

MS. MUIR'S COUNSELOR CORNER

APRIL 2026 NEWSLETTER



DIGITAL FOOTPRINT

It's made up of **EVERYTHING** you share digitally (texts, photos, videos, social media posts.) It matters when it comes to both college admissions and jobs. Do an audit. Look at all your social media accounts and texts. Examine them via a different lense. Consider an admissions officer or employer seeing them. Is it what you want the adult decision-makers to see?



Upcoming Events

04/02 - Autism Awareness Day

04/03 - Early Release @ 11:30am

04/06-04/10 - Spring Break (No School)

04/16 - Freshman Fly Up Day
(Current 8th Graders)

04/20-05/04 - NHS Food Drive

04/22-04/23 - 8th Grade Family Orientation, 6:00pm

04/22 - Earth Day

04/29-04/30 - SBA Math (10th)

Community Resource

Kadlec's Community Resource Desk



This is a free service that connects people with the community resources they need. They can help with housing/rent, food, utility costs, clothing, transportation, jobs, legal help, alcohol/drug recovery, counseling and more!

509-942-2956

M-F 8:00am - 4:00pm

MENTAL HEALTH TIP & THIS MONTH'S HABITS OF MIND

Growth Mindset

Tips for success – Ways that you can work toward developing a growth mindset:

- Value the process.
- Be open to feedback.
- Embrace change.
- See failures as opportunities.

With a growth mindset, you believe that with effort, you can improve your skills and abilities; there is no limit to what you can accomplish.

This month's Habits of Mind:

Collaborative

A joint intellectual effort by students or both students and teachers, mutually searching for understanding, solutions, or meaning. This requires communication, commitment, cooperation, and community (trust).