



HIGH
SCHOOL

COUNSELING corner



ecampus
PEORIA VIRTUAL SCHOOL K-12



November 2022

THIS
MONTH

11.2 | ALL SOULS DAY / DAY OF THE DEAD



11.8 | ELECTION DAY



11.10 | JUNIOR CLASS MEETING, OPTION #1

11.11 | VETERANS DAY, NO SCHOOL



11.21 - 11.25 | FALL BREAK

11.24 | THANKSGIVING



11.28 | JUNIOR CLASS MEETING, OPTION #2

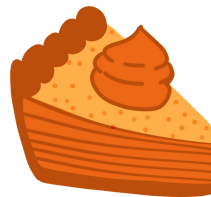
Links to Love

[eCampus Website](#)

[eCampus Counseling Page](#)

[Mental Health Resources](#)

[PUSD Homepage](#)



a note from your counselor

I can't believe we are in to month 4 of the schoolyear! I have been thoroughly impressed with the attitudes, resilience, and determination of students that I have met with one on one. As we move forward through November, please remember me as a resource. I love being your counselor!



CONTACT INFO

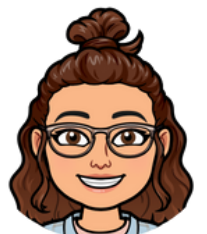
Mrs. Allison Salari

Lead Counselor

623-412-5340

ASalari@pusd11.net

[Book a Teams Meeting](#)



Junior Class Meeting

JUNIORS, it is your turn to meet with Mrs. Salari for your class meeting and Academic Planning! You have two options for meeting times:

Thursday, November 10th @ 2pm

Tuesday, November 29th @ 10am

Please complete [this survey link](#) to indicate which meeting you'll be attending. Meetings will be held over Microsoft TEAMS and you will receive a link to the meeting the day before your selected time. YES this meeting is required for all 11th graders! See you there!



ELECTION DAY | 11.8.22

It is a great privilege to live in a country where we get a say in our government. May we never take that for granted.

Be sure to take time out of your day on November 8th to vote! [Here is a booklet](#) that breaks down all that is on the ballot this election here in Arizona.



the science of thankfulness

Gratitude is the act of noticing on what you have rather than what you wish you had. And of course we know being thankful is the right thing to do, but did you know it also know an attitude of thanks can help keep you healthy?

Studies show that people who consistently exhibit an attitude of gratitude have lower rates of heart disease, high blood pressure, and diminished immune systems. Also, thankful people report higher levels of satisfaction in relationships, more overall joy, and lower instances of depression and anxiety. [This article](#) from The Gottman Institute discusses this further.

Also, did you know that gratitude can literally change your brain? Being thankful signals the reward-response in your brain that helps create essential neurochemicals such as dopamine, oxytocin and serotonin. [This article](#) also gives helpful tips to increase your gratitude habits.

