
COUNSELING UPDATE

Counseling | College & Career Readiness

Summer Free Lunch Program

Chartwells is providing a free summer lunch to all Los Alamos Public School students 18 and under. The summer lunch program is an opportunity for any student regardless of need to pick up a healthy snack and a hot lunch daily throughout the summer months.

The free summer lunch program will be held daily Mondays - Fridays at Aspen School. Students may pick up their free lunch and eat at Aspen or take their lunches home. Students may stop by anytime between 11:30 am and 1:00 pm to pick up a healthy and delicious lunch!

Please join your fellow students June 10 through August 3 at Aspen to enjoy your healthy and free school lunch!

LAHS "Needs Assessment" Survey

In the next few weeks, Los Alamos High School counselors will be distributing a Needs Assessment to current 8-12th grade students, their parents and TFA/LAHS staff. It has been several years since the last needs assessment was distributed in LAPS and we need new data in order to adequately meet the needs of our high school students. Your feedback on the assessment will help us identify current needs of students and build programs to meet these needs, reexamine and refine our current programs, or scratch activities that no longer serve a purpose.

The short, five minute survey will be emailed via school messenger, or you may use the link below. Thank you, in advance, for your time and commitment to improving programs at TFA/LAHS. Your participation is greatly appreciated.

Parent Needs Assessment Survey

Senior Jump Start Day

Los Alamos High School senior students enjoyed a great day of healthy and stress-relieving activities during the annual PARCC testing on April 23, 2019. Instead of testing, the seniors had a fun day of health and wellness to end out their high school days. Seniors had the opportunity to select from such varied activities as knitting, Jiu Jitsu, hiking, running, movies and popcorn, and make and take art. Throughout the day, which also included continental breakfast, senior students had the opportunity to win amazing prizes from our very generous community businesses. Between sessions, seniors had the time to learn about the Los Alamos County Library system's online databases, to learn about UNMLA classes and pathways, to register to vote through the County Clerk's Office, and to learn about gap-year experiences through Verto Education.

Cristin Haake and Kathy Hipwood state, "We could not have held this amazing event without the dedication of our staff members! Michelle Holland, Beth Bates, Mary Grace, Lori Thompson, and Shannon Seitz all helped lead sessions for seniors and kept them engaged and energized throughout the Senior Jump Start Day. A special thanks to LAHS administration for their support, guidance, and willingness to take on any duty/task to make the day run smoothly!"



Ms. Black Goes to College!



I was under the impression that George Mason was a small, private, liberal arts school in Virginia. I was mistaken. George Mason is the largest public University in the commonwealth (Virginia is a commonwealth not a state), but it also behaves as a quirky, liberal arts school. GM is a school that believes deeply in access and diversity and you see that on their campus. As it is in the shadow of Washington DC, you will also see that influence.

Because of this influence, they have the first school for conflict and resolution. It is for students who want to study conflict in its many forms and solutions. It also lends itself nicely to the law school, which is on another of GM's campuses. In fitting with the image of liberal arts, there are numerous Living Learning



University of California, Irvine is a hidden gem of the UC system. Equidistant from Newport Beach and Disneyland, recreation opportunities abound. Some of their stand out organizations include a traditional Japanese drumming group, a hip hop dance team and a robust Esports team. The Esports team has their own arena and is nationally ranked. Scholarships are available. They bill themselves as a smaller college feel with large college resources. They are an

official Hispanic student serving college and their first generation population is impressive. Their professors are there to teach. They have active learning classrooms and the teachers are certified in active learning. Advisors stay with you for four years. Each school has its own space, their own Dean and their own advisement program. One other unique aspect is that the research is credit based. Strong programs include Informatics, Environmental Design and Policy, and Materials Science. Check out UC-Irvine and become an Anteater. Zot, Zot, Zot.

May is Mental Health Awareness Month

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The countdown to summer vacation has begun! But first, we must get through a few obstacles, like finishing up projects, turning in homework, and getting through finals. Please remember that your school counselor is here to help you during this time. Come check in with your counselor, even if it is for a piece of candy or a pep talk, in order to finish strong.

