

Monta Vista High School COUNSELOR NEWSLETTER



December 2025



The Counseling Team on Halloween dressed as road workers as we cautioned for the (baby) BUMP AHEAD!
From left: Mr. Calderon, Mrs. Voigt, Mr. Stiver, Mrs. Lam, Ms. Olson

Contact Info & Links

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Counseling Resources (linked below)

- [MVHS Counseling & Student Support Website](#)
- [Course Selection](#)
- [Meeting Requests for Students](#)

If a parent/guardian would like to meet with their student's counselor, please email them to schedule a meeting.

Upcoming Events

- **Final Exams** are December 16th-19th
- **2026-2027 Course Selection** info coming soon
- **9th Grade Counseling Unit** in January!
- **10th Grade Parent Night** on January 15th!

Monta Vista High School's Counseling Team presents...



The 10th Grade Parent Night Presentation and Q & A

When: Thursday, January 15th from 6:00 to 7:30 pm

Where: MVHS Student Union

The goal of this presentation is to review:

- Counseling program overview
- 10th grade career exploration unit
- Course selection & planning
- Post-high school options including college eligibility
- Questions & Answers

Fall Term Stats

- **286** college recommendation letters written by School Counselors and administrators for seniors
- **57** colleges visited MVHS
- **99%** of 9th graders completed the Learning & Productivity Naviance Assessment in October
- **92%** of 10th graders completed the Career Interest Profiler Assessment in Naviance in November

9th grade parents/guardians will receive more information in early January regarding this unit.
Be sure to check your email!



1st Semester Highlights

August

- Counselors provided an **Advisory lesson** shared with all students that included information on ways we support students, featured our Wellness Room, and tips on how to manage stress.

September

- We welcomed 9th grade parents at our **9th Grade Parent Information Night** where School Counselors introduce themselves and their role in supporting students through the next 4 years of high school.
- Hosted a **Coffee with Counselors** event for 12th grade parents to explain college information and the application processes.

October



- Counselors held an after-school **College Application Workshop** for all seniors to ask questions and get support on their applications.

November

- Sophomores received the **10th Grade Career Unit** in their World History classes to complete the Career Interest Profile in Naviance and update their 4-year plan.
- MVHS hosted a virtual Financial Aid Night for 12th graders and families.
- Seniors received a **Financial Aid presentation** in their English classes to understand the process and importance in applying for financial aid for college.



Congratulations to the class of 2026 seniors for wrapping up your college applications! We recognize all the hard work you've put in throughout your years of high school and we are really proud of you!



Additional Resources

**MIDDLE COLLEGE
INFORMATION SESSION
FOR STUDENTS:
WED., JANUARY 14TH AT
TUTORIAL IN THE MV
AUDITORIUM**



FUHSd -
De Anza
MIDDLE COLLEGE



Current 10th and 11th Graders: Are you looking for a different learning environment—one where you can take both high school and college classes, on a college campus? Are you feeling disconnected from your high school community academically, socially, or emotionally?

If so, Middle College might be the right place for you!

Built on a foundation of community and connection, the Middle College program provides a truly relational approach to high school education that supports the varied needs of each individual student. Here, you can take rigorous coursework in a small, supportive community and earn college credit—without taking any AP exams!

Scan the QR code to visit our website where you can watch a video and learn more about the unique benefits of this program.

www.fuhsd.org/our-schools/middle-college



MV Wellness Room C201

What is the Wellness Room?

- It's a place to "reset" when you are feeling overwhelmed/stressed/upset.



When/How can I go to the Wellness Room?



If you are in class:
Ask your teacher for a wellness pass

If you have a free period:
You may come without a pass

What should I expect in the Wellness Room?

- ALL visits are limited to 15 minutes**
- Phone use and socializing is not allowed
- We provide calming activities and self care tools for you to actively take care of yourself.



COUNSELOR CORNER

What is your favorite local restaurant?

Ms. Voigt
Rio Adobe

Ms. Olson
Hiro Nori

Ms. Lam
Jake's Pizza

Mr. Stiver
Holder's Country Inn

Mr. Calderon
Kura Sushi

Welcome back, Ms. Sanchez!

Ms. Voigt will be on maternity leave for the majority of 2nd semester. She looks forward to returning in August for the 2026-2027 school year!

Taking her place for the alpha group A-Ga is Ms. Sanchez! Ms. Sanchez has been a school counselor substitute at both FHS and MVHS previously. We are lucky to have her back and to be working with our students and families while Ms. Voigt is out!

happy holidays

The MVHS Counseling Team wishes you all a happy, safe, and wonderful holiday season!

For support during the winter break, please see
FUHSD [Mental Health Resources](#)