

## MAY/JUNE HAPPENINGS



**MAY**

**JUNE**

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

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## MAY IS MENTAL HEALTH AWARENESS MONTH!

Please join our challenge!

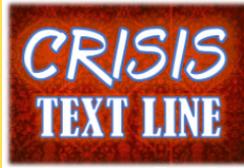
ZOOM in to view the month's activities



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



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



**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#

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=TKRsbkRkdVVMWlZOdVNPdDdqZGNudz09>  
Meeting ID: 967 3776 8845  
Passcode: wmak6w



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](https://forms.gle/CRTLHDCCJWRKZBMK9)

# STHS COUNSELLING

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Interested in LTCC?



**SAVE THE DATE!**  
SENIOR WEEK MAY 24 - 27

## LTCC ADMISSIONS SUPPORT

- HIGH SCHOOL SENIORS -

**AT STHS CAMPUS** MAY 3 - 21  
Every Monday, Tuesday, Thursday and Friday during lunch  
THE QUAD

**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 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** MAYO 3 - 21  
"QUAD" POR LA OFICINA PRINCIPAL  
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



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get involved, feel awesome!

## LIVE VIOLENCE FREE KINDNESS CHALLENGE



**LIVE VIOLENCE FREE**

Kindness Challenge Campaign 2021

Challenge Yourself

Constant Contact



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

CHECK OUT THE WEBSITE BELOW FOR MORE INFORMATION!

[HTTPS://LP.CONSTANTCONTACTPAGES.COM/CM/MFUQZ4Q/KINDNESS2021](https://lp.constantcontactpages.com/cm/mfuqz4q/kindness2021)

OR EMAIL

[LPIAZZA@LIVEVIOLENCEFREE.ORG](mailto:LPIAZZA@LIVEVIOLENCEFREE.ORG) OR  
[JMACIAS@LIVEVIOLENCEFREE.ORG](mailto: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
<b>1st</b>	<b>8:00</b>	<b>9:25</b>
Passing	9:25	9:33
<b>2nd</b>	<b>9:33</b>	<b>11:04</b>
Passing	11:04	11:12
<b>3rd</b>	<b>11:12</b>	<b>12:37</b>
Lunch	12:37	1:07
Passing to 4th	1:07	1:15
<b>4th</b>	<b>1:15</b>	<b>2:40</b>

- 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
<b>1st</b>	<b>10:00</b>	<b>10:40</b>
Passing	10:40	10:46
<b>2nd</b>	<b>10:46</b>	<b>11:26</b>
Passing	11:26	11:32
<b>3rd</b>	<b>11:32</b>	<b>12:12</b>
Passing	12:12	12:18
<b>4th</b>	<b>12:18</b>	<b>12:58</b>

# STARS COUNSELLING

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# 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

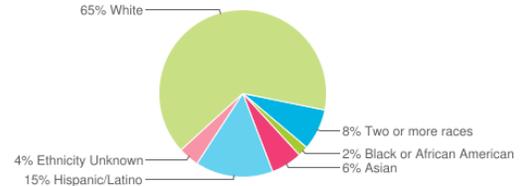
**20**

Full time students

**Part-Time Students**

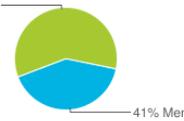
**2%**

**Race/Ethnicity**



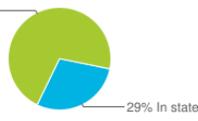
**Gender**

59% Women



**In-state and Out of State**

71% Out of state



Scholarship Spotlight!

## 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.



**CAPP Fund**  
College Application Fund  
Funding an Application for EVERY Senior

NEED AN APPLICATION FEE PAID FOR?  
VISIT THE SITE BELOW!  
[WWW.CAPPFUND.ORG](http://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](mailto:RRASMUSSEN@LTUSD.ORG)

# STHS COUNSELLING

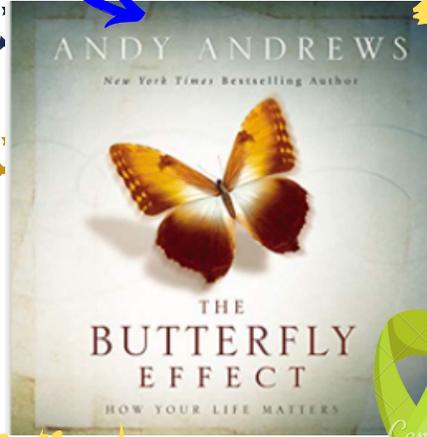
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Meme of the Month



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  
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**AMANDA HAMMOND**

STUDENT ADVOCATE  
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**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

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**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](https://suicideprevention.wellspacethealth.org) ★

**ACT**  
★ [www.actstudent.org](http://www.actstudent.org) ★

**SAT/COLLEGE BOARD**  
★ [www.sat.collegeboard.org/register](http://www.sat.collegeboard.org/register) ★

**KHAN ACADEMY-TUTORING & TEST PREP**  
★ [www.khanacademy.org](http://www.khanacademy.org) ★