



# Central Catholic


## HIGH SCHOOL

May 1, 2024

Greetings Central Catholic Families,

Central Catholic has a robust and experienced counseling team that is here to support our students inside and outside the classroom. Counselors work to support students' academic, social/emotional, and college & career readiness. The Counseling Department is excited to announce a lineup of initiatives and activities to celebrate and promote May as National Mental Health Awareness Month!

### **Wednesday, May 1 Kickoff!**

- Join us in launching Mental Health Awareness Month by **wearing green** , symbolizing our commitment to destigmatizing mental health and standing in solidarity with our community.
- The counseling team will be by the front door in the morning passing out resources, stickers, and bracelets from [Youthline](#).

### **Wednesday, May 15**

- No school: Wellness Wednesday. Ask your student about their plans for an intentional day to support their overall health and wellness.

### **Second Annual Student Poster Contest:**

- We held a contest where students submitted designs for our annual Mental Health Awareness Month poster. The winner of the poster contest will be announced this week, we've received some amazing submissions and are excited to share them with the community
- The winning poster will be printed and hung throughout the school community next school year.

### **Advisory Period:**

- Every week we will share resources and coping skills directly with students in their advisory classes.

### **Tuesday, May 28 6:30-7:30**

- **Parent Education Night: Supporting Emotion Regulation in Teens**
  - In this workshop, therapists from NW Catholic Counseling Center will focus on the causes of dysregulation in teens, identify anxiety and stress responses, and highlight tools for emotional management. Where they can, they will weave in technology aspects.

### **Library:**

- Our amazing team in the Library is curating a display of books with characters who are living with different mental illnesses and topics related to mental health as well as providing worksheets to help support mental health (Thanks to our Librarians, Liz & Nic!).

**Wednesday Extended Lunches:**

- Students are invited to join us in the Weston Commons during extended lunches for the following activities:
  - May 1: Meditation & Mandalas
  - May 8: Yoga Club will lead us in lunchtime meditation
  - May 22: Guest speaker from Sources of Strength will lead students in a wellness workshop

As we near the end of the school year, we know that many of our students may be feeling overwhelmed or stressed. Between activities, academics, sports, and clubs—there can be a lot to handle! We are here to support your students!

If you have concerns for your students' mental health, please reach out to their school counselor.

In partnership,  
Central Catholic Counselors

Melissa Stupfel, Director of Counseling Seniors Last Name Ri-Z  
Drew Holguin, Students Last Name A-D  
Raphiel Lambert, Students Last Name E-K  
Chuck Blickle, Students Last Name L-Rh  
Ellie Gonzalez, Students Last Name Ri-Z