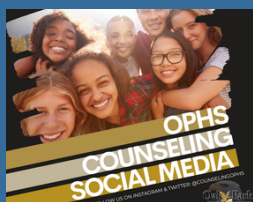


OPHS COUNSELING NEWSLETTER

Important Dates

- **October 11th:**
 - Deadline for Seniors to request a letter of recommendation for any 11/1 deadline universities
- **October 13th:**
 - Junior Parent Coffee in the College and Career Center (C-6) 8:45am-9:45am
- **October 17th:**
 - NROTC Scholarship Presentation during lunch in the College and Career Center
- **October 18th:**
 - Moorpark College Information Session in College and Career Center during lunch.
 - CSU Workshop in G-9 - 2-3pm
- **October 20th:**
 - Common Application Workshop during lunch in the College and Career Center
- **October 20th:**
 - Level change deadline - by end of school day
- **October 24th:**
 - Volunteer/Internship Opportunities Fair, hosted by seniors Jack Barnes and Jackson Weir - during lunch on the Great Lawn.
- **October 25th:**
 - Deadline for Seniors to request a letter of recommendation for any 11/15 deadlines.
- **October 30th:**
 - 9th Grade Parent and Student Presentation in room G-9 from 4-5pm (*see flyer on pg. 2*)
- **November 7th:**
 - REPEAT - 9th Grade Parent and Student Presentation in room G-9 from 4-5pm (*see flyer on pg. 2*)



[@counselingOPHS](https://twitter.com/counselingOPHS)

On Twitter and
Instagram



Happy October, Eagles! First semester is in full swing with quarter 1 grades available on 10/13. 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

- Support for Students
- 9th Grade Presentations Flyer
- Senior Reminders
- 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

Support for Students

Dear OPHS Families,

As you all are aware of the heartbreaking news coverage over the past few days regarding the events occurring in Israel and Gaza, OPHS counselors wanted to take a moment to share some resources that may be helpful during this devastating time. OPHS counselors and our Wellness Center are available for any student needing space to process or additional support. Please reach out to your student's counselor if you have any specific needs or concerns. Additional support can be sought from the Ludington Institute in Westlake Village and Ventura County Behavioral Health. Together, we can offer comfort and help those affected by this tragedy.

Resources for Coping and Understanding:

To help navigate these conversations and emotions, we've compiled resources that can be instrumental both in the classroom and at home:

- [Caring for Kids after Trauma, Disaster, and Death](#) : NYU Crisis Guide
- [How to Talk to Kids About Violence, Crime, and War](#): Common Sense Media gathers tips and conversation starters to help you talk to kids of different ages about the most challenging topics.
- [Talking to Your Kids About War](#): VeryWell Family explores ways families can speak with young people about war, including tips on sharing information and restricting media coverage.
- [How to Talk to Your Children About Conflict and War](#): UNICEF's guide offers eight tips to support and comfort your children.
- [Handle with Care: Supporting Young People During Crises](#): Learning for Justice offers recommendations and resources to help guide conversations with young people and manage potential subsequent actions and reactions.
- [Resilience in a time of war: Tips for parents and teachers of elementary school children](#): This article from the American Psychological Association can help adults guide their young children beyond fear and to resilience.
- [Resilience in a time of war: Tips for parents, guardians, and teachers of middle school children](#): The American Psychological Association provides tips and strategies for parents, guardians, and teachers.

9th Grade Presentations

OCTOBER 30, 2023

NOVEMBER 7, 2023

4:00PM

OPHS ROOM G9

(BOTH PRESENTATIONS ARE IDENTICAL)

9th grade parents and students are invited to attend a presentation, which will provide you with a basic roadmap to help prepare for the next four years. This presentation will address the following topics:

- *High school graduation requirements*
 - *UC/CSU a-g requirements*
 - *College information*
 - *Academic supports*
- *Social and emotional wellness*
- *Effective study skills*

Hosted by:

Janet Svoboda, Freshman Counselor

Fatima Hernandez, Wellness Counselor

Amanda Fitts, College and Career Counselor

If you are unable to attend, a recording of the presentation will be available on the OPHS website.

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 rec, please see the below deadlines to request a counselor letter of recommendation.

