



TRHS COUNSELORS CONNECTION

Welcome!

The School Counselors at Roosevelt High School would like to welcome you to our monthly newsletter. This newsletter contains information for all TRHS students and parents. If you have any questions, please contact your assigned Counselor.

ICAN Family Night

Join us for ICAN Family Night on Tuesday, May 7th from 6:00 to 7:15 pm in the Roosevelt Library. This event is open to juniors and seniors (students and parents).

A representative from ICAN (Iowa College Access Network) will be available to help junior families begin preparing for the financial aspect of their college journey. They will look ahead to senior year and what families will need to complete in regards to financial planning.

Seniors are invited to join us if they need assistance completing their FAFSA. Staff will be on board to help support families. Visit



<https://studentaid.ed.gov/sa/fafsa/fillingout>

to find out which documents are needed to file.

Senior Awards Assembly

A senior awards assembly will take place Friday, May 24th at 10:30 a.m. in the Roosevelt Auditorium. The assembly will recognize all seniors. Parents are welcome to attend.

Schedule Changes

Schedules for the 19-20 school year will be released in July. Requests to make changes will be available after schedules are released. At this time, counselors are not making changes to schedules for next year.

Let's Finish Strong!

The end of the 18-19 school year is rapidly approaching. The last day of school is May 31st (a half day), except for graduating seniors, who will finish May 23rd.

This is often the most difficult time of the school year for students. It can be easy to procrastinate or even give up on assignments and classes. Remember, the end is in sight. Putting forth that extra effort in May will pay off.

The following tips for stress relief may seem simple, but self-care is extremely important and is often overlooked during this hectic season.

Stress Relief Tips

- ✓ *Exercise*   
- ✓ *Get more sleep* 
- ✓ *Talk to a friend* 
- ✓ *Write in a journal* 
- ✓ *Make time for fun* 
- ✓ *Laugh* 

**Keep Stress in Check-
Finish Strong**



2019 Commencement

Commencement for the Roosevelt Class of 2019 will take place on Saturday, May 25th from 7:30-8:30 pm at the Knapp Center (2601 Forest Ave, Des Moines).

Seating is available on a first come, first served basis, tickets are not necessary. The ceremony can be viewed from home by accessing this [link](#).

Congratulations to all our graduating seniors. We can't wait to hear all the exciting places life takes you!



Who's Who

School Counselors
All grades by last name:

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