



Torrey Pines High School

# NEWSLETTER



Celebrate Our Counselors!



Let's Finish Strong Falcons!



Counseling Center Upgrade

## Falcon Feature

It's hard to believe that the school year is half over. With 2nd semester starting next week, we hope you take some time to relax, reflect, and re-energize for what is always a very fun and busy time of year. The Spring semester brings a whole new set of expectations and challenges for our Falcons. Some will find out what college they'll attend next year, others will get their first job, some will get their driver's license, and others will make new friends and memories that will last a lifetime. Spring also brings registration, State and AP testing, Prom, and ultimately the promise of graduation and summer vacation. During this busy time of year it is critical that our students follow our TP Pledge and Take Pride in themselves by getting enough sleep, eating well, planning ahead, and making attendance at school a priority. Here are some [tips for making the most of 2nd semester](#). Let's finish strong, Falcons!

## Counselor Week 2020

National School Counseling Week is February 3-7, 2020. The goal of this week is to highlight and show appreciation for the unique contribution of our incredible counseling team. Our TP counselors work tirelessly to support our Falcons as they prepare for their future. We hope you take a moment during National Counselor Week to thank your student's counselor for all they do support your student. If you'd like to know more about our counseling department, please [visit our website](#).

## Counseling Center

To better serve the needs of our Falcons, we have transitioned our College & Career Center into a Counseling Center. We are working to make our Counseling Center the "go to" place for students who need guidance, support, or just a place to de-stress. Thanks to the support of our Foundation and the dedication of our counselors, we are working to create a valuable resource for our students when and if they need it. Please encourage your student to use our Counseling Center whenever they have a need. We are here to help!

## Did You Know?

Research suggests that students at high-achieving schools are now considered "at risk." The pressure of college acceptance, the stress of social media, and the decrease in face-to-face interactions all combine to create stress previous generations never experienced. For more on this important topic, please take a moment to discuss this recent article from the Washington Post.

## UPCOMING EVENTS



### Academics

- 1/27 & 1/28- No School
- 1/29- Second Semester Begins
- 2/3-27- School Counseling Week
- 2/5- Information Night
- 2/8- Winter Formal @ House of Blues



### Arts

- 2/20-2/22 & 2/27-2/29- *Pippin* (Proscenium Theater - PAC)



### Athletics - Schedule

- 1/25- Wrestling @ San Pasqual
- 1/28- Water Polo vs. CCA @ UCSD
- Boys Basketball vs. CCA
- Boys Soccer @ LCC
- 1/31- Girls Basketball vs. Carlsbad
- Boys Basketball vs. Carlsbad
- 2/3 - ASB Powder Puff Game
- 2/4- Girls Soccer vs. Mission Hills

### [Counseling Updates](#)