

March 19, 2020



### Scholarship Information in Naviance

Seniors: Now is the perfect time to look at what scholarships are available in Naviance! There are several with upcoming deadlines, ranging from \$500 to \$5,000! Check it out today by going to the Colleges Tab in Naviance and then clicking on *Scholarship List*.

### Summer School Through Indiana Online

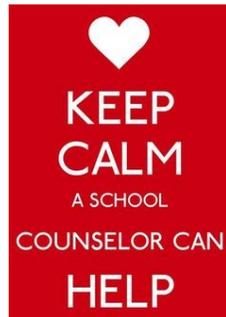
Registration for 10 Summer School courses will be open from April 6—June 5, 2020 at [indianaonline.org](http://indianaonline.org). Summer is a great time for students to take courses either to get ahead or to retake classes for a higher grade. Students can take up to two credits during the summer at no cost. More information and details will be emailed to students and parents in the next week.



# Westfield High School Counseling Center Update

## Students and Parents—

Hopefully your first week of e-learning has been a success. We certainly understand the complexities of this time, and we want you to know that even though our building is closed, your WHS counselors are here to support you, update you, and provide resources to get you through until we are all able to gather together again. If you need anything or have questions, please reach out to your counselor directly, via email.



Lani Johnston (A, SI-Z): [johnstonl@wws.k12.in.us](mailto:johnstonl@wws.k12.in.us)  
Carrie Larrison (B-D): [larrisonc@wws.k12.in.us](mailto:larrisonc@wws.k12.in.us)  
Christy Ulsas (E-H): [ulsasc@wws.k12.in.us](mailto:ulsasc@wws.k12.in.us)  
Lyndsay Corya (I-L): [coryal@wws.k12.in.us](mailto:coryal@wws.k12.in.us)  
Eric Shearer (M-P and EL): [shearere@wws.k12.in.us](mailto:shearere@wws.k12.in.us)  
Dan Doherty (Q-Sk and Seniors N-Sk): [dohertyd@wws.k12.in.us](mailto:dohertyd@wws.k12.in.us)  
Stephanie Vondersaar (Student Services): [vondersaars@wws.k12.in.us](mailto:vondersaars@wws.k12.in.us)



**Follow us on Twitter @WHSCollegeReady**

## Resources to stay Healthy—Mentally, Physically, and Emotionally

**Bring Change to Mind:** Our daily lives have become uncertain and many of us are having many worries. Maybe take time to meditate? Not your thing? Give it a try! Let's challenge ourselves and learn something new. Our partners at Headspace will let you try it for free.  
<https://www.headspace.com>

@bringchangetomind @headspace  
@bringchangetomindwhs



**The Calm App** is also a great app that guides you through a variety of meditations, including anxiety, sleep, happiness, gratitude, confidence, and many others. There is also one specifically designed to help you learn to meditate. During this time, the Calm App has created a [free resource page](#) with meditations, stories, music, talks and more to support your mental and emotional wellness. All of the resources are free of charge - so that you can share with anyone who might need them.

Ways parents can support their kids through the COVID-19 crisis:

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

SEL Virtual Learning At Home: [Click Here](#)

**Westfield High School ~School Counseling Center**  
317.867.6807 Fax: 317.896-3579



### WWS Food Service

Westfield Washington Nutrition Services will be providing a grocery bag of healthy food supplies to WWS families in need. Grocery bags will contain 5 days of breakfast and lunch supplies for students and families and will be available Monday, March 16th, Monday, March 23rd & Monday March 30th.

[Food Service—English](#)

[Food Service—Spanish](#)



### Career Exploration Resources

[Naviance](#)

[Learn More Indiana](#)

[Indiana Career Ready](#)

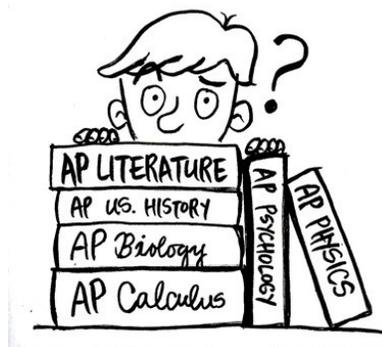
[Occupational Outlook Handbook](#)



# Westfield High School Counseling Center Update

## UPDATE from the College Board regarding AP Testing:

The AP Program is closely monitoring the updates about the coronavirus (COVID-19) provided by the Centers for Disease Control and Prevention (CDC) and other leading health organizations. They are currently developing resources to help schools support student learning during extended closures and will make adjustments to the AP Testing calendar if needed. They will make additional announcements including portfolio submission deadline extensions for AP 2-D Art and Design, 3-D Art and Design, Computer Science Principles, Drawing, Research, and Seminar courses by March 20.



## SAT and ACT Testing Updates:

The College Board has cancelled the May 2, 2020 SAT, as well as the make-up date for the March 14, 2020 SAT, which was rescheduled for March 28. Currently, the June 2 SAT is still scheduled to go as planned, but College Board will continue to monitor the situation. The June 6 SAT is offered at Westfield High School, and students can register for it online at [www.collegeboard.org/sat](http://www.collegeboard.org/sat)

To follow the College Board's response and updates to the Coronavirus, go to:

<https://pages.collegeboard.org/natural-disasters>

Likewise, the ACT has cancelled its national testing date of April 4, 2020. Students can instead register for the

June 13, 2020 national test date at [www.actstudent.org](http://www.actstudent.org). For ACT's COVID-19 updates and information, go to: <https://www.act.org/content/act/en/covid-19.html>

For students who were registered for the March 24 School Day ACT through ACT's State and District Testing program, we are waiting to hear from ACT to see if we can still offer it at WHS on an alternate date. If we learn that we are unable to offer the School Day ACT to the registered students, we will work to have students reimbursed for the cost of the exam.

SAT<sup>®</sup>

ACT<sup>®</sup>

Visit Us Online at [whscounselingcenter.com](http://whscounselingcenter.com)