STRENGTH-BASED ACTIVITIES YOU CAN DO DURING BREAK!

- Cook dinner
- Bake a new treat
- Community Service
- Check-in on a friend
- Go for a walk / hike
- Name 3 things you are grateful for each day
- Read a book
- Watch a movie with friends
- Try a new food
- Cuddle with a pet
- Paint or draw

COURSE REGISTRATION WILL BE COMING UP SOON!

Reminder of what credits you need to graduate! If you have questions, please meet with your counselor!

WANT TO BE A MATH TUTOR?

- Monday - Thursday 3:45 PM - 5:00 PM
- Garrison Middle School (6-8 grade)
- Pioneer Middle School (6-8 grade)
- $20 per hour
- Questions- contact Will Hammond whammond@wwps.org
- Interested? Apply here!
The secret of your success is determined by your daily agenda
- John C. Maxwell

Volunteer Hours

Update

Class of 2023- 20 hours
Class of 2024- 30 hours
Class of 2025 and beyond- 40 hours

Your Counselor

In case you forgot...

Mrs. Melgoza - Last names A-Ce + AVID 9/12
mmelgoza@wwps.org
mmelgoza.youcanbook.me

Mrs. Mueller- Last names Ch-G
nmueller@wwps.org
nmueller.youcanbook.me

Mr. Bockert- Last names H-Mc
jbockert@wwps.org
jbockert.youcanbook.me

Mr. Croft- Last names Me-Se
jcroft@wwps.org
jcroft.youcanbook.me

Mrs. Widmer- Last names Sh-Z + AVID 10/11
swidmer@wwps.org
swidmer.youcanbook.me

Ms. Ruzicka- Career & College Specialist
kruzicka@wwps.org
kruzicka.youcanbook.me

Important Dates

- Nov. 23- Half Day
- Nov. 24 & 25- No School (Thanksgiving Break)
- Nov. 29- FAFSA/WASFA night w/ GEAR UP 6pm-8pm
- Nov. 30- GEAR UP trip to EWU (class of 2023 only)
- Dec. 2- GEAR UP Whitworth trip
- Dec. 6- FAFSA/WASFA night w/ GEAR UP 6pm-8pm
- Dec. 9- Half Day
- Dec. 21-Jan 2- Winter Break

Connect to Help

If you are interested in seeing a mental health therapist on campus, please see your school counselor for a referral!

Call
- Walla Walla Crisis: 509-524-2999
- National Lifeline: 1-800-273-8255

Text
- Crisis: Text "Home" to 741741
- Trevor Project to support LGBTQ Youth: Text "Start" to 678678
- Steve Foundation to support BIPOC Youth: Text "Steve" to 741741

Follow the Career Center & Counselors on Social Media!
REPORT IT

See Something, Hear Something, Say Something...

SAFETY FIRST!
See Something, 
Hear Something, 
Say Something...

REPORT IT!
Anonymously report bullying, harassment, threats of violence, suicide, drugs, weapons and other safety concerns. For more school safety information visit: WWPS.ORG

Walla Walla Public Schools

4 EASY WAYS TO REPORT:

- 1. PHONE
  855.976.8772

- 2. TEXT
  855.976.8772

- 3. EMAIL
  1057@ALERT1.US

- 4. WEB
  1057.ALERT1.US

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Ms. Ruzicka
Career & College Specialist
krzuzicka@wwps.org

STAY CONNECTED WITH WAHI CAREER, COLLEGE & COUNSELING: INSTA @WAHICCC

2022-2023 COUNSELING SUPPORT STAFF

ONCE YOU SCHEDULE YOUR APPOINTMENT, YOU WILL GET A CONFIRMATION EMAIL & CALENDAR INVITE TO USE AS YOUR PASS TO COME SEE US!