**MAY/JUNE HAPPENINGS**

- **03** SENIOR PROJECT!
  Last day for papers to pass!

- **15** MAKE-UP PICTURE DAY!
  In the student union!

- **24** SENIOR PROJECT!
  Portfolios due!!

- **02** SENIOR AWARDS NIGHT!
  More information to come and invitations as we get closer to the event :)

- **02** SENIOR PROJECT!
  PRESENTATIONS!!!!
  GOOD LUCK, SENIORS!

- **26** LTCC SENIOR DAY!
  Please refer to page three of this newsletter for more information on how to get assistance with admissions to LTCC :)  

- **09** GRADUATION PRACTICE!
  1-4pm on the field! More info in the link below :)  

- **31** MEMORIAL DAY HOLIDAY!
  Have fun, recharge, breathe...

**SENIORS! IMPORTANT INFO!**

- **PLEASE VISIT THE FOLLOWING WEBSITE FOR A FULL LIST OF ACTIVITIES AND DATES**
  [HTTP://STHS.LTUSD.ORG/STUDENTS/SENIOR_CLASS_OF_2021]

- **TRANSCRIPT REQUESTS!**
  - Please use the link below to request final transcripts for colleges/universities:
    [https://form.jotform.com/2111618569215]

- **CLASS OF 2021 YARD/WINDOW SIGNS!**
  - Signs can be picked up in the ASB office!

- **SENIOR GRATITUDE VIDEOS!**
  - Record your personal video for graduation! Videos should not be longer than 1 minute. Videos are due to Mr. Steil by Friday, May 21.

- **SENIOR PROM!**
  - Friday, June 4, 2021. 7:30-10:30pm at Edgewood. $80/per person. Tickets will be available for purchase beginning May 3.

- **LIBRARY AND ASB ACCOUNTS!**
  - The ASB office will have a list of seniors who have outstanding fines. Please check with ASB or the library to see if you are one of these students! You will not receive a diploma unless you settle these fines.

- **PROM AT EDGEWOOD!**
  - Friday, June 4, 2021. 7:30-10:30pm at Edgewood. $80/per person. Tickets will be available for purchase beginning May 3.
### May 2021 Mental Health Awareness Challenge

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. MH Fact: 1 hour of exercise per week is related to lower levels of mood, anxiety and substance use disorders.</td>
<td>3. Write a gratitude list.</td>
<td>4. Paint a Remembrance Rock.</td>
<td>5. Journal: Write: What do you like about yourself?</td>
<td>6. Talk to a friend you haven’t talked to in a while.</td>
<td>7. Paint a Remembrance Rock.</td>
<td>8. Make a Mother’s Day Card for mom.</td>
</tr>
<tr>
<td>16. MH Fact: People who eat a diet high in whole foods are up to 35% less likely to develop depression than people who eat less of these foods.</td>
<td>17. Find a quote that inspires you.</td>
<td>18. Paint a Remembrance Rock.</td>
<td>19. Journal: Write: What is something you are looking forward to?</td>
<td>20. Find a song that inspires you.</td>
<td>21. Paint a Remembrance Rock.</td>
<td>22. Go outside! (walk your dog, ride in the sun, play with your younger siblings, etc.)</td>
</tr>
<tr>
<td>30. MH Fact: Sleep is fundamental to a healthy mind and body. It plays a role in our moods, ability to learn and make memories, overall health, strength of immune systems, appetite, metabolism, and hormone release.</td>
<td>Memorial Day: No School.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Mental Health Resources

**Crisis Text Line**

Text 741741 with an opening message such as hello, or help. You will then be connected with a crisis counselor. This is COMPLETELY confidential.

**South Lake Tahoe 24-Hour Crisis Hotlines**

- **Suicide Prevention Network**
  - Having difficulty? We’re here to help. **Click this link** to find resources, connections, and support. Call or text 530-600-6520 to connect with someone who can help. Lisa Scheehle is holding weekly office hours on Thursdays from 1pm - 2pm.
  - If you want to join, here’s the Google meet link and the number to join via phone:
    - **Meeting ID**: 64846843069
    - **Phone Numbers** (US): 1978-706-0281
    - **PIN**: 941 169 1859

**Need Counseling Support?** Use this form to request support for academics, emotional health, or the need for resources: **STHS Counseling Support Request - Click HERE!** [https://forms.gle/crtlhdccjwrkzbn9](https://forms.gle/crtlhdccjwrkzbn9)

Help is just a phone call away!
Interested in LTCC?

