



Counseling Newsletter

Southern Lehigh High School

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Sleep Hygiene

Practicing sleep hygiene comes with many positive benefits, such as decreased stress, enhanced mood, less risks for health concerns, improvements in memory, as well as greater academic performance.

Are you ready to start implementing sleep hygiene? You can begin by maintaining a consistent sleep schedule. Going to bed and waking up around the same time each day will allow you to fall asleep faster and wake up feeling more rested. Another way to practice sleep hygiene is incorporating a relaxing activity before you go to bed, such as reading a book, taking a bath, exercising, or meditating. Choosing to do a relaxing activity can help your body and mind feel more calm and ready for sleep. Having a bedroom with limited screens and distractions is also essential for a peaceful rest. Also, be mindful that the larger the meal and the more caffeine that is consumed before bed can disrupt your sleep pattern.

Incorporating these tips will help you sleep and feel much better! Want more information on sleep hygiene?

- ◆ VeryWellMind.com
- ◆ HopkinsAllChildrens.org



What's Happening

In this month's newsletter we're excited to highlight our Parent Speaker Series slated to kick off in the New Year. Our Parent Speaker Series will be bringing in speakers, (virtually) to present on topics relevant to our parents and families of SLHS.

On Thursday, January 14th at 6:30pm, we will be welcoming our inaugural speaker Michelle Koch, who will be presenting, A Parent's Journey: Helping or Hindering Student Success in College. If you are a parent of a college bound student, this presentation is a must see!

As a professional educator, school psychologist, and licensed professional counselor, Michelle has worked within education for the past 15+ years. Serving as the current Director of Accessibility at Moravian College, Michelle has previously worked at both Lehigh University and Bethlehem Area School District. Michelle's presentation draws from her wealth of experience working with past and current students and their families.

By attending this presentation, you will learn about the self-determination model, and how to effectively help your student develop skills in problem solving and self-advocacy. You'll also learn the steps for creating an academic toolbox containing the essential strategies needed for your student to gain increased independence as an emerging adult and launch into real world success.

Save the date for January 14th at 6:30pm. Want to attend A Parent's Journey: Helping or Hindering Student Success in College, but can't make it? No worries! This virtual presentation will be recorded and made available on the SLHS website – under the Guidance tab.

We're so looking forward to Michelle's presentation and hope that you are too! Stay tuned and have a happy holiday!

-The SLHS School Counseling Department



PSAT Results

Students who took the October 2020 PSAT were able to access scores via their College Board account beginning Dec. 7th. Watch this short [YouTube Video](#) on understanding your scores.

Students also have the opportunity to access FREE SAT prep through Khan Academy. You can [link your College Board account with Khan Academy](#).

The [SAT and ACT testing calendar](#) can be found on our website. As a general rule, juniors should plan to take the SAT or ACT in the spring and again in the fall of their senior year if needed. Sophomores should plan to take the PSAT again in October 2021.

Cool Careers for Students

[What's So Cool About Manufacturing](#) is an excellent resource highlighting numerous career opportunities in the manufacturing industry - mechanical & chemical engineers, CAD Technicians, welders, accountants, etc. Check out [Cool Careers for Students](#). Each career has a brief job description, important skills & knowledge, required training, and a video highlighting employees of manufacturing companies across the state.

Contact Us

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

Upcoming Dates

- ⇒ **12/24-1/1**: Winter Break, No School
- ⇒ **1/14**: Parent Speaker Michelle Koch: A Parent's Journey: Helping or Hindering Student Success in College.
- ⇒ **1/21**: End of 1st Semester (2nd MP)
- ⇒ **2/9**: 2021-22 Course Selection Information (revised date)
- ⇒ **2/12**: Registration Deadline for [March SAT](#) at SLHS
- ⇒ **2/25**: College Information Night
- ⇒ **3/4**: [ASVAB](#) for all Juniors
- ⇒ **3/13**: [SAT](#) at Southern Lehigh High School