

CGS STUDENT NEWSLETTER

From the desk of Mrs. Morganti, CGS Program Counselor



Hello, everyone!

Is it really September already? I am having a hard time believing that we are almost at the halfway point of our 1st nine weeks of school. It has been so nice seeing familiar faces as I visit sites this year and also meeting many of you for the first time.

To our 9th graders, your classes were a blast to spend time with! I hope you found my presentation on organizing, study skills, and stress management helpful. If you are finding you need more support in any of these areas, please reach out to me and we can meet to find ways to help you be more successful.

I hope you find this issue useful. This month I am focusing on mental health (it is National Suicide Prevention Month) and offering some great enrichment opportunities.

As always, if you need anything, please do not hesitate to reach out.

Take care and see you all soon!

Mrs. Morganti

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IMPORTANT DATES:

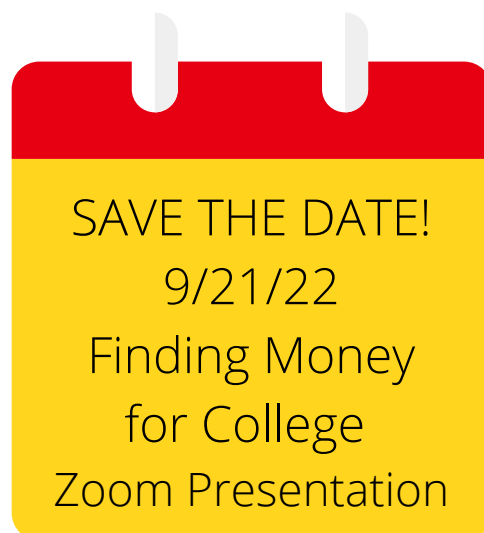
9/21/22 - Scholarship and FAFSA presentation

10/1/22 - FAFSA opens

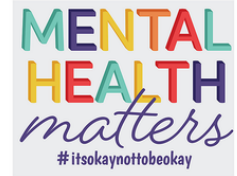
10/1/22 - SAT test date

10/19/22 - College Fair @ Spotsy Towne Center

10/22/22 - ACT test date



Wellness & Mental Health



Let's talk about it: Mental health.

Let's be honest, mental health can feel difficult to talk about. But as I tell each of my students, it is okay to talk about it. We talk to our parents when we are feeling physically sick and they take us to the doctor or provide us with medicine...so why are we so afraid to talk about it when we are emotionally unwell? It certainly isn't a bad thing to talk about! In fact, just like being physically sick, we can get help if we need more emotional support. I wholeheartedly believe that the more we talk about our feelings, normalize the effects of stress, and acknowledge that we are NOT alone in our feelings, that the easier it will get to find help and, ultimately, feel better.

Suggestions from your counselor:

Acknowledge how you are feeling. Talk it out with a trusted adult or friend. Practice self-care by doing things that bring you joy, being physically active, or practicing mindfulness. Make an appointment with me or your school counselor. We are always there to help!

Walk Another Day for Suicide Prevention

Saturday, September 24, 2022, Old Mill Park FXBG
9 am until 12 noon

Join the community effort to end stigma and prevent suicide!

anotherday CAMPAIGN FOR SUICIDE PREVENTION

Mental Health America of Fredericksburg
A nonprofit supporting mental wellness in the community since 1955.
All donations from this event fund MHAfred's free & local mental health programs.
Call (540) 371-2704 or visit mhafred.org

Mental Health America of Fredericksburg's Walk Another Day

<https://www.mhafred.org/> Consider forming a team to participate. All donations are used right here in our community to continue educating us on mental health and suicide prevention.

September is National Suicide Prevention Month.

If you or someone you know needs help or is in a mental health crisis, please reach out to an adult immediately or call the Suicide Prevention Lifeline.



VIRGINIA SPACE GRANT CONSORTIUM

Virginia Space Grant Consortium (VSGC) provides FREE Science, Technology, Engineering, and Math (STEM) opportunities for Virginia students in grades 10th, 11th, and 12th. The programs inspire students who possess technical and/or scientific interests and are motivated to learn about the many different opportunities that NASA offers.

The Virginia Space Coast Scholars (VSCS) is an interactive online STEM learning experience for 10th-grade students highlighted by a seven-day residential summer academy at NASA Wallops Flight Facility focusing on the current missions at Wallops. Learn more about VSCS at <http://vsgc.odu.edu/spacecoast/>. Course application is OPEN UNTIL October 16, 2022.

The Virginia Aerospace Science and Technology Scholars (VASTS) is an interactive online STEM learning experience for 11th and 12th-grade students, highlighted by a seven-day residential summer academy at NASA Langley Research Center focusing on human spaceflight. Students can earn up to five free dual enrollment college credits. Learn more about VASTS at <http://vsgc.odu.edu/VASTS/>. The application is OPEN UNTIL October 24, 2022.

The Virginia Earth System Science Scholars (VESSS) is an interactive online STEM learning experience for 11th and 12th-grade students, highlighted by a seven-day residential summer academy at NASA Langley Research Center focusing on the Earth's responses to climate changes, weather, and natural hazards. Students can earn up to five free dual enrollment college credits. Learn more about VESSS at <http://vsgc.odu.edu/VESSS>. The application is OPEN UNTIL October 24, 2022.



Virginia Space Grant Consortium

Promoting STEM Education, Workforce Development and Research

SCHOLARSHIPS AND OPPORTUNITIES

P.E.O. STAR SCHOLARSHIP - \$2,500 for female seniors. Please see your home high school counselor.

Boston University's Trustee Scholarship - A Trustee Scholarship covers full undergraduate tuition plus mandatory undergraduate student fees, and is renewable for four years if certain criteria are met.

Heisman High School Scholarship for Male or Female Scholar Athletes

NC State University Park Scholarship

UVA Society of Women Engineers High School Visitation

Germanna Community College - Campus Tours

University of Virginia - Open Houses and Tours

United States Military Academy West Point: schedule a visit

Prosper Students - Rappahannock United Way: Financial literacy class for teens.

Where to find scholarships:

- Your high school Counseling Office and website
- Naviance (Stafford, Spotsy, and King George)
- College Board
- Fastweb.com
- Scholarships.com

Finding Money for College



Presented by The Commonwealth Governor's School for our parents and students

Topics:

Finding and applying for merit-based scholarships

FAFSA basics

This presentation will be recorded and available for viewing later.

**September 21 @
6:00pm**

Zoom Information:

Join Zoom Meeting

[https://us02web.zoom.us/j/
87842298801?](https://us02web.zoom.us/j/87842298801?)

[pwd=UkNyYUF6RDVZUINu
V3ZYNTlqV3pXQT09](https://us02web.zoom.us/j/87842298801?pwd=UkNyYUF6RDVZUINuV3ZYNTlqV3pXQT09)

Meeting ID: 878 4229 8801

Passcode: 963348

One tap mobile

+19292056099,,87842298
801# US (New York)

+13017158592,,87842298
801# US (Washington DC)