**SAVE THE DATE:**
**SENIOR WEEK MAY 24 - 27**

**LTCC ADMISSIONS SUPPORT**
- HIGH SCHOOL SENIORS -

**AT STHS CAMPUS**
THE QUAD

**MAY 3 - 21**
Every Monday, Tuesday, Thursday and Friday during lunch

**ZOOM DROP IN**

**MAY 5, 12, 19**
Wednesdays 12:00 - 1:00pm
Meeting ID: 934 5083 8577

**HTTP://BIT.LY/LTCCSENIORRSVP**
SIGN UP FOR PERSONALIZED SUPPORT AND EVENT NOTICES!
EMAIL ELouden@LTUSD.ORG FOR MORE INFORMATION

**HTTP://BIT.LY/LTCCSENIORRSVP**

**APoyo PARA ADMISION DE PARTE DE LTCC**
- ESTUDIANTES DE ÚLTIMO AÑO DE SECUNDARIA -

**EN EL CAMPUS DE STHS**
"QUAD" POR LA OFICINA PRINCIPAL

**MAYO 3 - 21**
cada lunes, martes, jueves y viernes durante el almuerzo

**VISITA POR ZOOM**

**MAYO 5, 12, 19**
cada mié.:coles 12:00 - 1:00pm
ID de la reunión: 934 5083 8577
Get involved, feel awesome!

**LIVE VIOLENCE FREE**

**KINDNESS CHALLENGE**

Kindness Challenge Campaign 2021
Challenge Yourself

Check out the website below for more information!

HTTPS://LP(CONSTANTCONTACTPAGES.COM/CW/MFUQZ4Q/KINDNESS2021

Or email
LPIAZZA@LIVEVIOLENCEFREE.ORG OR
JMACHIAS@LIVEVIOLENCEFREE.ORG

If you are struggling in any way at all, whether it's academically, emotionally, socially, financially, etc... please complete this form HTTPS://FORMS.GLE/CRRLHDCCJW12BMK9 so we can connect you with the right resources to get you through this funky time!
STHS COUNSELING
COMMUNICATION
COMMITMENT
COLLABORATION

**IMPORTANT BELL SCHEDULE INFO**

**STARTING APRIL 26!**

<table>
<thead>
<tr>
<th>Monday/Tuesday</th>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>8:00</td>
<td>9:25</td>
</tr>
<tr>
<td>Passing</td>
<td>9:25</td>
<td>9:33</td>
</tr>
<tr>
<td>2nd</td>
<td>9:33</td>
<td>11:04</td>
</tr>
<tr>
<td>Passing</td>
<td>11:04</td>
<td>11:12</td>
</tr>
<tr>
<td>3rd</td>
<td>11:12</td>
<td>12:37</td>
</tr>
<tr>
<td>Lunch</td>
<td>12:37</td>
<td>1:07</td>
</tr>
<tr>
<td>Passing 4th</td>
<td>1:07</td>
<td>1:15</td>
</tr>
<tr>
<td>4th</td>
<td>1:15</td>
<td>2:40</td>
</tr>
</tbody>
</table>

**WEDNESDAYS!!!**

Students in need of academic support identified as those with D's and F's will be required to attend on Wednesdays from 10 am to 1 pm.

- The schedule for Wednesday is below.
- Students and parents will be sent a separate message with information.
- We will update who attends on a weekly basis for the following Wednesday.
- We encourage students who are struggling academically in the virtual cohort to attend if possible.
- The bus schedule will be posted on the STHS website soon.

All other students will participate in asynchronous lessons assigned by teachers on Canvas.

