

News from the Counseling Office

International Community School

Winter 2018, Edition 2

Semester Finals Approaching!

Finals are quickly approaching! Testing will take place during the following dates:

- Wednesday, January 24th
- Thursday, January 25th
- Friday, January 26th.

2018 AP Testing Information

This year the registration dates for AP Testing will be **February 21st to March 7th**.

Please click the link below to access additional information such as fees, accommodations and specific subject testing dates. <https://apcentral.collegeboard.org/pdf/ap-student-bulletin-2017-18.pdf>



Career Cruising



Welcome to 2018! Your students have done a terrific job of completing their Career Cruising activities so far for the year. They have been working on many different exciting activities including, career searching, college comparisons, personal reflection of their skills, and more. If your student has been absent or is not quite caught up with activities, Ms. Cummings will be following up with them and hosting Career Cruising Makeup Days in March (Dates TBD). Our next career cruising days will also be in February and students will work on the next set of post-high school planning lessons. A big shout out to our awesome 9th, 10th, and 11th grade students who have become Career Cruising Advocates this year, as well. 8th-11th graders were offered the opportunity last Spring and this Fall to become advocates and we had 12 students join the team. Our advocates have been integral to our High School and Beyond Plan team and have gone into classrooms during homerooms and taught lessons to students. They are currently working hard to plan the next set of Career Cruising homerooms and we are looking forward to growing this program with their help.



College Visits



WA Council's 2018 College Planning Day will be held at UW Bothell on March 20th. Your fabulous counseling department will be taking all ICS Juniors to this college planning event as a part of their High School and Beyond Plan. More information soon to come!



PE Requirement



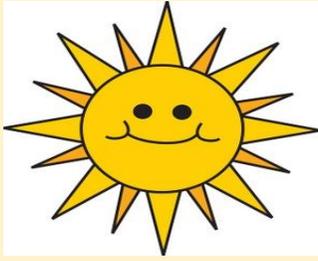
The LAST opportunity this year for Juniors and Seniors to complete the Physical Education Exam or Physical Education Plan will be February 28th. Study materials can be found outside Ms. Cummings office and online at the LWSD website. This will be the Seniors' **last opportunity** to meet this graduation requirement and your student will not graduate or walk in the graduation ceremony if they don't pass on this date. All Juniors are required to try the P.E. Exam or Plan at least once during their Junior year. If they have not done so, they will be submitting for the February date. It is not an easy requirement to complete, and we ask that students get started early.



Fall Camp Planning



We are just starting to get into the planning process for annual Fall Middle School Camp. Sophomores are eligible to apply for Camp Counselor positions and Juniors (who have been a Counselor previously) are eligible to apply for a Camp Counselor or a Camp Planner position. Applications will be handed out in February. If your student is interested in being a part of our camp experience and building leadership skills, please encourage them to consider applying. More information to come!



Summer Programs

Students can check out our Summer Programs bulletin board in the hallway to lyceum to see some great opportunities for their summer! Volunteering, camps, courses, jobs, travel programs, internships, and more can show up on the board. Students can also check out the ICS website for more information regarding summer opportunities.



Counseling Instagram Page



To learn more about event updates, counseling news, reminders, and opportunities, your student can follow us @ ICSschoolcounselors , our counseling department Instagram page.

Stress and Anxiety in Today's World

Students are struggling with severe stress and anxiety now more than ever before. According to the National Institute of Mental Health, anxiety has been noted as being the most common mental-health disorder in the United States, affecting nearly one-third of both adolescents and adults and continues to rise.

In 2016, the Lake Washington School District had students participate in the Healthy Youth Survey which showed nearly 70% of 8-12th graders felt constantly anxious, on edge or stressed. This is a very concerning, as anxiety can impact a student's overall well-being and ability to learn. A little bit of stress and anxiety can be good, and serve as motivation to get a paper done or study for a test, but when symptoms are interfering with everyday functioning, it's time to address it. Some students can experience many physical symptoms such as headache, stomachache, rapid heartbeat, sweating, crying spells and many other symptoms depending on age.

Anxiety and stress are not going anywhere in today's society, the key is teaching our students how to cope and manage their symptoms so they are still able to perform and function, both in life and at school. Our main goal is for happy and healthy students, severe anxiety can often strip these things from our youth.

