

# DA VINCI SCIENCE 2020-2021 COUNSELING CORNER

WEEK 18: JANUARY 11-15

## DAILY QUARANTINE QUESTIONS

- WHAT AM I GRATEFUL FOR TODAY?
- WHO AM I CHECKING IN ON OR CONNECTING WITH TODAY?
- WHAT EXPECTATIONS OF "NORMAL" AM I LETTING GO OF TODAY?
- HOW AM I GETTING OUTSIDE TODAY?
- HOW AM I MOVING MY BODY TODAY?
- WHAT BEAUTY AM I EITHER CREATING, CULTIVATING, OR INVENTING TODAY?



## AWARENESS CALENDAR

### JANUARY

- 4-10-WOMEN'S SELF-EMPOWERMENT WEEK
- 19-MARTIN LUTHER KING JR. DAY

### FEBRUARY

- BLACK HISTORY MONTH
- 16-PRESIDENTS DAY

### MARCH

- WOMEN'S HISTORY MONTH
- YOUTH VIOLENCE PREVENTION MONTH
- GREEK AMERICAN HERITAGE MONTH
- IRISH AMERICAN HERITAGE MONTH
- 8-INTERNATIONAL WOMEN'S DAY

"INCLUSION ELEVATES ALL." -ELAINE HALL

## COUNSELING SERVICES AVAILABLE

DA VINCI SCHOOLS PARTNERS WITH PEPPERDINE UNIVERSITY TO ASSIST THE COUNSELING TEAM WITH PROVIDING INDIVIDUAL COUNSELING SERVICES.\* TOPICS THAT CAN BE COVERED IN THERAPY INCLUDE BUT ARE NOT LIMITED TO:

- ANXIETY
- DEPRESSION
- BODY-IMAGE
- SCHOOL-RELATED STRESS
- CONFLICT WITH FAMILY OR FRIENDS
- COVID STRESS

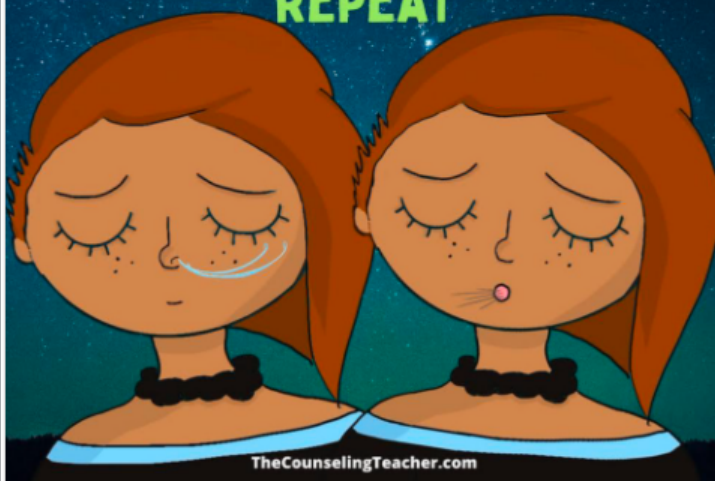
PEPPERDINE



PLEASE CONTACT YOUR COUNSELOR IF YOU ARE INTERESTED IN MEETING WITH A PEPPERDINE THERAPIST.

## WHO ELSE CAN USE A BREATHING BREAK?

**BREATHE IN FOR 4 SECONDS**  
**HOLD FOR 7 SECONDS**  
**BREATHE OUT 8 SECONDS**  
**REPEAT**



When things  
change inside you,  
things change  
around you.



## UPCOMING EVENTS

### UCLA RIORDAN SATURDAY BUSINESS INSTITUTE

- CALLING ALL DVS 9TH & 10TH GRADE STUDENTS & PARENTS
- JANUARY 12TH @ 3PM

### SPRING 2021 EL CAMINO COLLEGE VIRTUAL CLASSES

- CALLING ALL 11TH & 12TH GRADE STUDENTS
- GET A START ON YOUR COLLEGE CREDITS.

### SPACE X LUNCH & LEARN

- CALLING ALL STUDENTS
- JANUARY 15TH FROM 11:30 TO 12:30 PM
- MUST RSVP FOR THE EVENT

PLEASE REFER TO THE [DVS BLOG](#) FOR DETAILED INFORMATION FOR EACH OF THESE EVENTS.

**Counseling Office Hours on Monday & Thursday 2:45 to 3:15 pm**

**Ms. Valle (A-F):** [cvalle@davincischools.org](mailto:cvalle@davincischools.org)

**Ms. Ruiz (G-M)** password: Ruiz: [cruiz@davincischools.org](mailto:cruiz@davincischools.org)

**Ms. Rodriguez (N-Z):** [frodriguez@davincischools.org](mailto:frodriguez@davincischools.org)

(Click Counselor name for Zoom link)