

Class of 2026

March Counselor Newsletter



IMPORTANT DATES:

- March 7: End of Third Quarter
- March 7: Spring Vocal Concert – 7 PM
- March 8: NO SCHOOL
- March 11 – 15: SPRING BREAK
- March 20: Last Session of After School Credit Recovery Begins
- March 22 – 24: Spring Play – Our Town
- March 26: Band/Orchestra Concert – 7 PM

How to connect with me:

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The end of the quarter is in a few days and your student may be experiencing stress and anxiety. This is an opportunity for them to learn healthy coping skills, which they can use for the rest of their lives. Healthy coping skills play a crucial role in managing stress and promoting mental and emotional well-being. There are several different ways to cope with stress and anxiety: exercise, mindfulness, creative outlets, journaling, healthy eating, hobbies, setting boundaries, etc.

ENJOY SPRING
BREAK!

RELAX, REFRESH,
AND RENEW

Central's
Counseling Theme
for March:

Healthy Coping Skills

SUMMER SCHOOL

Signup information for summer school should be available for families in late March to early April. There will be both credit recovery and enrichment options as well as ACT Prep and Driver's Ed. Letters will go out in April to students who need credit recovery. Please let me know if you have any questions!