



Lenape Tech Guidance News!

February 2023



Upcoming Events at Lenape Tech

- Cap and Gown Orders Due: February 8th
- Field Trip to Pittsburgh NACAC College Fair (11th graders): February 9th
- Snow Make-Up Day: February 20th (School is in session!!)
- Last Day of T2: February 24th
- No School for Students: February 27th

Important Reminders

- 10th and 11th graders: It's almost time to start scheduling courses for next school year! Start to think about the classes you'd like to take. It's not a bad idea to talk to your parents and teachers about course suggestions for next school year. Course descriptions can be found on the Lenape Tech website.
- 10th graders: Student Intent Forms for the 2023-2024 school year have been distributed. This form asks for your intentions for next school year (if you plan on returning to Lenape part-time or full-time or returning to your sending school and if you plan on staying in the same technical program or changing into a different one). Be sure to review this form with your parents/guardians and have it signed and returned to the guidance office.
- Don't forget to set up job shadowing!

Scholarships

- Please check out [Lenape Tech's scholarship page](#) for information on local scholarships we've been made aware of to date! (Visit Lenape Tech's website → Guidance → Scholarship and Financial Aid)

Upcoming SAT and ACT Exam Dates

SAT Exam Date	SAT Regular Registration Deadline	SAT Late Registration Deadline (additional fees apply)
March 11, 2023	February 10, 2023	February 28, 2023
May 6, 2023	April 7, 2023	April 25, 2023
June 3, 2023	May 4, 2023	May 23, 2023
Register at www.sat.org/register		
ACT Exam Date	ACT Regular Registration Deadline	ACT Late Registration Deadline (additional fees apply)
April 15, 2023	March 10, 2023	March 24, 2023
June 10, 2023	May 5, 2023	May 19, 2023
Register at www.actstudent.org		

How to Beat the Winter Blues!

The “winter blues” often occur during the months of fall and winter when it is colder outside and when we naturally receive less sunlight. This change in temperature and sunlight can create a mood shift in some people so it’s important to learn how to fight the winter blues!

What are some symptoms of the Winter Blues?

- Sadness
- Anxiety
- Irritability
- Some trouble sleeping
- Lack of motivation
- Loss of interest in usual activities
- Inability to concentrate
- Extreme fatigue and lack of energy

Tips to help beat the Winter Blues

- Physical activity has been shown to boost mood, decrease the symptoms of depression, and reduce stress. Try to exercise for 30 minutes a day, 3 times a week, with moderate to vigorous movement.
- Eat a well-balanced diet! Try to eat protein with breakfast, lunch, and dinner. Additionally, try to eat foods high in vitamin D such as fish, milk, orange juice, breakfast cereal, and yogurt.
- Try to spend time outside every day, even when it’s very cloudy. The effects of daylight can enhance your mood, even if it’s only for a few minutes a day.
- Stay involved with your social circle and regular activities. Find a way to spend time with supportive people whether it’s going for a walk, hanging out (in person or virtually), etc.
- Maintain a regular schedule to improve sleep which is a huge component of your mood. To improve your sleep, try to:
 - Go to bed and wake up at the same time every day.
 - Follow a simple bedtime routine that signals rest such as taking a bath, turning down the lights, etc.
 - Expose yourself to light as soon as you wake up.
 - Sleep in a cool, dark room
 - Don’t use electronics in your bedroom.
- Write down your thoughts, which can have a positive effect on your mood and purge negative feelings.



Sources: [How to Fight Winter Blues: Tips from our Emotional Wellness Team | Harlem Children's Zone \(hcz.org\)](#)
[How to Beat the Winter Blues \(verywellmind.com\)](#)