

APRIL
2023

WINDSOR LOCKS HIGH SCHOOL COUNSELING COMMENTARIES



**Windsor Locks High School
Counseling Staff Members**

IMPORTANT EVENTS AND DATES

- * April 7th – Regular registration deadline for May 6th SATs which will be at WLHS
- * April 7th -14th – Spring Recess – No School
- * April 18th – Uconn information session for admitted seniors during Flex Block
- * April 25th – Make up testing for the SATs
- * May 1st – 12th – Advanced Placement Exams

Important Events in the School Counseling Department

Important standardized testing for students in grades 10-12

On Tuesday, April 25th Digital SAT make up testing will be conducted for any students in Grade 11 who were absent during the primary March testing window. The majority of our students took this exam on Thursday, March 23rd. This testing assists in gaining a stronger picture of all students and how well prepared they are for success in college and careers; the test measures students' abilities and benchmarks in Evidence-based Reading and Writing, and in Mathematics. For any questions, please contact Deb Ramirez at dramirez@wlps.org. The first round of scores will be available **April 14th**, students can access their scores through their College Board Account.

On students in Grade 11 will sit for the Next Generation Science Standards exam. This is an online assessment designed to measure skills in reading comprehension, writing, mathematics, and real-world science questions that require students to demonstrate that they truly understand the content and provides us with benchmarks for graduation standards. If you have any questions, please contact Alyssa Mancini at amancini@wlps.org or Deb Ramirez at dramirez@wlps.org.

Starting on May 1-12th – students in Grades 10-12 enrolled in AP classes will take Advanced Placement Exams – The exam schedule is as follows:

- May 1st - AP Seminar and AP Research Performance Tasks submissions
- May 2nd – AP Environmental Science – 8a, AP Psychology – 12pm
- May 3rd -AP English Literature – 8am
- May 4th – AP Seminar -12pm, AP Statistics – 12pm
- May 5th – AP US History - 8 am, AP Art & Design Portfolios due – 8pm
- May 8th – AP Calculus AB & BC – 8am
- May 10th – AP Spanish Language – 8am
- May 11th – AP Physics - 12pm
- May 12th – AP Music Theory – 8am
- May 18th – AP Biology– 12pm

WINDSOR LOCKS HIGH SCHOOL

58 South Elm Street
Windsor Locks, CT 06096
860-292-5032 office • 860-292-5039 fax
www.wlps.org/WLHS/

APRIL
2023



Attention Seniors

Please make sure that you are reviewing your 3rd quarter report card, checking in with your teachers and checking in with your school counselor to make sure that you are on target for graduation in June!!!

School Counselors have all your information on the credits you have completed and those you still need to meet your graduation requirements. This information has been shared with you but it is important that you maintain accountability for your academics.

Additionally, if you DO NOT have 20 hours of community service you will not be eligible for graduation so please make sure to check on this information and make sure to submit your hours.

As May 1st approaches – those of you attending college next year – please make sure to let your counselor know so we can submit final transcripts to the college or university.

IMPORTANT EVENTS CONTINUED

Course Recommendations & Selection

The school counselors have gone into each of the Social Studies classrooms for grades 9-11 and worked with all students on their course selection for the 2023-2024 school year. School Counselors will continue to meet with any student who has not filled out their course selections.

Teachers submitted their recommendations for each of their students based on *daily performance in class, habits of scholarship, MAP testing benchmarks, rigor of courses, reading/writing ability, and content of courses*. The teacher's recommendation is developed with the best interest of the student in mind. Experience has shown that these recommendations accurately reflect student success.

Students were asked to select courses in each of the core subject areas and then to choose a number of elective courses in the event that a course does not run the student would have a back-up course. The Master Schedule will be built within the next few weeks and schedule conflicts will be reviewed and students will be contacted to adjust if necessary.

If you have a question or concern regarding a course recommendation, it is important to have a discussion with the student's teacher and if at that point there is a request to override the recommendation, paper work must be filled out and submitted to your school counselor.

If you have any additional questions, please feel free to contact Deborrah Ramirez – School Counseling Director at dramirez@wlps.org.



*A PROFESSIONAL LEARNING COMMUNITY
COMMITTED TO EXCELLENCE*

APRIL
2023



Signs of Stress

- Increased Irritability
- Feelings/Symptoms of Depression
- Gastrointestinal distress
- Mood swings
- Feeling overwhelmed
- Feeling lonely
- Trouble Sleeping
- Headaches

Solutions for Stress Relief

- Spending time with others
- Breathing exercises and meditation
- Progressive muscle relaxation
- Grounding activities
- Physical activity
- Radical acceptance of root causes
- Artistic creativity/hobbies
- Journaling
- Spending time outdoors

pathways@Windsor Locks

Make an appointment in the School Counseling Suite and let us help you discover what's next after you graduate from Windsor Locks!

If you are in need of community service hours so that you meet the 20-hour requirement for graduation or for additional hours to give your resume a boost and to gain eligibility for scholarships, see your counselors in the school counseling suite.

Check with Ms. Wendy Knowles – Town Youth Service Coordinator – she may have community service opportunities for the months of April and May. You can reach to her at wknowles@WLOCKS.com

WINDSOR LOCKS HS COUNSELING DEPARTMENT

Deborrah Ramirez – Director Last names: S-Z	860-292-5725	dramirez@wlps.org
Kristen Smith – Counselor Last names: A-G	860-292-5739	ksmith@wlps.org
Kallie Sullivan – Counselor Last names: H-R	860-292-5748	kalliesullivan@wlps.org
Kathy Antaya – Psychologist	860-292-5726	kantaya@wlps.org
Jackie Bergeron - Social Worker	860-292-5718	jbergeron@wlps.org
Jodi Zaine – Admin. Asst.	860-292-5717	jzaine@wlps.org

“Life Teaches You A New Lesson Every Day, If You Are Attentive Enough In The Class Of Life”

Invajy

