

OPHS COUNSELING NEWSLETTER

Important Dates

- **November 10th:**
 - No School - Veteran's Day
- **November 20th - 24th**
 - No School - Thanksgiving Break
- **November 29th:**
 - 6-7:30pm Junior Family College Night - VIRTUAL
- **December 4th:**
 - 2:45pm - Moorpark College visit in College and Career Center
- **December 4-8th**
 - APC Awareness Week - activities during lunch



First semester is nearing the end with finals right around the corner. With that in mind, please encourage your student to utilize any of the academic support available and listed below, as needed.

- Attending support period twice a week.
 - Create intention for the week as to what teacher/class they will attend for each support that week.
- Free tutoring through the Ventura County Libraries:
 - [Brainfuse HelpNOW](#)
- Math Honors Society support times included in flyer below.
 - [MHS Flyer](#)

Newsletter Overview

- Cultivating Gratitude
- Counseling Department Updates
- APC Updates
- College and Career Center upcoming events
- Wellness Center Announcements and Updates

OPHS Counselors

Fatima Hernandez - Wellness Counselor
 Janet Svoboda - 9th Grade Counselor
 Caity Katz - 10-12 Counselor A-Fi
 Andrea Lanter - 10-12 Counselor Fj-Ln
 Jenny Charrett - 10-12 Counselor Lo-Ro
 Ranju Matson - 10-12 Counselor Rp-Z
 Amanda Fitts - College & Career Counselor



[@counselingOPHS](#)



On Twitter and
Instagram



The Power of Gratitude

Gratitude is a powerful and positive emotion that can have a profound impact on our well-being. For this November newsletter, we'd like to explore the importance of gratitude and how it can benefit you.

1. What is Gratitude?

- a. Gratitude is the act of recognizing and appreciating the good things in life. It involves acknowledging the kindness and support of others and being thankful for the positive experiences we have.

2. Why Practice Gratitude?

- a. *Improved Mental Health*: Gratitude can lead to reduced feelings of depression and anxiety. It helps shift our focus from what we lack to what we have.
- b. *Stronger Relationships*: Expressing gratitude can strengthen our bonds with friends, family, and peers, as it fosters a sense of connection and reciprocity.
- c. *Increased Resilience*: Grateful individuals tend to be more resilient, as they are better equipped to cope with adversity and bounce back from challenges.

3. Ways to Cultivate Gratitude:

- a. *Keep a Gratitude Journal*: Write down three things you're grateful for each day. This practice can help you become more aware of the positives in your life.
- b. *Thank You Notes*: Express your appreciation by writing thank-you notes to people who have made a difference in your life.
- c. *Mindfulness*: Pay attention to the present moment and the small joys that it holds. Mindfulness can help you cultivate a grateful mindset.
- d. *Acts of Kindness*: Extend gratitude by performing acts of kindness for others, such as helping a friend, family member, or a stranger.

4. Incorporate Gratitude into Your Daily Routine:

- a. Begin or end your day with a moment of reflection on the things you're grateful for.
- b. Practice gratitude during meals by taking a moment to appreciate the food you're about to eat and the people you're sharing it with.
- c. Create a gratitude jar: Write notes of thanks and add them to the jar throughout the year. Review them at the end of the year for a reminder of all the positive moments.

Remember, gratitude is a skill that can be developed and strengthened over time. By incorporating these practices into your life, you can enhance your overall well-being and build stronger, more positive relationships. Start today, and experience the transformative power of gratitude!



Counseling Department

Seniors:

REMINDER - If you have not scheduled your Senior College 1:1 meeting with your counselor, please do so as soon as possible. Click your counselor below to access their sign up page.

- [Mrs. Katz](#)
- [Ms. Charrett:](#)
- [Ms. Lanter](#)
- [Mrs. Matson](#)
- [Ms. Fitts](#) - If you are applying to only universities that do not require a counselor letter of rec

If you're applying to any universities that require a counselor letter of recommendation with an early January deadline, please be sure to request a letter by NO LATER than Friday, November 17th.

If you are applying to any scholarship that requires a transcript to be submitted or counselor letter of recommendation, please email your counselor to notify.



On October 19 and 20, School Counselor, Andrea Lanter, and Wellness Counselor, Fatima Hernandez, attended the California Association of School Counselors (CASC) conference in Riverside. Counselors attended sessions on supporting students in the development of healthy coping skills, post-secondary options, and enhancing school counseling programs. Learning never stops!

Advanced Peer Counseling

For over 30 years, Advanced Peer Counseling has been dedicated to providing support to students by offering guidance, understanding, and compassion to our peers, along with fostering a culture of inclusion, acceptance, and awareness on our campus. We believe in the ability to create positive peer empowerment so that all students can succeed in their high school life.

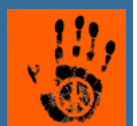
Our Beginning Peer Counseling program is now in session. Club meetings are held every Thursday at lunch on the Great Lawn. All students are welcome and encouraged to join! For more information, visit <https://bit.ly/bpc23-24>.

Freshman Mentoring is a program in which Advanced Peer Counselors visit freshman PE classes monthly to talk about a variety of social/emotional topics, while creating positive peer connections. This month the topic will be gratitude.

APC's Awareness Week event will be held in the first week of December. More information is coming soon!

APC Halloween Kick - Back Event

APC's Halloween kickback event was a success! Students came in costumes and enjoyed candy, music and created spooky crafts. Thank you to everyone who attended and stay tuned for future events!



College and Career Center

Announcements

Sophomores:

- DEADLINE to Apply for the Hugh O'Brian Youth Leadership Seminar (HOBY) is 11/17/23. The College & Career Center is accepting 10th-grade student applications (only students using their OPUSD email can access the link); return to apreston@opUSD.org by 11/17/23.

