



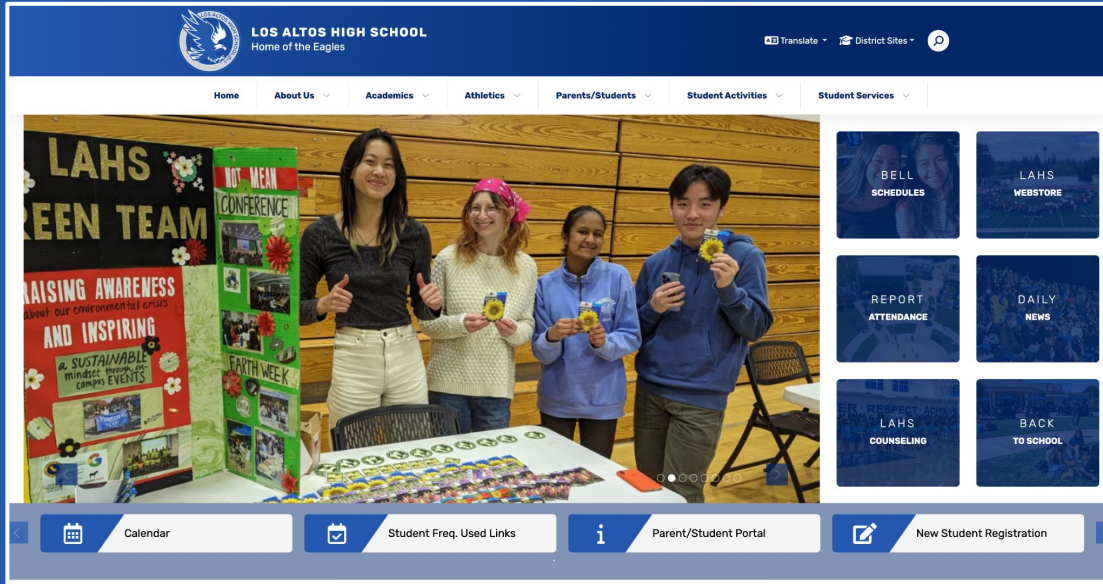
LOS ALTOS HIGH SCHOOL

Student Links & Support Referrals

**Wednesday, August 15
2024-2025**

STEP 1:

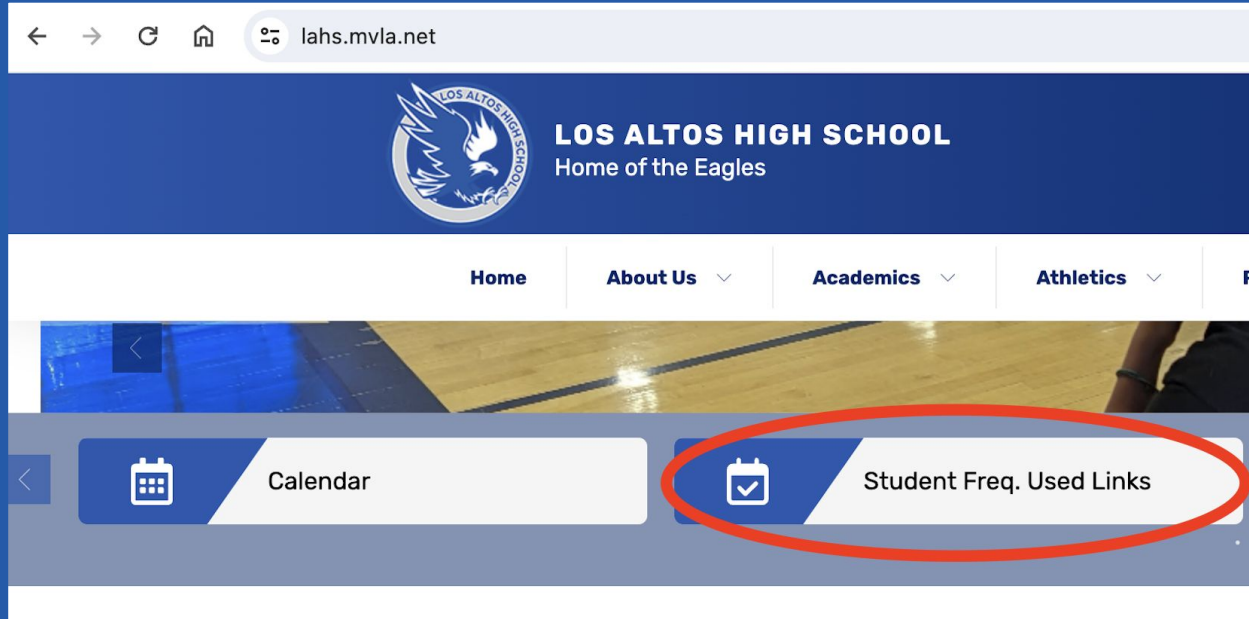
Go to LAHS.MVLA.NET



The LAHS website is a great place to start whenever you need to find something, including the daily news bulletin, a list of upcoming events, information about the bell schedule or calendar, etc.

STEP 2:

Go to the **Student Links Document**



A link can be found on the school homepage
lahs.mvla.net

The Student Links Document

is a portal to resources and information you need to be successful while at Los Altos High School.



LOS ALTOS HIGH SCHOOL
empower • respect • achieve

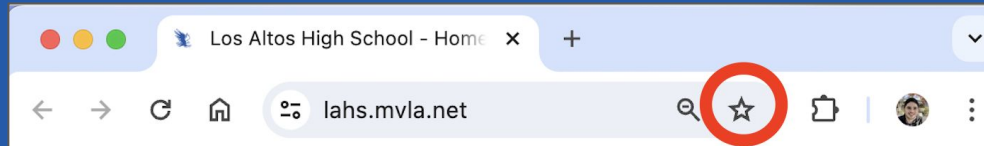
FREQUENTLY USED LINKS			
<p>AERIES</p> <p>ClassLink (<i>Canvas, AERIES, Naviance, and More</i>)</p> <p>Bells Schedules</p> <p>TeachMore</p>		<p>Daily Announcements</p> <p>Handbook</p> <p>Weekly News Slide</p> <p>Naviance</p>	
COUNSELING	TECH	TECH Cont'd	Mental Health Resources
<p>Counseling Homepage</p> <p>Counselor Assignments</p> <p>Out-of-District Course Guidelines</p> <p>Naviance</p> <p>Out-of-District Course Application</p> <p>Schedule Change Form</p> <p>Alternative Programs</p> <p>Course Catalog</p> <p>Course Information Sheets</p> <p>Staff Directory</p>	<p>Request Technology Help</p> <p>ClassLink <i>Use to get to Canvas, AERIES, StudentSquare, and other frequently used apps</i></p> <p>MVLA Canvas</p> <p>TeachMore</p>	<p>Wifi How-To</p> <p>Email Templates <i>Not sure how what to write in an email? Look here!</i></p> <p>Webstore</p> <p>Bell Plus</p>	<p>Referral for Student Support <i>Only for non-emergencies</i></p> <p>List of Mental Health Resources</p> <p>Eagle Escape Information</p>
ASSESSMENTS	ACTIVITIES	CALENDARS	MISCELLANEOUS
<p>Assessment Calendar</p> <p>Testing Center Information</p>	<p>ASB Website <i>Info about Clubs, Events, and more</i></p> <p>Send ASB Feedback</p> <p>Clubs List</p>	<p>Yearly Calendar</p> <p>Activities Calendar</p> <p>ACT Period Calendar</p> <p>Assessment Calendar</p> <p>Athletics Calendar</p>	<p>Apply for a Worker's Permit</p> <p>Campus Map</p>
STAY IN THE LOOP - INSTAGRAM ACCOUNTS			EMAIL STAFF
<p>Associated Student Body @losaltosasb</p> <p>Library @losaltoshlibrary</p> <p>Athletics @losaltosathletics</p> <p>Newspaper @lahstalon</p>	<p>New Media Lit @newmedialit</p> <p>MVLA @mvlahsd</p> <p>College/Career Center @los_altos_ccc</p> <p>Student Community Leaders @lahsscl</p>	<p>Senior Class @lahs2025</p> <p>Junior Class @lahsclassof2026</p> <p>Sophomore Class @lahsclassof2027</p> <p>Freshmen Class @lahsclassof2028</p>	<p>Email the Gr09 Admin</p> <p>Email the Gr10 Admin</p> <p>Email the Gr11 Admin</p> <p>Email the Gr12 Admin</p> <p>Email the Athletic Director</p> <p>Set up a Counseling Appt.</p>

