



Student Supports at CVHS



CVHS has many resources to help our students succeed! This reference page helps guide students to find and access those resources.

We are here to help!	We help with...	When & where we are available...
Front Office	<ul style="list-style-type: none"> • Answering questions about where to go or find information • ID card replacement • Locker requests or issues 	<ul style="list-style-type: none"> • Located in the Main Office
House Offices & Secretaries	<ul style="list-style-type: none"> • Attendance • Appointments with counselors • Appointments with AP • Checking in/out of campus • Help with accessing Aeries 	<ul style="list-style-type: none"> • Located in your House Office • House Office Breakdown
Counselors	<ul style="list-style-type: none"> • Classes and schedule • Academic support • Personal/social support • Referrals or information for other programs 	<ul style="list-style-type: none"> • In the office, throughout the day • To make an appointment, complete the "Request to See Counselor" paper
Principal & Assistant Principals	<ul style="list-style-type: none"> • Information about CVHS programs • Safety plans and re-entry plans • Help with bullying or harassment • Student Incident Report investigation • Student activities and supervision • Student and parent organizations 	<ul style="list-style-type: none"> • In the office and around campus. • To make an appointment, complete the "Request to See AP" paper. • To report bullying or harassment, write a statement and leave it with your House Secretary or complete a "Request to See AP."
Library	<ul style="list-style-type: none"> • Finding quality sources for research • Checking out fun books to read • Having a safe place to study & just be • Free Printing (Black and white only) • Lunchtime Events – Trivia, Games, Crafts 	<ul style="list-style-type: none"> • Located at the end of the 100 wing, the koi pond building, across from the Finance Office. • See our Librarian. • Open 8:30am-3:45pm Monday-Friday.
Wellness Center	<ul style="list-style-type: none"> • Social & emotional support- everyone has bad days! • Confidentiality (when you need to discuss something private) • Group support • Substance use counseling & support (for kicking a habit) • LGBTQ+, BIPOC and Multilingual • Restorative Circles and Dialogue- for mending connections and relationships • Leadership opportunities with school wide Wellness Warriors • Clean and Fresh clothes and hygiene supplies available at Trojan Free Store (Community Closet) 	<ul style="list-style-type: none"> • Laundry facility (by appointment) • Located between 400 & 500 halls, near Main Office • Open during School hours, including lunch and passing periods • All visits marked as excused absences with sign-in • Find us at Wellness Wednesday events in the Quad • Join us on Instagram @cvwellness or email wellness@cv.k12.ca.us

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Health Office	<ul style="list-style-type: none"> If you do not feel well Other health concerns Hygiene products for people who menstruate 	<ul style="list-style-type: none"> Located in the Office, near House 4 & 5 Ask your teacher for a pass
College & Career Center	<ul style="list-style-type: none"> Work permit information College & career advising College visits to CVHS Scholarship information 	<ul style="list-style-type: none"> Ms. Zuckerbrow (azuckerbrow@cv.k12.ca.us) is the College and Career Center Counselor. Located next to the Library – at the end of the 100 wing Open during the day and some afternoons/evenings for workshops. The website has lots of information and is updated regularly.
Clubs	<ul style="list-style-type: none"> Connection to others Getting involved in the school and our community Experience and opportunity for leadership and creativity Connect with students with interests, activities, and identity close to yours More than 60 clubs to choose from 	<ul style="list-style-type: none"> Some examples: American Red Cross, Interact, Black Student Union, Latinos Unidos, Key Club, Smart Environment Club, & many more! Listed on website or ask in the Leadership room (607)
Athletic Director	<ul style="list-style-type: none"> Sports and team information 	<ul style="list-style-type: none"> Check the school website or ask Ms. Stacy (kstacy@cv.k12.ca.us)
Trojan Time	<ul style="list-style-type: none"> Academic support from teachers Social-Emotional support from the Wellness Center Time to make-up work, get ahead on work, and further your learning. 	<ul style="list-style-type: none"> Use TeachMore to make appointments for offerings. See Ms. Tigerman (ctigerman@cv.k12.ca.us, room 904) for help with TeachMore.
Link Crew	<ul style="list-style-type: none"> Connection to others – helping others feel connected on campus 	<ul style="list-style-type: none"> See Ms. Andersen (bandersen@cv.k12.ca.us, room 914) or Ms. Ryken (aryken@cv.k12.ca.us, room 405)
College Essay Clinic	<ul style="list-style-type: none"> College essay writing tips and revisions 	<ul style="list-style-type: none"> Announced in English classes. Usually takes place in the Fall.
TUPE Peer Support	<ul style="list-style-type: none"> Students helping students Education about vaping/tobacco risks Help with quitting vaping/tobacco use/abuse 	<ul style="list-style-type: none"> See Ms. Anderson (room 518) sanderson@cv.k12.ca.us Check with your counselor or the Wellness Center
Incident Report Form	<ul style="list-style-type: none"> Report bullying, harassment, or concerns with human trafficking 	<ul style="list-style-type: none"> Complete the form and admin follows up Located in each House Office This is a good option if you prefer to not talk with anyone directly

Hotline numbers:

1-800-309-2131 – [Crisis Support Services of Alameda County](#)
1-800-273-TALK (8255) – [National Suicide Prevention Lifeline](#)
1-510-340-9763 – [Castro Valley Unified Student Support Tip Line](#)

