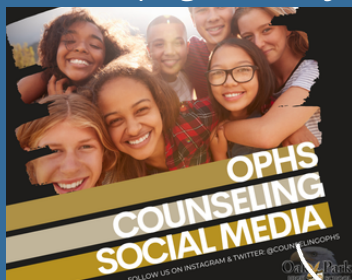


# OPHS COUNSELING NEWSLETTER

## Important Dates

### *Suicide Prevention Awareness Month*

- **September 5th**
  - Caseload Counselor 1:1 Senior Meetings begin till December (see page two for sign up links)
- **September 5th - 8th**
  - Club week in the Pavillion
- **September 8th**
  - Quarter 1 Progress Reports
- **September 9th**
  - Financial Aid and Scholarship Presentation
  - Zoom link: <https://zoom.us/j/95485320265>
- **September 18th**
  - Student Safety & Prevention Panel - Mental Health
  - More details coming soon.
- **September 19th at 8:45 - 9:45am**
  - Senior Parent Coffee with the College and Career Center staff in the College & Career Center (Room C-6)
- **September 20th - during lunch**
  - Yoga Session in the Wellness Center
- **September 20th at 6:30pm the Civic Arts Plaza**
  - Together for Mental Health Event
  - Sarah Shulze Foundation x Katie's Save
  - See page 8 for flyer



**@counselingOPHS**  
On Twitter and Instagram

# WELCOME BACK!

Welcome to the 2023-2024 school year, Eagles. The Counseling Department has been hard at work the last month supporting students, working through schedule changes, and providing information to current Seniors on the college application process. An archive of previous newsletters can be found on the OPHS Counseling website. There are a lot of event dates and important information shared within this newsletter, so please review fully!

## Newsletter Overview

- Senior College Application Information
- College and Career Center Announcements & 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

# Counseling Department

## Senior College Application Information

- [Click here to view the slides from the Senior College Presentation](#)
- Please complete this Initial Transcript and Counselor LOR Request Form after your 1:1 meeting with your counselor.
- Please see Mrs. Preston in the College and Career Center to pick up a copy of your unofficial transcript. You will have to show your student ID to pick up, so have that with you.

## Counselor 1:1 Meeting Sign ups:



- [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

*\*Meetings are for students only*

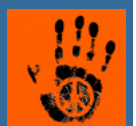
*If you're applying to any universities that require a counselor Letter of rec, please see the below deadlines to request a counselor letter of recommendation.*

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

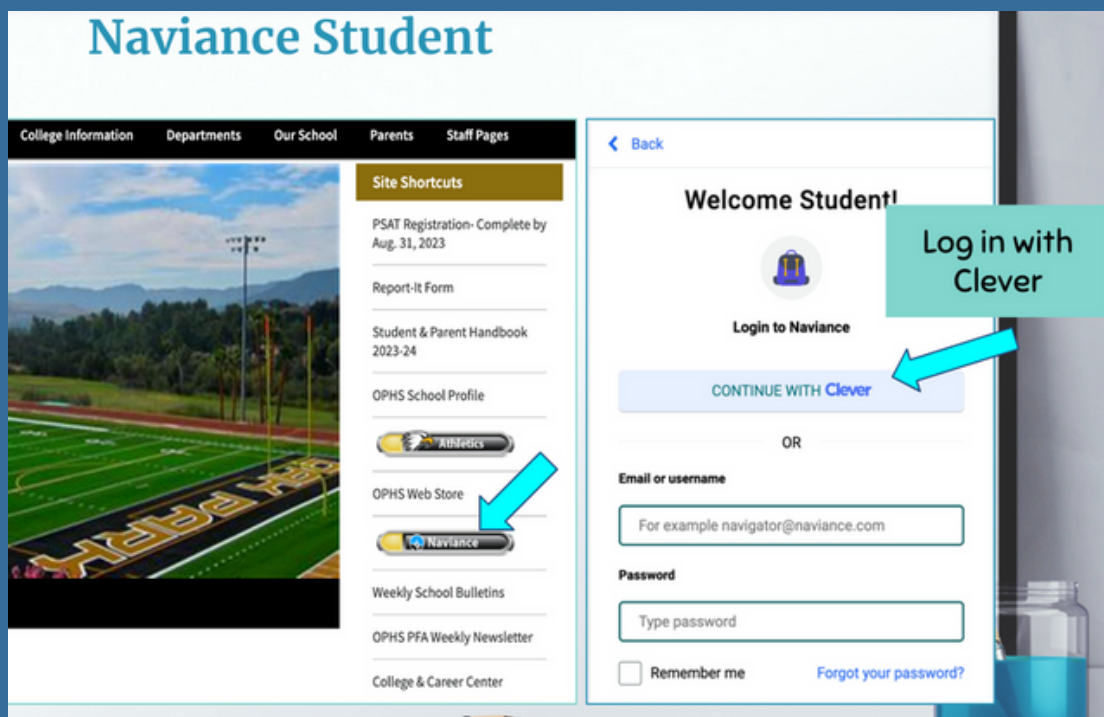
For over 30 years, Advanced Peer Counseling has been dedicated to providing support to students, by offering guidance, understanding, and compassion to our peers, along with fostering a culture of inclusion, acceptance, and awareness on our campus. We believe in the ability to create positive peer empowerment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

