

Counselors' Office

Mrs. Jamie Stephens
School Counseling Director

Mrs. Shanika Garvain
School Counselor

Mrs. Regina Simon
Registrar / Admin. Asst.



WINTER BREAK

December 22nd -
January 5th

Return to School - Jan. 8

Guidance Lesson

Attendance

If your student is marked absent in any class period, they will need to get an excuse to Mrs. I. Williams (Attendance Clerk) as soon as they return to school. Her email address is idwilliams@ccpsonline.net

Thank you for your cooperation.

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7-Stage Model of Grief

https://www.youtube.com/watch?v=v0ZX7ErBm_U

Some suggest that there are seven stages in grieving instead of only four or five. This more complex model of the grieving process involves experiencing:

- **Shock and denial.** Whether a loss occurs suddenly or with some advanced notice, it's possible to experience shock. You feel [emotionally numb](#) and may deny the loss.
- **Pain and guilt.** During this stage in grieving, the pain of the loss starts to set in. You may also feel guilty for needing more from family and friends during this emotional time.
- **Anger and bargaining.** You may lash out at people you love or become angry with yourself. Or you might try to "strike a bargain" with a higher power, asking that the loss be taken away in exchange for something on your part.
- **Depression and loneliness.** As you reflect on your loss, you may start to feel depressed or [lonely](#). It is in this stage in grieving that you begin to truly realize the reality of your loss.
- **The upward turn.** You begin to adjust to your new life, and the intensity of the pain you feel from the loss starts to reduce. At this point in the grieving process, you may notice that you feel calmer.
- **Reconstruction and working through.** This stage in grieving involves taking action to move forward. You begin to reconstruct your new normal, working through any issues created by the loss.
- **Acceptance and hope.** In this final stage of the grieving process, you begin to accept the loss and [feel hope](#) for what tomorrow might bring. It's not that all your other feelings are gone, just more so that you've accepted them and are ready to move on.

Information taken from verywellmind.com...

Please visit www.verywellmind.com for more information.

COLLEGE INFORMATION



It's Your Time To...

Apply for FAFSA!

Need Scholarship Help!!! Look No Further Than...

<https://www.scholarships.com/financial-aid/college-scholarships/scholarship-directory/deadline/deadline-in-december>

<https://www.scholarships.com/financial-aid/college-scholarships/scholarship-directory/deadline/deadline-in-january>

<https://www.scholarships.com/financial-aid/college-scholarships/scholarship-directory/deadline/deadline-in-february>

CHECK OUT THIS
SCHOLARSHIP



<https://globalteletherapy.com/scholarship/>

Recipe For Christmas Joy

1/2 cup Hugs

4 tsp. Kisses

4 Cups Love

1 Cup Special Holiday Cheer

1/2 Cup Peace On Earth

3 tsp. Christmas Spirits

2 Cups Goodwill Toward Man

1 Sping Of Mistletoe

1 Medium-Size Bag Of Christmas Snowflakes (The Regular Kind Won't Do !!)

Mix hugs, kisses, smiles, and love until consistent. Blend in holiday cheer, peace on earth, Christmas spirits and good will toward men. Use the mixture to fill, warm heart, where it can be stored for a lifetime. (it never goes bad!) Serve as desired under mistletoe, sprinkle liberally with special Christmas snowflakes. It is especially good when accompanied by Christmas Carols and family get-togethers.

Serve to one and all.

Educational Quote:

Gratitude is when
memory is stored
in the heart and
not the mind.

-Loinel Hampton

Special Dates to Remember

No School

January 15 (MLK Day)

February 16th & 19 (Mid-Winter Break)

Spring Break – March 29th – April 5th



Practice Test Questions

SAT

<https://satsuite.collegeboard.org/media/pdf/sat-practice-test-1.pdf>

<https://www.4tests.com/sat>

ACT

<https://www.act.org/content/act/en/products-and-services/the-act/test-preparation/free-act-test-prep.html>

<https://www.mometrix.com/academy/act-practice-test/>

1st Quarter Principal's List

**These students have maintained an "A" Average for the 1st Nine Weeks.*

9th Grade

Daisia Green
Kathy Mendez-Vaca
Allison Nunez

10th Grade

Hailey Carter
Kailey Carter
Miryam Gutierrez-Ulloa
Ella Mina
Sarahly Navarrete
Kimberly Rivera-Aguirre
Alyssa Rucker
Monica Serrano
Tabitha Smalls
Tyera Wannamaker
Kierra-Michelle Wright

11th Grade

Ethan Alsup
Kimberly Alvarez-Marquez
Amauri Berry
Janyah Brown
Princessxyida Diaz
Melaysia Pough
Alexa Tamayo
Heaven Thompson
Kameron Wright

