

EHS COUNSELING

FEBRUARY COUNSELING NEWSLETTER

BLACK HISTORY MONTH EDITION

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- SAC CORNER
- UPCOMING OPPORTUNITIES
- BLACK HISTORY MONTH CELEBRATION + RESOURCES
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FEB 2ND- FEB 6TH School Counselor Week

FEB 6TH 1st Annual Course Selection Fair

FEB 16TH President's Day- NO SCHOOL

FEB 26TH EHS Back to School Night @ 6:30pm



COURSE SELECTION FAIR

COME LEARN ABOUT THE 2026-2027 COURSE OFFERINGS!

Fair Handbook

This year, students grades 9-11 will have the opportunity to learn more about elective course options from teachers and student representatives.

The deadline to select course requests on the Genesis student portal has been extended to February 7th!

Scheduling meetings with counselors start this month.

6TH FEBRUARY

NORTH GYM

1:03pm-2:30pm

SCHEDULE

Students will be called down by grade level to attend the fair:

- Grade 9: 1:05-1:30PM
- Grade 10: 1:35-2:00PM
- Grade 11: 2:05-2:30PM

SAC CORNER

Teen Dating Violence Awareness Month

Each February, young people nationwide raise awareness about teen dating violence through Teen Dating Violence Awareness Month (TDVAM). This month focuses on advocacy & education to stop dating abuse before it starts.

It’s important to be sure you & your partner(s) are on the same page regarding boundaries and definitions of your relationship. Everyone deserves a healthy love.

4 Components of a Healthy Relationship: R.E.S.T.

1. Respect- Appreciating your partner(s) viewpoints, setting & respecting boundaries and guidelines, & treating the relationship with care,
2. Equality- Making decisions together or agreeing how they’ll be made, having the same amount of voice & power.
3. Safety- Knowing your partner(s) won’t intentionally physically, emotionally, or psychologically hurt you; they’re looking out for you.
4. Trust- Knowing you can believe your partner(s), that they’re saying what they mean & are reliable. Knowing you aren’t being manipulated, mislead, or taken advantage of.

SCHOLARSHIPS

Click **HERE** to access the EHS Scholarship Database!

It is also available on the EHS Counseling Department website.

This scholarship list is frequently updated with new scholarships high school students could receive for college and vocational school.

Additional Scholarship Websites!

1. Career One Stop → www.careeronestop.org/
2. College Board → https://bigfuture.collegeboard.org/pay-for-college/scholarship-search



Thinking of a Career as a **Registered Nurse?**

Email us at **chson@capitalhealth.org**
to learn more about Capital Health School of Nursing – Regional Medical Center.

Join us for a virtual information session, held on the first Tuesday of every month from 4 – 5 p.m.

Ask about our **tuition waiver** program

capitalhealth

BLACK HISTORY MONTH 2026

On behalf of the EHS Counseling Department, we wish our school community a meaningful **Black History Month**. This month is an opportunity to celebrate, honor, and uplift the stories, contributions, and experiences of Black individuals throughout history.

Even in challenging times when frustrations are high and fear runs rampant, it is important to **pause and reflect** on the progress that has been made—both historically and in the present—while recognizing the work that still lies ahead.

As we honor Black history and heritage not only this month, but always, we also want to emphasize the importance of Black mental health and the need to intentionally carve out time to **protect your peace**.

