

COUNSELING CONNECTION

FEBRUARY & MARCH 22-23



Quicklinks

[Wildcat Counseling](#)

[Senior Class Information](#)

[DVHS College & Career Center](#)

Upcoming Dates

Students

2/27 - Class of 2024 scheduling presentation

2/28 - Class of 2025 scheduling presentation

3/3 - Class of 2026 scheduling presentation

3/6 - Class of 2027 scheduling presentation

3/3 - 3/8 - Student portal opens for course selection

Week of March 13 - Class of 2024 Student/Counselor 1:1 Meeting

Week of March 20 - Class of 2025 Student/Counselor 1:1 Meeting

Week of March 27 - Class of 2026 Student/Counselor 1:1 Meeting

Parents

2/27 - Incoming Senior parent night

3/1 - Incoming Junior parent night

3/6 - Incoming Sophomore parent night

The Counseling department is gearing up for course selection for the 23-24 school year and are looking forward to meeting with parents and all our students in the coming weeks! Please, review the upcoming dates for when we will be meeting with your student.

We understand that picking classes for the next school year can overwhelm families. Along with meeting each student one-on-one and our parent nights, we have multiple helpful resources to help your family.

Course Planning Resources

[4-Year Plan Suggested Timeline](#)

[4-Year Plan Template](#)

[Time Management Worksheet](#)

[SRVUSD Course Catalog](#)

[DVHS Electives Information](#)

[AP/Honors Course Information](#)

More resources can be found on our [Academic Planning](#) page.

Looking to help your student create balance? Encourage your student to:

Start with our [time management](#) worksheet.

Exercise, join a club, walk your or someone else's dog, make time for friends and family!

Get involved in a [community service](#) activity.

Eat well, hydrate and get at least 8 hours of sleep per night.

Avoid technology at least one hour before going to bed.

Consider a [guided meditation](#) to wind down.

DVHS Counseling Team



All students in 9th - 12th grade are assigned to their counselor by their last name.

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C.O.P.E Positive Parenting Program

SRVUSD is partnering with the C.O.P.E. Family Support Center to offer a series of five free virtual seminars exclusively for parents and caregivers of SRVUSD students. Children of all ages need a safe, secure, and loving environment to do well. The C.O.P.E. Positive Parenting Program is an effective and practical approach to raising children that emphasizes the positive.

Register and learn more information here:

bit.ly/SRVUSDseminars

C.O.P.E. Family Support Center
Connecting Options and Parent Education
We Listen. We Care. We Act.

Seminar #1:

Topic: Sleep Patterns with Teens

Key Topics for Discussion:

- Education about benefits of sleep for teens.
- Importance on a good night sleep for a better academic performance.
- Developmental norms and needs.
- Establishing evening and morning routines.

WHEN:

Wednesday, January 25th, 2023

TIME:

6:00 p.m. - 8:00 p.m.

Virtual by Zoom



SRVUSD Parent and Caregiver Seminar Series

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Children of all ages need a safe, secure and loving environment to do well. The C.O.P.E. Positive Parenting Program is an effective and practical approach to raising children that emphasizes the positive.

You can register for as many seminars as you are interested in attending by using the below link or scanning the QR code:

bit.ly/SRVUSDseminars



We encourage you to join as many of the seminar that interest you! All seminars are held on Wednesdays from 6:00 - 8:00 p.m.

January 25 th	Sleep Patterns with Teens
February 22 nd	Getting Teens to Cooperate
March 22 nd	Social Media Limits
April 26 th	Mental Health for Teens and How to Support Them
May 24 th	Coping Skills for parents dealing with Teens' Emotions

Wellness Corner

Did you know we have a Wellness Center on campus? The Wellness Center is a safe, calm space to support social-emotional well-being and promote mental health on campus!

Learn more about the Wellness Center [here](#).

Wellness Center Activities (*for students only*)

2/28 Mindful Monday @ lunch in WC: Create a gem sticker

3/5 Mindful Monday @ lunch in WC: Picture frame decorating

3/12 Mindful Monday @ lunch in WC: Make your own paper

leprechaun

3/19 Mindful Monday @ lunch in WC: Pressed flower lanterns

3/26 Mindful Monday @ lunch in WC: Nature painting

Just for Fun: Blind date with a book!

Each February, our librarians wrap mystery books for students to check out and take out on the town. They only give one clue written on the cover - there's no cover-judging allowed! When you turn your date back in, fill out a "rate your date" form at the front desk to win a prize!