June 2020

Message from the Counseling Staff

In just a few days our senior class of 2020 will be enjoying one of the most significant events of their young lives — GRADUATION! As we get ready to say our goodbyes to this outstanding group of young adults, we welcome the challenge of helping the class of 2021 prepare for their senior year. We know that through hard work and a positive attitude, this class will experience many successes and triumphs as their high school career enters the final stage.

We want to encourage the class of 2021 to continue to work as hard as ever next year. Colleges make it very clear that they place a high value on seniors who continue to work hard in school by taking a rigorous course load. Taking an easier load or reduced schedule sends the message to college admissions counselors that you may not have the best preparation or work ethic for college success.

Our ultimate goal for all of our seniors is for them to be productive members of society. A good balance of academics and career related experiences will help ensure that students will have a wide variety of opportunities beyond high school.

Students who want to reconsider their course selections may do so by contacting their counselor.

Will your student not be attending CK High School for the 2020-21 School year?

If your student will be moving or will be attending a school other than CK High School for the 2020-21 school year, please email our Registrar, Beth Roy, at bethr@ckschools.org to withdrawal your student for next school year. She will help you with the withdrawal process, update addresses for your student’s report card to be sent and help gather any information you might need to enroll in the new school.

Welcome Class of 2024!

CKHS extends a warm welcome to our incoming Freshman. We know that many excellent opportunities and rewarding experiences await you at CKHS. Our teachers are highly committed to providing you the best education possible and all of us are here to ensure your success. Your personal motivation, self-discipline and common sense are key elements to your educational experience.

As Counselors, we look forward to helping you learn, grow and move forward in pursuit of your goals and dreams.

Stay Connected With Us!

The CKHS Counseling Team has several ways you can stay connected with us. Instagram, Facebook, CKHS Guidance Webpage, CKHS Counseling Google Classroom, Class of 2021, Class of 2022, Class of 2023 A-L, Class of 2023 M-Z, Class of 2024. We hope you have a great summer and look forward to seeing you in the fall.
Cougar Cruise Senior Drive Thru Celebration is coming

12:00 noon- 3:00 PM on June 11th!

On June 11th, please come and receive the congratulations and cheers of our CKHS Staff! Arrive anytime between your Alphabet window and drive thru the course and experience the well-wishes of your school. You will have stops to pick up your senior packet (which includes senior awards, graduation program, and an address check form confirming where diplomas will be mailed), ASB graduation gifts. You will also have a stop to pick up your diploma cover and have your picture taken by our professional photography partners.

- 12:00 noon-1:00 PM Last Name begins with A-I
- 1:00 PM-2:00 PM Last Name begins with J-R
- 2:00 PM-3:00 PM Last Name begins with S-Z

Directions:
- One car per graduate family. Everyone must stay in the vehicle.
- Senior graduate should be seated in the front passenger seat. Wear your cap and gown!
- The Senior’s name should be visible on the dash or front of car
- Decorating your car is welcome but not required!
- Enter the main Central Kitsap Middle School entrance on Anderson Hill Rd and begin your journey through the celebration!
- If you do not want your photo taken, please indicate that by keeping your window rolled up.

Virtual Commencement

June 11, 2020

7:00pm (access opens at 6:30pm)

Virtual Graduation will go live at 7:00 pm on June 11th. A link will be sent out prior to the event for all your family and friends to enjoy. Access will open at 6:30 PM with a pre-graduation Senior Class slideshow.

We’ve worked to include as many of the details of our traditional ceremony as possible. We hope you enjoy the program.

Diplomas will be mailed by June 30.

Please check to ensure we have your correct mailing address in Power School. If you need to change your address please email your name and new address to melissas@ckschools.org by June 19th.

Congratulations!
Talk to your teen about how to combat cyberbullying

High schoolers spend much of their time texting their friends and sharing posts on social media sites. Not surprisingly, these are the channels that many bullies use to harass other students. Studies show that 70 percent of students see frequent bullying online. Whether it’s a disrespectful comment posted on a photo or a rumor that’s been re-tweeted several times, cyber-bullying can have a devastating effect on students’ self-esteem and academic performance.

Teens play an important role in defeating cyberbullying. Teach your teen to:

- **Delete messages** or comments posted on his social media pages that are mean-spirited or make fun of others. He should not share negative messages or comments with friends. Bullying escalates when others help spread the message.
- **Un-follow or block users** who repeatedly post harmful or negative things about others.
- **Report bullying** to a trusted adult. Teens often operate under a code of silence. But telling a trusted adult can help bring the situation to an end.
- **Stop and think** before he posts something that could hurt someone.
- **Talk with other students.** Your teen should let his friends know that he thinks bullying is uncool.

