### Cavaliers Connect

May 2022 from your CHS counselors

## In May there are:

- 4 Mondays Left
- 5 Tuesdays Left
- 4 Wednesdays Left
- 4 Thursdays Left

#### What's happening in May?

- Mental Health
   Awareness Month
- Asian American and <u>Pacific Islander</u> <u>Heritage Month</u>
- Cinco de Mayo
- Prom!!!
- Mother's Day
- Memorial Day
- Staff vs. Students
   Basketball game
- Exams
- Field Day

#### How Can you FINISH STRONG?

- Set a goal of having NO zeros in PowerSchool
- Stay connected:
   Check your email,
   Canvas, listen to
   announcements, etc.
- Know your exam schedule
- Attendance--Show up!
- Make a to do list and DO IT!
- Reach out for help if you need it

# Just for Seniors

3 things you must do to finish strong:

- Indicate where you are enrolling in SCOIR
- 2. **Complete Senior Exit Survey**
- 3. Turn in all scholarship awards to Ms. Morton (even if you won't be using the scholarship)
  Directions for these have been emailed to you.

It is not how you start... but how you

FINISH. Finish strong!

www.runningrachel.com

# IS MENTAL HEALTH AWARENESS MONTH #breakthestigma

Thank You
to our
TEACHERS

IT'S THE FINAL COUNTDOWN!!