

# Capital High School Cougar Connection

January/February 2018

## Library News

The Olympia School District is partnered with the Timberland Regional Library to give every OSD student access to all of the electronic resources our tax-payer money provides. For this program, called **MyTRL**, students use the following to log in:

Username = osd+regular username      Ex. osdkbonds

Password = birthday month and day      Ex. 0130

\*SAT and ACT sample tests can be found in the **Learning Library Express** database.

\*Audiobooks and ebooks of most novels taught at CHS are available through **Overdrive**. Get another chapter done while on the bus/in the car to and from school!

\*Search other subject specific databases such as **Student Resources in Context** to find book, periodical and primary sources for research assignments.

\*Read up on current events in magazines from **Zinio**.

Students have been and will continue to learn more about it through our school library program. The variety of resources the Timberland Library System provides for both academic and recreational use is rich. This furthers our mission to teach information literacy skills, nurture the love of reading, prepare students to meet state standards, and partner with the 21st century school community to foster lifelong learning and global citizenship.

## January/February Upcoming Events

Jan. 1 - Winter Break - No School

Jan. 15 – MLK Jr. Holiday – No School

Jan. 17 – Special Assembly - Civil Rights Legacy Tour

Jan. 18-20, 25-27 – CHS Winter Play

Jan. 31, Feb. 1-2 – 1<sup>st</sup> Semester Finals

Feb. 1-2 – ½ Day of School – 10:52 Release

Feb. 2 – End of Semester 1

Feb. 8 – 9<sup>th</sup>-11<sup>th</sup> Grade Information Night

Feb. 19-20 – Mid-Winter Break – No School

Feb. 26 – First Day of Spring Sports

## IB Continues Growth at CHS

The IB Diploma class of 2018 will be the largest in almost a decade as 33 students are pursuing the goal of an IB Diploma as a complement to their CHS diploma. In all, over 90 11th and 12th grade students have registered to sit for over 350 IB exams, including for the first time a group of six registrants who are testing in IB Business and Management. Welcome! With IB Environmental Systems and Societies being added next year as well as the move to IB English for All in the 11th grade, we look forward to even more growth in the future.

## Counseling News

February 8 will be the 9-11 Information Night from 6-8pm at CHS. This event is designed to help communicate the academic options available to students, as well as provide knowledge for future planning. Breakout sessions will include: Running Start, International Baccalaureate, New Market Skills Center, NCAA participation, beginning the college application process, exploring technical/vocation options, Financial Aid, and PSAT results interpretation. Registration for the 2018-19 school year will begin at the end of February.

February 12-23 - Seniors will have an individual appointment with their counselors. Credits and graduation requirements will be reviewed, as well as their post high school plans. Running Start students should contact Mrs. Weeks in the Counseling Center (596-8027) to arrange an appointment time. Seniors who are in jeopardy of failing a required course will want to meet with their teachers and counselor as soon as possible.

February 16 – Junior registration information will be held in the theater during Coug Time. Registration paperwork will be handed out at the sessions, including the individual appointment times.

February 26 - Individual counseling/registration appointments for Juniors will begin for the 2018-19 school year. Students will need parent signatures on the forms to approve their desired schedule. Counselors will be in contact with parents/guardians if a major change is needed.

The following Parenting Workshops will be held at Olympia Regional Learning Academy, 2400 15th Ave SE, Olympia, WA from 6:30-8:30p.

Tuesday, January 9, 2018 - Positive Constructive Communication with Teens

A workshop designed to teach practical skill building techniques to help create more effective communication between parents and their children. Positive communication will be emphasized, and guidance techniques including engaging children's cooperation, interpreting emotional and behavioral development and implementing alternatives to punishment.

Tuesday, February 13, 2018 - Effective Teen Discipline

This workshop is designed to give parents the basic philosophy of discipline and a toolbox of techniques to work with to support positive teen discipline.

Tuesday, March 13, 2018 - Teen Relationships/LGBTQAI

A workshop designed for parents in regards on questions and topics around relationships and sexuality.

**Stress** is what you feel when you react to pressure, either from the outside world (school, work, after-school activities, family, friends) or from inside yourself (wanting to do well in school, wanting to fit in). Stress is a normal reaction for people of all ages. It's caused by your body's instinct to protect itself from emotional or physical pressure or, in extreme situations, from danger. A little bit of stress can be good, it helps keep us on track – meet deadlines, complete assignments, etc.

There's a lot happening during high school, and it can be easy for students to become overwhelmed. Things we cannot control are often the most frustrating. It's easy to think there's nothing you can do to change things – but you can! Although you can't control the things that are stressing us, we *can* control how we react to them. The way you feel about things results from the way you think about them. If you change how you think, you can change the way you feel.

### **Try these tips to cope with your stress:**

1. Make a list of the things are causing you stress. Think about your friends, family, school, and other activities. Accept that you can't control everything on your list.
2. Take control of what you can. For example, if you're working too many hours and you don't have enough time to study, you may need to cut back your work hours.
3. Give yourself a break! Remember that you can't make everyone in your life happy all the time. And it's okay to make mistakes now and then.
4. Don't commit yourself to things you can't do or don't want to. If you're already too busy, don't promise to decorate for the school dance. If you're tired and don't want to go out, tell your friends you'll go another time.
5. Find someone to talk to. Talking to your friends can help because it gives you a chance to express your feelings. However, problems in your social life or family can be the hardest to talk about. If you feel like you can't talk to family or a friend, talk to someone outside of the situation. This could be your school counselor, minister, or your family doctor.

**What are some things that don't help you deal with stress?** There are safe and unsafe ways to deal with stress. It's dangerous to try to escape your problems by using drugs and alcohol. Both can be very tempting, and your friends may offer them to you. Drugs and alcohol may seem like easy answers, but they're not – and they can add new problems!

**I've tried dealing with my stress, but I just feel like giving up.** This is a danger sign. Stress can become too much to deal with. It can lead to such awful feelings that you may think about hurting yourself. When you feel like giving up, it may seem like things will never going get better. Talk to someone right away. Talking about how you're feeling is the first step in learning to deal with them and starting to feel better.

**Things that help fight stress**

- Eating well-balanced meals on a regular basis
- Drinking less caffeine
- Getting enough sleep
- Exercising – even getting outside for a walk can be beneficial

As the semester comes to an end, the pressure of exams and course work can be stressful. It's important to understand the positive effect of a balanced life. Please contact your student's counselor if you see behaviors that are out of the ordinary for your student or if you believe they are feeling overwhelmed. Counseling Center: 596-8027. ([FamilyDoctor.org](http://FamilyDoctor.org))