

RHS Counseling Department Newsletter 10/30/2020



Hello Ritenour family,

Happy Autumn! With cold weather upon us, it's important to stay vigilant to keep staying healthy. This time can prove difficult for us, as the sun sets earlier and the cold makes us bundle up. This has been really an unprecedented year, one for the history books. We are all struggling, whether it's mentally, physically, emotionally or all of the above! We are all in the same storm, yet on different boats. Each one of us is experiencing our own struggles, that's why it's important to reach out to ask for help when it's needed. Asking for help can be hard, but it proves how resourceful and strong you are! You have to take care of yourself before you can help others. If you feel shy about reaching out to one of us, feel free to reach out to an agency listed at the end of this newsletter. Stay well!

Counseling Department Updates:

Not only are we now organized by grade level, but we've also added new members to our team. Please feel free to introduce yourself!

- Dina Durnin, 12th grade: durnind@ritenourschools.org
- Shauna Cunningham, 11th grade: cunninghams@ritenourschools.org
- Iliana Vayman, 10th grade: vaymani@ritenourschools.org
- Norma Burnett, 9th grade: burnettn@ritenourschools.org

College & Career (To know who to contact, please see the following link to meet the staff: <https://www.ritenour.k12.mo.us/Page/1218>)

- Cabrina Noonan: noonanc@ritenourschools.org
- Amber Mitchell: mitchella@ritenourschools.org
- Mikyla Murphy: murphymi@ritenourschools.org

What do counselors do?

- There have been a lot of questions reaching out to us wondering what does a school counselor actually do? Follow the link below to read all about us:

<https://www.schoolcounselor.org/asca/media/asca/Careers-Roles/RoleStatement.pdf>

College and Career:

- **ACT update:** Don't forget to register for the December 12th [ACT](#) by November 20th! If you need a fee waiver, please contact Ms. K, Mrs. Noonan or Mrs. Peters (Murphy) to receive a code.
 - **Who should take the ACT?** All seniors planning to attend a 4 year college who have not taken an ACT yet, or who still need to improve their score. Also, any ambitious juniors who want to get a head start on testing. Hurry, spaces are limited because of COVID!
 - Want to get some practice in before test day? Visit [ACT Academy](#) and create an account to get started.

- **Information on College and Career Readiness:** Below are links to assist you during the college application process.

<https://www.ritenour.k12.mo.us/Page/1976>

<https://www.ritenour.k12.mo.us/Page/1218>

- College bound seniors should have completed their FSA ID <https://fsaid.ed.gov/npas/index.htm> already and then sent in their FAFSA <https://fafsa.ed.gov/> in order to receive free grant money and loans for college. Make an appointment with Ms Murphy via the Ritenour Bookmarks on your Chromebook for assistance.
- St. Louis Community College enrollment and checklist:
https://docs.google.com/document/d/1XJF2JhIhPmPxXwBFIne7zvs_rYcRzZ934hjbYqjxils/edit?usp=sharing
- Seniors who have already applied to college may start searching for local scholarships at <https://stlouisgraduates.academicworks.com/>. They will need a copy of their transcript to upload in order to create their Scholarship Central Account. ALL Ritenour ONLY scholarships will be posted on this site in January.

Parent(s) and/or Guardian(s):

Whew! Pat yourself on the back, you're doing great! Thank you for your continued patience and support throughout this uncertain and unexpected closure due to COVID-19. Your love and care helps your child succeed. Give yourself permission to practice self care, remember your child is learning from you on how you deal with stress.

If you or your family are in need of assistance please do not hesitate to reach out to a community agency. You are not alone. We are St. Louis strong and Ritenour stronger. As always, you can visit the Ritenour School District webpage at <https://www.ritenour.k12.mo.us/covid19> for updated information regarding COVID-19. We hope to see you back in January! Here are some outside agencies to help those in need of parenting support and/or other services.

Community agencies:

- ★ United Way. Phone 211; <https://helpingpeople.org/>
- ★ Behavioral Health Response (BHR). Phone (314) 469-6644 (24 hour helpline); <https://www.bjcbehavioralhealth.org/>
- ★ Suicide Prevention Hotline
1-800-273-8255 or text 741741; <https://suicidepreventionlifeline.org/>
- ★ Annie's Hope -- The center for grieving kids. Phone: 314.965.5015;
<http://annieshope.org/>
- ★ [Safe Connections](#): 314-531-2003; domestic violence hotline
- ★ [ALIVE](#): 314-993-2777; domestic violence hotline

For more resources visit the RHS Counseling Department Resources page at: <https://www.ritenour.k12.mo.us/Page/1350>

From our home to yours, we wish you a happy, healthy and safe fall.