

The Snap

November 2020 Viking Counselor Newsletter

Month at a Glance

The counselors are working hard on schedules for semester 2. We are dedicated in supporting our students through virtual and face-to-face instruction. We hope everyone enjoys the Thanksgiving break and finds time to relax and recharge. The semester will be over before we know it!

Important Dates

December 1 - AP Exam Payment Deadline

December 3 - Academic Excellence

December 14 - Final Exams Begin

December 21 - January 5 - Winter Break

AP Exam Information

AP Exam Payment Deadline - December 1, 2020

For more information and to make payment, click on the link below.

<https://www.fortbendisid.com/Page/103201>



Academic Excellence



Drive-By Awards Celebration
Thursday, December 3, 2020
4:30-6:00 pm
Dulles High School
C - Wing Entrance Circle Drive

- ★ Stay in your vehicle
- ★ Display letter sized sign (8.5 x 11) on passenger side including: Last name, first name, & grade level
- ★ **BIG BOLD LETTERS PLEASE**
- ★ Enter and make a line in front of Rodgers Auditorium.
- ★ Drive up to the pick-up point, collect your award, and turn right to exit.

DO NOT OBSTRUCT TRAFFIC ON DULLES AVE

Office Aide of the Month



Ivan Barahona

Ivan is our awesome office-aide of the month for November. What did we do before students returned face-to-face? He has been extremely helpful! Ivan is a Junior at Dulles HS and plays percussion for our Dulles Viking Band. In his spare time, Ivan likes to skate and read books. Ivan's family owns a burger restaurant and he is a burger guru. Ivan wants to get a business degree and either start his own business or help with the family business. He is seriously great!!

Mindfulness Corner

When life feels hectic and busy, that's the perfect time to Take Five! This simple mindfulness practice involves one hand and your five fingers. Using deep breaths, use the index finger of one hand to trace the outline of the other hand. Starting at the base of the thumb, breathe in as you trace your finger up, and breathe out as you trace down the other side. Repeating this for each finger leads to five slow, deep breaths.


"The real gift of gratitude is that the more grateful you are, the more present you become." – Robert Holden


Take Five



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 @dulles_counsel

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