

# PRIDE POST

DECEMBER  
2020



## LRHS STUDENT SERVICES

Leesville Road High School Student Services <http://leesvillestudentservices.weebly.com/>

### SENIOR CORNER



- **December Scholarship Bulletin**  
<https://bit.ly/37mdLD7>
- **Mid-year Transcripts**, Most colleges do not ask for or require a mid year transcript to be sent to them. However, if the colleges you have applied to require this, the updated transcript will not be available until mid-February. Please notify your counselor in February if you need your transcript updated to your Common App Account.
- **Winter Break Reminder**-Transcript requests cannot be processed over the winter break and the counselors do not check their email, so please plan accordingly.
- If you wish to have a **reduced schedule**, here is the form:  
<https://www.wcpss.net/cms/lib/NC01911451/Centricity/Domain/5711/Release%20Form-2.pdf>. However before you submit the form, please check with your colleges to make sure this will not impact your admission decision.

### BREAKING NEWS

**Second Semester Schedules**-We have started the process of adjusting our master schedule and moving students into the appropriate sections for the spring semester. Because we are scheduling in-person and virtual academy students at the same time, spring schedules will not be complete until January, as this is a massive undertaking to hand-schedule over 2600 students. Please be aware that any schedule that is viewable this fall is not accurate. We will let you know when schedules are completed and may be viewed with accuracy.

**Exam Schedule**-Go here for detailed information about exams:

[https://docs.google.com/document/d/1Pfk3AdMZ04NcE6NlznMFE5h\\_wVBvP9ZHW7dvm\\_Hbjpk/edit](https://docs.google.com/document/d/1Pfk3AdMZ04NcE6NlznMFE5h_wVBvP9ZHW7dvm_Hbjpk/edit)

**Dealing with Stress Presentation**-A session was presented by the counselors on December 10 on how to deal with stress effectively. Go here for the presentation: <https://www.youtube.com/watch?v=oqumswF1H2s&feature=youtu.be>

### COUNSELOR SUPPORT

**Virtual Counselor Booth**-The LRHS Virtual Counseling Booth is open every Thursday from 11:30 to 12:30 pm. The Google code is: lrhscounselorbooth.

You may also contact your counselor by emailing them.

Ms. Albanese A-C	<a href="mailto:nalbanese@wcpss.net">nalbanese@wcpss.net</a>
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Ms. Feeney Hi-Me	<a href="mailto:sfeeney@wcpss.net">sfeeney@wcpss.net</a>
Ms. Rogers Mi-Sc	<a href="mailto:vrogers2@wcpss.net">vrogers2@wcpss.net</a>
Ms. Oxendine Se-Z	<a href="mailto:soxendine@wcpss.net">soxendine@wcpss.net</a>
Dr. Huber	<a href="mailto:jhuber@wcpss.net">jhuber@wcpss.net</a>
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## TIPS FOR PARENTS TO HELP TEENS COPE WITH HOLIDAY STRESS

- Observe regular mealtimes and bedtimes whenever possible.
- Give teens some control over their schedule. Work out time for teens to celebrate with friends and discuss what festivities they can opt out of.
- Make room for down time.
- Encourage teens to exercise every day – anything from playing ball to taking a walk.
- Get teens involved. Assign responsibilities for holiday parties; ask them to help with shopping, decorating or cooking.
- Encourage them to volunteer for a good cause such as a food bank or a toy drive.
- Limit social media and screen time. Too much time on social media or with video games can cause sensory overload and encourages temper flareups. Social media in particular can set kids up for unrealistic comparisons with others' holiday experiences.
- Take care of yourself. If you're overtaxed as a parent, your kids will sense it. Make time for self care and show holiday spirit with balanced expectations and activity levels.

## TIPS FOR THE WHOLE FAMILY

- **Don't Romanticize Your Typical Holiday Plans.** Remember that while your holiday season may normally be full of excitement and joy, it can also be a time of high stress. Long days of travel, endless to-do lists, and dinners with that one family member you don't get along with are all part of the holidays too. Even though you may be giving up some of your favorite things about the holidays this year, you're probably leaving some stressors behind too. You don't need to be happy about this - sometimes the chaos is part of the fun! - but be careful not to distort the situation and make it seem worse than it really is.
- **Practice Gratitude.** Gratitude is a major focus this time of year, and while it may seem harder to find things to appreciate, there is still plenty to be thankful for. Make a conscious effort to regularly identify some things that you're grateful for. It can be something as broad as your health, or something as specific as your favorite song playing on the radio the last time you got in the car. Change is hard, but it isn't always bad. There are still ways to celebrate the season with your loved ones, even if you must give up some of your favorite traditions. Find creative ways to adapt. Or start new traditions - they may even add more meaning to your holiday season.

