

Juniors,

I am at the office as I write this note. I wish so much that you were here. I know a lot of information and uncertainties are coming at you. I understand you may feel robbed of your 16/17 year-old high school experiences. With this comes all sorts of thoughts and emotions. Trust, you are not alone, and if you feel you are – please reach out (call, text, message) someone – me, a teacher, a friend, anyone. My number one wish is that you stay well (in every way). I encourage you to pay attention to what you are learning and appreciating through this. Use this time to grow individually, inspire others, & help those around you. Work to make sure you can say that you did or created something you are proud of during this time. Be well and stay engaged in the process of becoming the best you.

--Mrs. Antrim



For more information to questions you may have...

- *Mental Health Support – see last mailing with *Mental Health Resources*; document also available on TerrierNet | Home | Educational Enrichment Resources | Mental Health Resources; and in 4/7 email
- *Local Resources & Assistance (food, transportation, utilities) – see 4/7 email from Mrs. Antrim
- *Academic – look for emails from teachers; check Enrichment Page on TerrierNet; & work on packets
 - Dual Credit & AP Students -- read emails from teachers and be aware of course/test information
 - Students with low Q3 grades -- stay informed of updates from school &/or reach out to Mrs. Antrim
- *Postsecondary – see 3/26 & 4/7 email from Mrs. Antrim, as well as reference your last mailed packet
- *SAT/ACT – see 4/14 & 4/15 email from Mrs. Antrim
- *JALC Dual Credit/Enrollment – see 3/27 email from Mrs. Sabens AND TerrierNet Class of '21 Webpage for 5 *Step Process* on how to register for summer and fall classes

How to Reach Mrs. Antrim & Stay Connected

- *Sign up for Remind Messaging – text @cchs-21 to 810810 (you'll receive no more than 5 message/week)
- *Visit the CCHS Class of 2021 Facebook page often!  ←Look for this image as the Cover Photo
- *Follow the CCHS Counseling Department on Instagram @cchs165counseling
- *Check-In Virtually or Request a Zoom Video Meeting by visiting TerrierNet | Students&Parents | Classof2021

*Text (747) 999-2021 with questions, concerns, or to say hello. This message will go to Mrs. Antrim and will be checked during school hours.



What's Ahead??

As we prepare for senior year, you can expect more information & encouragements from myself & Mrs. Murphy. Also, please pay close attention to school emails & mailings. It really is in your best interest to stay engaged during this time.



Counseling Department: Please-Do

- ✓ Senior Year Course Selections – look at your requests sent in the last mailing, changes due May 8
- ✓ Junior Spring Action Survey – for the link, see 4/2 & 4/8 email from Mrs. Murphy, due ASAP

(Quick) Message from Murphy ~ 4-20-20

College & Career Counseling



Got questions? Good! Every question is a good question!

Text or call me with anything and everything college/career related at 618-494-4859 or email me at erinn.murphy@cchs165.com

Got email? I am sure you do! Check your email on Monday, Wednesday and Friday each week. Reply to necessary messages and delete what you don't need.

Got plans? Of course you do! Let us know what you are thinking. Complete your ACTION STEPS SURVEY! Survey link is in your inbox (see above 🤔)

Got time? Yep. We all do. Consider what your short answer would be to this prompt: *“So far, I have spent most of my time during the COVID-19 school closure...”*

There is no correct/better/perfect answer, but everyone does have an answer – what is yours?

I am wishing you all continued wellness, and I value each connection via email, zoom or phone connection that I get to have with you. Stay in touch and stay healthy! ~ Ms. Murphy