



PATRIOT CORNER

COUNSELING NEWSLETTER

MAY 2023- SPRING SEMESTER



Introduction

Hello Patriots,

Our school counselors have created this newsletter to ensure you stay informed about upcoming school events, deadlines, and relevant information to help you navigate your high school career.

If there is anything you would like to see or learn more about, please send any suggestions to romans@luhsd.net

Thank you,

HHS Counseling Team

WHAT'S INSIDE

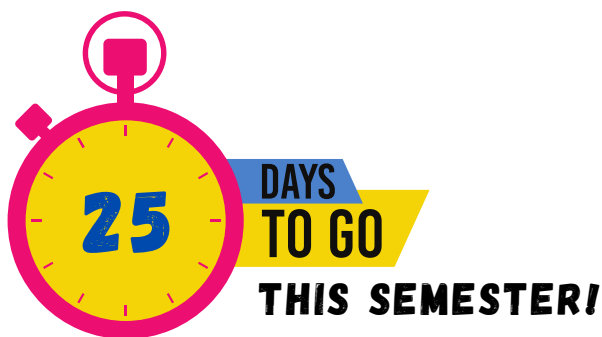
Introduction

Quick Reminders

Mental Health Awareness
Month

Quick Reminders


- Mid-Quarter 4 grades are due this Friday 5/5, please check in with your teachers if you are behind in a class. Turn in any pending/missing work **now!**
- **Seniors**- Follow this [link](#) for important Senior info/ upcoming events as well as Graduation guidelines
- **LMC Senior Events:**
 - HS Senior Registration days-Fri. 5/5 at the Brentwood Center and Sat. 5/6 on the Pittsburg Campus
 - Educational Planning workshop @HHS on 5/8. Plan out your classes for the Fall semester. Register [here](#)



May is Mental Health Awareness Month




May 08-12, 2023 is Student Mental Health Week. This week draws attention to the important issue of student mental health and the need for schools and the community to address childhood trauma and prevent suicide. Children and youth mental health issues are real, widespread, and treatable. One in five youth are identified as struggling psychologically. HHS is committed to supporting our students' mental, and emotional wellbeing.



CA Student Mental Health Spirit Week 2023

Your mental health matters! Join us in celebrating May 8-12!



Mindful Monday	Talk About it Tuesday	Wellness Wednesday	Thoughtful Thursday	Feel Good Friday
PRACTICE:	CONNECT:	CARE:	BELIEVE:	FEEL:
COPING STRATEGIES LIKE DEEP BREATHING, COUNTING, JOURNALING	TELL SOMEONE HOW YOU FEEL + ASK A FRIEND HOW THEY ARE DOING	DO SOMETHING THAT IS GOOD FOR YOUR BODY! TAKE A WALK, EXERCISE, EAT HEALTHY	CHOOSE, CREATE, OR WRITE DOWN AN AFFIRMATION. I CAN _____ I AM _____	DO SOMETHING YOU ENJOY AND THAT MAKES YOU HAPPY
Coping skills	Relationships	healthy habits	self-awareness	self-management

Mental Health Resources:

[HHS Virtual Wellness Center](#)

California Youth Crisis Line (800) 843-5200

Crisis Text Hotline (text to 741741)

National Suicide Prevention Line 1-800-273-TALK (8255)

Apps for stress management: Calm, Mindfulness Coach, Mindshift, Breathe, Headspace, Breathing Bubbles

