



## SVHS COUNSELING DEPARTMENT

DECEMBER 2019

### KEEPING BUSY AND WARM

Happy December. This month brings us to the end of the first semester. This is a busy time for most students and families. While us adults are busy planning for the holidays our students are busy wrapping up final projects, getting all their assignments turned in, and studying for final exams.

Parents, now is the time to amp up the communication. Ask your student (s) what projects they have. Offer to quiz them to help study for final tests and quizzes. Check grades on Skyward. If there are any issues with grades please reach out first to the classroom teacher as they know best what is happening in their class with your student.

If a student will be missing any days of school this month please communicate with the teachers ahead of time to assure your student is able to get work made up before the end of the semester. If a student needs to take a final exam early, there will be forms available in the counseling office that need to be fully completed ahead of time.

We wish you all a warm and happy season!!!

### SHATTER OUR SILENCE

What is Shatter Our Silence?

Shatter Our Silence was founded by Kevin Polky, CADC, LCSW of KP Counseling.

This phrase taken from the website ([www.shatteroursilence.org](http://www.shatteroursilence.org)) explains it best:

**Actionable education and tools to help young adults have real conversations about depression and suicide.**

Mr. Polky will be doing an education program for SVHS staff on December 6th. Followed by student assemblies on December 9th. A parent presentation will be on December 9th from 6:00—7:00 pm. We would like to encourage all SHVS parents to attend. More details to come.

SVHS COUNSELING DEPARTMENT  
TRISHA MCKENDRY CLASS OF 2022 & 2023  
CATHY SIMONINI CLASS OF 2020 & 2021  
ED LIEGL COLLEGE & CAREER COORDINATOR  
SHARON PANNARALE SECRETARY/REGISTRAR

### IMPORTANT DATES

- Seniors— Community Foundation scholarships are now open for application [CFNIL.org](http://CFNIL.org)
- Shatter our Silence parent presentation —December 9th 6-7pm at SVHS
- ACT test dates: Feb 8, 2020 register by Jan 10, 2020  
April 4, 2020 register by Feb 28, 2020  
[ACT.org](http://ACT.org) to register
- SAT test dates: March 14, 2020 register by Feb 14th  
May 2, 2020 Register by April 3, 2020  
[Collegeboard.org](http://Collegeboard.org) to register

Seniors— Check with your colleges of choice to see if they may be offering application fee waivers. Example of this is UW Platteville is waiving their application fee for the week of November 17-24th. Also, check with universities for scholarship opportunities.