To address anxiety and stress at ICS, Ms. Flores hopes to hold a series of small group sessions to educate students on their anxiety, why they feel the way they do, what can happen physically when anxious, and how to cope and manage these often overwhelming feelings. Feel free to contact her by email at aflores@lwsd.org if you think your child can benefit from a small group experience.

Stress and Anxiety are on the rise!

Anxiety is a real issue around the country and here it ICS. IT continues to rise and is seen in more and more youth every day. Our School Psychologist sent out a really great article that was printed in the NY Times called:

Why Are More American Teenagers Than Ever Suffering From Severe Anxiety? *Parents, therapists and schools are struggling to figure out whether helping anxious teenagers means protecting them or pushing them to face their fears.*
By [BENOIT DENIZET-LEWIS](#) OCT. 11, 2017

This article looks at anxiety and how it effects teens today, and how the impact of anxiety may look different from student to student, and what we might do to help student cope.

*“Anxiety is the most common mental-health disorder in the United States, **affecting nearly one-third of both adolescents and adults**, according to the National Institute of Mental Health. But unlike depression, with which it routinely occurs, anxiety is often seen as a less serious problem.*

“Anxiety is easy to dismiss or overlook, partially because everyone has it to some degree,” explained Philip Kendall, director of the Child and Adolescent Anxiety Disorders Clinic at Temple University in Philadelphia. It has an evolutionary purpose, after all; it helps us detect and avoid potentially dangerous situations. Highly anxious people, though, have an overactive fight-or-flight response that perceives threats where there often are none.”

To read the full article, please click on the link: <https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html>

Community Resources for Anxiety

Starting on January 29th the YMCA will be hosting a Stress and Anxiety group that aims to help students learn tangible skills to allow them to learn how to change their own emotions, behaviors, and thoughts as well as provide a safe space for students to practice expressing and understanding their emotions. The group will be structured using principles and exercises from therapeutic evidence-based practices, including Dialectical Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT).

Dates: January 29th to June 18th

Number of Meetings: 11

Frequency: 1st and 3rd Mondays (Some changes to accommodate Mid-Winter Break & Spring Break)

Times: 4:00 – 5:00 pm

Ages: 13 to 16 years old

Fees/Membership: Free & No YMCA Membership requirement

Enrollment Limit: 7 Students

Staff Facilitator: Allora Tvedt, Family and Child Mental Health Counselor at the Sammamish YMCA & Kai Schwartz, Director of Leadership Development

Who we think might be a good fit for this programming: Students between the ages of 13 and 16 who are able and willing to regularly attend and participate in a group of their peers. Students will have identified anxiety, stress, or worry as a clinically significant issue for which they are open to seeking help. A student's parents do not need to be involved in treatment but student must have reliable transportation to the Sammamish YMCA. Student does not need to have past experience with mental health care and can be involved in outside treatment simultaneously.

How to register a student: Please respond to Allora Tvedt (atvedt@seattleyymca.org) with a filled out referral form Referral Form YMCA. We will then reach out to the student or their family, situation dependent, to send them more registration information, including our medical release and liability form, a schedule, and some initial information about the programming.

Again, we only have space for 7 students at this time. We will work with the first few students who seem interested and are happy to discuss additional programming in the future depending on interest.

If you have any questions or concerns, please don't hesitate to reach out to either Kai Schwartz or Allora Tvedt at the Sammamish YMCA.

Kai Schwartz, MSW | Director of Leadership Development
P 425.395.7640

Sammamish Community YMCA
831 228th Ave SE
Sammamish, WA 98075
sammamishymca.org



For more results from the 2016 Healthy Youth Survey:

1. https://www.lwsd.org/uploaded/Website/Programs_and_Services/Student_Services/Healthy_Youth_Survey/2016/LWSD-Depressive-Feelings.pdf
2. https://www.lwsd.org/uploaded/Website/Programs_and_Services/Student_Services/Healthy_Youth_Survey/2016/ICS-HYS-2016.pdf Coping with Anxiety
3. <http://www.buzzfeed.com/ariannarebolini/amazing-apps-for-anyone-living-with-anxiety#.ue5WykgPV>
14 Apps for Anyone Living with Anxiety
4. <http://www.schoolcounselingfiles.com/activities-for-anxious-kids.html> Get some ideas for taking care of yourself and staying anxiety free
5. <http://www.childmind.org/en/posts/articles/mood-di...> Girls and Anxiety

