

MAY/JUNE HAPPENINGS



03

SENIOR PROJECT!

Last day for papers to pass!

02

SENIOR AWARDS NIGHT!

More information to come and invitations as we get closer to the event :)

15

MAKE-UP PICTURE DAY!

In the student union!

02

SENIOR PROJECT!

PRESENTATIONS!!!!

GOOD LUCK, SENIORS!

24

SENIOR PROJECT!

Portfolios due!!

04

PROM AT EDGEWOOD!

26

LTCC SENIOR DAY!

Please refer to page three of this newsletter for more information on how to get assistance with admissions to LTCC :)

09

GRADUATION PRACTICE!

1-4pm on the field! More info in the link below :)

31

MEMORIAL DAY HOLIDAY!

Have fun, recharge, breathe...

11

GRADUATION!!!!!!!

This has been such a challenging year, we are so proud of all our students, especially our seniors!



SENIORS! IMPORTANT INFO!



PLEASE VISIT THE FOLLOWING WEBSITE FOR A FULL LIST OF ACTIVITIES AND DATES → [HTTP://STHS.LTUSD.ORG/STUDENTS/SENIOR_CLASS_OF_2021](http://sths.ltusd.org/students/senior_class_of_2021)



TRANSCRIPT REQUESTS!

- Please use the link below to request final transcripts for colleges/universities:

<https://form.jotform.com/21111618569215>



CLASS OF 2021 YARD/WINDOW SIGNS!

- Signs can be picked up in the ASB office!



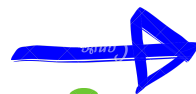
SENIOR GRATITUDE VIDEOS!

- Record your personal video for graduation! Videos should not be longer than 1 minute. Videos are due to Mr. Steil by Friday, May 21.



SENIOR PROM!

- Friday, June 4, 2021. 7:30-10:30pm at Edgewood. \$80/per person. Tickets will be available for purchase beginning May 3.



LIBRARY AND ASB ACCOUNTS!

- The ASB office will have a list of seniors who have outstanding fines. Please check with ASB or the library to see if you are one of these students! You will not receive a diploma unless you settle these fines.



STHS COUNSELING

COUNSELING • COMMUNITY • COMMUNICATION • COMMITMENT • COLLABORATION



May 2021 Mental Health Awareness Challenge						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 MH Fact: 1 hour of exercise per week is related to lower levels of mood, anxiety and substance use disorders	3 Write a gratitude list	4 Paint a Remembrance Rock Time: Lunch Location: Counseling Center	5 Journal Write: What do you like about yourself?	6 Talk to a friend you haven't talked to in a while	7 Paint a Remembrance Rock Time: Lunch Location: Counseling Center	8 Make a Mother's Day Card for mom
9 MH Fact: Drinking water can help improve your mood. Not getting enough water can affect your mood. Dehydration may result in fatigue and confusion as well as anxiety Spend Quality time with Mom	10 Help someone with something: ie, mom w/ chore, sibling w/ homework, etc.	11 Paint a Remembrance Rock Time: Lunch Location: Counseling Center	12 Journal Write: What are your goals?	13 Talk to a family member you haven't talked to in a while	14 Paint a Remembrance Rock Time: Lunch Location: Counseling Center	15 Do your favorite hobby (run, draw, read, listen to music, etc)
16 MH Fact: People who eat a diet high in whole foods are up to 35% less likely to develop depression than people who eat less of these foods.	17 Find a quote that inspires you	18 Paint a Remembrance Rock Time: Lunch Location: Counseling Center	19 Journal Write: What is something you are looking forward to?	20 Find a song that inspires you.	21 Paint a Remembrance Rock Time: Lunch Location: Counseling Center	22 Go outside! (walk your dog, read in the sun, play with your younger siblings, etc)
23 MH Fact: 70-90% of people who seek proper treatment for mental health disorders witness a significant reduction in symptoms	24 Create a list of your go-to people	25 Build Rock Remembrance Path Time: Lunch Location: TBD	26 Journal Write: Free write about something on your mind	27 Focus on eating healthy and drinking lots of water today!	28 Build Rock Remembrance Path Time: Lunch Location: TBD	29 Do something active: walk, bike ride, play soccer- move your body!
30 MH Fact: Sleep is fundamental to a healthy mind and body. It plays a role in our moods, ability to learn and make memories, organ health, strength of immune systems. Appetite, metabolism and hormone release.	31 Memorial Day: No School Journal: What are your mental health goals moving beyond May?					

