

**The Heritage  
Counselors are here to  
support your student  
throughout high school  
by providing:**

- Academic Counseling
- College and Career Counseling
- Personal, Social, and Emotional Counseling
- Community Outreach and Referrals
- Information on Remediation

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**Encourage your  
student to come talk to  
their counselor about...**

**School success strategies,  
college, grades, family  
relationships, peer  
relationships, death of a loved  
one, bullying, self-esteem,  
sexual orientation, suicide, self-  
harm, depression, anxiety,  
anger, drugs, abuse, and much  
more!**

## **Counselor Contact Information**

Students may visit their Small Learning Community (SLC) office before school, during lunch, or after school to make an appointment with their counselor.

**Counselors:**

SLC-A1: Rebecka Watson  
(925) 634-0037 x 6016  
[watsonr@luhsd.net](mailto:watsonr@luhsd.net)

SLC-A2: Nichalous Archibald  
(925) 634-0037 x 6121  
[archibaldn@luhsd.net](mailto:archibaldn@luhsd.net)

SLC-B: David Campos  
(925) 634-0037 x 6026  
[camposd@luhsd.net](mailto:camposd@luhsd.net)

SLC-C: Christina Dalton  
(925) 634-0037 x 6036  
[daltonc@luhsd.net](mailto:daltonc@luhsd.net)

SLC-D: Jackeline Valdez  
(925) 634-0037 x 6046  
[valdezi@luhsd.net](mailto:valdezi@luhsd.net)



**HERITAGE  
HIGH SCHOOL  
COUNSELING  
DEPARTMENT**



**HERITAGE HIGH SCHOOL  
COUNSELING DEPARTMENT**  
101 American Ave.  
Brentwood, CA 94513



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## *The Successful High School Transition – What can you do as a parent?*

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### Why Take Study Hall?

- With the 8 period day, a student has room for the extra support
- Students may obtain reverse passes during this time to get extra help from core teachers



- Provides time to do homework when a student has extracurricular activities.

- Access Parent Portal often to check grades
- Communicate with teachers
- Check Daily Planner and encourage its usage for every period
- If your student has no homework in a class, encourage him/her to write “**no Homework**”
- For some students, have the teacher initial daily planner for accuracy.
- Use our weekly progress reports found in each SLC office
- Encourage your student to attend our after school **HELP** Club
- Encourage the utilization of **Patriot Plus**
- Have your student study in a visible area where you can ask him/her questions
- Encourage Involvement in clubs, sports, theatre or other school activities
- Be positive and supportive of your student’s needs

### Helpful Websites

[www.csumentor.com](http://www.csumentor.com)

[www.collegeboard.com](http://www.collegeboard.com)

[www.actstudent.org](http://www.actstudent.org)

[www.khanacademy.org](http://www.khanacademy.org)

[www.eligibilitycenter.org](http://www.eligibilitycenter.org)

[www.universityofcalifornia.edu](http://www.universityofcalifornia.edu)

[www.fastweb.com](http://www.fastweb.com)

[www.finaid.org](http://www.finaid.org)

[www.cacareerzone.org](http://www.cacareerzone.org)