TIS THE SEASON TO BE A TITAN

BE THE REASON
SOMEONE SMILES

We Made It!! *First Semester Wrap-Up*

A message from the Counselor's Department: Celebrating Success and Rest

Congratulations, Titians! We are a few weeks away from concluding the first semester of 2025-2026 school year. LET'S FINISH STRONG! It has been a semester filled with dedication, growth, and remarkable achievements from competitive athletic season and stunning theatrical performance to rigorous academic milestone and community volunteer efforts. Your hard work has not gone unnoticed. KEEP MAKING Memorable Achievements.

As we head into Winter Break, I encourage everyone-student's staff, and parents to take this time to truly reset, recharge, and enjoy time with loves ones. It is essential to step away from the daily grind and reset before we return energized for the second semester. Enjoy your break, stay safe and happy holidays.

"DEAR STUDENTS, AS WE CELEBRATE THIS FESTIVE SEASON, WE WANT TO EXTEND OUR HEARTFELT THANKS TO YOU FOR BEING AWESOME. MAY YOUR HOLIDAYS BE BRIGHT AND FILLED WITH ALL THE THINGS THAT BRING YOU JOY"

Tips for a Smooth Second Semester Start

1.Check Your Schedule: Finalize any schedule change requests with your counselor before leaving for the winter break
2.Organize Your Supplies: Use the break to clean out your backpack and organize materials for new classes.
3.Prioritize Sleep: Get back on a healthy sleep schedule a few days before school resumes to ease the transition.
4.Set Goals: Think about what you want to achieve in the next semester- whether raising your GPA, joining, a new club, or volunteering

Looking Ahead-Mark your calendars:

Dec.19th End of 1st semester 60% day
Jan. 6th First day of classes
Jan.19th MLK Holiday (NO SCHOOL)
Feb. 16th President's Day (NO SCHOOL)
Mar. 6th End of term 3

"Self-Care for Social & Emotional Support"

·***Build a support system***: *connect with trusted friends, family, teachers, or counselors. Openly discussing your feeling can make a significant difference.*
·***Limit social media:*** *reduce passive scrolling and a "technology curfew" an hour before bed.*
·***Join groups:*** *participate in clubs, attend school games, and work to build connections with like minded peers.*
·***Learn to say no***: *it is okay to decline additional responsibilities if you feel overwhelmed. Setting boundaries is crucial to avoid burnout.*