The schedule for the drop-off/pickup plan for June 16, 17, and 18 from 12:00 noon to 3:00 PM is as follows:

- **Tuesday June 16th, all seniors A-Z and senior siblings**
- **Wednesday June 17th, 9-11th grade students with last names A-J**
- **Thursday June 18th, 9-11th grade students with last names K-Z**

**Seniors Remember:**

- Chromebooks must be returned
- Fines - If seniors need to use cash to pay for a fine, cash fines will be accepted at the event. If you are paying by card, please do so using the online system.
- **AP Test Fees will be updated by June 17th, 2020 (depending on timely communication from CollegeBoard)**

Instructions to pay fines online: [https://touchbase.cksd.wednet.edu/signin.aspx](https://touchbase.cksd.wednet.edu/signin.aspx)

**User Name:** Student ID  
**Password is last name (case sensitive)**
What College-Bound Juniors Need to Know About College Admissions

Testing

Should I take the SAT or ACT this year?

- Yes...either one or both
- Take it with the optional writing test
- Where? Olympic College
- When?

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**HOW DO I REGISTER?**

- For the SAT, online at [http://www.collegeboard.org](http://www.collegeboard.org)
- For the ACT, go to [http://www.actstudent.org](http://www.actstudent.org)
- Our school code is 481195
- See your Counselor for more information.

**RESEARCHING— What else should I be doing this year?**

- Use the Big Future website [https://bigfuture.collegeboard.org/](https://bigfuture.collegeboard.org/) to take career compatibility tests, college research and career exploration.
- College visitations
- College webinars (see pg. 5)
- Learning opportunities
- Online information
- Materials in the Counseling Office
- College Night in October

**FINANCIAL AID**

- How do I get financial aid?
  - Fill out FAFSA form online – form is available starting October 1st
  - Website: [https://studentaid.ed.gov/sa/](https://studentaid.ed.gov/sa/)

**APPLYING**

- How do I apply for college?
  - Apply online
- Will I need a recommendation?
  - Yes, for most private schools, from teacher and/or counselor
  - No, for most public schools
- When do I apply?
  - As early as possible.
  - Pay attention to deadlines

Allow the Counseling Office 3-4 weeks to process application and letters of recommendations. Click [here](#) for Letter of Recommendation form.
Looking for Scholarships?

Mrs. Mohs, our Counseling Technician, will be updating scholarship opportunities on the CKHS Counseling Google Classroom. If you have any questions, please contact her at StacyM@ckschools.org.

For more scholarship opportunities visit…
- www.fastweb.com
- www.olympic.awardspring.com
- www.scholarships.com
- www.thewashboard.org

TRANSCRIPT REQUESTS
Central Kitsap High School students have an online service where they can request high school transcripts with just a few clicks. Central Kitsap School District offers this service to make ordering transcripts easier for you. The best part is you can request your transcript anytime from anywhere. All you need is an internet connection and to visit Parchment.com. Transcripts sent electronically will be free for as many as you need while you are still enrolled at Central Kitsap High School.

Enhance your College Admission Opportunities

As many of our seniors receive college admission letters, we are reminded of the joy students feel in being accepted to their top choice school and the disappointment others experience in being rejected from a dream school. College admission counselors have the luxury of sorting through hundreds of applications to find the very best students for their school. Grade point average (GPA) and test scores still remain the top two factors in selecting students, but a number of other factors are important in the admission decision, especially in the borderline decisions. Positive factors include:

- Taking a full course load throughout the senior year that includes math, science and world language.
- Enrollment in honors and advanced placement classes.
- Overcoming educational, economic or personal hardship.
- Potential contributions to the college environment in the areas of multiculturalism, talent in the arts, or leadership.
- Exceptional school or community service.
- A well-written personal essay that conveys a strong message about who you are, your personal circumstances, and your academic choices.

Negative factors that may adversely affect your chances of admission include:

- Little or no academic coursework beyond the minimum core requirement.
- Failure to fulfill specific core requirements (i.e., no Chemistry for WWU).
- Sporadic or downward grade trends.
- Poor presentation, missed deadlines.
- Failure to follow required instructions on the admissions application.
- A poorly written essay with little or no substance.

FREE COLLEGE KNOWLEDGE WEBINARS

PLU will be offering a set of general college knowledge Zoom webinars throughout the summer for any high school student interested, but especially rising juniors and seniors.

PLU is calling it 'Suit Up for your Senior Year' and here are the topics:

- June 18 - College Applications 101: How to Land in the ‘Yes’ Pile
- July 2 - College Essay 101: Tips & Tricks
- July 16 - Financial Aid & Scholarships 101: Paying for College
- July 30 - College Bound Scholarship 101: Use your scholarship to its fullest
- August 13 - Running Start to 4-years 101: A University’s Perspective

More information and to register for one or all of them: https://www.plu.edu/admission/important-dates/suit-up/
Keeping Your Family Safe Online

With more than 1.5 billion Web surfers worldwide, anyone’s photos and videos can go global within seconds. Digital footprints, personal facts posted online, are traceable, permanent and all-telling. Here are key pointers to heed when it comes to putting forth a digital footprint.