STEP 3:

Bookmark the **Student Links Document**

To add a bookmark in Chrome:

- Click on the ☆ in the address bar (far right)



- Double check that the bookmark works—go to All Bookmarks on the far right or the three dots to see bookmarks and lists

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STEP 5:

- Find a partner at your table group (or in the class) whose birthday is the closest to yours
- Browse through the links and discuss what you think is useful (approx. 4 min)

Be prepared to share out surprises, what you learned, or questions you have (2 min).



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<p>AERIES ClassLink (Link to Canvas, AERIES, and More) Bells Schedules Bell Plus Clubs List</p>		<p>Daily Announcements Handbook Weekly News Slide School Map TeachMore</p>	
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Student Support Referral Form

English: bit.ly/mvlasupport

Español: bit.ly/mvlaayuda

LAHS STUDENT WELLNESS AND SUPPORT

Worried about a friend?

Need a safe adult to talk to?

**Conversations are confidential.
You can stay anonymous
if you make a referral!**

English referral form



English
bit.ly/mvlasupport

Spanish referral form



Spanish
bit.ly/mvlaayuda

Need a space to reset, take a break, or recharge?

Come explore our drop-in Wellness space and try out a variety of self-directed calming activities. Look out for special events and workshops hosted at E² throughout the year.

E² Come to the

EAGLE ESCAPE



Enter your name and mvla email address.

Click:
“Go to Form.”



MVLA Student Support Referral Form (English)

YOUR FULL NAME / SU NOMBRE COMPLETO

YOUR EMAIL / SU CORREO ELECTRÓNICO

Enter to receive confirmation of submission.

Go to form / Ir al formulario

MVLA Student Support Referral Form

Please allow for a 45-hour turnaround time for the scheduling of an appointment (not including weekends and school holidays). If you are in crisis or if you have a mental health emergency, DO NOT complete this form. Please seek immediate help by calling 505 or texting REVER to 741741.

If you are referring someone other than yourself, please complete as much of the form as possible. If you are unsure of how to answer a particular question, it is okay to leave it blank.

Name _____ Pronouns _____ Student Number _____ Date/Time _____

Student Cell Phone Number _____ Student email _____

If you are referring someone else, what is your name? _____

Would you like for your name to be kept confidential? Yes No

Please check here if the person is unaware that this referral is being made on their behalf.

Campus Alta Vista Los Altos High Mountain View High Other _____

Health insurance type Private/Commercial Public/Medi-Cal Uninsured Unknown Other _____

Are you currently seeing a mental health therapist? Yes No If yes, is your therapist On campus Off campus

Reason for the referral:

Academic

Academic Stress Pressure for work to be perfect Decline in grades Behind in schoolwork
 Worried about college Other _____

Personal

Family conflict Love relationships Loss of friendship Home issues Cultural Stress Identity Body image
 Other _____

Emotional

Anger Mood swings Anxiety Depression Exhaustion Helplessness Panic attacks Impulsivity
 Other _____

Social

Bullying Feeling isolated Social media conflict Peer conflict Conflict with teacher Other _____

Physical

Irregular sleeping patterns Headaches Stomach aches Nausea Trouble eating Other _____

Other

Unstable living situation Lack of social resources Worried about food Behavioral issues Attendance issues
 Substance abuse Other _____

(Continue on back)

Complete mandatory fields on the form and make sure you send to LAHS recipient.

Your form has not been submitted yet. Please complete the following:

Please select next recipient for Intake Coordinator

NAME/EMAIL

[Customize message](#)

Los Altos High School (makenzie.gallego@mvla.net)

Send to recipient

[Add people to notify](#)

The End