The Peer Counseling Program is looking forward to the beginning of the Beginning Peer Counseling program, a club that meets on Thursdays at the Great Lawn during lunch. In this club, students will practice the skills of Advanced Peer Counseling, such as conflict mediation, inclusion, and awareness. Beginning Peer Counselors are even given the opportunity to interview to join the program at the end of the year! All students are welcome and encouraged to join! For more information, visit <https://bit.ly/bpc23-24>.



# College and Career Center

1. All students can now log in to Naviance Student through their Clever accounts. Naviance makes it easier than ever to answer the questions that will shape your future: Who am I? What do I want to be? How will I get there? How will I succeed? Naviance is provided by the PFA to all OPHS families and employs tools to personalize and simplify the college and career planning process. [Click here](#) to view log in instructions. Alternatively, students may log in directly through [Clever.com](#) ([view screenshot here](#)).



2. College representative have begun during lunch and after school in the College and Career Center! Many colleges have already scheduled a visit to OPHS in the coming months. Sign up on your Naviance account. See Mrs. Preston or Ms. Fitts in the College and Career Center with any questions. Military recruiter visits: Students may stop outside of the College and Career Center during lunch on Wednesdays to meet with representatives from the Marines.

# College and Career Events

## 1. College Financial Aid Presentations, Sponsored by the OPHS PFA

- Part 1 - Financial Aid & Scholarships Overview - Open to all OPHS families
  - Saturday, September 9 @ 9:00 - 11:00 am online (Zoom link <https://zoom.us/j/95485320265>). **This event will NOT be recorded.**
  - Mr. David Levy, financial aid expert, will provide a general overview of the college/technical school financial aid process to students and parents in grades 9 - 12.
- Part 2 - CSS Profile - Geared toward senior families but all are welcome
  - Tuesday, October 10 @ 6:30 - 8:30 pm online (Zoom link will be shared at a later date). **This event will NOT be recorded.**
  - Mr. Levy will take students and parents/guardians step-by-step through the CSS Profile, an online application used by colleges and scholarship programs to award non-federal institutional aid.
- Part 3 - FAFSA/CA Dream Act Application - Geared toward senior families but all are welcome
  - Thursday, January 18, 2024 @ 6:30 - 8:30 pm online (Zoom link will be shared at a later date). **This event will NOT be recorded.**
  - Mr. Levy will take students and parents/guardians step-by-step through the FAFSA and CA Dream Act Application, online applications used by colleges/technical schools and scholarship programs to award federal and state institutional aid.

**2. College Supplemental Essay Workshop:** Tuesday, September 12 @ 6:30 - 8:00 pm online: Sponsored by the OPHS PFA and presented by the College Essay Guy Team. Geared toward seniors but all students are welcome. Zoom link will be shared at a later date. This event will be recorded.

**3. Student Athletes and the College Admission Process:** Wednesday, September 13 @ 6:30 - 7:30 pm in [Room G-9](#): Hosted by the OPHS Athletic Booster Club and College & Career Center. Presented by Todd Mitmesser, owner of Class 101 - Conejo Valley. Learn about first steps, do's and don'ts, NCAA Rules, and more.

**4. College Essay Presentation:** Tuesday, October 3 @ Lunch in Room G-9. Presented by Mr. Rick Diaz, Regional Director of Undergraduate Admission at SMU. Geared toward seniors but all students are welcome.