12th Grade

Destiny Andrade
Ajahnae Brigmon
Takara Brown
Yareli Casillas
Lakyeriana Cokley
Essance Coleman
Marquez Davenport
De'India Elmore
Jeremy Fields
David Garcia-Toribio
Dextorrian Glover
Valeria Gutierrez
Yaneekwah Hart
Brian Henson, Jr.
Evan Jenkins
Da'Quan Keller
Evan Kiernan
Antwanette Lockhart
Ille'yana Matthews
Relinda Riley
Nyazia Roach-Pauling
Ayden Salazar
Madison Spencer
De'Mondre Turkvan
Davee-Auna Waddell
Roger Whaley
Sariah Whetstone
Christian Zachary
Sophia Zambrano



Congratulations

1st Quarter A-B Honor Roll

**These students have maintained an A-B Average for the 1st Nine Weeks.*

9th Grade

Joshua Bonilla
Rodney Broughton
Briayna Butler
Eddie Coleman
Shiree Ellis
Janiah Evon
Wayne Farmer
Jordan Fields
Serenity Glover
Kayleigh Hay
Charles Jenkins, III
Emani King
Madison Parker
Joseph Sadlow
A'Darion Sumter
Jadian Velazquez' Torres
Ebony Williams
Jakhia Williams
Karmen Wright

10th Grade

Traveon Baker
Michaela Craven
Carmen Curry
Lucas Cusaac
Mari Gardner
Karson Gibbs
Jaydien Gleaton
Christopher Glover
Caitlin Haynes
Aubreyanna Lewis
Yahaira Lopez
Arianna Michael
Taryn Mintz
Marely Morales
Larkin Mount
JonShay Palmer
Jayden Parker
Keira Rivera
Daniel Tamayo
Isabella Torres
Layla Villegas
Robert Westberry
Precious Williams

11th Grade

Shaniya Adams
Paley Adicks
Kyrieona Bennett
Marissa Craven
Madison Crawford
Aaron Frederick
Andrew Frye
Elijah Glover
Phorever Glover
Rogelio Gomez
Keavia Haynes
Elijah Hickson
Isaiah Johnson
Nyia Johnson
Shizayria Johnson
Elyssa Keith-Johnson
JonTai Palmer
Zyteria Pinckney
Curtis Randolph
Noah Robertson
Tania Rodriguez-Sanchez
Kelis Sellers
Sai'Aria Thomas
Jayden Wallace
Jia White

12th Grade

Jayshawn Benjamin
Kanvas Benjamin
Nhy'Teaisia Benjamin
Jacob Bochette
Azaria Bonnette
De'Corius Canty
Julius Carter
Raymeon Cunningham
John Jacob Faust
Antonio Gidron
Deyshawn Glover
Darren Hall
Cyncere Hayes
Shaniya Hayes
Madisin Johnson
Darby Lavender
Nigeria Matthews
Layla Metts
O'Niya Mickell
Anaria Moorer
Oreon Mosley
Jah'Kye Parker
Adrianna Pough
Stalaysia Shannon
Kenyon Stroman
Nicole Waddell
Caleb Wiggins
Cassidy Zeigler



Congratulations

1st Quarter Perfect Attendance

**These students were present for the first 45 days of school.*

9th Grade

Sha'Diamond
Dantzler

Janiah Evon

Wayne Farmer

Brayden Garrett

Malik Gillens

Gavin Gore

Emani King

Fredrick Mosley

Jaylen Talley

Alexis Vandermark

Savannah Whiteside

Ebony Williams

10th Grade

Juan Alonso-Rodriguez

Karson Gibbs

Christopher Glover

Iryam Gutierrez-Ulloa

Aubreyanna Lewis

Zamari Martin

Alyssa Rucker

Isabella Torres

Robert Westberry

11th Grade

Janyah Brown

Keavia Haynes

Nyia Johnson

Imari Logan

Zyteria Pinckney

Curtis Randolph

Heaven Thompson

Jaquez Williams

12th Grade

Cariella Askew

Kanvas Benjamin

Azaria Bonnette

Yareli Casillas

John J. Faust

Jeremy Fields

David Garcia-Toribio

Destiny Gleaton

Yaneekwah Hart

Amere Hills

Evan Jenkins

Jamontae Key

Jatoria McFadden

Relinda Riley

De'Mondre Turkvan

Davee-Auna Waddell



Stay Merry and Mindful: Holiday Weight Management Tips from MUSC Health Nutritionists Advance With MUSC Health

October 26, 2023

As the holiday season approaches, the temptation of indulgent feasts and treats can pose a challenge to our wellness goals, but one MUSC Health nutritionist offers valuable insights to help you navigate the festivities with confidence.

