
NEWPORT HIGH SCHOOL
CLASS OF 2030

LESSON NORMS



Be fully present and engaged (no phones needed; laptops open during work time only)



Respectful discussion



Ask Questions

9TH GRADE AGENDA



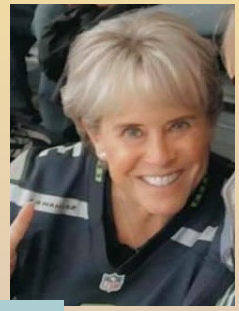
- 9th Grade Priorities
- Meet your Support Team
- Managing Stress
- Getting Involved
- Academic Success
- Advocating for Yourself and Others

GOALS FOR TODAY

1. Understand the effects of stress and how to manage it
2. Choose an extracurricular activity
3. Identify at least one trusted adult for questions or help

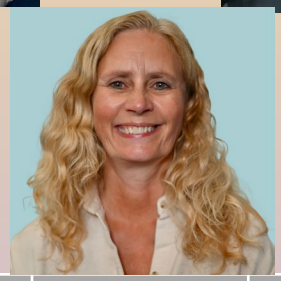
NEWPORT COUNSELING TEAM



AND



Rachel **Althouse**

Chunneath Kravanh	Heather Erickson	Sierra Lee	Layne Barker	Tania Maxfield	Karen Schulz	Emilie Bosone
A-C	**D-Hun**	**Hur-Liu**	MHAT Counselor	**Lo-P**	**Q-Va**	**Ve-Z**

SCHOOL COUNSELORS

WE HELP WITH:

Academic

Personal/Social

Future Planning

College Applications

Teacher Concerns

Other questions

CONFIDENTIAL??

We keep our conversations confidential, with a few exceptions...

How do I contact my counselor?

MR. FABIAN RIOS
COLLEGE & CAREER ADVISOR

- **Career Exploration**
- **College Ideas**
- **CTE Classes**



Email Mr. Rios to schedule an appointment: riosf@bsd405.org

HOW IS YOUR STRESS LEVEL?

1 = lowest stress
5 = highest stress



SCIANI

Building Stress Resilience



TRAUMA RESPONSES



Fight: Confront the threat.

anger
rage
confrontation
high energy



Flight: Run away from the threat.

anxiety
panic
avoidance
high energy



Freeze: Shut down to block out the threat.

dissociation
numbness
shutdown
low energy

HEALTHY WAYS OF COPING

Healthy Coping Techniques That are:

- Good for Your Body
- Good for Your Relationships
- Feel Good

If something meets **ALL** criteria, it is a healthy way to cope.



HEALTHY COPING EXAMPLES

Active: **Going for a walk**	• **Good for body** (Getting exercise, going outside) • **Good for relationships** (Improved mood around other people) • **Feels good** (More energy, gives brain a break)
Creative: **Painting**	• **Good for body** (Uses and develops different parts of your brain) • **Good for relationships** (Feel calmer and/or positive around other people) • **Feels good** (Challenging self, pride in what you've created, meditative)
Calming: **Talking with a trusted friend**	• **Good for body** (Increases healthy chemicals in the brain) • **Good for relationships** (Strengthens connections with other people) • **Feels good** (Feel listened to and cared for)

7 RULES FOR A HAPPY LIFE ☺

Focus on letting go of stress, living in the present, and maintaining a positive mindset.

- **Let it go:** Do not let a bad yesterday ruin today. Every morning is a fresh start.
- **Ignore the noise:** Do not let doubters or negativity steal your peace or change your truth.
- **Give it time:** Trust that healing and clarity take time and work silently in your favor.
- **Don't compete with others:** The only person you should try to be better than is the person you were yesterday.
- **Stay calm:** Life will not always go as planned; calmness gives you strength when facing trouble.
- **Own your happiness:** Your joy is in your hands, not someone else's responsibility to carry.
- **Smile and laugh often:** Laughter and a simple smile lift your mood and brighten the world around you.

UNHEALTHY COPING SKILLS



Coping Techniques That Hurt Your Body *or*



Hurt Your Relationships *or*



Hurt your self-Esteem



If something meets **ANY** of these criteria, it is an unhealthy way to cope.