Application Due Date	Deadline to Request Letter of Recommendation
Before October 1	Week of September 4*
October 15	September 22*
November 1	October 11*
November 15	October 25*
December 1 - January 15	November 3*
After January 15	At least 3 weeks before deadline*

*Requests submitted after the deadlines may not be submitted by the application deadline and will not be given the same time and personalization as letter requests submitted by stated deadlines.

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. We are committed to 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 and is available on Thursdays at the Great Lawn during lunch. All students are welcome and encouraged to join! For more information, visit <https://bit.ly/bpc23-24>.
- **Freshman Mentoring** has also begun. Advanced Peer Counselors visit freshman PE classes once a month to talk to students about different topics, including adjusting to high school, mental health, helping others, etc. If they enjoy these visits, they are encouraged to join BPC held on Thursdays during lunch.
- Finally, APC is excited to host its annual **Halloween kickback** during lunch at the end of October! More information is coming soon.



College and Career Center

Upcoming Events:

- **Junior Parent Coffee:** Friday, October 13 @ 8:45 - 9:45 in the College & Career Center. Click here to RSVP.
- **NROTC Scholarship Presentation:** Tuesday, October 17 @ Lunch in the College & Career Center. Sergeant Sherman will share information about the NROTC scholarship which provides full tuition and additional stipends and benefits. Students in all grade levels are welcome.
- **Moorpark College Information Session:** Wednesday, October 18 @ Lunch in the College & Career Center. All students are welcome.
- **CSU Application Workshop for Seniors:** Wednesday, October 18 @ 2:05 - 3:00 pm in Room G-9. Presented by Ms. Mandavi Chattopadhyay, Admissions Officer, CSU Channel Islands. Geared toward seniors but all students are welcome.
- **Common Application Workshop:** Friday, October 20 @ Lunch in the College & Career Center. All seniors are welcome.
- **Volunteer/Internship Opportunities Fair,** hosted by seniors Jack Barnes and Jackson Weir: Tuesday, October 24 @ Lunch on the Great Lawn.
- **Ninth Grade Parent and Student Presentation,** hosted by Freshman Counselor Mrs. Svoboda, Wellness Counselor Ms. Hernandez, and College & Career Counselor Ms. Fitts: Monday, October 30 or Tuesday, November 7 @ 4:00-5:00 pm in Room G-9.



Wellness Center



October 2023

WELLNESS CALENDAR



Monday	 IRL Tuesday	Wednesday	 IRL Thursday	Friday		
2	3	4	5	6		
 STUDENTS/ STAFF Ballet Folklorico Performance Ms. Hernandez x Grassroots Club G-9, during lunch	 WORLD MENTAL HEALTH DAY	11	Minimum Days	13		
16	17	STUDENTS Digital Wellness/ Safety Workshop H-16, during lunch	19	WELLNESS COUNSELOR OFF CAMPUS CENTER OPEN 8AM-2:30PM	20	
STUDENTS Create a Red Ribbon Week Message H-16, during lunch	Parent Edu. WEBINAR Fentanyl/Current Trends in Drug Use VC Sheriffs Dept. 6pm - 7:30pm	24	STUDENTS Tabling event @ lunch	26	STUDENTS Team Up Against Drugs Wear your fave sports jersey. Interviews at lunch.	27
30	Red Ribbon Week:	31	Be Kind to Your Mind. Live Drug Free			
		This Month's Theme Awareness				
				<ul style="list-style-type: none"> National Bullying Prevention Month Cyber Safety Month World Mental Health Day: 10/10 Red Ribbon Week: 10/23- 10/31 		
				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.
 - 2. Students & Staff. 10/9- Ballet Folklorico Performance. Ms. Hernandez x Grassroots Club;** @ lunch, G-9
 - 3. Students. 10/18- Digital Wellness & Safety Workshop;** @ Lunch, H-16
- Red Ribbon Week Activities
1. Create a Red Ribbon Week message on a sign
 2. Red Day/ ASB Blood Drive- Students wear Red. Interviews at lunch
 3. Oct. 24th OPUSD WEBINAR; Fentanyl, current trends of narcotics and more!
 4. Team Up Against Drugs- Wear your favorite team jersey. Interviews at lunch

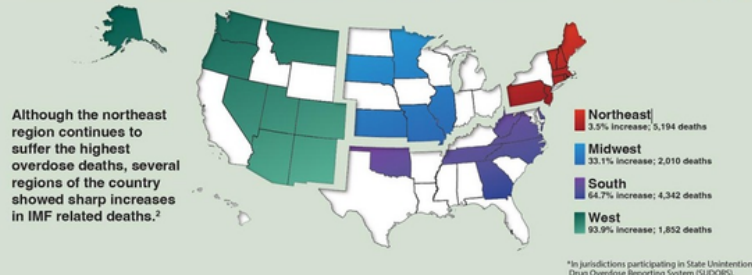
Wellness Center

WHAT IS FENTANYL?



