



THE HIVE

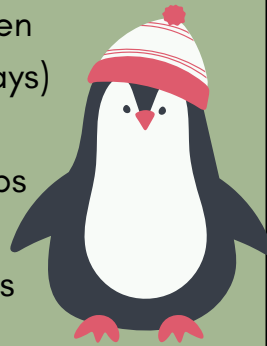
HWMS

DECEMBER

Welcome to our Newsletter!

A few School Counseling Services:

- The Hive is open to ALL students
- Individual Check-ins open
- Lunch Bunch (Wednesdays)
- Homework Help
- Social/Emotional Groups
- Academic Tracking
 - Academic Contracts
 - Course Recovery



School Counseling

Team:

- 6th grade: Mrs. Cosme
- 7th grade: Ms. Ferrand
- 8th grade: Ms. Stepp

We Want You to Know

Test Anxiety

Testing season is upon us! You may see that your child is experiencing anxiety around testing. Here are some tips for students to help them during this time:

- Using positive self-talk
- Practicing deep breathing techniques before the exam
- Sleep for at least 8 hours the night before

Reminder: Parent-Teacher Conferences are scheduled through the grade level clerk.

Academics

- Remind your student to complete all their missing work before the end of the quarter.
- Elective request forms should be turned into their current grade level office.
 - Reminder: elective requests are not guaranteed

Upcoming dates:

- 12/15: Last day to turn in missing work
- 12/22: Quarter 2 ends
- 12/25 - 1/05: Winter Break
- 1/12: Elective Request forms due

