30 Day Self-Care Challenge

- Day 1: Meditate for at least 5 min
- Day 2: Go for a walk/jog
- Day 3: Drink a nutritious smoothie
- Day 4: Have a candle lit bubble bath
- Day 5: Read a book
- Day 6: Make list of 5 things you love about yourself
- Day 7: Catch up on your favorite show
- Day 8: Make list of 10 things you’re grateful for
- Day 9: Cook your favorite meal
- Day 10: Visit the spa or have an at-home spa day
- Day 11: Learn how to do something new
- Day 12: Dance to your favorite song
- Day 13: Sit and observe nature
- Day 14: Watch funny videos
- Day 15: Write down 1 thing that made you laugh today
- Day 16: Draw a picture
- Day 17: Eat a healthy breakfast
- Day 18: Color a picture
- Day 19: Give yourself a foot massage
- Day 20: Do some yoga
- Day 21: Take a nap
- Day 22: Stretch first thing in the morning
- Day 23: Listen to your favorite songs
- Day 24: Eat your favorite dessert or snack
- Day 25: Write in a journal
- Day 26: No social media for today.
- Day 27: Listen to positive affirmations
- Day 28: Spend some time organizing
- Day 29: Make a vision board
- Day 30: Schedule “Me time” activities for next month
It’s the time of the year when family and friends come together and celebrate all they are thankful for. It’s suppose to be a time filled with joy—food, music, laughter, chatter, gift giving, and love.

Like some adults, there are teenagers and youth that struggle with sadness or loneliness during the holiday season. Maybe their parents have recently divorced, maybe they have lost a parent, grandparent or close friend, or they are the victim of a bully or cyberbully.

Here are Tips to Get over the Holiday Blues

1. Keep your expectations modest. Don’t get hung up on what the holidays are supposed to be like and how you’re supposed to feel.

2. Do something different.

3. Lean on your support system (be around good people)

4. Don’t assume the worst

5. Forget the unimportant stuff. Don’t run yourself ragged just to live up to holiday traditions.

6. Volunteer. Consider taking time to help people who have less than you.

7. Make new family traditions

8. Find positive ways to remember loved ones. Holidays may remind you of the loved ones who aren’t around anymore. But instead of feeling glum, do something active to celebrate their memory.

Wellness Team

Natalie Bloodworth — DBH Social Worker
Sheila Graves - Social Worker
Quiana Riley—Social Worker
Fayola Welsh, Tanisha Mason & Valerie Wilson—School Counselors

Please don’t hesitate to reach out for support. We are here to help!
APPROVED COMMUNITY SERVICE SITES

- A Wider Circle
- Anacostia Watershed Society
- Bread for the City
- Capital Area Food Bank
- Casey Tree
- Children’s Medical Center
- Common Good City Farm
- DC Habitat for Humanity
- Humane Society
- Martha’s Table
- People Animal Love
- Reading Partners
- So Others Might Eat
- Scouts of America
- For the Love of Children
- Providence Hospital
- Smithsonian National Museum of Natural History
- Any Local, State, or Federal Governments Agency which include DC Public Libraries or Department of Parks & Recreation

What are YOU Thankful For?

THE SEASON OF GIVING

The holidays are a great time to show gratitude for what we have and show compassion for those less fortunate.

As a student, this is a great time to earn community service hours, as many community based organizations prepare for the influx of families in need of a hearty meal and warm shelter. As the temperature drops, many organizations will be hosting coat drives or canned food drives to provide these families with the supplies they need to make it through the winter weather.

College representatives look for applicants who are leaders in their school and community, so share your ideas with your class sponsor, sports team, or club to host a drive to aid these organizations help families during the holiday season.

COMMUNITY SERVICE REQUIREMENTS

DC Municipal Regulations require at least 100 hours of volunteer community service in order for students to graduate.

Community service hours must be performed through a 501(c)(3) organization or federal, state, or local government agency and be properly documented to count towards the graduation requirement. 501(c)(3) organizations are tax-exempt charitable organizations that apply for and meet requirements set by the Internal Revenue Service.

COMMUNITY SERVICE OPPORTUNITIES

The Smithsonian Anacostia Community Museum is offering community service opportunities on an ongoing basis for DCPS students. Students should contact the Program Manager (Education Projects), Linda Maxwell to sign up MaxwellL@si.edu, 202-633-4849.
OSSE Scholars provides high-achieving, academically-motivated students who exhibit financial need with the opportunity to attend selective summer college programs. As an OSSE Scholar, students attend top-tier universities across the country for rigorous summer courses. The program offers early exposure to college-level academics, navigating a college environment, and, at certain universities, earning college credit.

https://osse.dc.gov/service/osse-scholars-summer-enrichment-program

Coolidge Scholarship is a full-ride, four-year, merit scholarship that may be used by recipients for undergraduate study at any accredited college or university in the United States. Any high school junior who plans on enrolling in college in the fall of 2021 and is an American citizen or legal permanent resident is eligible to apply. Coolidge Scholars are selected based primarily on academic excellence. Secondary criteria include: an interest in public policy, an appreciation for and understanding of the values President Coolidge championed, as well as humility and service.

