

Class of 2026

October Counselor Newsletter



IMPORTANT DATES:

- **October 6 - 9: Fall Play**
- **October 12 – End of First Quarter**
- **October 13 – NO SCHOOL**
- **October 20 – Fall Picture Retakes**
- **October 23 – 2nd Session of Credit Recovery Begins**
- **October 23 – CHS Site Council**
- **November 9 – Building Bridges @ Stiefel Theatre**

Kelli Umscheid
Counselor of Sophomores
kelli.umscheid@usd305.com
785-309-3515
Twitter: @SCHS1

Google Classroom Code:
tzsmml3

POSITIVE SELF-TALK

Positive self-talk is an internal dialogue that makes a person feel good about themselves. A person can use positive self-talk to think optimistically and feel motivated. Positive self-talk is a natural cognitive process. People might engage in self-talk more when they face obstacles or challenges and may use it either silently or speak to themselves out loud. Identifying negative self-talk is the first step toward thinking more positively. Encourage your students to improve their mental health by identifying negative self-talk and replacing it with positive self-talk.

In order to keep parents and community members updated on events, resources, etc., we have created a Facebook page. Look for us at SCHS Counseling!

**Central's
Counseling Theme
for October:**

Positive Self-Talk

CAPS (Child Advocacy & Parenting Services)

On Thursday, September 14 during parent/teacher conferences, CAPS presented on all of the support and services they provide to both parents/guardians and students. Below is a list of parenting classes as well as a link to their website to learn about additional services.

- Cooperative Parenting in Divorce
- The Parent Project
- Grief Recovery Method Support Group
- Parenting with Love and Logic
- Paz Financiera por Andres Gutierrez, Experto Financiero (Spanish – Financial Peace Planning)
- Coming Out and Forging Ahead: LGBTQ+ Parenting

Website: <https://capsofsalina.org/>