

PHS STUDENT SERVICES NEWSLETTER

December 2023

Important Dates:

- 12/2-Special Education Day
- 12/3-International Persons with Disabilities Day
- 12/5-International Volunteer Day
- 12/7-[PSAT Score Night](#)-Hosted By Princeton Review
- 12/7-First Night of Chanukah
- 12/10-Human Rights Day
- 12/11-Career Speed Networking
- 12/20-1/2-Holiday Break
- 12/25-Christmas Day



GENERAL UPDATES

- Attendance counts! You are only allowed to miss **10 days** of class for the semester/year. If you miss more than 10, you can fail your class due to attendance.
- Attendance recovery has begun! Attendance Recovery is offered Thursdays, from 2:20-3:50, and Saturdays, from 7:30am-10:30am. Students must be on time and present for the entire recovery session. Be sure to sign up to attend! [Attendance Recovery Sign Up Link](#)
- Please remember to check your CMS email daily. This is how all important information from Student Services will be sent out.
- Look at our student services website: [Palisades Student Services Website](#) It is full of tons of information and helpful resources. If you have a question, the answer is there.

PUMAS SCHOLARSHIP COMPETITION

This year is Palisades High School's first year with a graduating class. This means that is the year to set the precedent for how much money the PHS senior class can earn in scholarships. Every year going forward will be a competition to see which graduating class can earn the most money. This year the counselors guessed that our seniors could earn **\$2 million dollars** in scholarships! So far we have earned **\$413,536!!!** The students who contributed to this total so far are:

- Anthony Davis

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- Marcus Freeman
 - Zoe McElroy
 - Courtney Phillipe
 - Ella Roberts
 - Trinity Gilbert
 - Margaret Beam

Congratulations on your scholarships guys!!! You are amazing!

Seniors, please remember to turn in all scholarship proof to Mrs. Rivers, even if you do not plan to accept the scholarship! We want to recognize your efforts! We also want to make it really difficult for the class of 2025 to beat your numbers. 😊

GRADE LEVEL UPDATES

Freshmen:

- Your GPA starts this school year! If you plan to go straight to a 4-year college be sure to keep your GPA up by making A's and B's in all of your classes.
- Look at our [club website](#) and consider joining! Not only will you have fun and make new friends, but it also looks great on college applications!
- Please remember, in order to be promoted to 10th grade you will need to earn **6** credits!

Sophomores:

- The Princeton Review is Hosting a "PSAT Score...Now What?" session at Palisades High School. This is an awesome opportunity to get information on understanding your PSAT score and how that score can help you with your future goals! Please see attached [flyer and QR code](#) in order to register.
- Continue trying to make A's and B's in your classes. This is an important year for your GPA!
- Look at our [club website](#) and consider joining! Not only will you have fun and make new friends, but it also looks great on college applications!
- Consider taking on leadership roles within your classrooms and after school activities. Push yourself! You may be surprised at what you can accomplish.
- Please remember, in order to be promoted to 11th grade you will need **12** credits including English I, English II, and Math 1.

Juniors:

- This is the final year to improve your GPA in order to make a good impression on your college applications! Keep up the good work and finish this year strongly.
- The Princeton Review is Hosting a “PSAT Score...Now What?” session at Palisades High School. This is an awesome opportunity to get information on understanding your PSAT score and how that score can help you with your future goals! Please see attached [flyer and QR code](#) in order to register.
- This is the final year to improve your GPA in order to make a good impression on your college applications! Keep up the good work and finish this year strongly.
- Delve deeper into your [clubs](#) and extracurricular activities. How can you be a leader? How can you make an impact on the community around you?
- Log into Naviance and start identifying colleges that you are interested in applying to. Do your research to see their admissions requirements.
- Log into Naviance and start searching through scholarships. A small amount of scholarships are open to 11th graders, and even if they aren’t these same scholarships will be available next year for you to apply to!
- Please remember, in order to be promoted to the 12th grade you will need 18 credits including English I, English II and Math 1.

Seniors:

- Senior meetings are now over. If you have not met with your counselor about your post-graduation plans, please send them an email to see if they can make an appointment for you.
- The deadline to order your [Cap and Gowns](#) for June Graduation is December 15th! If you want to only buy the required items for \$60, when you get into the Herff Jones website, click on the box **Grad Gear & Apparel**. Then scroll to the bottom and the last thing listed is the **Cap/Gown/Tassel**.
- If you have been awarded any scholarships, please remember to submit the documentation directly to Mrs. Rivers, whether you plan to accept the scholarship or not! So far the class of 2024 has earned **\$413,536** in scholarships.
- Make sure you are paying attention to college application deadlines. Many schools have a deadline of December 1st or December 15th!

CLASS OF 2024 GRADUATION INFORMATION

- Graduation information will always be passed out during homeroom, it is important to attend homeroom and to check your CMS email on a consistent basis. Counselors will only reach out to you on that email address.
- **Mid Year graduates**
 - Mid Year graduation will be held on February 8th at the Bojangles Coliseum. Time TBA.
 - The deadline to order cap & gowns has passed for mid year graduates.

- **June graduates**

- June graduation will be held on Tuesday, June 11th at 3:30 at Bojangles Coliseum.
- June graduate deadline to order cap & gowns: December 15th.

DECEMBER SCHOLARSHIPS

These scholarship due dates are coming up soon. Please log into Naviance to see how to apply.

- ,The Goodnight Scholarship (NC State)-Due 12/1/23
- Jefferson Scholarship-Due 12/1/23
- The Hagan Scholarship-Due 12/1/23
- Point Foundation Scholarship-Due 12/21/23

Here are some other scholarship opportunities not available through Naviance.

- The Ron Brown Scholarship-12/1/23 [Apply Here](#)
- The Dell Scholars Program-12/1/23 [Apply Here](#)
- National Space Club and Foundation Keynote Scholars Program-12/4/23 [Apply Here](#)
- Perseverance is Key Scholarship-12/15/23 [Apply Here](#)
- Sack the Stigma Scholarship-12/31/23 [Apply Here](#)

UPCOMING COLLEGE VISITS

Please check your emails from Mr. Lapham to sign up for these college visits

- Toledo University- 12/1
- Livingstone College-12/13 (On Site Admissions & Scholarships offered!)
- University Technical Institute-12/7

SOCIAL/EMOTIONAL SUPPORT

When you hear the word 'therapy' many people think of the traditional meaning where a client and therapist sit in the same room for a 50 minute session and discuss the client's life. While this is an

accurate and beneficial version of therapy, there are many different types of therapy. In today's newsletter, I want to focus on Music Therapy.

Music Therapy is the clinical & evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Music therapy interventions can address a variety of healthcare & educational goals:

- Promote Wellness
- Manage Stress
- Alleviate Pain
- Express Feelings
- Enhance Memory
- Improve Communication
- Promote Physical Rehabilitation
- and more



Myths about music therapy:

Myth: The client or patient must have some particular music ability to benefit from music therapy.

Reality: Musical training is not a prerequisite to benefit from music therapy intervention. The focus is on non-musical goals and the music therapist is trained to structure and facilitate music-based interventions tailored to the individual client or patient.

Myth: One particular style or genre of music is more therapeutic than all the rest and works for everyone.

Reality: All styles of music can be useful in effecting change in a client or patient's life. The music therapist assesses the client or patients' preferences, circumstances, need for treatment, and goals. Types of music to be used are then determined as a part of the therapeutic process based on this assessment.

If you believe that Music Therapy would be beneficial for you please look into it. If you need help finding a qualified music therapist in your area, you can search the [American Music Therapy Association](#) website.

Happy Holidays!

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