Mental Health Resources

CRISIS TEXT LINE

TEXT 741741 with an opening message such as hello, or help. You will then be connected with a crisis counselor. This is **COMPLETELY** confidential.

LIVE VIOLENCE FREE
Lisa Piazza from LVF is offering virtual office hours to our students, every Monday and Wednesday from 1-2:30. She will be focusing on issues with relationships, self-image, bullying and mistreatment, stress and coping skills.
JOIN ZOOM MEETING BELOW:
<https://zoom.us/j/96737768845?pwd=TKRsbkRkdVVMWlZOdVNPdDQZGNudz>
Meeting ID: 967 3776 8845
Passcode: wmak6w



Suicide Prevention Network

HAVING DIFFICULTY? We're here to help. **CLICK THIS LINK** to find resources, connections, and support. Call or text **530-600-6520** to connect with someone who can help. Lisa Schafer is holding weekly office hours on Thursdays from 1pm - 2pm.

If you want to join, here is the Google meet link and the number to join via phone:

Meeting ID
meet.google.com/yja-jspf-sfw
Phone Numbers
(US)+1 978-706-0281
PIN: 841 169 185#



Help is just a phone call away!

Struggling? Click for **SOUTH LAKE TAHOE 24-HOUR CRISIS HOTLINES** or TEXT 741-741

NEED COUNSELING SUPPORT? Use this form to request support for academics, emotional health, or the need for resources: **STHS Counseling Support Request - Click HERE!** <https://forms.gle/CRTLHDCCJWRKZBMK9>

Interested in LTCC?



SAVE THE DATE!
SENIOR WEEK MAY 24 - 27

LTCC ADMISSIONS SUPPORT

- HIGH SCHOOL SENIORS -

**AT STHS
CAMPUS**

THE QUAD

MAY 3 - 21

Every Monday, Tuesday,
Thursday and Friday
during lunch

**ZOOM
DROP INS**

MAY 5, 12, 19

Wednesdays 12:00 - 1:00pm
Meeting ID: 934 5083 8577

[HTTP://BIT.LY/LTCCSENIORRSVP](http://bit.ly/LTCCSENIORRSVP)

SIGN UP FOR
PERSONALIZED
SUPPORT AND
EVENT NOTICES!



EMAIL [ELOUDON@LTUSD.ORG](mailto:eloudon@ltusd.org) FOR MORE INFORMATION

[HTTP://BIT.LY/LTCCSENIORRSVP](http://bit.ly/LTCCSENIORRSVP)

¡REGÍSTRESE
PARA RECIBIR
APOYO
PERSONALIZADO
Y AVISOS DE
EVENTOS!



PARA MAS INFORMACIÓN MANDE UN CORREO
ELECTRONICO A LRSALINAS@LTCC.EDU



RESERVA LA FECHA!
SEMANA DE SENIOR
MAYO 24 - 27

APOYO PARA ADMISION DE PARTE DE LTCC

- ESTUDIANTES DE ÚLTIMO AÑO DE SECUNDARIA -

**EN EL CAMPUS
DE STHS**

"QUAD" POR
LA OFICINA
PRINCIPAL

MAYO 3 - 21

cada lunes, martes, jueves y
viernes durante el almuerzo

**VISITA POR
ZOOM**

MAYO 5, 12, 19

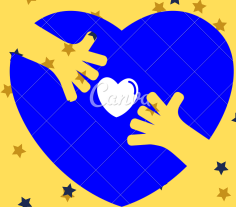
cada miércoles 12:00 - 1:00pm
ID de la reunión: 934 5083 8577



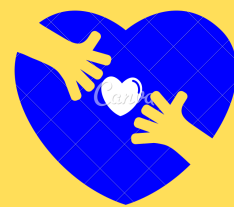
STHS COUNSELLING

COUNSELING • COMMUNITY • COMMUNICATION • COMMITMENT • COLLABORATION

get involved, feel awesome!



