

ATHOL HIGH SCHOOL

SCHOOL COUNSELING NEWSLETTER JANUARY 2019

WINTER BLUES

This time of year can be hard for a lot of people. Seasonal Affective Disorder (SAD), also known as the winter blues, affects people as the seasons change. There are many treatment options for this disorder, including exercise, eating right, getting enough sleep, and light boxes. It is important to talk with your doctor about your feelings to see if counseling and/or medication would help. For more information, please check out the following article: <https://psychcentral.com/lib/treatment-for-seasonal-affective-disorder/>



INTERNSHIP PRESENTATIONS

We would like to congratulate all first semester interns on their wonderful presentations during exam week. Our interns had a wide variety of placements, from Athol Hospital to ACES to Ms. Lajoie's School Accounts internship. Interns highlighted their personal growth and development throughout their presentations, and talked how their placements impacted college and career plans. We look forward to seeing the experiences that our second semester interns have as well.



L.S. STARRETT COMPANY

Ten AHS seniors are participating in our work-based learning program with the L.S. Starrett Company this spring. These seniors finished their graduation requirements during our first semester and will work full time at the L.S. Starrett Company until graduation. Students are also coming to the high school for an evening Precision Measurement Instruments (PMI) course, where they will receive a certification. We are very proud of these students and their initiative!



HAVE A GREAT SEMESTER 2!

Now that grades are in for Semester 1, we hope that everyone is feeling ready and motivated to take on Semester 2. Please see your counselor with any questions or concerns!

Amanda Pagar Wein, School Adjustment Counselor, Department Chair
Julia Aquadro, School Counselor
Mary Ann Miller, School Counselor
Cindy Hughes, Guidance Administrative Assistant
Shirley Mitchell, Dean of Dropout Prevention & Recovery