

VHS COUNSELING NEWSLETTER



September/October 2020

IN THIS ISSUE:

- Important Dates
- Senior Parent Night
- Senior Mtg
- Parent Ed Night
- Virtual College visits
- Common App Info
- Back to School Support
- Scholarship Notebook Info

WELCOME TO THE 2020-2021 SCHOOL YEAR

Welcome to the strange new-world of remote learning 20-21! If you are new to VHS, the newsletter is an important way that we communicate with students and families about what's going on in our department. Potentially even more important during remote learning as we will try and consolidate information and send as few emails as possible (anyone else overwhelmed by email?!) We try and send them out every 6-8 weeks. Let us know if there is more you'd like to see included in the newsletter – we love your feedback!

Important Upcoming Dates:

September 23rd – VHS Curriculum Night 6:00-8:00pm

September 25th – **12:30pm** ASVAB Results/Interpretation for students who took the ASVAB last year. Students received information

October 1st - Senior Parent Night – 7:00pm (link will be emailed)

October 5th - Seniors + Counselors Mtg (mandatory)

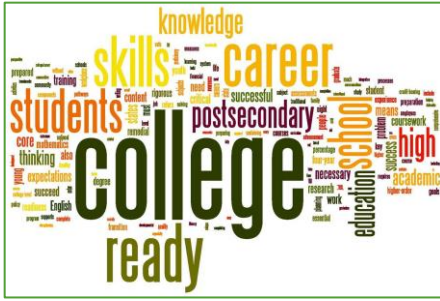
October 15th - Scholarship Notebook Night for Seniors and Parents 6:00pm (link will be sent via email)

October 21st - Community Resource Night – 7:00-9:00pm
“Brave Conversations: Supporting Mental Health and Building Resiliency”

November 3rd - Last Day of 1st quarter/Students start periods 2, 4 & 6 on Nov. 4th

OCTOBER 1ST - SENIOR PARENT NIGHT

Join VHS Counselors and a few guests for an informative evening about what to expect during your student's senior year. We'll talk about Post High School planning, college applications, the VCSF Scholarship Notebook, financial aid, Safe Grad Night and more. This is an evening **for parents**; students will receive this information (and more!) on Oct. 5th.



Contact Us

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OCTOBER 5th – SENIOR MANDATORY MEETING

Counselors will meet with seniors at 3:00pm on Monday, Oct. 5th to talk about Post-High School planning, college applications, letters of BThis meeting is for ALL seniors – VHS, Student Link, Family Link and Running Start

BRAVE CONVERSATIONS: Supporting Mental Health & Building Resiliency

McMurray and VHS Counselors are hosting an evening event for parents to talk about our kid’s mental health and resiliency and offer resources for both. We’ll cover topics such as stress/anxiety, crisis support, drug/alcohol trends as well as strength and resiliency. You’ll hear from a variety of guest speakers and will be provided with information about resources available to students and families. This will be a kick off event to an ongoing series of talks throughout the year aimed at supporting kids and families during challenging times.

COLLEGE FAIRS & COLLEGE VISITS

The VHS College/Career Fair was cancelled last year, and it’s likely we may not be able to have an in-person fair again this year, so we are pulling together resources for students to get the information they need regarding life after high school. We encourage students to attend one of the **Virtual College Fairs on:**

Oct. 12
Oct. 18th and
Nov. 8th

National College Fairs are FREE and give students access to over 600 colleges and universities! More information and registration can be found here: <https://virtualcollegefairs.org/>

VHS will be hosting **Virtual College Visits** with our admissions reps every Tuesday and Thursday in October, during the afternoon SMART (2:30pm) We will be sending out a link to a live document that we will continue to update as we add more colleges. For now, the following visits are scheduled and students will be emailed a link if they are interested in attending.

Tuesday, Oct. 6th: Oregon State University

Thursday, Oct. 8th : UW Seattle

Tuesday, Oct. 13th : Western Washington University

Thursday, Oct. 15th : Pacific Lutheran University

Tuesday, Oct. 20th: Washington State University

Thursday, Oct. 29th : Reed College

We will be adding more and will send the document out to seniors soon.

COMMON APPLICATION FAQ'S

If your student is planning to apply to any private, liberal arts schools, they will be using the Common App to do so. The Common App is a convenient application process that allows students to fill out one application that is submitted to multiple schools. The Common App **requires two teacher and one counselor letter of recommendation**. Students are required to complete a letter of recommendation packet and make a request, in person, to their teachers and counselor at least 3 weeks in advance of their earliest deadline. Information about this process will be given to seniors on Monday, Oct. 5th and can also be found on the guidance page of the VHS website under "senior resources". Information specifically for parents regarding the Common App can be found at <https://www.commonapp.org/parents>

SCHOLARSHIP NOTEBOOK INFORMATION

Information regarding the Vashon Community Scholarship Foundation Notebook program will be given out at a separate meeting on **Thursday, Oct. 15th**. This is a fabulous opportunity for our seniors – **everyone who applies gets a scholarship!** Stay tuned for more information!

BACK TO SCHOOL SUPPORT

We know that the start of the school year brings lots of excitement, but also lots of questions about where to find support for your student(s), especially during remote learning! Here is a list of who to turn to with specific concerns

- Academic concerns: Start with your student's teacher – they are a phenomenal resource! All contact information for teachers is in Skyward or on the school's website
- Academic concerns beyond individual classroom concerns: If you have questions about your student's abilities or how they are progressing towards graduation, please contact their counselor
- Any questions about social issues, stress management, post high school planning, student support, transitioning to high school, service learning, peer relationships and more...contact your student's counselor
- Concerns about alcohol, tobacco and other drugs – prevention and intervention Moana Trammell mtrammell-c@vashonsd.org
- Health Concerns: Sarah Day sdlay@vashonsd.org
- Community Service opportunities/questions, contact Jenn Coe at jcoe@vashonsd.org
- Medical appointments can be made at the Neighborcare Clinic once your student is registered with them. More information at <https://neighborcare.org/clinics/vashon-island-high-school/> or 206.548.7550
- Discipline questions or concerns: Mr. Andrew Guss aguss@vashonsd.org
- Attendance reporting: dfranson@vashonsd.org
- Bus Route questions: (206) 463.2525 (not relevant during closure)