

RAINIER HIGH SCHOOL COUNSELING CENTER NEWS

February 2023 (volume 1, issue 5)

MENTAL HEALTH MOMENT

♥ Things I Need to Hear When Having A Bad Day ☆

Everyone has "off" days. You are doing your best.

There's nothing wrong with taking time to recalibrate.

It's okay to cry, even when it's not a big deal.

It's okay to be upset or frustrated. Your feelings are valid.

One bad moment doesn't have to ruin the entire day. (but it might and that's ok)

Talking or venting about it doesn't make you a burden.

You deserve a tight hug, cup of tea, and your fav comfort show.

You're allowed to put your needs first.

@SelfLove Rainbow

UPCOMING EVENTS

- **FEBRUARY 6-10: SCHOOL COUNSELING WEEK.** We feel so lucky to be at a school that supports the work of the counseling center. The theme this year is "Helping Students Dream Big!" What dream do you have? How can we help you make it a reality?
- **FRIDAY, FEBRUARY 10TH: NEW MARKET FIELD TRIP.** Permission slips due 2/3.
- **SATURDAY, MARCH 25: RAINIER EDUCATION FOUNDATION AUCTION**
- **TUESDAY, APRIL 25TH: SAT TESTING.** Open to all Juniors & Seniors. Fee waivers available for students who qualify.
- **THURSDAY, APRIL 27TH: CENTRALIA COLLEGE FIELD TRIP.** Open to Sophomores & Juniors interested in Running Start, as well as Seniors interested in learning more.

COMMUNITY SERVICE

ALL STUDENTS need to complete 25 service hours each year.

There are a few ways to track hours:

1. You can submit them directly to the [Google Form](#)
2. You can save this [Google Doc](#) to your drive and keep a digital copy (great way to save your information for future job/college/scholarship applications)
3. You can print out the [PDF](#) and keep a paper copy

****All hours must be submitted through the Google Form by the end of each school year in order to receive high school credit.**

DID YOU KNOW?

- **Interested in Construction Trades?** New Market is hosting a "Try a Trade" open house on May 4th. Sign-up for the field-trip in the counseling center.
- Please pick up and fill out the **Letter of Recommendation** Student Involvement Sheet from the Counseling Center or fill out and share the digital [form](#) and turn in at least 1 week before your letters are due.
- [Schedule](#) a meeting to meet with Ms. Memmott about future plans...college, trade school, New Market, Running Start, etc.

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