



DSA Counseling Newsletter

February 2017

DATES TO REMEMBER

Denver Scholarship Foundation

The DSF Scholarship Application for the 2017-18 school year will be available in early February, 2017. www.denverscholarship.org

DSF offers need-based scholarships to qualifying graduates of Denver Public Schools. The scholarship can be used at DSF's Partner Colleges in Colorado, including technical, community, and four-year colleges and universities.

To receive a DSF Scholarship you must meet the following requirements:

- Attend a DPS High School for all four consecutive years before graduation and be included in the DPS October Count for all four years.
- Graduate from a DPS High School with at least a 2.0 GPA
- Demonstrate financial need.
- Students who are ineligible for Federal Student Aid must be lawfully present in the United States or apply to be lawfully present in the United States.

Applicants for the DSF Scholarship who are eligible for federal student aid will demonstrate financial need by submitting the FAFSA and completing their college's financial aid process. Applicants for the DSF Scholarship who are not eligible for federal student aid (including DACA students) will demonstrate financial need by qualifying for free and reduced-price meal benefits at some point during their time in high school.

February 3rd
No School

February 8th
PTSO Community Meeting

February 10th
Online choice of studies closes at noon

February 17th
Last day to drop a class without penalty

February 20th
No School – Presidents Day

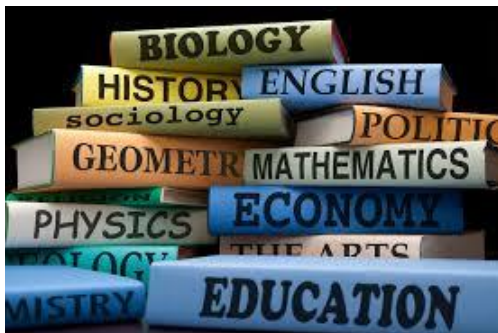
March 2nd
Concurrent Enrollment Info Meeting
7:30am or 3:00pm Counseling Office

March 10th
End of 9 week grading period

March 18th
Welcome to DSA meeting for new students

April 11th
Juniors SAT testing

Choice of Studies – What happens next?



During the spring of 2017, all returning DSA high school students will select their classes for the 2017-2018 school year. The timeline will be as follows:

January 18th

All DSA students (not parents) will have their Infinite Campus password reset to prepare for the 17/18 Choice of Studies. The new login will be
username: six digit ID number
password: eight digit birthday

January 19th

Counseling staff will meet with each grade level in the Concert Hall. At this time, students will be shown how to log into student portal and select their 2017-2018 class choices. All students will receive a hard copy of the directions as well as their Choice of Studies Sheet. It is important to know that these are only choices. If the classes do not fill, they will not be offered. The counselors will be looking at each student's schedule making sure they are in the appropriate classes.

January 19 – February 10 (at noon)

From January 19 – February 10 at noon, Infinite Campus will be available for both parents and students to log in and select classes. Selections can be changed at any point during this 3 week window. If a family does not have internet access at home, please come use the Counseling Office computers.

All 9th and 10th graders must be enrolled in a minimum of 7 classes. They may have one period off.

All 11th and 12th graders may have 2 periods off in the fall.

MENTAL HEALTH SUGGESTIONS

Information from: TheDream.US

STEPS ADULTS CAN TAKE TO SUPPORT YOUTH

- Model positive coping and stay calm
- Ensure and promote safety
- Connect with social support and decrease a sense of isolation
- Raise awareness of organized support
- Promote healthy coping
- Familiarize yourself with signs of distress and potential signs of suicidality
- Link students with available services

PROMOTE HEALTHY COPING

- Keep school routines
- Limit media use to avoid repetitive images and messages that remind bad events.
- Relaxation practice
- Talk and spend time with family, friends, or faith communities
- Distraction
- Use humor
- Schedule pleasant activities
- Exercise
- Write in a journal
- Be creative or artistic
- Avoid substance use and isolation



SIGNS OF DISTRESS AND OF POTENTIAL SUICIDALITY

- Withdrawing from family and friends
- Dramatic mood change
- Threatening to kill him/herself
- Talking, thinking, or writing about death or suicide
- Feeling hopeless or helpless
- Unusually reckless behaviors
- Giving away prized possessions

MENTAL HEALTH RESOURCES

- Crisis Text Line: <http://www.crisistextline.org/>
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- The Trevor Project <http://www.thetrevorproject.org/> or 1-800-850-8078
- To Write with Love On Their Arms <https://twloha.com/>
- Youth Suicide Prevention Program
- Get Immediate Help: <https://www.mentalhealth.gov/get-help/immediate-help/index.html>
- Build Resilience: <http://www.apa.org/helpcenter/road-resilience.aspx>
- ImAlive.org: An online crisis support site <https://www.imalive.org/>
- Self-Injury Support: 1-800-DONT CUT (1-800-366-8288)
- Panic Disorder Information and Support: 1-800-64-PANIC (1-800-647-2642)
- NAMI Programs: <http://www.nami.org/Find-Support/NAMI-Programs>