

Upcoming Events

September 16

Back to School Night

September 18

Student Half Day

September 21

Yom Kippur - No School

September 25

Light it Up Purple

September 28

Automotive Training Center
Visits CSL

October 5

After School Clubs Begin

October 6

QPR For High School Students

October 15

BCCC Tour - Newtown Campus

October 21

SAT School Day

What You Should Know

We've got the Power!

CSL has officially moved to Powerschool for our Student Information System. If you have not created a Parent Portal account yet and would like to, fill out [this form](#) so you can stay informed about your child's progress!

Welcome, Parents!

Back to School night will take place on Wednesday, September 16th from 5:00-6:30pm. You will have the opportunity to follow your student's schedule and briefly meet the teachers and staff. See you then!

Stock Market Showdown

Students in Mrs. Donahue's Financial Literacy course are buying virtual stocks in the annual Stock Market Contest. Students have until the end of the school year to buy and sell stocks. Who will make the most of their \$100,000 investment on the "How The Market Works" website? Over 20,000 high schools use this popular website to teach personal finance skills. Best of luck!

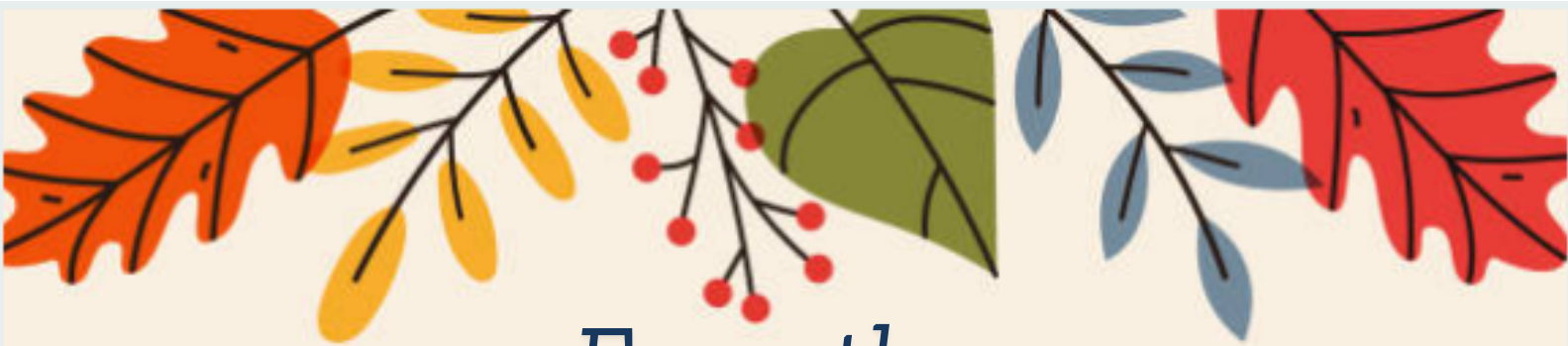
A Tee-rific Deal!

Check out the [CSL Merch Website](#) to see new ways to display your school spirit. If you order anything between now and September 25th, you will get a FREE CSL t-shirt with your purchase!

Tooth Be Told: From the Nurse's Office

The Mobile Dentist visited CSL and there was an excellent turnout! Student screenings will begin on September 30th.





From the COUNSELING DEPARTMENT

Self-Care September

As summer winds down and the fast-paced rush of autumn begins, National Self-Care Awareness Month arrives as a timely reminder to slow down, reset, and prioritize your personal well-being. Self-care isn't just about luxurious spa days—it is a daily practice of protecting your energy, honoring your limits, and meeting your physical and emotional needs. Whether it's setting firmer boundaries at work, getting an extra hour of restful sleep, step-by-step hydration, or taking ten minutes to sit quietly without screens, small intentional actions build lasting resilience. Use this month as permission to pause, tune in, and fill your own cup before pouring into everything else



Counslr is a 24/7 text-based mental health platform that provides users with live, one-on-one messaging sessions with licensed professionals. It also offers a wellness toolkit, around the clock access, and smart matching, which pairs licensed counselors based on specific needs and expertise. It is available at no cost for CSL students and staff. The mobile app is fully confidential. Prioritize your mental health with support that is also within reach!

National Suicide Prevention Month

September is National Suicide Prevention Month, a dedicated time to raise awareness, break the stigma surrounding mental health, and share hope.

Every life has value, yet millions of people silently navigate deep emotional pain, isolation, and distress. Suicide prevention starts with connection and open conversation—learning the warning signs, checking in on loved ones, and knowing that reaching out for help is a sign of strength, not weakness.

Whether you are struggling yourself, supporting someone in crisis, or honoring the memory of a lost loved one, remember that you are **never** alone and support is **always** available.

- 988 Suicide & Crisis Lifeline: Call or text 988 (Available 24/7, free, and confidential)
- Crisis Text Line: Text HOME to 741741 to connect with a crisis counselor 24/7.
- International Resources: Find support worldwide at findahelpline.com.

