

Eagle Valley High School Newsletter

January 2020

Happy New Year!



Happy New Year and welcome back from winter break! It's hard to believe the school year is almost half over and that second semester has begun! We would like to remind students that support is always available and encourage students to reach out to counselors, teachers, and administrators if they need help and support. Eagle Valley Counselors welcome students back school and hope that everyone had an enjoyable and restful break!

What will the New Year bring for YOU?!

Many of us are naturally inclined toward reflection during the New Year. We think about our struggles and losses, our mistakes, our moments of joy as well as the kindness of others who have crossed our paths.

Self-reflection should be more than just the sentimental action. It can affect our decisions and choices in the year ahead. So we encourage you to take time and pause...reflect on the past year and invest in the new exciting year ahead!



Attention Seniors - How to Find Scholarships through EVHS resources:

- Check your email regularly. The Counseling Department often hears about scholarship opportunities and posts them to Schoology with important information and deadlines.
- Check Naviance! In addition to Schoology, the Counseling Department posts scholarships on Naviance for your reference. Check-in with your counselor if you need assistance finding their location.

GOING TO COLLEGE OR COMMUNITY COLLEGE? READ THIS ADVICE!

The New York Times reached out to it's readers about their college experience, and what they wish they had known sooner both inside and outside of the classroom...take a look at the great advice they shared!

- I wish I had taken better care of myself-my physical and mental health. And prioritized my sleep. I would've been healthier, less stressed and more resilient during difficult periods.

- Forgive yourself for the many mistakes you may make along the way, and be kind and supportive to yourself. Acknowledge your imperfections, you may find similarities in other people that help you build meaningful relationships.

- Don't be afraid to go places by yourself (as long as you are safe). Take advantage of opportunities that interest you, regardless of what others think.

- It's O.K. if it takes a long time to make friends. You're comparing the depth of friendships you've had over many years at home and new friends you're only making a couple semesters into college. It's normal not to feel as close to anyone at college as at home. It'll come.

- I wish I had known that it's O.K. to not go straight to a university. I made myself miserable with worry that I was behind and missing out. But community college changed my life for the better, and I want other people to know it's O.K. to take a nontraditional path.

- I believe it is important for every student to figure out what their "call"

is in life. Once this is determined, everything else will come naturally.

- I wish I had known how to separate my learning from my grades. My educational experience became profoundly better and more enriched when I learned how to start learning for the sake of learning, and not for the sake of the letter grade.

- I wish I had known to take more "leap-of-faith" classes - classes outside of your comfort zone, or classes that don't have anything to do with your major, but sound

"Educating the mind without educating the heart is no education at all." - Aristotle

Vaping: A Epidemic Among Youth

Vaping has become a major epidemic within our schools, communities, and families. While there have been declines in tobacco use among youth, E-cigs and vape use among middle and high school students have been on the rise. The popularity of e-cigs and vapes among youth is a concern for health professionals, educators, and parents. Part of the concern is because of the common misconception that these products are harmless and the long term consequences of use are still uncertain.

Please do your part in educating yourself on the health risks around these topics and feel free to seek out your counselor if you are looking for support, resources, and help.

SHOULD STUDENTS GET MENTAL HEALTH DAYS?

Two states recently passed laws that allow students to take time off for their mental health. Do you wish your school gave you the option? Depression and anxiety. The state of the county. Climate change. Mass shootings. Today's students are grappling with a variety of issues beyond the classroom. To that end, lawmakers in two states have recently recognized the importance of the mental health of their students by allowing them to take sick days just for that. The measures "empower" children to take care of their mental health. In 2018, Utah changed the definition of a student's "valid excuse" to miss a day to include an illness "which may be mental or physical." The new laws are a huge win, especially for individuals and families that are affected by mental health conditions. What do you think the pros and cons are of allowing students to take mental health days??

hmm...