

PACIFIC BEACH HS
Bear Facts Newsletter
October 2017

Counseling Services
Available at PBHS

Hello, my name is Jaime Christensen and I am excited to be back on campus as your Student Support Counselor this year. I can see students who are dealing with a variety of personal problems, including those related to conflict with others, depression, anxiety, grief, recent life changes, alcohol and/or drug use, etc.

I can see students individually and/or in small groups as well as assist students and their families with getting connected to a variety of community resources. I work with students to develop life skills, skills in decision-making and conflict resolution.

Counseling support on campus is voluntary and free to any student. If you feel that you can benefit from additional support while at school, please talk with me, your teachers or principal about how to sign up.

Cuesta College Night

Are you considering pursuing a bachelor's degree? Attend the **Community Foundation's** annual College Night 10/30 and visit with college representatives between 5:00 – 8:45 p.m. Workshops will be held every hour on various college preparation topics.
www.collegenightslo.com

\$ Cash for College Night \$

To assist in completion of the **FAFSA** and **Dream Act** applications, Cuesta College is holding a walk-in, filing night in their High Tech Center on **Thursday Nov 2nd** between 4:00 and 7:00 p.m. Bring a completed worksheet and the items listed on the flyer.

This is a PROMISE requirement!

Charter Spectrum

Spectrum is offering reduced Internet Service Provider (ISP) Plans for eligible households via the Spectrum Internet Assist Program. Households that qualify can receive high speed internet access for \$14.00 per month. For WiFi, the cost is an additional \$5.00 per month. For more information visit the <https://www.spectrum.com/browse/content/spectrum-internet-assist.html> or call Spectrum at [1-844-525-1574](tel:1-844-525-1574).

AT&T Access

AT&T offers low cost home internet at speeds between 768 kilobits - 10 megabits starting at \$5.00 month with Wi-Fi gateway included. For more information go to: <https://www.att.com/shop/internet/access> or call [855-220-5211](tel:855-220-5211) for Espanol [855-220-5225](tel:855-220-5225)

Please refer to qualifications on the PBHS website, under Parent Resources:
<http://pbhs.slcsd.org/>

ASVAB

The **Armed Services Vocational Aptitude Battery will be held Wed, Dec 6th at 8:15 a.m. in the PBHS computer lab.** Please sign up in the Career Center by November 28th.

Cuesta Promise
& Early Graduates

The PROMISE scholarship program will cover tuition the first two semesters of the 2018-2019 school year for SLO County high school graduates.

****Please note: Students graduating in December who plan to start Cuesta spring 2018, will receive their Promise starting the next fall 2018 semester. File the 2017-2018 FAFSA or CADAA by 11/2 to see if you qualify for the spring 2018 BOG waiver!**

-Tuesday 11/14/17 Complete online applications (bring SSN)

Dates to Remember

10/30 College Night @ Cuesta

11/2 Cash for College Night:
@ Cuesta, Thursday, 4-7 pm
FAFSA / Dream Act Filing

11/3 *No school for students*
Professional Development Day

11/5 End Daylight Savings Time

11/10 Veteran's Day
Holiday-No School

11/14 **Minimum Day**
All students @ A.M. session
Cuesta Application Day

11/15 **AM-PM Day**
Mid-Marking Period
Credit Check

11/20-24 **Thanksgiving Holiday**

12/6 ASVAB @ PBHS

12/21 **Minimum Day**
All students @ A.M. session
Holiday Lunch

12/22/17 through 1/8/18
Winter Break