



HIGH SCHOOL COUNSELING corner



November 2021

THIS MONTH

11.8 | LAST DAY TO DROP A TERM 2 COURSE

11.11 | VETERANS DAY, NO SCHOOL

11.12 & 11.30 | FINAL 2 JUNIOR WORKSHOPS {REQUIRED}

11.18 | CIVICS TEST @ PHS

11.22 - 11.26 | FALL BREAK

11.28 | HANUKKAH BEGINS

Links to Love

[eCampus Website](#)

[eCampus Counseling Page](#)

[Mental Health Resources](#)

[PUSD Homepage](#)



a note from your counselor

I can't believe we are into 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

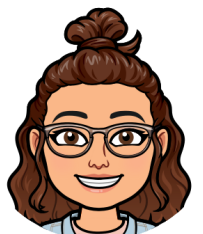
Mrs. Allison Salari

Lead Counselor

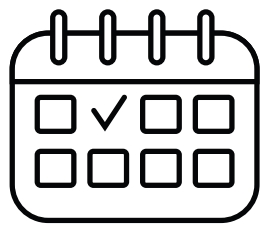
623-412-5340

ASalari@pusd11.net

[Book a Teams Meeting](#)



scheduling



- Email Mrs. Salari to schedule your Spring Semester classes if needed.
- If you wish to return to in-person learning at your home school for Spring Semester, let Mrs. Salari know to begin the transfer process.
- ALL 11th graders must attend a Junior Planning Meeting via Microsoft TEAMS! Two meetings were offered in October, and the final two are being offered this month.

[Click here to attend November 12th](#)

[Click here to attend November 30th](#)



CONGRATULATIONS

to senior Claire Reynolds for
winning the
\$25 Amazon Gift Card for
October!

Remember to track your time in StudentVUE every week in order to be entered into the drawing at the end of November!

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.

thank you

