"Care about your freshman year grades because you will regret it in the future and get out of your comfort zone."



"Work hard and don't be afraid to ask questions. Always talk to teachers if you need help, go to tutorial."



"Try to have a little fun and take advantage of all the opportunities to get involved around you...put yourself out there and don't be so serious."

Advice from Juniors

"It's a great year to try new things and get out of your comfort zone."

"Try hard with school and actually attend tutorial."

"Truly be yourself and don't be afraid to try something new or scary. Get a schedule down on when you do homework."

"Do the work and try new things."

"Don't rush things, take it one step at a time and always ask for help."

"Value your high school years."

"Make schedules and prioritize some things over others."

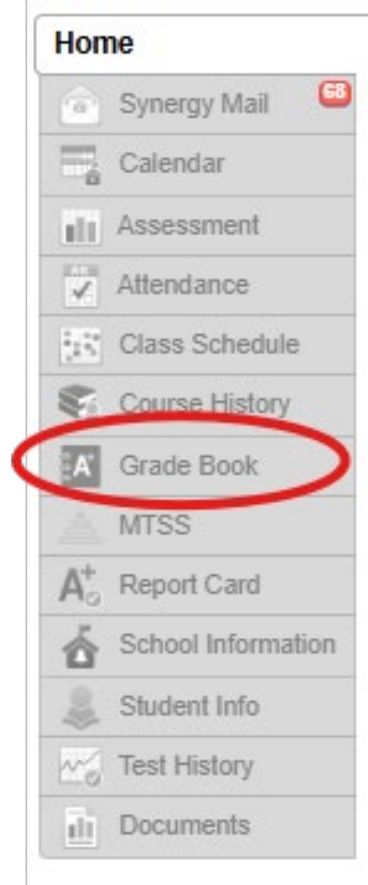
Advice from Sophomores

"ALWAYS, ALWAYS ask questions. Seek out clubs because it will give you more understanding of how SHS works and how you can be more involved in the community."

"Prioritize your mental health over schoolwork and seek help and support if you need anything."

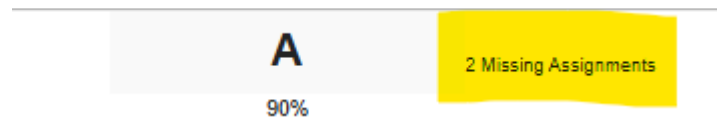
"I would tell myself to not stress too much and take things less seriously"

How To: Check Grades/Attendance



1. Log into Clever
2. Click button for StudentVUE
3. From Home Page, choose Grade Book

Scan grades, then check for missing assignments:



How To: Report HIB/Incident



Talk with your alpha assigned Assistant Principal:

LAST NAMES	ASSISTANT PRINCIPAL
A-G	Mrs. Susan Thomas
H-N	Mr. Devin Barrett
O-Z	Mrs. Lanita Hill

Ask your school counselor/trusted adult if you need help filling out the HIB.

All Graduation Requirements



COMMUNITY SERVICE

- 40 hours minimum

CREDIT

- Complete 24 credits in specific subjects

GRADUATION PATHWAYS(pick one)

- Career/Technical Field (CTE Course Sequence)
- Military Career Interest (ASVAB Exam)
- Postsecondary Education (ELA and Math Courses/SBA Exams)

