



Phillip Cohen (A – E)
Dana Meledick (F-Kj)
Lisa Clearfield (Kk-P)
Yvonne Rogers (Q-Z)
Kim Wade (9th Grade)
Michael O’Shaughnessy (Psychologist)
Deb Merwitz (Registrar)
Allison Sultan (Registrar)
Nina Dix (Data Clerk)
Nancy Beneski (Secretary)

Student Services Newsletter

April, May 2020

Counselors will be available for students/parents to schedule meetings during the allotted times. 9:30 am -11:30 am and 12:00 pm - 1:00 pm

Dr. O’s Virtual Office Hours

10:30-11:30 a.m. M, F

1:00-2:00 p.m. Tu, W, Th

Send an email or [fill out this form](#) to request an appointment.

Helpful Information: Go to the Atholton website, <https://ahs.hcpss.org/> or to the <https://hcpss.me/> website to get help in resetting passwords for parents, and many other helpful instructions on how to navigate the links and various sites within the school system.

MOVING THIS SUMMER?

Moving within Howard County: Complete a [Change of Address form](#) and return to the registrar (allison_sultan@hcpss.org) along with your new proofs of address (your new deed or lease and a current utility bill). If your move means your student will be attending a different Howard County high school we will be in touch to help facilitate that process.

Moving outside of Howard County: Complete a [Withdrawal Form](#) and return to the registrar (allison_sultan@hcpss.org) as soon as possible. This will give us a head start on organizing the documents needed to enroll your student at their new school and help make a smooth transition for you and your student.

Students Taking the AP Exams

With the implementation of the at home AP assessments, students do not need to officially cancel exams. Students can decide the day of the exam to sit or not sit for the exam. Before deciding not to sit, we recommend that students work with their teachers and the optional College Board online resources to determine their preparedness. Any student who does not take the exam will be provided a full refund by HCPSS. In late June, College Board will confirm who has taken exams and our school will begin processing refunds for any student who did not participate.

Ninth Grade - Class of 2023

Congratulations to Arthur Wang who is one of the six distinguished finalists in the Prudential Spirit of Community Awards program.

Arthur Wang, 15, of Columbia, Maryland, a freshman at Atholton High School, has participated in a number of fundraising and volunteer activities, including designing and selling shirts to benefit people affected by flooding in Ellicott City, fundraising for the Overseas China Education Foundation to finance the education of Chinese students, and volunteering as a teacher in rural China last summer. Arthur has also helped write more than 300 pages of educational materials for students in China.

Seniors - Class of 2020:

Last day for Seniors: May 20, 2020

Look for survey's coming out for information regarding your final transcripts and scholarship awards.

SCHOLARSHIPS and OTHER OPPORTUNITIES:

PTA Council has extended the deadline for scholarship applications to May 1, 2020.

In the age of Covid-19, the application process is now being handled electronically. All of the forms needed are located on PTACHC website on the scholarship page, located [here](#). They are all fillable forms, which can be emailed upon completion to office@ptachc.org. The student does have to have a parent signature on the application, but they can scan/photo a copy of that page to our office.

The students should request transcripts from their counselors, who will email them directly to office@ptachc.org. In addition, the School Report form can be filled out online by a school counselor or Principal and emailed to us. Since it will be sent from your official email account, there is no need to send a copy of your signature on this form.

Recommendation forms are also available for selected references to fill out and email to us. Any attached sheets can be emailed to our office.

I am attaching a copy of the School Report form for your records.

If you have any questions or concerns, please contact the Scholarship Committee at scholarship@ptachc.org.

During the year . . .

Mindfulness

Most teens experience stress when they perceive a situation as challenging, demanding, or upsetting and they often do not have the resources to cope. Some of the sources of stress for our teens include school demands and pressure, negative thoughts or feelings about themselves, problems with friends, issues at home, and taking on too many activities or having too high expectations (always striving for perfection).

Adults have more life experience to know how to deal with difficult emotions. Teenagers, like adults, may experience stress everyday and can benefit from learning stress management skills. Severe stress can lead to anxiety, withdrawal, aggression, illness, or unsafe behaviors such as drug and/or alcohol use.

Here are some tips:

Talking about their feelings and experience- Encourage your child to communicate if they are experiencing a tough time, by creating a safe space without judgement. Remind them that you are here to help, but they can also speak to another trusted individual such as a friend or another family member.

Breaks and doing something enjoyable- Taking a break from something that is causing stress is very healthy, especially if they've been experiencing a hard time. Finding time to participate in fun activities can help lower stress. Exercise, listening to music, seeing friends, drawing, writing, or spending time with a pet can help reduce stress.

Eating well and exercising- Eating healthy, sleep, and taking care of your physical health has a big impact on mental health. Exercise can also help relaxation and increase energy.

Relaxation techniques- Meditation, deep breathing, imagery, muscle relaxation can greatly help individuals to cope with their overwhelming feelings. Great apps to use are Calm and Headspace.

Chunking- Breaking large tasks into smaller, more attainable tasks.

Network- Build a network of resources, family, and friends who help you cope in a positive way.

UPCOMING EVENTS

Navigate 2020 Virtual Conference and College Fair

May 4-6, 2020, 12pm - 8:00pm

This event will host three days of live-stream expert presentations for students and families and a concurrent virtual college fair with fully interactive booths. Students can *chat live* with college admissions representatives, helping to find fit. This event is free-of-charge to attendees.

<https://virtual.gotocollegefairs.com/>