We hope you will share this opportunity with outstanding high school juniors at your school. The scholarship application, along with additional information, can be accessed on our scholarship site: www.coolidgescholars.org. Please note the deadline is 5:00 PM EST, Thursday, January 16, 2020. If you have any questions regarding the scholarship, the Coolidge Scholars Program can be reached by email at coolidgescholars@coolidgefoundation.org or by phone at (202) 827-4291.

https://coolidgescholars.org/

Upward Bound (UB) is a college prep program that seeks to recruit and serve low-income/potentially first-generation high school students. Our objectives are centered around making sure that all participants are able to successfully complete their high school education and continue on to pursue a post-secondary degree. Located uniquely within GW’s School of Medicine & Health Sciences, we credit our success to having the ability to expose students to a variety of academic fields, including those in the health sciences. Our close partnerships with neighboring school communities like yours, allow for us to select students with the most need and highest potential to thrive.

Weekly Tutoring- Mondays and Wednesdays 4:00pm-6:30pm ~ Academic Advising ~ SAT/ACT Prep Seminars ~ Saturday Core Instruction ~ Scholarship & FAFSA assistance ~ Upward Bound College Tours, Regional Trips and Cultural Event ~ Social Emotional and Life skills workshops
SCHOLARSHIP OPPORTUNITIES

The Cooke College Scholarship Program is an undergraduate scholarship program available to high-achieving high school seniors with financial need who seek to attend and graduate from the nation's best four-year colleges and universities.

https://www.jkcf.org/our-scholarships/college-scholarship-program/

The Ron Brown Scholarship honors the legacy of Ronald H. Brown through a selective scholarship program that advances higher education for community-minded and intellectually gifted African Americans. RBSP competitively awards Ron Brown Scholars four-year $40,000 scholarships ($10,000 each year) to the most talented and economically-challenged high school seniors who demonstrate a keen interest in public service, community engagement, business entrepreneurship and global citizenship – the four pillars of the late Ronald H. Brown’s mission to uplift people of all races, cultures and ethnicities – especially our disadvantaged youth.

https://www.ronbrown.org/section/apply/program-description

The Carson Scholars Fund awards college scholarships to students in grades 4 through 11 who excel academically and are dedicated to serving their communities. Students must attend an accredited K-12 school in the United States. An interested student must be nominated by his/her school to be able to compete for a Carson Scholarship. It is up to a school how to determine its nominee. The minimum requirements are a 3.75 GPA and involvement in community service. For more information or to apply, please visit the scholarship provider’s website.

https://carsonscholars.org/scholarships/prospective-scholars/

AFCEA Washington, DC Chapter Scholarship, you must be a resident within the Metropolitan Washington Council of Governments. Acceptable majors include computer science, engineering, mathematics, physics, chemistry, cybersecurity, and management information systems; and command, control, communications, computers and Intelligence (C4I)-related fields of study including electrical, computer, chemical, aerospace or systems engineering or electronics. For more information or to apply, please visit the scholarship provider’s website.

https://dc.afceachapters.org/?q=content/chapter-scholarships

DCTAG provides up to $10,000 toward the difference between in-state and out-of-state tuition at public colleges and universities throughout the U.S., Guam and Puerto Rico. DCTAG also provides up to $2,500 per academic year toward tuition at private colleges and universities in the District and private Historically Black Colleges and Universities (HBCUs) nationwide.

https://osse.dc.gov/service/dc-tuition-assistance-grant-dctag

The Second Annual Equal Protection Clause Essay Contest sponsored by the United States District Court for the District of Columbia in collaboration with DCPS, the District of Columbia Office of the Attorney General, and American University. Equal Protection Clause (EPC): How Does the Equal Protection Clause protect students in schools? This contest is open to 12th grade students and will be run from November 15-December 1st, 2019. All entries must be submitted by December 1st.
**College Visits for November and December**

November 1— Louisiana State (1st Lunch)
November 4 – 5—North Carolina College Tour
November 7— Mississippi State University (1st Lunch)
November 8— Lincoln University (1st Lunch)
November 13— Salisbury State (1st Lunch)
November 20— Notre Dame of Maryland University (1st Lunch)
November 21— University of Hartford (1st Lunch)
November 26— Senior Blitz Day
December 2— Shippensburg University of Pennsylvania (2nd Lunch)

