



COUNSELING NEWSLETTER

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SPRINGING FORWARD

Congratulations on completing your third quarter, Comanches! You have worked hard so far, and now it's time for Spring Break. Enjoy the week by relaxing, hanging out with your loved ones, and getting ready for the fourth and final quarter of this year.

Throughout the month of February, the counselors met with Freshmen, Sophomores and Juniors individually to discuss your academic plan and future career goals. If you have any questions about your classes for next year or want to make changes, come see us at TCOB in August.

Seniors - the counselors are here to guide you as you transition to the next chapter, so come drop by!

Our wish is for everyone to have a fun and safe Spring Break! See you in April!



UPCOMING EVENTS @ THE LOUNGE



Canyon Counselors will host a variety of exciting events throughout the month of April in the Lounge. We'll kick off the month with *Coffee with Counselors* on Thursday, 4/4, at 9:30am. This event is for parents and guardians, and the topic is supporting students in balancing school work with other commitments.

For the students, we plan to present a series of weekly workshops titled *'Skills for Success'* to help you build organization, time management, communication, and study skills. The counselors encourage you to attend and learn more about these essential academic skills to use during the rest of the school year and finish strong!

Lastly, The Lounge will be open during nutrition and lunch on selected days for students to hangout, grab resources, play games, and interact with each other. Stay tuned for opportunities to visit the Lounge!

SENIOR CHECKLIST: R U READY TO LAUNCH?



GRADUATION & CREDIT STATUS

- GRADUATION STATUS LETTERS will be going out to families of seniors who are in danger of not graduating after quarter grades are posted and reviewed.
- APEX CREDIT RECOVERY is open until 5/30, so be sure to finish all of the course(s) before then. See Mr. Rommelfanger, in room 520, if you have any concerns.
- Seniors lacking credits for graduation are invited to the upcoming CREDIT RECOVERY RUSH WEEK during the week of 4/15. You can work on your APEX courses AND earn hours towards detention. Wow - What a deal!

FINANCIAL AID APPLICATION (FAFSA or CADAA)

- Any senior planning to attend a college, university, or technical school should complete a financial aid application by the priority deadline of 4/2. Contact your counselor if you have any questions or need support.
- If you and your family choose not to complete a financial aid application, you will need to submit the opt-out form to Mrs. Grammas in the College & Career Center.

SCC REGISTRATION (if you're attending in the Fall)

- If you plan to attend Santiago Canyon College, sign up for the *Early Welcome* field trip on 4/19, from 9am-1pm. You must complete the online SCC application (sccollege.edu/apply) AND the FAFSA or CADAA *before* 4/19 to be eligible for priority registration and the Promise Scholarship. Email the assigned SCC rep, Ms. Veliz at veliz_angie@sccollege.edu for more info or help.

**FEEL THE
P.O.W.E.R. OF**

Quality Sleep



We are taking notice that March is **National Sleep Awareness Month!** You've probably heard that getting enough sleep is important for your overall health and functioning in school. In fact, the legislators in California looked into research regarding teenagers and sleep, and they *actually* changed the time of day that high schools can start classes because teenagers need 8-10 hours of sleep per night.

How have you been sleeping lately? Is getting more or better sleep something you want to learn about? Check out the website (<https://letssleep.org/>) to find out how sleep works, how it affects performance, and for other practical advice for teens to sleep and live better. Happy dreaming! (Zzzzz...)