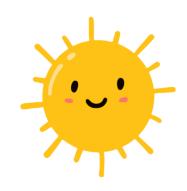
Counseling Newsletter

Wednesday, 05.14.2025 —



A heartfelt thank you to the AMES PTSO for making Teacher Appreciation Week so special! Our faculty feels incredibly loved and valued.



We are also grateful for the generous **AMES PTSO Scholarship**. We look forward to celebrating our scholarship recipients at **graduation**!

BOARD OF TRUSTEES OPENING

We are currently seeking a new member for the **AMES Board of Trustees**. If you're interested in serving, please send an **introductory letter and resume** to the AMES office, care of the Board of Trustees.



SENIOR EVENTS & IMPORTANT DATES

Senior Presentations – TOMORROW – (5/15/25)

When: 2:15-4:30

Seniors — please **check your tech** with your classroom facilitator ahead of time.

Parents, you are invited, please join us in celebrating your seniors final graduation requirement!



Date: Thursday, May 15

Time: 5:00 p.m.

Location: Skunkworks

For graduates only, following Senior Presentations.



- **RSVP here:** https://forms.gle/r6sCH2zhNN8UxQjS7
- **Second Second S**



9th–11th graders will be released at 2:10 p.m. (buses will run) in lieu of 5th period to allow teachers and seniors to prepare for senior presentations.

★ GRADUATION + END OF SCHOOL YEAR DETAILS

Graduation Practice

- Tuesday, May 27
- 9:30 a.m.

Student Checkout (ALL students)

Wednesday, May 28

Graduation Ceremony

- Cottonwood High School Auditorium
- Thursday, May 29
- (3:00 p.m.

Yearbook & School Barbecue (ALL students)

- Thursday, May 29
- * Students must have **all fees/fines cleared** to receive their yearbooks!
- Contact: Nancy Carpenter (<u>ncarpenter@ames-slc.org</u>) with any questions.

GRAD PARTY (Only graduates)

- 📍 Zion Bank Building Founders Room
- 📆 Wednesday, May 28
- **◯** 5:30 p.m.
- **♦** RSVP HERE →





ATTENTION JUNIORS & PARENTS/GUARDIANS: SUMMER INTERNSHIPS

Do you still have an incomplete internship?

If your student is a **summer intern** and has **not yet completed** their 60 required hours, please review the important information below.

INCOMPLETE CONTRACTS REQUIRED

Ms. Strecker has sent an email via Aspire with details for **students who will not finish their internship by the end of the school year**. These students are required to complete an **Incomplete Internship Contract**.

- Students received a **paper copy** last week.
- The **digital version** is also available on Canvas

This contract ensures students can complete their hours over the summer and receive proper credit.

WHAT TO DO NEXT

Parents/Guardians:

Please talk with your student about their internship status.

If you have any questions or are unsure whether your student needs to complete the contract, contact Ms. Strecker.

CONTACT:

Ms. Strecker

⋉ cstrecker@ames-slc.org

Available by phone, email, or in person to support students and families.

Let's finish strong and make sure every junior is set up for success!





Student Opportunities

Scholarship! Solution 82,000

my529 is offering a chance to win a \$2,000 scholarship account just for participating in your local library's summer reading program!

***** HOW TO ENTER:

- Sign up for your local library's summer reading program
- 2. Visit **bookyoursummer.com** to enter
- 3. That's it! You're in the running for a \$2,000 my529 scholarship account

WHO IS ELIGIBLE?

- Children 18 and under
- Born on or after May 1, 2007

No purchase necessary to participate

IMPORTANT DATES:

Entry period:

May 1 – July 31, 2025

Don't miss this fun and easy opportunity to **encourage reading** and **save for college** this summer!







A Message from SLCC



🎉 Hello AMES Community!

Happy Wednesday!

It's hard to believe the school year is wrapping up – and what a year it's been! Below are important updates, events, and reminders for May and beyond:



TT UPCOMING EVENT

- ♦ Hop Into College
- Thursday, August 1
- (1) 6:00-9:00 p.m.

We're thrilled to host Hop Into College this summer!

Please spread the word to your students and families. It'll be a fun-filled evening of:

- Music Music
- Food
- Activities
- College Resources

📣 IMPORTANT REMINDERS & OPPORTUNITIES

- **a** Concurrent Enrollment
- 🔽 On-Campus CE Fall Registration Deadline: May 31 New Scholarship Opportunity!

Students who have:

- Completed 2 or more CE courses
- Earned a 2.0 GPA or higher in those courses
- Plan to attend SLCC after high school

...are now eligible for the Full-Tuition Transition Scholarship, covering their first two semesters at SLCC!

🚍 Campus Tours Available

Want a first-hand look at college life?

Request a tour by emailing: campustours@slcc.edu

- Resources for Undocumented Students
- An Immigration Help Site will be available on May 28.
- https://calendar.slcc.edu/event/immigration help site west valley center
- Bruin Dreams Scholarship
- Deadline: June 30
- https://slcc.edu/dreamcenter/scholarship/index.aspx
- Scholarships & Leadership Roles

There are many leadership opportunities currently available through the Thayne Center, open to resident and non-resident students.

https://www.slcc.edu/scholarships/index.aspx



Mindful Minute

ownership.

Do you find yourself agreeing to do things that you don't want to do? Next time you do, ask yourself are you responding out of a habit, an obligation, of choice?

- Habit: a settled or regular tendency or practice, especially one that is hard to give up
- Obligation: an act or course of action to which a person feels a duty or commitment
- Choice: an act of selecting or making a decision when faced with two or more possibilities

Maybe this little reframe will help decrease resentment and increase

Habit, Obligation, or Choice

"OUR DAILY
DECISIONS AND
HABITS HAVE A
HUGE IMPACT
UPON BOTH OUR
LEVELS OF
HAPPINESS AND
SUCCESS."

SEAN ACHOR



Mental Health Matters

Mental Health Awareness with your AMES School Social Worker





Face-to-face conversations with a trusted adult can foster your mental health development, enhance communication skills, and build confidence. Many mental health issues that adults face start in childhood and adolescence. You are not alone. Call or text 988 for support, or visit **988lifeline.org** to chat. Parents can also learn more **HERE**.

This is a great time to think about who makes your life meaningful, inspires you, and sparks joy. Consider **helping a friend** by sharing a meal, going for a walk, or just listening to them—it can have a positive impact on all involved. You can also learn more about caring for your mind and body **HERE**.





Giving back is good for your mental health! Acts of kindness create connections and foster belonging. This includes volunteering, helping your community, mentoring, or teaching someone a new skill. Learn how to make a positive difference during this Mental Health Awareness Month and beyond **HERE**.



















SAVE THE DATE! FRIDAY, AUGUST 1 | 6 - 9 PM

Cruise into community at









WEST VALLEY CENTER 3460 S. 5600 W.























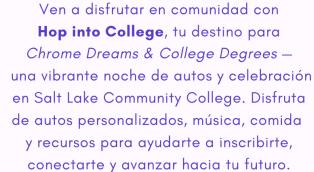




¡RESERVA LA FECHA!

VIERNES, 1 DE AGOSTO | 6 - 9 PM









WEST VALLEY CENTER 3460 S. 5600 W.











Book Your

Journey
Fantasy
Adventure
Escape
Mystery
Summer



You could be awarded a \$2,000 my529 scholarship

Register for the summer reading program at your local library. Starting May 1, 2025, enter for a chance at one of six regional \$2,000 my529 scholarships.

One entry per reader, age 18 or under. No purchase necessary to enter.

Learn more and enter at **bookyoursummer.com**.





book your s¥mmer