Finals Fill-Up

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Be sure to join your school counselors for Finals Fill-Up. Finals Fill-Up is held outside of the lower commons during finals week where we will be handing out refreshing iced coffee, lemonade, and frozen ice pops to help relieve stress. We will also have hula hoops, Frisbees, bubbles, and bouncy balls to have lots of stress-relieving fun.

Wishlist for the Counseling Area

We have students in our office all day. Many of them come in for a quick snack because of many reasons, forgot to eat breakfast, low on energy, just hungry. We try to have something for them

Granola Bars, both crunchy and chewy
Single Packs of nuts
Chips
Cup O'Noodles
Microwaveable Mac & Cheese
Tuna Packets
Beef sticks or jerky
8 oz Bottles of Water
Small Bottles of Juice
Gummies

Single serve cold cereal
Shelf stable milk
Bags of wrapped, hard candies
Plastic Spoons/Forks/Knives
Napkins
Paper plates and bowls
Tissues
Gift Certificates to Smiths
Board Games
Puzzles

LAHS Summer PE

Physical Education

Semester 1: June 10 - June 28, 8:00am - noon

Semester 2: July 8 - July 26, , 8:00am - noon

Cost: \$250/semester

For more information contact Lucy Belian at l.belian@laschools.net or 663.2797.

To register, contact Diana Bequette at d.bequette@laschools.net or 663.2528.



Upcoming Important Dates for Seniors

May

- 17 - All Library books returned to the Topper Library
- 23 - Senior Finals Start
- 24 - Last day of classes for Seniors
 - All Textbooks (Seniors ONLY) returned to the Text Book Center
- 28 - Scholarship Convocation, 6:00 pm, Duane Smith Auditorium
- 29 - Senior Class Meeting, 10:00 am Duane Smith Auditorium (MANDATORY)
 - Cap & Gown/Ticket Distribution, 11:00 am, Duane Smith Auditorium, (MANDATORY)
 - Senior Picnic, noon - 3:00 pm, Urban Park
- 31 - Commencement Rehearsal, 10:00 am, Griffith Gym (MANDATORY)

June

- 1 - Seniors line up for Commencement, 8:00 am, covered walkway by Speech Theater
 - Commencement, 9:00 am, Griffith Gym
 - Senior Appreciation Night (SAN), 6:00 pm - 5:00 am

Tips for Summer College Visits

- Visit the school when you can go on a tour or attend an info session. Check the college's website to see what they have planned during the summer so that you can schedule accordingly.
- Visit multiple colleges in the area including small colleges and large colleges. Even though you may be interested in one specific school, take the opportunity to get the feel of something different. You never know, you may like it.
- Connect with someone from your department of interest. Professors love talking about their programs and they may have more time to chat during the summer.
- Remember to check out the town or city that the school is located in. Try to talk with some of the locals to get the feel of the community.
- Once you get home, think about how you felt on the different campuses. Did you feel like it was a good fit? Could you see yourself going to school there? Did you feel comfortable?

I can't wait to hear about your college adventures! Please stop by the College & Career Readiness Center and let me know your thoughts and impressions of the schools you visited over the summer. Happy exploring! - Ms. Segler

Freshman Follow-Up



Hello Freshmen!!!!

The end of the school year is fast approaching. As I said from the beginning, it would be here before you knew it! I hope all of you are taking advantage of the opportunity to attend Saturday school and academic time. Don't forget there is also help available in the ASC.

Please make sure to check with your teachers about the schedule for finals week, May 28th through May 31st. Finals begin the Tuesday after Memorial Day weekend. Look ahead and make sure you will be here and if not, make arrangements in advance with your teachers to complete your finals.

I'm sure all of you are looking forward to the Summer and a much needed break; I know I am! If you registered for summer Driver's Ed, remember it begins Monday, June 17th!!

Anyone interested in a part-time job, summer classes, camps, and/or volunteer opportunities stop in and see me and I can share with you things that are available.

You're in the home-stretch! Hang in there, buckle down, and finish strong! I am here if you need anything...sadly, no puppies or pizza, but I do have snacks and words of encouragement!!

Bring on the 10th grade!!

Cheering you on,

–Ms. Harrison

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