"Lead Us Not Into Temptation"

Who among us hasn't uttered those words to summon some semblance of self-control before sitting down to a holiday feast?

From decadent desserts and buttery yeast rolls to creamy casseroles and potatoes drenched in gravy, the bill of fare can be a dieter's dream and nightmare, all in the space of a few hours.

Don't despair, says [Tonya Turner](#), associate director for clinical services and a registered dietitian and nutritionist at [MUSC Health's Weight Management Center](#).

You Can Manage Your Weight

"It is absolutely possible to manage our weight when confronted with the abundance of goodies that come around once a year without passing up Aunt Sue's fudge or a cup of eggnog," Turner says.

And her message contains a bit of holiday cheer.

"While the holidays, with social engagements and events featuring party food and holiday beverages, do tend to be a riskier time for adding pounds and inches, some research on holiday weight gain shows that most people gain less than expected," Turner says. "Between November and January, most people's weight gain is moderate - between .7 or 1 pound. "The population as a whole experiences more fluid fluctuation than actual weight gain."

To put the holiday temptations in perspective, Turner says there's always going to be a time, whether vacations, holiday cookouts or other stressors, which tempt us to overindulge. Still, holidays do bring their own set of stressors, from financial to social demands, on our time and a seemingly endless list of tasks and responsibilities. Add a couple of sliders at the neighborhood drop-in along with a handful of treats from the cookie exchange, chase it with sweet cider or a cup of nog, and you've slid into the "red zone" without realizing it.

Have a Plan

So just how can we maintain our weight, or keep our gain to a minimum, when confronted with those once-a-year goodies without passing up Aunt Sue's fudge or a cup of eggnog?

"The best approach is having a plan and not losing sight of your goal," Turner says.

She offers the following tips that work whether you're attending a round of parties or hosting and preparing a holiday dinner.

Be Mindful of Your Triggers

Whether they're emotional, being in the presence of food, or at a social gathering, be aware of what you're eating. Keeping a journal in which you jot down when you eat, what you eat and why you eat heightens your awareness of your food consumption and helps avoid exceeding your caloric goal.

Stay Hydrated

Drink plenty of water, and eat fruits and vegetables, which can make you feel full longer than carbohydrate-rich foods.

Focus on Balanced Eating

Fill half your plate with low-calorie foods and get a small portion of your favorite item. Don't go back for seconds, and don't graze mindlessly. Choose white meat over red meat or ham and remove the skin from chicken and turkey.

Be Active

Exercising not only burns calories, but it helps reduce stress and increases a feeling of well-being, making it easier to resist temptations. Strive for 200 to 300 minutes of cardio per week if trying to lose weight and 150 to 200 minutes per week to maintain your weight.

Have a Plan and Stick To It

Before attending a party, a luncheon, or a dinner, create a plan for how you're going to approach your eating. Eat a healthy snack before you go to keep from being super hungry. Don't graze mindlessly.

Opt for a Low-Calorie Beverage

Drink seltzer, water or a diet soda when possible. If you do consume alcohol, do so in moderation, such as four ounces of wine or one ounce of liquor, and choose water as your mixer.

Get Buy-In From Others

If you're comfortable doing so, tell your host you're watching your weight, or if you're going with a friend, tell them you're watching what you eat and enlist their support in passing up that extra slice of cake.

Take a Healthy Dish

Be the one to bring that healthier option, such as a veggie tray or a colorful green salad. That way, you'll have something to eat, and other guests may appreciate having a healthy choice, as well.

Hold Yourself Accountable

Track your weight regularly, at least several times a week.

If You're Preparing a Holiday Meal, Make Healthier Changes to the Menu

Serve a green vegetable as an alternative to the traditional green bean casserole and prepare a colorful fruit salad along with desserts.

Cook with Smart Variations

Use 2 percent milk instead of heavy cream. Reduce the amount of butter and cheeses by a quarter, which will not compromise the taste and texture of a dish or dessert.

Give Leftovers to Guests

Have to-go containers so your guests can take the food home.

Have Realistic Goals to Minimize Stress

Turner says managing mind and body is equally important, and having realistic expectations is the key.

"If you know the holidays are challenging and you aim for maintaining your weight instead of gaining weight, you're putting yourself in a far less stressful spot, and you can still be successful."

For relaxation and to relieve stress, look for activities that are unrelated to food. Reading, doing a puzzle, practicing yoga, exercising and deep breathing can be relaxing and fun and can be done alone or with someone else.

Most of all, she says, don't let the stress of food hijack your holiday cheer. "Thanksgiving and the celebratory holiday meal are one day, and one day isn't going to break your success as long as you remain active and stay mindful."