



Class of 2022

Fall Counseling Newsletter

Welcome to Whitney High School!

We are so excited to have the Class of 2022 on campus and are looking forward to all the great things they will accomplish over the next four years.

Counselors will be visiting Freshmen Geography Classes in October to talk with students about High School success and meeting graduation requirements.

For additional information on how to help your 9th grade student have a successful year, please visit the New Student Parent Presentation on the WHS Counseling Newsletters and PowerPoints page. <http://whs.rocklinusd.org/Counseling/Newsletters--PowerPoints/index.html>

Naviance

Naviance is a college and career readiness platform that helps connect a student's personal interests/skills and academic achievement to post secondary goals. Please visit the Naviance link on the Whitney High Counseling Page for log in information.

**Find out more about
Whitney Counseling Services at:**

<http://whs.rocklinusd.org/Counseling/index.html>

and on twitter @whitneycounsel

Important Upcoming Dates:

- 1st Quarter ends Oct. 12th- Quarter grades can be viewed on the Aeries Parent Portal on/after October 19th (report cards are **not** mailed home)

Academic Support Available to Students

- **Intervention**– Tuesdays—Fridays between 3rd block and lunch
- **Contact teachers directly**- Teacher emails are located in the Directory portion of the WHS website
- **Homework Club**– Tuesdays—Fridays from 3:30-4:30pm in the library
- **Schoology**– check each course for embedded content, resources and course grade books
- **Library**– open until 3:30 pm each school day

The Importance of Sleep

According to a study conducted at the University of Michigan, '1 in 6 parents say their teens are experiencing frequent sleep problems'.

How can you help your child get the sleep that they need (approx. 9 hours):

- Make sleep hours electronics free
- Instill a regular bedtime routine– lights out and wake up around the same time each day, even on weekends
- Limit caffeine, especially in the afternoons and evenings
- Pull back on the crammed schedule
- Teach time management and how to utilize breaks in their schedule

Counselor Assignments—Last Names: A-D-Mr. Blate, E-K Mrs. Casler, L-Q Mrs. LeRoy, R-Z-Mr. Floyd