

# THE COUNSELING DEPARTMENT SEPTEMBER NEWSLETTER FOR 9<sup>TH</sup> GRADERS AND PARENTS

## WELCOME TO EDINA HIGH SCHOOL CLASS OF 2023

**Welcome back to school!** Things are in full swing in the Counseling Office. Each month, the Counseling Department will be updating events and happenings that students and parents should be aware of what is taking place.

### MEET THE EHS COUNSELING TEAM:



Ms. Nikki Plafcan, A-Cad	848-3184	<a href="mailto:Nicole.plafcan@edinaschools.org">Nicole.plafcan@edinaschools.org</a>
Ms. Angela Kieffer, Cae-En	848-3122	<a href="mailto:Angela.kieffer@edinaschools.org">Angela.kieffer@edinaschools.org</a>
Mr. Taylor Johnson, Eo-Hok	848-3142	<a href="mailto:Taylor.johnson@edinaschools.org">Taylor.johnson@edinaschools.org</a>
Mr. Dylan Hackbarth, Hol-LaQ	848-3125	<a href="mailto:Dylan.hackbarth@edinaschools.org">Dylan.hackbarth@edinaschools.org</a>
Ms. Lisa Burnham, Lar-Mor	848-3126	<a href="mailto:Lisa.burnham@edinaschools.org">Lisa.burnham@edinaschools.org</a>
Ms. Sandy Schmidt, Mos-Rol	848-3128	<a href="mailto:Sandra.schmidt@edinaschools.org">Sandra.schmidt@edinaschools.org</a>
Ms. Julie Block, Rom-Swa	848-3188	<a href="mailto:Julie.block@edinaschools.org">Julie.block@edinaschools.org</a>
Robin Dayneko, Swb-Z	848-3189	<a href="mailto:Robin.dayneko@edinaschools.org">Robin.dayneko@edinaschools.org</a>
Mr. Bill Hicks, Post High School Counselor	848-3127	<a href="mailto:William.hicks@edinaschools.org">William.hicks@edinaschools.org</a>

### SEPTEMBER for 9<sup>th</sup> GRADERS

Welcome to High School! This newsletter will be a way for the Counseling Department to help you with college and career planning, as well as important information for events at EHS! Each month we will be sending out this monthly edition during the first week of the month. For 9<sup>th</sup> graders, this year is all about the transition to high school and learning more about yourself as you continue into young adulthood. We are here to support you in that journey.

## COLLEGE PLANNING

- School counselors will be coming to see all 9<sup>th</sup> graders during their Advisories the first two weeks of October to discuss resources and activities planned for the year and how to access Student Services.
- Get acquainted with *graduation requirements*. For more info see [here](#).
- *Do your best academically*. We want students to feel both challenged and balanced. Grades and GPA matter a lot, but not at the expense of health and wellness. Everyone will have strengths and challenges in different areas. Do your best, work with your strengths and seek resources for areas of challenge. At the same time, take classes seriously, as 4-year colleges will look most at classes taken and grades earned in their admissions decisions.
- Join an extracurricular activity! See the EHS [Student Activities](#) page. Also, come to the Activities Fair being held in the upper gym on Tuesday, September 10<sup>th</sup> during all three lunches! More information can be found under **Hornet Mentors/Advisory** below.
- Start thinking about your *interests*, likes and dislikes, goals and abilities. THESE WILL CHANGE AND THAT'S OK! Some questions to ask yourself might be: What classes do you like? What areas outside of school are of interest? How can you be more involved with them? Are there new areas you'd like to try and learn more about?
- Talk to teachers, your counselor, or other professionals about careers that may interest you.
- Start saving! It is never too early to start putting some extra \$ aside for college and senior activities.



## HORNET MENTORS/ ADVISORY

### *Academic Check-ins*

- A check-in with your advisory teacher will be happening in September, and again in October
- These check-ins are to see how the year is going academically, as well as setting goals for the semester



**9<sup>TH</sup> Grade Class on the first day of school with their Hornet Mentors!**



**BACK AGAIN THIS YEAR:**

- ***COFFEE WITH THE COUNSELORS*** – Parents are invited to join two members of the Counseling Department for an intimate discussion of relevant topics. These sessions are for parents only and is limited to the first 50 respondents. Sessions are held in the Media Center beginning at 7:30 am and concluding at 8:30 a.m. Look for an upcoming email in regards to the sign up process. We look forward to seeing you there! Bring your questions!

○ Grade 9      Date      Topic

*September 25*

*Resources from the Counseling Office*

- **FLEX BLOCK SEMINARS** – Students are invited to join the Counseling Department to receive relevant information on topics pertaining to post-secondary planning, academic and personal issues. Flex blocks are held during the last period of the day (2:18-3:16 pm) on even days (Thursday).

○ Grade 9      Date      Topic

*November 14*

*Interested in Pre-Med, Pre-Vet, Pre-PT*



For more information on the school Counseling Department, visit us at <https://www.edinaschools.org/Page/5091>

Follow us on Twitter to stay in touch with what is going on in the Counseling Office at EHS @edinacounselors