



**NOV-2024**

# EAST WAKE MAGNET HIGH SCHOOL Student Services Monthly Newsletter

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# What Teens Need to Know Before Graduating from High School

Graduating high school is an exciting milestone, marking the transition from adolescence to adulthood. But beyond the cap and gown, the real world awaits, full of responsibilities, decisions, and opportunities. Here's what teens need to know before they step out of the high school hallways and into the next chapter.

## 1. Financial Literacy: The Basics Matter

Understanding finances is essential, yet many high school graduates feel unprepared for handling money. Learning to budget, manage a bank account, use credit wisely, and understand taxes are basic skills that can make a big difference. Many young adults are surprised at how quickly costs like rent, groceries, transportation, and insurance add up. Mastering these basics helps prevent debt and builds a foundation for financial independence.

Tips:

- Set up a monthly budget and track your spending.
- Learn the basics of credit scores and how they can affect your future.
- Practice saving a portion of any income, even if it's just a little each month.

## 2. Time Management: Finding Your Rhythm

Time management is crucial for success, whether in college, a job, or any future path. In high school, schedules are often structured, but post-graduation life offers much more freedom—and with it, the challenge of managing it wisely. Creating routines and setting priorities can prevent overwhelm, especially when balancing work, studies, and personal life.

Tips:

- Use tools like calendars, planners, or digital apps to organize your tasks.
- Break larger goals into smaller, manageable steps.
- Learn to prioritize and set boundaries—saying no is okay when necessary.

## 3. Career Exploration: More Than Just College

While college is a popular option, it's not the only path to a fulfilling career. Many fields offer alternative routes like apprenticeships, trade schools, certifications, and military service. Taking time to research different careers, talk to professionals, and explore internships can provide insights that will make future decisions easier.

Tips:

- Research career options and understand the educational or skill requirements for each.
- Talk to people in careers you're interested in, whether through informational interviews or job shadowing.
- Consider the job market and potential salary expectations in fields you're passionate about.

## 4. Self-Care: Prioritizing Physical and Mental Health

High school can be stressful, and post-graduation life can bring even more pressures. Knowing how to care for both physical and mental health is essential. Regular exercise, sleep, and healthy eating habits make a huge difference. Additionally, developing mental resilience by managing stress, practicing mindfulness, and seeking support when needed can help teens cope with future challenges.

Tips:

- Make exercise and sleep a priority—they have profound effects on overall well-being.
- Learn stress-management techniques, such as deep breathing, journaling, or meditation.
- Don't hesitate to seek help if you're struggling; mental health resources are available.

## 5. Practical Life Skills: Beyond the Textbooks

From cooking meals to doing laundry, everyday life skills are often taken for granted until you're living on your own. Having a basic set of practical skills is not only empowering but also necessary for self-sufficiency.

Tips:

- Learn how to cook a few basic meals and make a grocery list.
- Understand basic household tasks like laundry, cleaning, and minor repairs.
- Familiarize yourself with first-aid basics, like how to treat a small cut or recognize signs of illness.

### 6. Building Healthy Relationships: Communication and Boundaries

Graduating often means meeting new people and forming new relationships, whether personal, academic, or professional. Knowing how to communicate clearly, set boundaries, and recognize healthy versus toxic dynamics is essential. Good relationship skills can contribute significantly to both personal happiness and professional success.

Tips:

- Practice open and respectful communication with friends, family, and coworkers.
- Set personal boundaries and respect others' boundaries as well.
- Understand the importance of both giving and receiving constructive feedback.

### 7. Old-Timey Basics

A few things you will still need to do, at least for now!