UNHEALTHY COPING EXAMPLES

Isolating	• **Harms relationships** (Creates distance) • **Feels bad** (lonely, sad)
Screen time	• **Harms body** (Messes with your brain and body systems) • **Harms relationships** (Conflict with friends and family) • **Feels bad** (Doom scrolling)
Lashing out at people	• **Harms relationships** (Disconnecting from other people, conflict)

WHAT ARE HEALTHY WAYS THAT NEWPORT STUDENTS COPE WITH STRESS?

1) Think for a moment about what healthy strategy you want to try

2) Take 1 minute to discuss in your table groups





WHAT MIGHT STRESS LOOK LIKE FOR A 9TH GRADER AT NEWPORT?

FRESHMAN WELLNESS

Counseling and Wellness Center

- Place to destress during the day
- Meet with counselor
- MHAT/YES counselor referrals
- Mindfulness activities
- Build skills for life after high school
- Virtual Wellness page on website



SUPPORT SERVICES (IN ADDITION TO COUNSELOR)

Tutorial
M, T, Th, F 3:00 pm – 3:30 pm

Grad Success Coach
(Christopher Bennett)

Family Connections Support Specialist
(Israel Perez)

College and Career Specialist
(Fabian Rios)

Peer Tutors – Coming soon! On Wednesdays after school

ParentVue – View grades and attendance online

MHAT Counselor
(Layne Barker)

Counselors from Mental Health Community agencies

OTHER ACADEMIC AND MENTAL HEALTH SUPPORTS

MHAT Team

Community Agency Counselors (YES)

College & Career Center



Hotlines: (Back of ID card)

- Crisis Connections: 866-427-4747 (24 Hour Crisis Line)
- Crisis Text Line: Text START to 741741
- TeenLink – 1-866-TeenLink (833-6546)

BALANCE MATTERS

School + Activities + Friends + YOU

- Protect your **sleep & well-being**
- Make time for **sports, clubs & hobbies**
- Avoid taking on **too much at once**
- Build habits that prevent **stress & burnout**

⏰ **BEAT PROCRASTINATION**

Start now. Start small.

📝 Break big tasks into **small steps**

⏱️ Try the **5-minute rule**

🗓️ Put assignments & study time on a **calendar**

📵 Remove distractions while working

🎯 Do the **most important task first**

⭐ **9TH-GRADE SUCCESS TIPS**

PLAN • PRIORITIZE • ASK FOR HELP • REST

High school is a marathon, not a sprint!

ACADEMIC SUCCESS

- How has the workload been so far? (Harder, Easier, About what I expected)

Advice from student leaders…

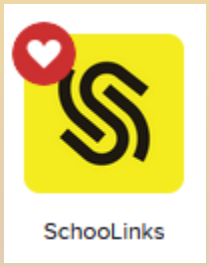
- Tips for staying on top of homework
- Tips for tutorial – how to make it useful
  - **Math tutorial – Wed 1:00 – 2:30 (library or classroom)
- Tips for studying with friends

CLUBS AND ACTIVITIES

- There are over 70 Clubs and 27 sports at Newport
- Clubs are student created, and student led
- Students can create new clubs
- Some clubs have Community Service opportunities
- Clubs are a great way to meet people with similar interests

Advice from student leaders…

SUPER WED REVIEW….



SCHOOLINKS– HIGH SCHOOL AND BEYOND PLAN

Survey: SchooLinks Onboarding completed?

- Go to Clever App
- Open SchooLinks
- Complete 9th grade tasks:
- Find your Path - career interest/personality assessment (part of Onboarding)
- Onboarding feedback survey