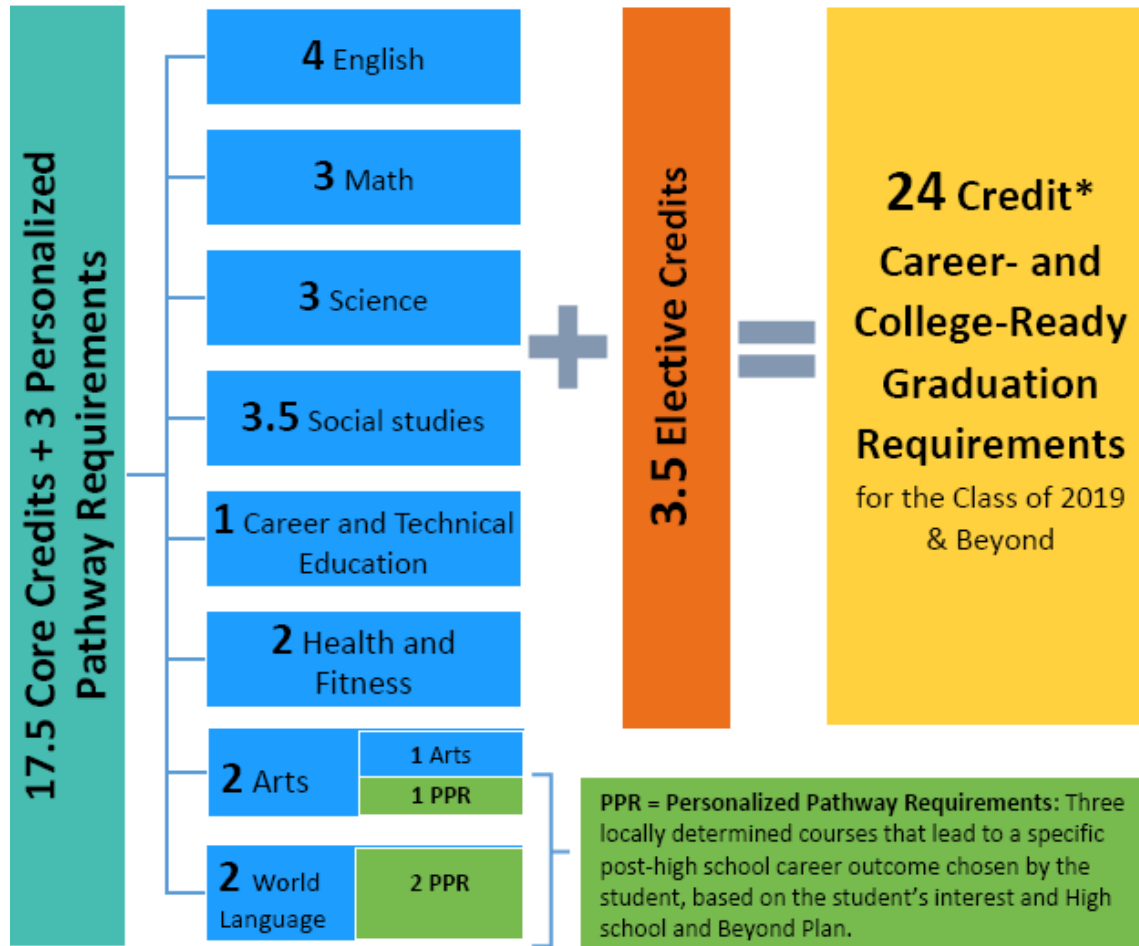
GRADE POINT AVERAGE

- 2.0 GPA (C Average) minimum

HIGH SCHOOL AND BEYOND PLAN

- Annual tasks in SchoolLinks

$$17.5 + 3 + 3.5 = 24$$



Academic Requirements for Graduation



Volunteer Hours



40 hours required for graduation



Submit all hours online: no paper forms!



Log into [Clever](#), choose x2VOL



[Log your own hours \(needs a contact email\)](#)



Look for NON-PROFIT opportunities through x2VOL and the Daily Bulletin



Track your hours

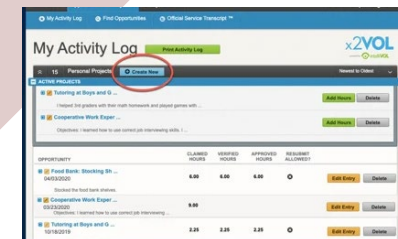
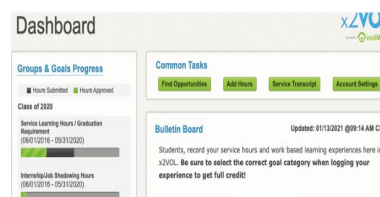
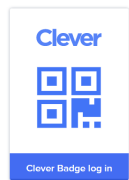
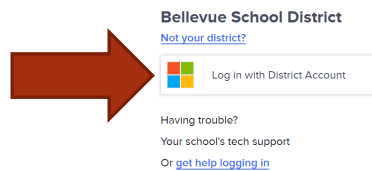


Need help? Contact Ms. Rita (Gemmellr@bsd405.org)

Step 1: Log
in to Clever

Step 2:
Add Hours

Step 3: Add
Activity



College & Career Readiness:Schoollinks

Login on Clever:
Desktop app or www.clever.com

District Apps



EVERFI



Naviance



Nearpod



Sora by
Overdrive



Code.org



Formative SSO



Synergy
StudentVUE

Additional Apps



ProQuest
Culture
Grams



x2VOL



Imagine
Learning
Virtual Port...