Tips:

- Memorize your Social Security Number, and then put the paper card away somewhere safe. Of course, you should never give it to anyone inquiring over the phone or via email.
- How to address an envelope (both return and recipient), seal it, stamp it (maybe also how/where to buy stamps), and mail it.
- You will be signing all sorts of legal papers from here on out. You should know how to sign in cursive and understand that your signature needs to be pretty consistent

### 8. Self-Discovery: Know Who You Are and What You Stand For

Before graduation, taking time to reflect on personal values, strengths, and passions can be invaluable. Understanding who you are and what matters to you can guide your choices, making it easier to pursue paths that align with your goals and values. Knowing your strengths and working on your weaknesses can also help you adapt to various life situations.

Tips:

- Reflect on what motivates you and brings you joy.
- Identify causes and values you care about and let them guide your choices.
- Be open to change; as you grow, your passions and priorities may evolve.

Graduating from high school is a time of anticipation, excitement, and often some uncertainty. While it's impossible to be prepared for every scenario, these skills and insights can help pave a smoother path forward. The world outside high school may be filled with unknowns, but with the right foundation, each graduate can approach it with confidence and curiosity.

*From the Dean's Desk, Mrs. Ewais*



**"Thanks for Giving"**

★ Gratitude Week is Coming! ★  
 Date: November 18-22  
 Location: In the Cafeteria

Who Are You Grateful For?  
 Join us as we kick off Gratitude Week!  
 Take a moment to reflect, write a note, and share  
 what staff member you're thankful for in school.  
 Your words of gratitude can brighten someone's day!

From: Mrs. Blalock  
 Student Services Receptionist



# ATTENDANCE MATTERS NEWSLETTER

CLICK ON THE LINK TO LEARN MORE INFO. ON OUR: [Attendance Policies](#) & [Why Attendance Matters](#)

FROM THE DESK OF MRS. DONALDSON, SAP COUNSELOR



## THEME: ESTABLISHING ROUTINES



### BENEFITS OF CONSISTENT ROUTINES & ITS IMPACT ON ATTENDANCE

- ENHANCES ACADEMIC PERFORMANCE
- IMPROVES MENTAL & PHYSICAL HEALTH
- FOSTERS TIME MANAGEMENT & PUNCTUALITY
- CREATES POSITIVE HABITS FORMATION
- INCREASES MOTIVATION & ENGAGEMENT

**CLICK ON THE LINK BELOW TO READ MORE ABOUT THE BENEFITS OF ESTABLISHING CONSISTENT ROUTINES**



[WHY CONSISTENT ROUTINES MATTER](#)

### PARENT & STUDENT TIPS FOR MAINTAINING GOOD ATTENDANCE

PARENTS PLAY A KEY ROLE IN ENCOURAGING GOOD SCHOOL ATTENDANCE. IMPROVING ATTENDANCE THROUGH CONSISTENT ROUTINES INVOLVES A MIX OF TIME MANAGEMENT, PLANNING, AND SELF-DISCIPLINE. HERE ARE SOME TIPS FOR PARENTS AND STUDENTS TO HELP ESTABLISH EFFECTIVE ROUTINES TO ENSURE ATTENDANCE IS CONSISTENT.

**CLICK ON THE LINKS BELOW TO READ TIPS FOR PARENTS & STUDENTS TO MAINTAIN GOOD ATTENDANCE.**



[PARENT & STUDENT TIPS](#)



### RESOURCE OF THE MONTH: EWMHS FOOD PANTRY

DID YOU KNOW THAT EAST WAKE HIGH SCHOOL HAS A FOOD PANTRY TO SUPPORT FAMILIES IN NEED. IF YOUR FAMILY COULD BENEFIT FROM THIS RESOURCE, PLEASE CONTACT [TDONALDSON2@WCPSS.NET](mailto:TDONALDSON2@WCPSS.NET) OR [MLYNCH@WCPSS.NET](mailto:MLYNCH@WCPSS.NET). WE ARE HERE TO HELP PROVIDE NUTRITIOUS FOOD & OTHER ESSENTIALS. ALL REQUEST ARE HANDLED WITH CARE & CONFIDENTIALITY.