1. Prepare to go public.
Content on the Internet is available for all to see, from friends, relatives and employers, to colleagues, coaches and teachers. Employers search for information on job applicants on sites such as Google, Facebook and Twitter. Tell your kids the same. They may think twice about posting certain photos and comments on social networking sites.

2. Understand the Internet is viral and uncontrollable.
It takes seconds for a text message, e-mail or tweet to go viral and spread like wildfire. Especially with the ever-growing sexting epidemic among teens, it’s important to know the consequences and share them with your kids. You might broach the topic with tweens and teens that a revengeful Florida boy e-mailed and texted nude photos he had received of his former 16-year-old girlfriend to more than 70 people, including her parents, grandparents and teachers. The teenage boy was then charged with transmitting child pornography and is now a registered sex offender—a label he must carry until he is at least 43 years old.

3. Ask some questions before pressing send.
Questions for you and your family members to consider include: Is there anything in this picture or video that might tell the world too much personal information about me? Do I want to be asked about a certain comment, video or picture at a job interview in 20 years? What message am I sending about myself and my family with this post?

4. Don’t overexpose yourself.
Trying to hide one’s digital footprint in this technological era is practically futile. After all, the Library of Congress is acquiring the entire Twitter archive, which includes all tweets since March 2006.

5. Avoid negative publicity.
Opinions and judgments are formed from what has been put into the social media world. What you post or say online, or what others reveal about you, sends a message about who you are. Aspects of your digital footprint, such as uploaded photographs, blog comments, YouTube videos and Facebook wall posts, might not portray the way you would like to be seen. That’s why it’s imperative to be vigilant about the things disseminated about you online.

In this technological era, all adults and kids should gain a firm understanding of their digital footprint. To help young people understand the depth of digital influence, families should start a dialogue early about the importance of one’s presence on the Internet and how to keep it positive.

For the full article please go to
http://www.parentguidenews.com/Articles/ProtectingYourDigitalFootprint

KINDNESS CAN MAKE YOUR TEEN HAPPIER AND MORE SUCCESSFUL

Research shows that people who are actively kind to others actually score higher on measures of happiness than people who don’t go out of their way to be kind. And happier students tend to be more motivated in general—which ultimately helps them in school. To foster kindness in your teen, encourage her to be:

**Compassionate.** Kind people feel for others, even when they are not directly affected by a situation. Your teen can show compassion by putting herself in others’ shoes. She could smile at a student who looks upset. She could invite a new student to sit with her during lunch.

**Grateful.** Kind people thank others. Did a counselor go above and beyond to help your teen with her college applications? She should thank the counselor—and maybe even write a nice note.

**Considerate.** Kind people take others’ feelings, needs and wants into account. Showing up to class on time, holding the door open for another student, and contributing fairly to group projects are all ways your teen can show consideration.

**Forgiving.** Kind people realize that holding a grudge isn’t effective. Let your teen know that she will be happier if she doesn’t dwell on the past.

Running Start

Upcoming Running Start Online Information Sessions through Zoom

- Wednesday June 10 at 4:00 pm. Meeting ID: 952 7924 1918, Password: 376780
- Wednesday, June 17 at 4:00 pm. Meeting ID: 946 3199 9465, Password: 498156
- Thursday, June 25 at 4:00 pm. Meeting ID: 983 8759 1086, Password: 281735

Click for a copy of our PowerPoint Presentation.

Running Start Eligibility Requirements

- Be under the age of 21 at the beginning of the school year
- Be classified as a junior or senior in Washington
- Have a cumulative high school GPA of 2.5 or above
- Place into English 101 and/or college level mathematics on ACCUPLACER (the college placement test), or passing SBA scores.

Running Start Checklist

1. Attend an online Running Start informational Zoom Meeting (varying times, see above)
2. Submit a general OC Application online at www.olympic.edu
3. Take the Accuplacer (college assessment for English and Math skills) $20 at www.olympic.edu/accuplacer/
4. Apply to the Running Start Program
5. Use the online class planner to create a schedule
6. Email your high school counselor to complete required enrollment form
7. Meet with OC Advisor
8. Sign-up for classes

Current Running Start Students:

- Remember to keep in touch with all the latest Coug activities. Log on to the CKHS website at: http://ckhigh.ckschools.org.
- Check the CKHS Guidance Counseling web page often
- Review the CKHS Daily Bulletin.
- Questions re: Cap & Gown ordering.... Contact Jostens dan.sommerfeld@jostens.com Or phone 800-922-7007