FINAL TASKS & REMINDER

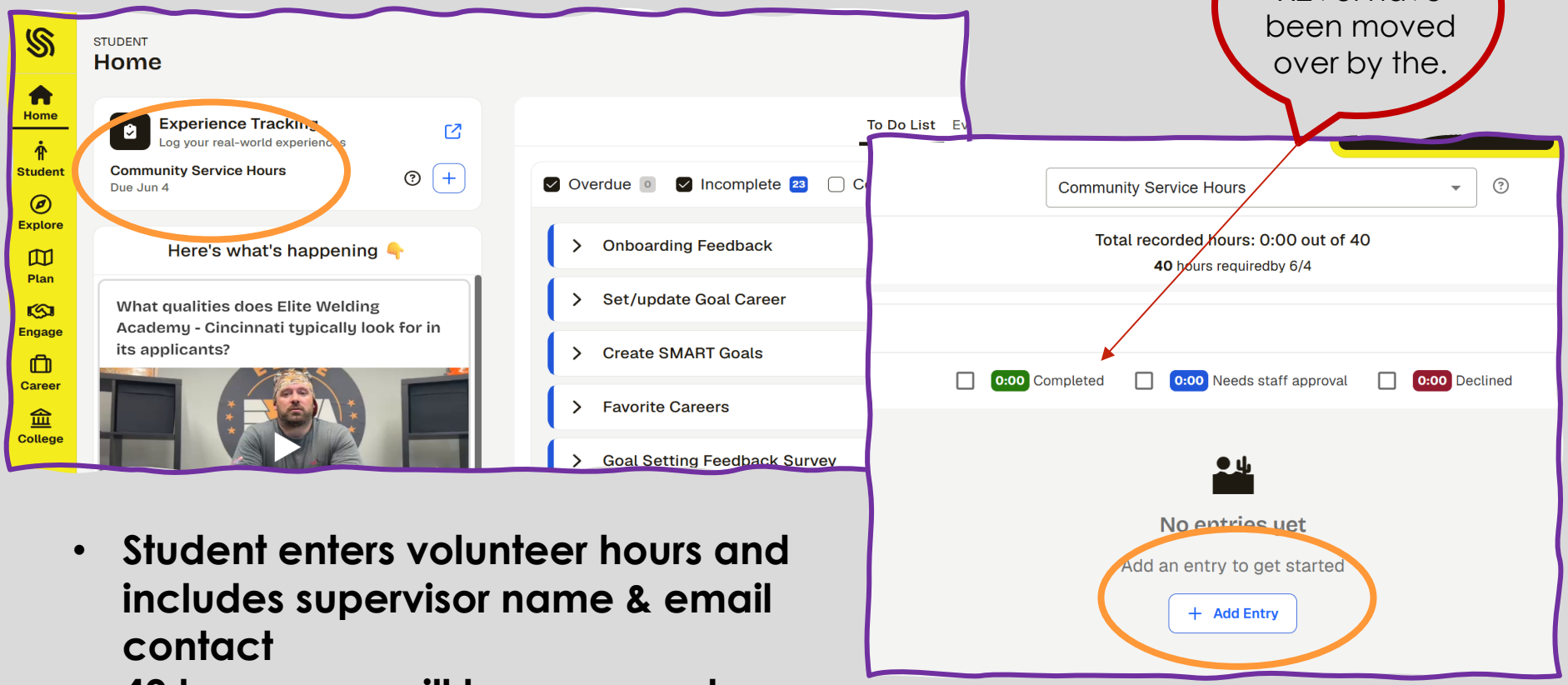
1. Complete "Welcome Knights" Student Info Sheet
2. SchooLinks - Work on High School and Beyond Plan
3. ID clubs and/or sports at NHS worksheet

AP Fall Registration: Deadline to order AP Exams is November 9th AND you must join the class section

RESOURCES

- **Club list -** https://newporthigh.bsd405.org/student-life/clubs-and-activities
- **Sport List -** https://newporthigh.bsd405.org/student-life/athletics
- **Final Forms -** https://bellevue-wa.finalforms.com/
- **Counseling Website -** https://newporthigh.bsd405.org/counseling
- **SchooLinks** – use Clever app
- **Community Service Opportunities** – use Clever app or Counseling website
- **World Language Competency Test –Registration closes 10/18**
  https://www.bsd405.org/academics/language-programs/world-language/world-language-competency-credits

ENTERING COMMUNITY SERVICE HOURS



- **Student enters volunteer hours and includes supervisor name & email contact**
- **40 hours max will be approved. Self record hours for anything after 40 hours.**


SLOW DOWN
KEEP CALM
BE POSITIVE
TAKE IT EASY
UNPLUG
ENJOY LIFE
HAVE FUN
BREATHE
RELAX
GO OUTSIDE
MEDITATE