

CVHS COUNSELING *September 2026*

Ayumi Whatcott
Last Names A-F

Lauren Boatright
Last Names G-N

Kim Blackner
Last Names O-Z

Newsletter

Teresa Taintor
Counseling Secretary

Natalie Higgins
Registrar

Chad Winters
Social Worker/Therapist



DATES TO NOTE

September 2nd-29th
Senior CCR Meetings

HELPFUL LINKS

For those who may not be aware or who are new to our school, we have an awesome [counseling page](#) on the [school website](#). (Shoutout to Richard for updating that for us!) We have a CCR Meeting Info Link that has information regarding graduation requirements, credit recovery, Concurrent Enrollment information, NCAA info, and scholarship information. If you have a student wanting more information or if you'd like to know about anything, please refer to the website. 😊 We are always happy to answer questions if you aren't able to find what you're looking for.

MENTAL HEALTH MOMENT

We see how much educators pour into their jobs. Some come early to prep for the day, some stay late to catch up on grading or lesson plans. Transitioning from work brain to home brain can be difficult sometimes. **On the next page you'll find a "Going Home Checklist"** that can help ease that transition for both the seasoned veteran teachers and those just starting.

COUNSELOR ACCOUNTABILITY

This month we will be starting our Senior CCR Meetings. Teresa contacts the parents through postcard, email, phone call, and signup links sent through ParentSquare. We have 30 minute meetings with Seniors and their parents throughout the month to discuss their graduation progress, credit recovery, post-high school goals/plans, Merit Diplomas, GE certificates, Scholarships, and anything else that is applicable to the students. We have roughly 218 students in this senior class. Last year we met with 92% of our seniors, with 79% of parents also in attendance. If we aren't able to schedule something with the parents, we find the senior and have a meeting with them independently. This is a great opportunity for us to connect with the Seniors and get both them and their parents involved and excited for life after high school.

ANNOUNCEMENTS & REMINDERS

State Grad Requirement Updates:

Beginning in the 27-28 School year, the following changes will be made:

-3rd year of Foreign Language will no longer count for 4th year Language Arts.

-CE Finance 2870 will not satisfy the GFL High School credit.

***** Juniors who are taking those courses **this year** will be able to count both their 3rd year Foreign Language and Finance 2870 as satisfactory credits.*****

CVHS WORKPLACE WELLBEING

GOING HOME CHECKLIST



TAKE A MOMENT TO THINK ABOUT TODAY



ACKNOWLEDGE

**ONE THING THAT WAS
DIFFICULT TODAY: LET IT GO.**



**BE PROUD OF THE
WORK YOU OFFERED TODAY**



**CONSIDER THREE THINGS
THAT WENT WELL**



**CHECK IN: ARE YOU OK?
ARE YOUR COLLEAGUES OK?**



**NOW SWITCH YOUR ATTENTION
TO HOME: REST & RECHARGE**



WE'RE ALL IN THIS TOGETHER