LIVE VIOLENCE FREE KINDNESS CHALLENGE



MAY	
Act of Kindness Challenge	WEEK 1 <input type="checkbox"/> BE KIND TO THE PLANET DRINKING OUT OF A REUSABLE WATER BOTTLE.
	WEEK 2 <input type="checkbox"/> RECOGNIZE SOMEONE WHO IS KIND AND LET THEM KNOW.
	WEEK 3 <input type="checkbox"/> GIVE OUT POSITIVE COMPLIMENTS THROUGHOUT THE WEEK. BELIEVE IN YOURSELF!
	WEEK 4 <input type="checkbox"/> ADD ENCOURAGING MESSAGES ON A STICKY NOTE FOR YOURSELF AND PLACE THEM ON A MIRROR.

CHECK OUT THE WEBSITE BELOW
FOR MORE INFORMATION!

[HTTPS://LP.CONSTANTCONTACTPAGES.COM/CW/MFUQZ4Q/KINDNESS2021](https://lp.constantcontactpages.com/cw/MFUQZ4Q/KINDNESS2021)

OR EMAIL

LPIAZZA@LIVEVIOLENCEFREE.ORG OR
JMACIAS@LIVEVIOLENCEFREE.ORG



IF YOU ARE STRUGGLING IN ANY WAY AT ALL WHETHER IT'S ACADEMICALLY,
EMOTIONALLY, SOCIALLY, FINANCIALLY, ETC... PLEASE COMPLETE THIS FORM
[HTTPS://FORMS.GLE/CRTLHDCCJWRKZBMK9](https://forms.gle/CRTLHDCCJWRKZBMK9) SO WE CAN CONNECT YOU WITH
THE RIGHT RESOURCES TO GET YOU THROUGH THIS FUNKY TIME!

IMPORTANT BELL SCHEDULE INFO

STARTING APRIL 26!

Monday/Tuesday Thursday/Friday		
Period	Start	End
1st	8:00	9:25
Passing	9:25	9:33
2nd	9:33	11:04
Passing	11:04	11:12
3rd	11:12	12:37
Lunch	12:37	1:07
Passing to 4th	1:07	1:15
4th	1:15	2:40

- A Cohort attend in person Monday and Tuesday
- B Cohort attend in person Thursday and Friday
- Students not in person join virtually.



WEDNESDAYS!!!

Students in need of academic support identified as those with D's and F's will be required to attend on

Wednesdays from 10 am to 1 pm.

- The schedule for Wednesday is below.
- Students and parents will be sent a separate message with information.
- We will update who attends on a weekly basis for the following Wednesday.
- We encourage students who are struggling academically in the virtual cohort to attend if possible.
- The bus schedule will be posted on the STHS website soon.

UPDATE: THE BUS SCHEDULE IS ON THE WEBSITE :)

All other students will participate in asynchronous lessons assigned by teachers on Canvas.

**WEDNESDAY IN-
PERSON
LEARNING IS
REQUIRED FOR
STUDENTS WHO
HAVE A D OR F
IN ANY CLASSES!**

Wednesdays Academic Support		
Period	Start	End
1st	10:00	10:40
Passing	10:40	10:46
2nd	10:46	11:26
Passing	11:26	11:32
3rd	11:32	12:12
Passing	12:12	12:18
4th	12:18	12:58



College Spotlight

WILLAMETTE UNIVERSITY SALEM, OREGON

Sports

**BASEBALL,
BASKETBALL,
FOOTBALL, SWIMMING
CROSS-COUNTRY,
SOCCER, TENNIS,
TRACK,
VOLLEYBALL!**

A small, 4-year, private university and liberal arts college. This coed college is located in a small city in an urban setting and is primarily a residential campus. It offers bachelor's, master's and doctoral degrees.