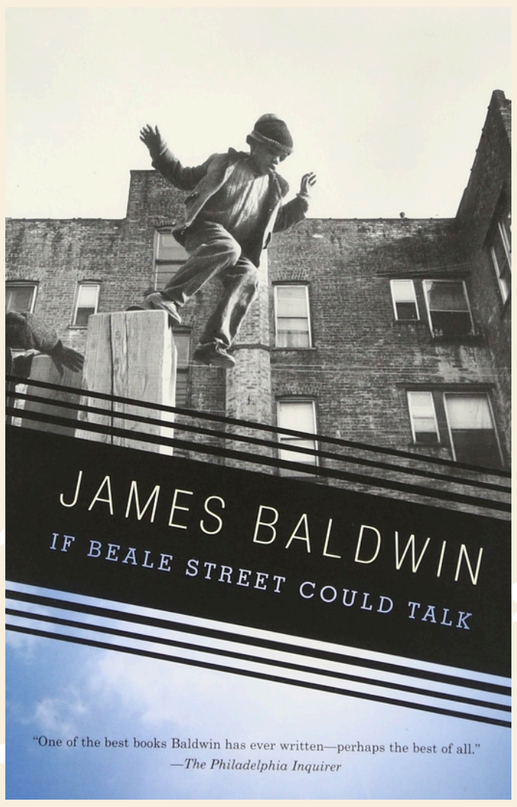
Remember, **rest is resistance too.**

BOOK & MOVIE RECS

Engaging with books and movies that celebrate Black experiences during Black History Month is a meaningful and joyful way to explore powerful stories, rich culture, and lasting impact.

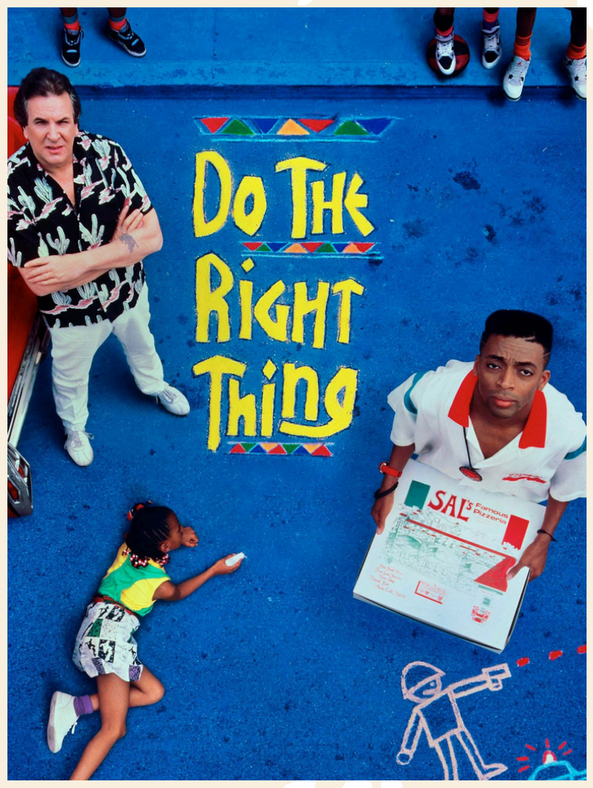
These narratives invite us to learn, connect, and reflect—while honoring creativity, resilience, and the many voices that shape this vital shared history.

