

March 2018

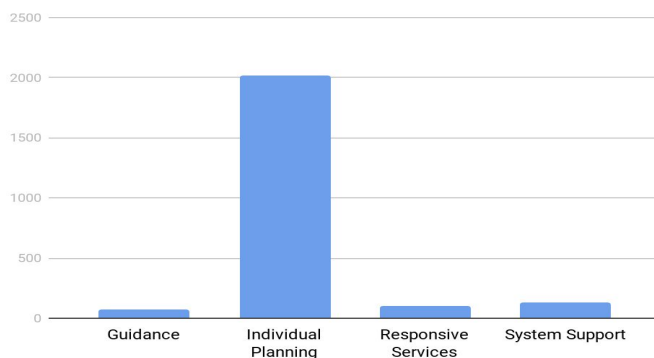
Harlan Counseling Newsletter



HAWKS PRIDE

Our counselors have been busy helping students prepare for next year. We met with over 2,000 students last month. We were in classroom guidance, reviewed course selections, helped students with their emotional needs and will begin Spring small groups this month. Check out our monthly data for the month of February.

February 2018 Counselor Data



What's Going On?

- Feb 2018 - Counselors met with all students regarding course selections for next year.
- March 26 -April 6- Course selection letters will be mailed home and due back by April 6th with corrections/mind changes.
- April 10 E1 STAAR, April 12th E2 STAAR, April 24th SAT for Juniors, May 7th -May 11th Alg 1, Bio, US History STAAR.
- May - June 2018- New to NISD New Student Registration.

News

1. **Caught You Doing Good!** Please click on the link to nominate a student/staff member you witnessed doing a good deed! We will raffle a prize for all nominees and announce the winners at the end of month.

[Click Here to Nominate Someone](#)**HAWKS 10th Grade Career Planner-** We will be seeing students through W. History classes: Objective: Complete Four Year Plans. Skill Goal: Post Sec. Planning and Career Readiness
2. **FLEX:** Counselors have been meeting with students who have been identified as “high risk”. Each student will receive six individual counseling sessions.

HAWKS PRIDE- Character Asset of the month: Wellness

Week 1 Tip - Unplug and Enjoy Nature- Encourage students to spend at least 30 minutes each day outdoors. to help relieve stress. Research shows that spending time outside relieves stress! So enjoy this lovely spring weather and get outside!

Week 2 Tip - Get Moving- 150 minutes (30 min a day, 5 days a wk) of moderate aerobic activity plus weight training 2 or more days a week is recommended each week. Get moving to reap the all benefits! Please check with your doctor before starting a physical regimen.

Week 3 Tip - Mental Health - Life has it's good moments but can also get tough at times. You don't need to struggle alone. Speaking to a health care professional can help you navigate the waves of life. NISD employees can get three free counseling sessions through our EAP. Call 1-855-283-1915 or go online www.mylifevalues.com (Log in user name and password: RESOURCES)

Week 4 Tip - Nutrition - What you put in your body affects your mood, energy and health. Half of your plate should be filled with fruits & veggies, ¼ protein, ¼ grains. If you have NISD health insurance you get free weekly coaching sessions and a health coach to set goals. Contact Rene Urteaga at rene_urteaga@uhc.com for information on how to set up your personal health sessions. .