

PRIDE POST

LRHS
Student Services

MAY 2021

Congratulations
CLASS OF
2021

SENIOR CORNER



• **Senior Survey**

This survey needs to be completed by every senior. The information is gathered to let us know where you are heading after high school and where your final official transcript needs to be sent. The Deadline is June 1. <https://bit.ly/3ummxKg>.

• **April-May Scholarship Bulletin**

<https://bit.ly/3ndmPAI>

• **Class of 2021 Graduation Bulletin**

Everything Seniors need to know about Graduation.

<https://bit.ly/3sHEOQK>

• **Scholarship/Military Recognition**

Seniors who have been offered scholarships or are planning to serve in the military are recognized as part of senior assembly. • For this to happen, you need to submit your information. • You can include all scholarships you have been offered, even those to a school you are not planning to attend or a scholarship you are not accepting. The deadline to submit information is June 1, •

The form can be accessed here:

<https://bit.ly/3wXjzh2>

LATEST NEWS

AP Exam Information

Exams this year will be taken digitally from home (with the exception of Spanish/Latin/Chinese and those students who requested to take the exam in person). Here is the schedule:

<https://bit.ly/3xVY7tw>

COUNSELOR SUPPORT

You may contact your counselor by emailing them with questions or an appointment.

Ms. Albanese A-C	nalbanese@wcpss.net
Ms. Saldanha D-He	pleech-saldanha@wcpss.net
Ms. Feeney Hi-Me	sfeeney@wcpss.net
Ms. Rogers Mi-Sc	vrogers2@wcpss.net
Ms. Oxendine Se-Z	soxendine@wpss.net
Dr. Huber	jhuber@wcpss.net
Ms. Fletcher	rfletcher@wcpss.net
Mr. Greene	egreene@wcpss.net

ENRICHMENT OPPORTUNITIES

Looking for things to do over the summer? Check out the Student Services Enrichment Opportunities page for information:

<http://leesvillestudentservices.weebly.com/enrichment-opportunities.html>



WAYS TO REFRESH YOUR MIND OVER THE SUMMER

- **Read**- Reading is one of the best ways for you to maintain and grow your brain. Be sure to make time for daily reading.
- **Take a Technology Vacation**-A recent study has revealed that the average person spends an average of 90 minutes a day on their phone. While this may not sound like a great deal of time, it amounts to 23 days each year. A technology vacation is just what you need to refresh your synapses. Whether you take a long break for several days, or a few shorter breaks each week, it will free up extra time to enjoy other healthy activities. Once you turn your smart device off, consider learning a new activity, explore nature, or visit a local museum. Consider banning your smartphone and other devices from the bedroom. This small nightly break from technology can lead to improved sleep, cognitive function, communication skills, and job performance.
- **Move**-We all know that exercise improves our physical fitness, but staying in shape can also boost our brainpower. Scientific research conducted over the last several decades has revealed that exercise not only benefits our bodies – but our minds as well.