Career Chat: November 9 @ lunch in the College & Career Center; presented by OPHS parent Christian Winkle, career in medical device sales:

- *Christian Winkle was born and raised in LA and has spent his whole life here. He has also gone to a lot of other places, and his daughter, generally called Winkle, has often gone with him. He changed majors twice in college and finished with degrees in English Lit and Journalism, and then went in a completely different direction... or did he? Find out, this Thursday in the College and Career Center, in a thrilling presentation titled, "Don't follow your dream"*

Junior Family College Meeting: Wednesday, November 29th @ 6:00 - 7:30 p.m. via Zoom.

- Becky Chassin, Assistant Dean of Admission at the University of Southern California, and OPHS Counselors will discuss the following topics: The state of college admissions, advice for students, junior and senior year calendar, college research, and more.
- *This event is geared toward junior families but all are welcome.*
- Zoom link: <https://zoom.us/j/91654664257>

Moorpark College Application Workshops and Information Sessions in the College & Career Center:

- **Application Workshops for seniors:**
 - 12/4/23 @ 2:45pm
 - 1/23/24 @ 2:45pm
 - 2/13/24 @ Lunch
- **Information Sessions for all students:**
 - 1/11/24 @ 2:45pm
 - 2/7/24 @ Lunch
- **Pre-Registration Workshops for seniors:**
 - 3/5/24 @ 2:45pm
 - 4/10/24 @ 2:45pm

College and Career Center

Get Ready for College

@CSU CHANNEL ISLANDS



Channel Islands
CALIFORNIA STATE UNIVERSITY

**FOR FALL 2024
PROSPECTIVE FRESHMEN
AND TRANSFER STUDENTS**



**SAT., NOV. 18
AT 9:00 A.M.
BIT.LY/CI-4COLLEGE**

***Bring your transcripts! We will be admitting students on the spot!!**



Wellness Center















November 2023

WELLNESS CALENDAR

Some calendar events are subject to change



Monday	 Tuesday	Wednesday	 Thursday	Friday	
This Month's Theme GRATITUDE Month  <ul style="list-style-type: none"> National American Indian month Alaskan Native Heritage Month 	Day <ul style="list-style-type: none"> 10/31 - 11/2: Dia de Los Muertos/Day of the Dead 11/1: All Saints' Day 11/11: Veteran's Day 11/12: Diwali 11/16: International Day for Tolerance, The Great American Smokeout 11/20: World's Children Day 11/23: Thanksgiving 	1	 <p>WELLNESS COUNSELOR OFF CAMPUS CENTER OPEN 8:30 AM - 3:15 PM</p>	2, 3	
STAFF Gratitude Bingo begins. Due Nov. 30th, H-16 Raffle Dec. 1st 	6	7	Students The Art of Mindful Gardening. @ Lunch in the Great Lawn Sign up in H-16 	***** VETERANS DAY HONORING ALL WHO SERVED NO SCHOOL	8, 9, 10
13	14	Students The Great American Smokeout Activity H-16, winner gets a prize! 	The Great American Smokeout 	15, 16, 17	
grateful  Thanksgiving Holiday Break! 					
20	21	22	Thanksgiving Day 	23, 24	
27	28	29	30	 FOR MORE INFO ON WELLNESS TOPICS CLICK HERE OR	

Virtual Wellness Center



- 1. IRL Tuesdays & Thursdays-** Students are encouraged to NOT use devices during these days in the wellness center all day.
- 2. Staff Gratitude Bingo-** Due Nov. 30th in H-16, Raffle Dec. 1st
- 3. Students! The Art of Mindful Gardening-** 20 must sign up
- 4. The Great American Smokeout Activity-** H-16 at Lunch









Wellness Center

The Great American Smokeout

November 16th



Within minutes of smoking your last cigarette, your body begins to recover:

- 20 minutes**  Your heart rate and blood pressure drop.
- A few days**  The carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months**  Your circulation improves, and your lung function increases.
- 1-12 months**  Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) start to regain normal function, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.
- 1-2 years**  Your risk of heart attack drops dramatically.
- 5-10 years**  Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk decreases.
- 10 years**  Your risk of lung cancer is about half that of a person who is still smoking (after 10-15 years). Your risk of cancer of the bladder, esophagus, and kidney decreases.
- 15 years**  Your risk of coronary heart disease is close to that of a nonsmoker.

Source: cancer.org/healthy/stayawayfromtobacco/benefits-of-quitting-smoking-over-time

To get help and learn more, visit cancer.org/healthy/stay-away-from-tobacco or call **1-800-227-2345** for free tips and tools.

BEATING THE WINTER BLUES

For some, cold temperatures and lack of sunlight can lead to feelings of sadness and even seasonal affective disorder. These 7 steps may help lift your spirits and ease you out of the doldrums that can affect you during the long winter months.



WHAT ARE YOU GRATEFUL FOR?

Give thought to what you are grateful for... a beautiful snowy day, friendships, hot apple cider.



LET YOURSELF INDULGE IN LITTLE THINGS

Participate in activities that bring comfort, warmth and peace.



ENJOY THE SUNLIGHT

Natural light helps to alleviate the winter blahs.



GET ENOUGH SLEEP

A lack of sleep can take a toll on your mood - aim for 7-9 hours each night.



STAY ACTIVE

A daily 30-minute walk may help prevent depression, so get out there!



ENGAGE IN SOCIAL ACTIVITY

Even a small amount of social engagement can help you feel energized.



ADJUST HOLIDAY EXPECTATIONS

Don't let visions of perfection spoil everything. Appreciate and enjoy what you do have.



Information reviewed by
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