



# SLHS

November  
2020

# Counseling Newsletter

Southern Lehigh High School

5800 Main Street, Center Valley, PA 18034

610-282-1421

## Gratitude

Practicing gratitude provides [amazing benefits](#): Gratitude can help you manage stress, alleviate anxiety, boost your immune system, and improve your overall sense of happiness and wellbeing. [There's more!](#) Practicing gratitude also helps to improve sleep, increase empathy, enhance self-esteem, and strengthen social connections.

Ready to cultivate a greater sense of gratitude? Getting started is easy. There are tons of available gratitude resources and exercises. If you're unsure where to begin try one or more of the following activities:

- [Gratitude Journal Exercise](#)
- [Gratitude Letter Writing](#)
- [HEART Reflection](#)
- [Volunteering – Virtually](#)

Want more gratitude? For additional information and tips to make practicing gratitude a lifelong habit, check out this [article](#) from PositivePsychology.com. With the ongoing pandemic, practicing gratitude is [important](#).

In the spirit of cultivating gratitude, thank you for taking the time to read about the benefits of gratitude!



## What's Happening

Today kicks off our initial newsletter of the school year, and in fitting fashion our first theme is Gratitude. The month of November generally provides a time to take pause and give thanks. This November, we are especially mindful of all that we have to be thankful for. As the ongoing pandemic has highlighted, many basic and mundane tasks had been taken for granted previously. This school year, there is much to be thankful for:

We're grateful that we are able to come into the building and work from our school offices. We're grateful for being able to see our students on their hybrid in person days and for having the available technology to see our students virtually. We're grateful that despite the challenges of this year, we were able to host the SATs and PSATs and provide these in person testing opportunities for our students. We're grateful for our newest school counselor, Mrs. Kristen Stepanczuk, whose addition has helped us to better support our students, families, and Southern Lehigh community during this very difficult time. We're especially grateful to our custodial staff whose continued efforts allows for a clean and safe working and learning environment, we wouldn't be here without their service. We're thankful for the health of our students, families, and staff.

We are grateful to be able to be here for our students. If your student or family needs anything, please let us know.

Thank you for taking the time to read our Newsletter. You can expect to receive a monthly newsletter sent out mid-Month moving forward.

With gratitude,

-The SLHS School Counseling Department

## PSAT

2020 PSAT Results Available Online Dec. 7th!

Students who took the PSAT on Oct. 17th will have ONLINE access to their scores on Dec. 7th via their College Board account. Students who already have a CB account should make sure they are able to login. Students who do not have a CB account, should create one prior to the score release date. Further information is available on [College Board](#).

## Naviance

[Naviance](#) is an excellent resource for exploring careers. Students should login to their Naviance account to complete a personality assessment called "Do What You Are" or career interest surveys under the "About Me" tab and "My Assessments." In addition, students are able to view "[Road Trip Nation](#)" videos to learn about various careers (click on the "Careers" tab).



## Contact Us

- ♦ [Christie Piascik](#), Ext. 7555
- ♦ [Tamme Westbrooks](#), Ext. 7556
- ♦ [Lynne Kelly](#), Ext. 7557
- ♦ [Kristen Stepanczuk](#), Ext. 7522
- ♦ [Cotie Strong](#), Ext. 7558

[Guidance Website](#)  
[Newsletter Archives](#)

## Upcoming Dates

- ⇒ **11/26-11/30:** Thanksgiving Break, No School
- ⇒ **12/7:** PSAT scores released on [College Board](#); [Moravian Instant Decision Day](#)
- ⇒ **12/8:** [Kutztown Instant Decision Day](#)
- ⇒ **12/24-1/1:** Winter Break, No School
- ⇒ **1/25-1/29:** 2021-22 Course Selection Information
- ⇒ **2/12:** Registration Deadline for [March SAT](#) at SLHS
- ⇒ **2/25:** College Information Night
- ⇒ **3/14:** SAT at Southern Lehigh High School