**5. College Mini-Fair:** Thursday, October 5 @ 2:05 - 3:00 on the Great Lawn. All students are welcome.

**6. 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.

**7. 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.

# College and Career Center



## STUDENT ATHLETES & THE COLLEGE ADMISSIONS PROCESS

**WEDNESDAY, SEPTEMBER 13  
FROM 6:30 - 7:30 PM  
IN ROOM G-9**

**TOPICS INCLUDE:  
ATHLETIC RECRUITING 101,  
FIRST STEPS,  
DO'S AND DON'TS,  
NCAA RULES,  
Q & A**

**ALL OPHS FAMILIES  
ARE WELCOME.**

**\* HOSTED BY THE OPHS  
ATHLETIC BOOSTER CLUB  
AND THE  
COLLEGE & CAREER  
CENTER**

# Wellness Center



# September 2023

## WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>IRL</b>			
<b>This Month's Theme</b> <b>REACH OUT!</b> 	<b>In Real Life (IRL) Tuesdays:</b> Put away your phone and be present!	<ul style="list-style-type: none"> <li>Attendance Awareness Month</li> <li>National Suicide Prevention Month</li> <li>Suicide Prevention Week: <b>10th-16th</b></li> <li>National Yoga Awareness Month</li> </ul>	<p>FOR MORE INFO ON WELLNESS TOPICS <a href="#">CLICK HERE OR</a></p>	New Student Lunch in the pavilion - APC
Labor Day 4 <b>NO SCHOOL</b>	5	National read a book day 6	7 WELLNESS COUNSELOR OFF CAMPUS CENTER OPEN 8AM-2:30PM	8 WELLNESS COUNSELOR OFF CAMPUS CENTER OPEN 8AM-2:30PM
<b>Club Week in the Pavilion</b>				
11 Wear your green ribbon in support for mental health. Stop by H-16 to get one! 	12	13 <b>STUDENTS</b> Healthy Coping Skills/ Stress Management workshop BRITE H-16, during lunch	14 Luc Borden Day	15 <b>NO SCHOOL</b>
<b>11th-15th National Suicide Prevention Week</b>				
18 <b>Community</b> Student Safety & Prevention Panel- Mental Health Virtual	19 <b>STUDENTS</b> Lunch Chat with Ms. Hernandez H-16, during lunch	20 <b>STUDENTS</b> Mini Mindfulness Yoga Session with Christy Pernin H-16, during lunch <b>Community</b> Together for Mental Health Civic Arts Plaza, Thousand Oaks @ 6:30pm	21 Say 'Hello' to someone new! SIGN UP IN H-16 	22 First day of Fall, Sat. 23rd 
<b>Start with Hello Week: Sep. 18th-22nd</b>				
25 Yom Kippur <b>NO SCHOOL</b>	26 National Family Day	27	28	29

Virtual  
Wellness  
Center



- Tue. 9/5- Fri. 9/8- **Club Week in the Pavilion**
- Wed. 9/13- Student; Join **BRITE** in this workshop to explore some **Stress Management ideas and enjoy some Healthy Coping Skills activities**, during Lunch in H-16
- Mon. 9/18- OPUSD Community; **Student Safety & Prevention Panel- Mental Health**; Virtual. More details to come!
- Tue. 9/19- Students; **Start with Hello Week, Lunch Chat** with Ms. Hernandez, during lunch in H-16. Positive, fun conversations.
- Wed. 9/20- Students; **Mini Mindfulness Yoga Session** with Christy Pernin, during lunch, H-16 (Yoga mats provided, please sign up).
- Wed. 9/20 - Community; **Together for Mental Health**, Civic Arts Plaza
- Thur. 9/21- Start with Hello Week Challenge: Say hello to someone new.

# Wellness Center



## Learn the Facts about Fentanyl

Attend with or without your tweens, teens and young adults. Become aware of the possibilities of an overdose and how to treat it. You will leave with Narcan to keep in case of emergencies. We can save lives!

[Tickets Here](#)

**REVERSE OPIOID OVERDOSE WITH NALOXONE**

INSIGHT TO TEEN CULTURE PRESENTS

# SAVE A LIFE NARCAN TRAINING

THURSDAY, SEPTEMBER 21  
6:30PM  
AGOURA HILLS/CALABASAS

[HTTPS://TINYURL.COM/EYM97VK3](https://tinyurl.com/EYM97VK3)

**GET THE FACTS ON FENTANYL**

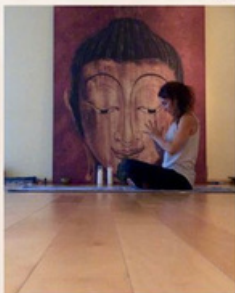
THANK YOU TO OUR SPONSORS

## Mini Mindfulness Yoga Session



with Mediation Guide and Yoga Alliance Certified Instructor, **Christy Pernin**  
IG handle: [yogiflow\\_by\\_christy](#)

**September is National Yoga Awareness Month.** The practice of yoga helps relieve stress. During this session, students will be able to unplug, relax, calm their mind through guided breath work and poses and understand the calming benefits of Yoga.



