

# Saint Joseph High School

*Building Faith, Character and Excellence*

## Counseling Newsletter

John Kennedy, Principal

Dana Strabavy, Director of School Counseling

Hayley Fuller, School Counselor

Lukas Mendoza, School Counseling/College and Career Advising

Joe Metanias, School Counselor

Josie Dieter, School Counseling Administrative Assistant

Sue Ushela, Admissions



### Freshman - August 2018

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## Welcome to the 2018-2019 School Year!

Hey Freshman Hey!! The Saint Joseph High School Counseling Department hopes everyone had a wonderful summer break filled with laughter, family and sun! We are excited for a brand new year. We are so excited to welcome you to the SJHS hallways. We are going to have an amazing year full of new adventures, lots of information, and laughter. The Counseling Department is here to support all families through the next four years of high school in the academic, social/emotional and career realms. Families will receive a Counseling Newsletter each month outlining important information, dates, and topics. We are here to help! Please let us know how we can best support your student.

[Watch our Fresh welcome video!](#)

### Transitions

We all have them! We will have first-time high schoolers, legacies, transfers, International students, and others. As with all transitions, change can be difficult. At Saint Joseph High School we have multiple programs to help our students and families with these transition times.

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Our Student Ambassador Program helps new students to SJHS adjust by showing them around, making introductions, checking in, and making sure all of our new students know where to go. SJHS also has a 90-minute “Flex Period”. During this time, students have access to our Peer Mentors, teachers, or other support services. Peer Mentors are Juniors and Seniors, who are trained to help younger students with study skills, social adjustments, and general advice about high school life. Each grade receives a monthly newsletter from our Counseling Department with general information for the month. This includes many topics like college visits, college applications, checklists for grade levels, diploma information and more. We also host family evenings each month dedicated to specific topics of interest to each grade level. We like to look at the “now” while also looking at the bigger picture.

As with all transitions, there can be bumps and bruises along the way. While many times, these are necessary for growth and development, it does not mean we expect students to handle them alone. The Counseling Department will meet with all Freshman students and transfer students by the end of September to make introductions and let students and families know we are here to support their endeavors. We are truly a school family here at SJHS.

### **Helpful Advice for our Incoming Students**

**Get involved** - I bet you haven’t heard this one before! We hold a co-curricular fair in August to introduce our new students to all the SJHS has to offer. This helps students acclimate faster and meet new people.

**Ask Questions** - When in doubt, ask! The Counseling Department is here to answer any questions that might come up....we even know where the bathrooms are located :)

**Branch Out** - Meet new people! This can be difficult for students. It helps when students take a risk and sit by someone new in the classrooms or at lunch.



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**Go to School Events** - Go to sporting events, plays, after school activities, etc.....even if it's with your parents! Students can see our building and the energy amongst our student body. It builds school spirit and a sense of belonging.

**Smile** - This simple gesture is so important. It makes people approachable and sends positive vibes.

## **SCHOOL CALENDAR OF EVENTS**

### ***Important Dates for School Counseling***

***August 22 - Back to School Night for Parents, 7-8:30pm***

***August 24 - Co-Curricular Fair, 10-11:30am - Learn about all Saint Joe has to offer***

***August 28 - Freshman Parent Evening, 6-7:00pm (see details below)***

***August 30 - NO SCHOOL FOR STUDENTS, Diocese Curriculum Day for Staff***


***August 31 - NO SCHOOL FOR STUDENTS, Mission Day for Staff***

## **Prayer for Transition, "Redirect Our Hearts"**

O Faithful God, We ask you to guide us in our time of transition. We need your wisdom, that we might be receptive to change, conversion and growth. We need your grace to redirect our hearts so we may be willing to offer ourselves in joyful service. Do not allow fear, ignorance or pride to limit the work of your Spirit. Amen.

## **21st Century Scholars**

If you enrolled in the 21st Century Scholar Program in middle school (had to register by June 30 of 8th grade year), then you are required to completed three assignments each school year until Senior year to be eligible. Please remember to check your portal and stay updated! This is a great opportunity for free college in the State of Indiana.



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## **Family Night**

Our first Freshman Family Night is on *Tuesday, August 28, 2018* from 6-7pm in the Black Box Theater. We will go over graduation requirements, support systems for students/families, Four Year Plans, and other information from the Counseling Office. Family Nights are not mandatory but provide helpful information. Students do not have to attend but are welcome.

## **Helpful Links:**

***Learn More Indiana*** - All about high school and beyond! Great resource.

<https://learnmoreindiana.org/>

***Khan Academy*** - Tutoring help! <https://www.khanacademy.org/>

***Ask Rose/Homework Hotline*** - Math and Science help <https://askrose.org/>

***Naviance*** - Career search, college search <https://student.naviance.com/stjoehs>

***NCAA*** - If you are thinking about Division I, II or III athletics in college [www.ncaa.org](http://www.ncaa.org)