**WEDNESDAY IN-PERSON LEARNING IS REQUIRED FOR STUDENTS WHO HAVE A D OR F IN ANY CLASSES!**

<table>
<thead>
<tr>
<th>Wednesday Academic Support</th>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>10:00</td>
<td>10:40</td>
</tr>
<tr>
<td>Passing</td>
<td>10:40</td>
<td>10:46</td>
</tr>
<tr>
<td>2nd</td>
<td>10:46</td>
<td>11:26</td>
</tr>
<tr>
<td>Passing</td>
<td>11:26</td>
<td>11:32</td>
</tr>
<tr>
<td>3rd</td>
<td>11:32</td>
<td>12:12</td>
</tr>
<tr>
<td>Passing</td>
<td>12:12</td>
<td>12:18</td>
</tr>
<tr>
<td>4th</td>
<td>12:18</td>
<td>12:58</td>
</tr>
</tbody>
</table>

**UPDATE: THE BUS SCHEDULE IS ON THE WEBSITE :)**
COLLEGE SPOTLIGHT

WILLAMETTE UNIVERSITY
SALEM, OREGON

A small, 4-year, private university and liberal arts college. This coed college is located in a small city in an urban setting and is primarily a residential campus. It offers bachelor’s, master’s, and doctoral degrees.

https://willamette.edu/

Career Spotlight

PHOTOGRAPHER

Photographers combine artistic flair with technical knowledge of cameras and digital imaging to produce photographs. They work across a range of industries, from fashion and magazines to architecture and advertising. Some are self-employed, selling their images to picture libraries and media agencies. Others are hired for special events, such as school portraits and weddings.

A degree in photography or related art or design subject is useful, in addition to gaining experience as an assistant. This field is competitive, so the more experience gained is very helpful.

The average salary for a photographer varies greatly based on clientel and reputation. It has the potential to be a very lucrative career.

Your interests: photography, art and design, travel and culture, computers, business management, news and current affairs.

Scholarship Spotlight!

CAPP Fund
College Application Fund
Funding an Application for EVERY Senior

NEED AN APPLICATION FEE PAID FOR?
VISIT THE SITE BELOW!
WWW.CAPPFUND.ORG

FOR SENIORS!

Most scholarship deadlines have passed, however, big national scholarships can be found on sites such as:

*GOING MERRY
*SCHOLARSHIPS.COM
*FASTWEB
*SCHOLLY
AND MANY MORE!

Senior Awards Night will be held on June 2nd at 6 P.M. virtually. A link will be sent prior to the event. Students from the senior class being honored will be notified by letter.

If you have any questions about scholarships please email rrasmussen@ltusd.org

STHS COUNSELING
COMMITMENT
COMMUNICATION
COUNSELING
COLLABORATION
Inspo!

"OH, THE PLACES YOU’LL GO!
Congratulations! Today is your day.
You’re off to Great Places!
You’re off and away!
You have brains in your head.
You have feet in your shoes.
You can steer yourself in any
directions you choose.
You’re on your own.
And you know what you know.
You are the guy who’ll decide where
to go.
~ Dr. Seuss

~Your Counseling Team

SOT SOCIAL?
Follow US!

WE LOOK FORWARD TO COMMUNICATING WITH YOU :)
Additional Resources

LAKE TAHOE COMMUNITY COLLEGE
(530) 541-4660

BARTON COMMUNITY CLINIC
(530) 543-5623

24/7 BARTON COVID-19 HEALTH LINE
(530) 600-1999

TAHOE YOUTH AND FAMILY SERVICES
(530) 541-2445

EL DORADO MENTAL HEALTH
(530) 573-7970

LIVE VIOLENCE FREE
(530) 544-2118

CHOICES FOR CHILDREN
(530) 541-5848

NATIONAL SUICIDE HOTLINE
1-800-SUICIDE

24HR SUICIDE PREVENTION CRISIS LINE
1-800-273-8255

NATIONAL SUICIDE TEXT LINE
TEXT "HOPE" TO (916) 668-ICAN

NATIONAL SUICIDE CRISIS CHAT
suicideprevention.wellspdcehealth.org

ACT
www.actstudent.org

SAT/COLLEGE BOARD
www.sat.collegeboard.org/register

KIHAN ACADEMY-TUTORING & TEST PREP
www.khanacademy.org