<https://willamette.edu/>

Quick Facts

January 15

Regular application deadline
See all deadlines

Small

1,515 total undergrads
371 degree-seeking freshmen
See more about student body and campus life

69% graduate within six years

See info about majors and learning environment

\$38,006 average financial aid package

76% of financial need met (average)
Tuition and fees: \$54,160 in-state, \$54,160 out-of-state

Average Age

20

All students

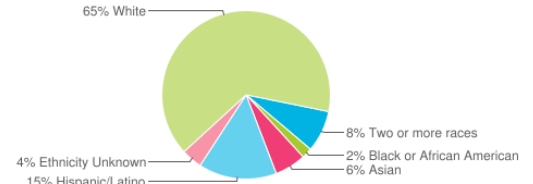
20

Full time students

Part-Time Students

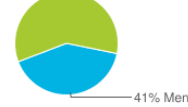
2%

Race/Ethnicity



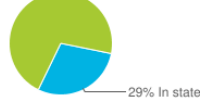
Gender

59% Women



In-state and Out of State

71% Out of state



Career Spotlight

PHOTOGRAPHER

PHOTOGRAPHERS COMBINE ARTISTIC FLAIR WITH TECHNICAL KNOWLEDGE OF CAMERAS AND DIGITAL IMAGING TO PRODUCE PHOTOGRAPHS. THEY WORK ACROSS A RANGE OF INDUSTRIES, FROM FASHION AND MAGAZINES TO ARCHITECTURE AND ADVERTISING. SOME ARE SELF-EMPLOYED, SELLING THEIR IMAGES TO PICTURE LIBRARIES AND MEDIA AGENCIES. OTHERS ARE HIRED FOR SPECIAL EVENTS, SUCH AS SCHOOL PORTRAITS AND WEDDINGS.

A DEGREE IN PHOTOGRAPHY OR RELATED ART OR DESIGN SUBJECT IS USEFUL, IN ADDITION TO GAINING EXPERIENCE AS AN ASSISTANT. THIS FIELD IS COMPETITIVE, SO THE MORE EXPERIENCE GAINED IS VERY HELPFUL.

\$ THE AVERAGE SALARY FOR A PHOTOGRAPHER VARIES GREATLY BASED ON CLIENTEL AND REPUTATION. IT HAS THE POTENTIAL TO BE A VERY LUCRATIVE CAREER.

YOUR INTERESTS- PHOTOGRAPHY, ART AND DESIGN, TRAVEL AND CULTURE, COMPUTERS, BUSINESS MANAGEMENT, NEWS AND CURRENT AFFAIRS.



Scholarship Spotlight!

NEED AN APPLICATION FEE PAID FOR?
VISIT THE SITE BELOW!
WWW.CAPPFUND.ORG

FOR SENIORS!



MOST SCHOLARSHIP DEADLINES HAVE PASSED. HOWEVER, BIG NATIONAL SCHOLARSHIPS CAN BE FOUND ON SITES SUCH AS:

- *GOING MERRY
- *SCHOLARSHIPS.COM
- *FASTWEB
- *SCHOLLY
- AND MANY MORE!

SENIOR AWARDS NIGHT WILL BE HELD ON JUNE 2ND AT 6 P.M. VIRTUALLY. A LINK WILL BE SENT PRIOR TO THE EVENT. STUDENTS FROM THE SENIOR CLASS BEING HONORED WILL BE NOTIFIED BY LETTER.