**What:** Mini Mindfulness Sessions

**When:** Wednesday, September 20th.  
During lunch time: 12:00pm- 12:30pm

**Where:** Wellness Center, H-16

**Who:** Lead by Christy Pernin



Sign up now using the QR Code or in person in H-16!



# BRITE

Building Resilience & Inclusion Through Engagement

Students! **September 13th**, join BRITE in this workshop to explore some **Stress Management ideas** and enjoy some **Healthy Coping Skills activities**, during Lunch.

# Wellness Center

Facebook Live Event

Suicide Prevention Awareness Month:  
**Youth Suicide Prevention**

**Lisa M. Horowitz, Ph.D., M.P.H.**

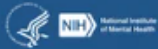
Pediatric Psychologist and Senior Associate Scientist  
Intramural Research Program  
National Institute of Mental Health

**Stephen O'Connor, Ph.D.**

Chief, Suicide Prevention Research Program  
National Institute of Mental Health



September 19, 2023 • 2:00–2:30 p.m. ET



 facebook.com/nimhgov

In recognition of National Suicide Prevention Awareness Month in September, the National Institute of Mental Health (NIMH) is hosting a Facebook Live event on youth suicide prevention. During the event, NIMH experts Lisa M. Horowitz, Ph.D., MPH, pediatric psychologist and senior associate scientist in the Intramural Research Program, and Stephen O'Connor, Ph.D., chief of the Suicide Prevention Research Program, will lead a discussion on how to talk to youth about suicide risk, how to identify the warning signs of suicide, risk factors for suicide, and NIMH-supported research on interventions for youth suicide prevention.

Facebook Live: Youth Suicide Prevention hosted by  
The National Institute of Mental Health (NIMH)

Date & Time: **September 19, 2023**

Location: Virtual

[Join the Event Here](#)



In 2022 there were 181 accidental overdose deaths involving fentanyl. County leaders will discuss the ongoing opioid crisis in our community, and what you need to know about fentanyl to protect the health and safety of your family.

**Wednesday, September 27, 2023**

6:00PM – 7:30PM

Resource Tables

Light dinner and refreshments

Ventura County Office of Education

5100 Adolfo Rd. Camarillo, CA

Brought to you by Ventura County's Behavioral Health Department, in cooperation with Superintendent of Schools Dr. Cesar Morales, attendees at this Town Hall event will hear from panelists:

- District Attorney Erik Nasarenko
- Medical Examiner Dr. Christopher Young
- Public Health Officer Dr. Robert Levin
- Sheriff Jim Fryhoff
- Behavioral Health Division Chief Raena West

[Click Here to Register](#)



# Wellness Center



**TOGETHER FOR  
MENTAL HEALTH**

PRESENTED BY KATIE'S SAVE AND  
THE SARAH SHULZE FOUNDATION

**SEPT 20 | 6:30PM**

BANK OF AMERICA  
PERFORMING ARTS CENTER,  
THOUSAND OAKS

PLEASE JOIN US FOR THIS NO COST COMMUNITY EVENT IN  
SERVICE TO OUR STUDENT ATHLETES AND THEIR FAMILIES.



DR. CARRIE HASTINGS  
TEAM PSYCHOLOGIST, LA RAMS



VICTORIA GARRICK BROWNE  
FOUNDER, THE HIDDEN OPPONENT



ALAN LUDINGTON  
MARRAIGE AND FAMILY THERAPIST

WE HAVE ASSEMBLED A PANEL OF MENTAL HEALTH EXPERTS,  
COACHES AND ATHLETES TO SHARE THEIR VALUABLE INSIGHTS WITH  
THE CONEJO VALLEY COMMUNITY. HOSTED BY ESPN'S SEAN FARNHAM,  
MORE DETAILS ON TOGETHER FOR MENTAL HEALTH CAN BE FOUND AT  
@SARAHSHULZEFUNDATION AND @KATIESSAVE.



SCAN HERE TO  
RESERVE SEATS