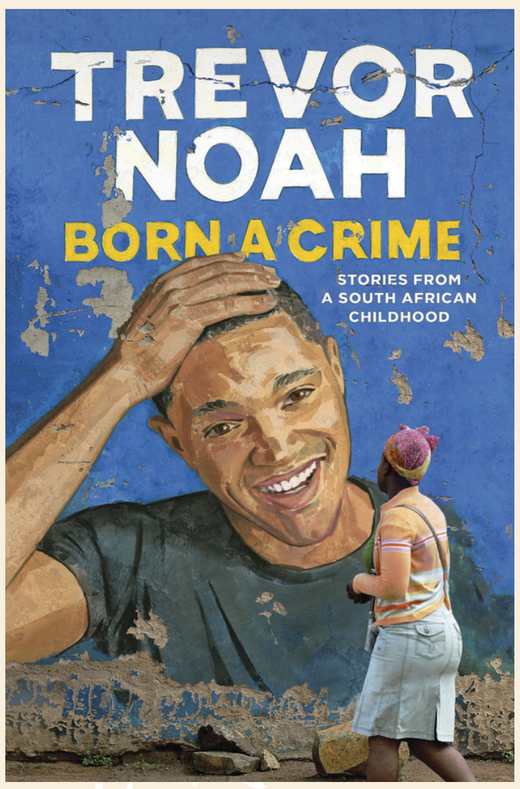
BOOKS

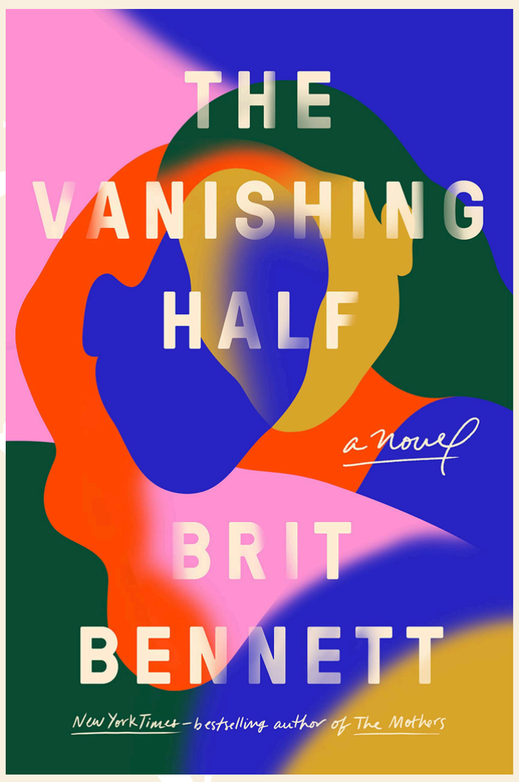




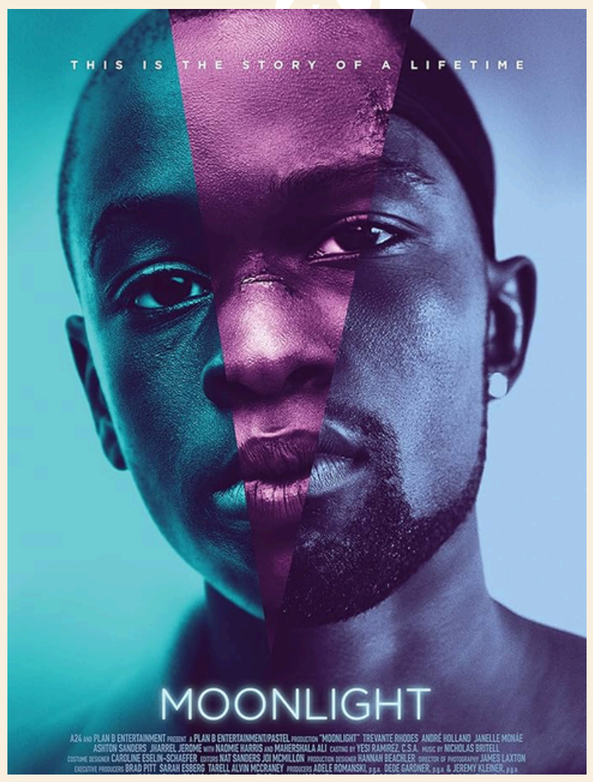












MOVIES

PROTECT YOUR PEACE.

Here are some ways to celebrate black culture, pause to reset, and protect your peace.
Don’t forget, you can’t pour from an empty bucket.

Drink water.



Get off social media and touch some grass!

Remember that healing is not linear.



Watch Sinners. In IMAX if you can.



Support local Black businesses.

Limit emotional labor. You are not required to educate others.

Honor your emotions. Pride, joy, anger, grief, & hope can all coexist.



Fix your crown, queen & kings. Don’t let it fall.

Ask for support when you need. Asking for help is COOL.

I, TOO

BY LANGSTON HUGHES

I, too, sing America.
I am the darker brother.
They send me to eat in the kitchen
When company comes,
But I laugh,
And eat well,
And grow strong.

Tomorrow,
I'll be at the table
When company comes.
Nobody'll dare
Say to me,
"Eat in the kitchen,"
Then.

Besides,
They'll see how beautiful I am
And be ashamed—

I, too, am America.