IF YOU HAVE ANY QUESTIONS ABOUT SCHOLARSHIPS PLEASE EMAIL RRASMUSSEN@LTUSD.ORG

STHS COUNSELING

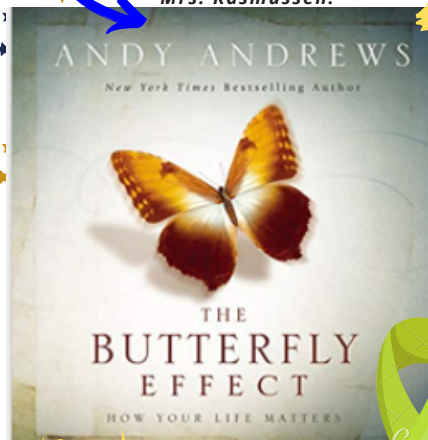
COUNSELING • COMMUNITY • COMMUNICATION • COMMITMENT • COLLABORATION

Meme of the Month



Book of the Month :)

Chosen by our very own English teacher turned superstar counselor Mrs. Rasmussen!



Inspo!

"OH, THE PLACES YOU'LL GO!
Congratulations! Today is your day.
You're off to Great Places!
You're off and away!
You have brains in your head.
You have feet in your shoes.
You can steer yourself in any
directions you choose.
You're on your own.
And you know what you know.
You are the guy who'll decide where
to go.
- Dr. Seuss



Contact Us!

JOAN BUSCHER

COUNSELING SECRETARY-please schedule all appts w/Joan
jbuscher@ltusd.org / (530) 541-4111 ext. 1841

BOB SULLIVAN, A-G

COUNSELOR
bsullivan@ltusd.org / (530) 541-4111 ext. 1823

ROBYN RASMUSSEN, H-O

COUNSELOR
rrasmussen@ltusd.org / (530) 541-4111 ext. 1825

KATIE BONGARD, P-Z

COUNSELOR
kbongard@ltusd.org / (530) 541-4111 ext. 1837

AMY JACKSON

ALTERNATIVE ED COUNSELOR
ajackson@ltusd.org / (530) 543-2267 ext. 1205

NATALIE COLLIN

SCHOOL PSYCHOLOGIST
ncollin@ltusd.org / (530) 541-4111 ext. 1993

AMANDA MOROZUMI

STUDENT ADVOCATE
amorozumi@ltusd.org / (530) 541-4111 ext. 1926

AMANDA HAMMOND

STUDENT ADVOCATE
ahammond@ltusd.org / (530) 541-4111 ext. 1866

SHANNON BENI

REGISTRAR-please request official transcripts w/ Shannon
sbeni@ltusd.org / (530) 541-4111 ext. 1827

GOT SOCIAL?

Follow Us!



INSTAGRAM

@sths_counselors



TWITTER

@sths_counselors

We look forward to communicating with you :)

-Your Counseling Team

STHS COUNSELING

COUNSELING • COMMUNITY • COMMUNICATION • COMMITMENT • COLLABORATION



LAKE TAHOE COMMUNITY COLLEGE
(530) 541-4660

BARTON COMMUNITY CLINIC
(530) 543-5623

24/7 BARTON COVID-19 HEALTH LINE
(530) 600-1999

TAHOE YOUTH AND FAMILY SERVICES
(530) 541-2445

EL DORADO MENTAL HEALTH
(530) 573-7970

LIVE VIOLENCE FREE
(530) 544-2118

CHOICES FOR CHILDREN
(530) 541-5848

NATIONAL SUICIDE HOTLINE
1-800-SUICIDE

24HR SUICIDE PREVENTION CRISIS LINE
1-800-273-8255

NATIONAL SUICIDE TEXT LINE
TEXT THE WORD "HOPE" TO (916) 668-iCAN

NATIONAL SUICIDE CRISIS-CHAT
suicideprevention.wellspacethealth.org

ACT
www.actstudent.org

SAT/COLLEGE BOARD
www.sat.collegeboard.org/register

KHAN ACADEMY-TUTORING & TEST PREP
www.khanacademy.org