

CYPRESS BAY HIGH SCHOOL

COUNSELING CORNER

The Monthly Newsletter From Your Lightning Counselors



ELEVATING AND EXCELLING: THE PEAK

March Season of Luck

March bursts onto the scene, a vibrant herald of spring's arrival. This month is a whirlwind of change, a visible shift as nature awakens from its slumber. It's a time for action, for embracing the burgeoning energy that surrounds us. The lengthening days and warming sun fuel a sense of renewal, urging us to shed old habits and embrace fresh starts. This is a month for planting seeds, both literally and metaphorically. It's about taking those first steps towards our goals, fueled by the inherent optimism of the season. March is a call to be present, to witness the unfolding beauty of nature and to mirror that growth in our own lives. Let's harness the momentum of this dynamic month, stepping forward with purpose and embracing the promise of new beginnings.

What is grade calculation?

In high school, your semester grade is calculated using your quarter grades and your midterm or final exam. To achieve a good semester grade, it's important to perform well in both your quarter grades and your exams. For instance, if you earn an A in the 1st quarter, a B in the 2nd quarter, and an A on the midterm exam, your semester grade will be an A. This semester grade contributes to your overall GPA.

[Semester Grade Calculations / Semester Grade Calculations \(browardschools.com\)](https://www.browardschools.com/semester-grade-calculations)

Middle School Visits: Reflection

Our course selection process for incoming students was a success! Counselors guided students through their choices, with course cards distributed on February 3 and presentations at Cypress Bay from February 5-7. Visits to Tequesta Trace (Feb 11) and Falcon Cove (Feb 12-13) allowed for personalized support, while Middle School Night on February 11 was a great opportunity to connect with families. Course cards were due by February 21, with final pickup on February 27. We're excited to welcome our future Lightning students!

LIFE SKILLS & WELLNESS

PRACTICE SELF-COMPASSION.

Extend to yourself the same grace you'd offer a cherished loved one. Allow yourself moments of vulnerability without harsh self-recrimination. Recognize that missteps are part of the human journey, not markers of inherent failure. This cultivates inner peace and diminishes the power of self-doubt.

COLLEGE AND CAREER CENTER

The College and Career Center is the place to go to start preparing for life after high school. With plenty of workshops and opportunities to learn, the College and Career Center is always available to you. Our College and Career Center is located in room 458. You can schedule an appointment by emailing our College and Career Director, Dr. Kristina Taylor Kristina.Taylor@browardschools.com or our BRACE Advisor, Ms. Tamara Labossiere Tamara.Labossiere@browardschools.com.

COUNSELING ACTIVITY:

"Seed of Intention" for March Renewal:

Materials: Small pot, soil, a seed (flower, herb, or vegetable), paper strips, pen.

Instructions:

1. Fill the pot with soil.
2. On each paper strip, write down an intention or goal you wish to cultivate this March (e.g., "Embrace more outdoor time," "Start a new creative project," "Practice daily gratitude").
3. Fold the paper strips and place them at the bottom of the pot.
4. Plant the seed in the soil, symbolizing the growth of your intentions.
5. Water the seed and place the pot in a sunny spot.
6. As you nurture the plant, reflect on your intentions and take small, consistent actions to bring them to life.

SCHOOL STAFF DIRECTORY /
FACULTY AND STAFF DIRECTORY
(BROWARDSCHOOLS.COM)

THORPE'S THOUGHTS

"Luck is what happens
when preparation meets
opportunity."

– Seneca

ELEVATE & EXCEL



2024-2025 Counselor Breakdown

THORPE 323-0372	Director/ U-Z
MAISEL 323-0377	AICE Diploma/ FBI Cyber Stem
LONGHI 323-0432	A-CL
TAMAYO 323-0366	CM-GOR
WILSON 323-0373	GOS-MAN
MARTINEZ 323-0418	MAO-PRA
SMART 323-0376	PRB-T

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