Fentanyl is a synthetic opioid that is approximately **50X MORE POTENT THAN MORPHINE¹**. Many people are exposed to fentanyl without knowledge while others use it intentionally because of its potency.

OVERDOSE DEATHS IN THE UNITED STATES EXCEEDED 100,000 IN A 12-MONTH PERIOD FOR THE FIRST TIME!
64% of these deaths involved synthetic opioids, mainly illicitly manufactured fentanyl (IMFs) (May 2020-April 2021)². This is up from the more than 91,000 overdose deaths that occurred the previous year. (December 2019-December 2020)³



FENTANYL IS IMPACTING MINORITIES AT AN ALARMING RATE!

Non-Hispanic Blacks had the highest mortality rate due to synthetic opioids other than methadone in 2020. In addition, from 2013-2020, the highest changes in this rate were for: non-Hispanic Blacks, Hispanics, non-Hispanic Whites.⁴



47.6X

Overdose deaths involving IMF rose 47.6-fold among Non-Hispanic Blacks.⁴

35.7X

Overdose deaths involving IMF rose 35.7-fold among Hispanics.⁴

15.9X

Overdose deaths involving IMF rose 15.9-fold among Non-Hispanic Whites.⁴

YOU CAN HELP SAVE LIVES - CARRY NALOXONE!



AN OVERDOSE CAN HAPPEN ANYWHERE.

If you suspect an opioid overdose, administer NALOXONE and get emergency medical assistance right away. NALOXONE is a small, easy to carry medicine that rapidly reverses an opioid overdose.



Looking for NALOXONE?

Visit: www.naloxoneforall.org

HOW TO RECOGNIZE THE SIGNS OF AN OVERDOSE.



UNRESPONSIVE



IRREGULAR BREATHING



GRAY, BLUE, OR PALE SKIN COLOR



VERY SMALL PUPILS

HOW TO REVERSE AN OVERDOSE.

Immediate action saves lives! Good Samaritan Laws protect you when you are trying to help someone in need.

CALL 911 IMMEDIATELY

Call 911, or direct someone nearby to call and say that you are supporting a suspected overdose.



ADMINISTER NALOXONE

Even though the person is unresponsive, 1) Announce that you are going to give naloxone 2) Spray the naloxone in the person's nose.



ADMINISTER CPR

Tilt the individual's head back to make sure their airways are open. Apply chest compressions.



GIVE NALOXONE AGAIN

Administer additional Naloxone if the person does not regain color or breathing, otherwise continue chest compressions, until help arrives.



REMAIN CALM & COMFORTING

If the person is revived, remain calm and compassionate and encourage them to accept help or stay in a public place.



Harm reduction is all about keeping people safe in a practical way. Simple tips are to:

CARRY NALOXONE | NEVER USE ALONE | GO SLOW | TEST YOUR DRUGS

TEST YOUR DRUGS FOR FENTANYL.

POSITIVE FOR FENTANYL



USE CAUTION



FENTANYL TEST STRIPS CAN BE USED TO DETERMINE THE PRESENCE OF FENTANYL IN YOUR SUBSTANCE.⁵

Even if your drugs test negative for fentanyl, use caution and remember the harm reduction steps to take.



Celebrate Red Ribbon Week® (October 23-31)

www.redribbon.org

RED RIBBON WEEK ACTIVITIES FOR PARENTS



ARTICLES

- [Parent Conversation Starters- NIDA](#)
- [Learning About Drug Use in Teens- Kaiser](#)
- [Talking to Your Child About Drugs - KidsHelth](#)

OPUSD is also planning an informational webinar on **Oct. 24** on current trends of narcotics in our communities and a particular focus again on the fentanyl crisis. This will have presenters from the Ventura County Sheriff's Department.

More information will be coming soon.