Ellevation



i-Ready

Parent Portal



Synergy
ParentVUE

More Apps



Adobe Express
SSO-only



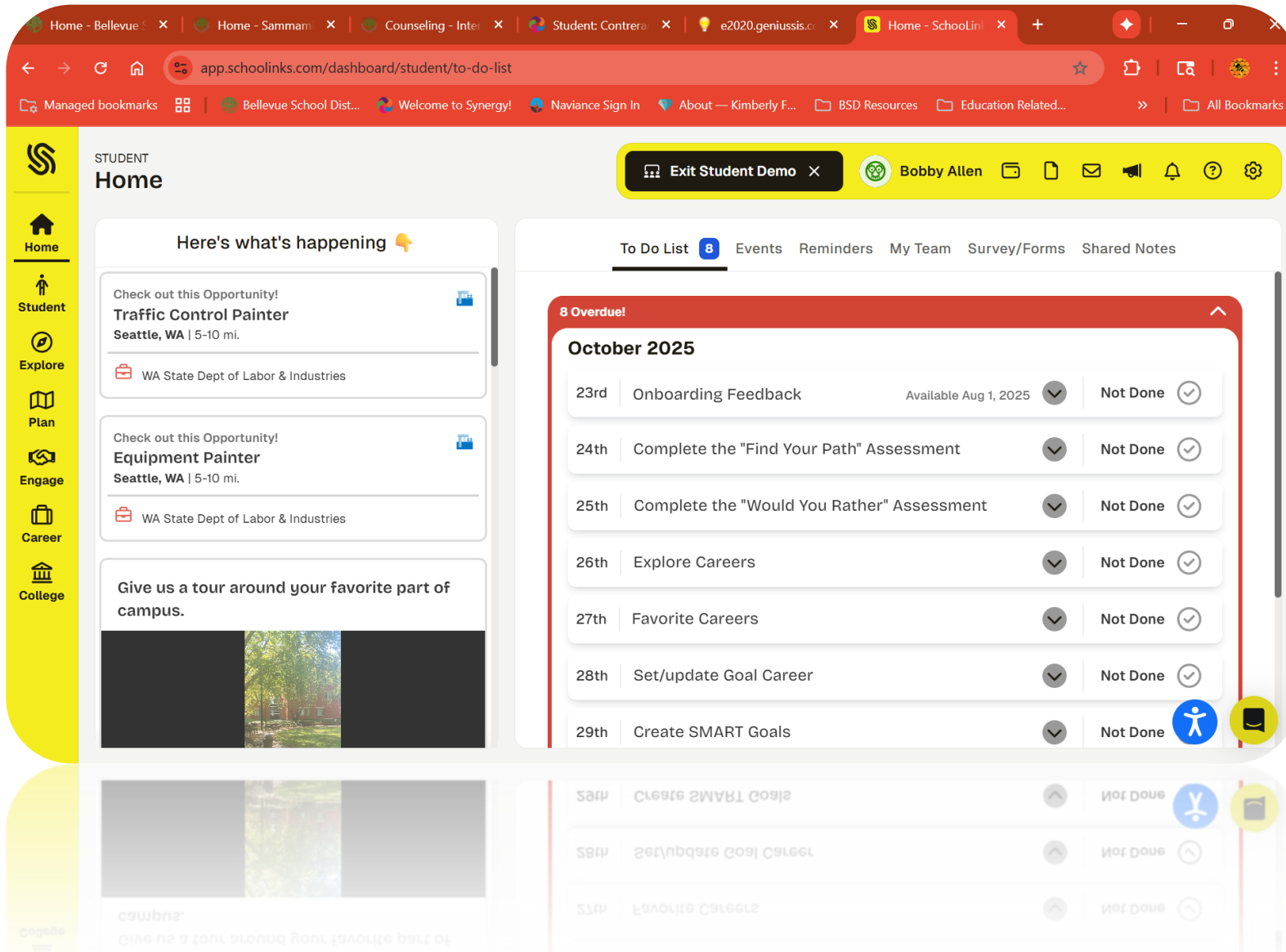
Colleague AI



MagicSchool



SchoolLinks



Schoolinks

Finish the tasks on the onboarding list

If you're finished, you can:

- Explore career pathways
- Explore colleges/universities
- Look up earnings/salary by career
- Create a personal plan

Questions/Work Time

SCHOOLINKS