

# VHS COUNSELING NEWSLETTER



September/October 2019

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## WELCOME TO THE 2019-2020 SCHOOL YEAR

The Counseling Department Staff are excited for another school year to begin. 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. 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 6<sup>th</sup>** - Window for schedule changes closes

**September 18<sup>th</sup>** – College/Career Fair – 1:00-4:00pm

**September 18<sup>th</sup>** - Senior Parent Night – 6:30pm VHS Theater

**September 26<sup>th</sup>** – VHS Curriculum Night 6:00pm

**October 15<sup>th</sup>** - College app help for seniors – Library, SMART

**October 16<sup>th</sup>** – PSAT – 10<sup>th</sup> and 11<sup>th</sup> grade students  
Senior Meeting – 12<sup>th</sup> grade students  
\*\*9<sup>th</sup> graders have a late start (buses run on normal schedule)

**October 23<sup>rd</sup>** - Josten's visit for Senior Cap/Gown Orders

## SEPT 18<sup>TH</sup> - 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. 16<sup>th</sup>

## SEPT 18<sup>th</sup> – POST HIGH SCHOOL PLANNING NIGHT

Due to staff changes and Fall schedules at colleges, we are unable to host the Post High School Planning Night in Sept. Counselors will be working closely with seniors and their families this fall and we will have this event in February 2020. Stay tuned for details!



## **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 Friday, Sept. 13<sup>th</sup> 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>

## **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). 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](mailto:mtrammell-c@vashonsd.org)
- Health Concerns: Sarah Day [sdlay@vashonsd.org](mailto:sdlay@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](mailto:aguss@vashonsd.org)
- Attendance reporting: [dfranson@vashonsd.org](mailto:dfranson@vashonsd.org)
- Bus Route questions: (206) 463.2525

## **SCHOLARSHIP NOTEBOOK INFORMATION**

Information regarding the Vashon Community Scholarship Foundation Notebook program will be given out at both the Senior Parent Night (Sept. 18<sup>th</sup>) and the Senior Meeting (Oct. 16<sup>th</sup>). There will also be an evening meeting for Running Start students. This is a fabulous opportunity for our seniors – everyone who applies gets a scholarship! Stay tuned for more information!

## **OTHER MISCELLANEOUS INFORMATION**

- AP Testing signups will be *early* this year, rather than in the spring just before the testing window. Please watch for emails from Mr. Peretti about this important part of taking AP classes.
- Saturday, Sept. 28<sup>th</sup> is the “Stand Up to Stigma” event at the Presbyterian Church. This is a day of workshops on the topic of on mental health. For more information, please call 425.221.1142
- The Vashon Explorers Program is open for applications. If you/your student are interested in hands on experience with Fire and Emergency Services, please contact JoJo Weller at 206.463.2405

- There is a job board located outside the counseling offices where we post jobs that community members reach out to us about.