**College Costs**

**Tuition and Fees**
$6,000 — $35,000+ per year

**Room & Board**
$3,000 - $8,000+ per year

**Books & Supplies**
$800 — $1,000+ per year

**Transportation**
Varies depending on school location and transportation services available

**Personal Expenses**
Varies
$1,000—3,000+ per year
- Bed Linens
- Laptop & Printer
- Clothes & Shoes

**How are we paying for college?**

- **Grants**
  - Need based money without repayment

- **Scholarships**
  - Merit or performance based money without repayment

- **Work Study**
  - Need based campus job, earnings get paid directly to student as wages

- **Federal Loans**
  - Fixed low interest rate money that has to be repaid
9TH GRADE CHECKLIST

- Take challenging classes that are offered at your grade level
- Get to know you counselor and other college resources available in your school.
- Start thinking about your life after high school, including the types of jobs that might interest you. Of course, these will change—often—but it's good to start thinking about the possibilities.
- Participate in extracurricular activities.

KEEP CALM AND Enjoy Your Freshman Year

- Continue to take challenging courses.
- Become involved in school or community-based extracurricular (before or after school) activities that interest you and enable you to explore career interests.
- Use KHAN Academy once you receive your PSAT scores.
- Take advantage of opportunities to visit colleges and talk to students.

sophoMORE
Learn MORE. Achieve MORE.
• Decide which college most interest you. Be sure to ask about special admissions requirements, financial aid and deadlines.

• Talk to college representatives at college fairs and during college visits.

• Consider people to ask for recommendations—teachers, counselors, employers, etc.

• Investigate the availability of financial aid federal, state, local, and private sources.

• If you are interested, learn more about AmeriCorps. For a term of service with AmeriCorps, member can earn an education award up to $5,775 that can be used for student loan repayment and school tuition. Call 1-800-942-2677.

• Investigate the availability of scholarships provided by organizations, labor unions, professional associations, religious organizations, and credit unions.

• If applicable, go to the library and look for directories of scholarships for women, minorities, and disabled students.

• Register for and take the SAT, the ACT, SAT Subject Tests, or any other exams required for admission to colleges you might want to attend.
McKinley Technology Diploma of Distinction:

Students must fulfill the current graduation requirements which includes fulfilling the Career and Technical Education strand in their chosen STEM major: Biotechnology, Digital Media, Engineering, Computer Science or Networking.

In addition, they must have 5 math credits and at least 2 Advanced Placement (AP) course credits. All student are encouraged to participate in an internship.

### McKinley Graduation Requirements and College Requirements

<table>
<thead>
<tr>
<th>Subject</th>
<th>McKinley Graduation Requirements</th>
<th>Minimum College Preparation</th>
<th>State universities and Other selective college requirements</th>
<th>Highly Selective College Recommendation*</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>4 Credits</td>
<td>4 years with emphasis on essay theme writing</td>
<td>4 years, with emphasis on written/oral communication and literature</td>
<td>4 years at the honor/AP level when possible</td>
</tr>
<tr>
<td>Math</td>
<td>5 Credits</td>
<td>3 years including algebra, geometry, and advanced algebra</td>
<td>3-4 years, including algebra, geometry, and advanced algebra, trigonometry, and or/ calculus</td>
<td>3-4 years, including algebra, geometry, and advanced algebra, trigonometry, and or/ calculus</td>
</tr>
<tr>
<td>Social Studies</td>
<td>4 Credits</td>
<td>2-3 years, including 1 year of U.S. History and 1-2 years from other social sciences</td>
<td>3 years, including 1 year of U.S. History, U.S. Government, world history or geography</td>
<td>3 years, including 1 year of U.S. History, U.S. Government, world history or geography</td>
</tr>
<tr>
<td>Science</td>
<td>4 Credits</td>
<td>2-3 years of lab science: biology, chemistry, or physics</td>
<td>2-3 years of lab science: biology, chemistry, or physics</td>
<td>3-4 years of lab science: with 1 year ea. of biology, chemistry, or physics</td>
</tr>
<tr>
<td>World Language</td>
<td>3 Credits</td>
<td>2 years of the same language</td>
<td>2 years of the same language</td>
<td>3-4 years of the same language</td>
</tr>
<tr>
<td>STEM/CTE</td>
<td>4-5 Credits</td>
<td>1 Year</td>
<td>3 Years</td>
<td>3-4 Years of a concentrated rigorous academic elective</td>
</tr>
<tr>
<td>Health/PE</td>
<td>1.5 Credits</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Music/Art</td>
<td>1 Credits</td>
<td>N/A</td>
<td>1 year of visual or performing arts</td>
<td>1 year of visual or performing arts</td>
</tr>
<tr>
<td>Electives</td>
<td>1.5 Credits</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Students seeking admission to highly selective institutions should take as many course at the honors and/or AP level as your schedule permits, complete 4 years of the same world languages, pursue calculus and take advanced placement course work in science.