

AHS Guidance News

August 2021

November 3rd — National Stress Awareness Day

National Stress Awareness Day falls during one of the most stressful times of High School. Lots of testing, preparing scholarships and completing college applications. Make sure you are taking the necessary actions to manage your stress.

5 Coping Tips

- 1. Get Some Sleep**—Sleep helps you grow, develop normally, & pay attention throughout the day. It is suggested that teens need at least 8 hours of sleep each night.
- 2. Focus On Your Strengths**—What are you good at? By focusing on & building your strengths, you can keep your stress in perspective.
- 3. Do Things That Make You Happy** —Simple enough.
- 4. Engage in Physical Activity** — Exercise takes our mind off stress and releases chemicals in our brain that makes us feel better. So go outside and put your cell phone down.
- 5. Talk to Someone** —Managing stress can be isolating. Talk to your counselor, a teacher, or another trusted adult

MHFA.org/teens

Attendance Reminders:

- 1. Year-Long Classes** — a student is allowed 10 unexcused absences.
- 2. Semester Classes** — a student is allowed 5 unexcused absences.
- 3. Quarter Classes** — a student is allowed 3 unexcused absences.

Make-Up Time:

Students may make-up time with teachers and counselors before and after school. Attendance Recovery sheets must be filled out and signed by the teacher hosting the session, then turned in to the Attendance Office.

Students who have missed more than the allowed attendance should reach out and begin making up seat time. If you have questions, you can contact the AHS Attendance Office.

