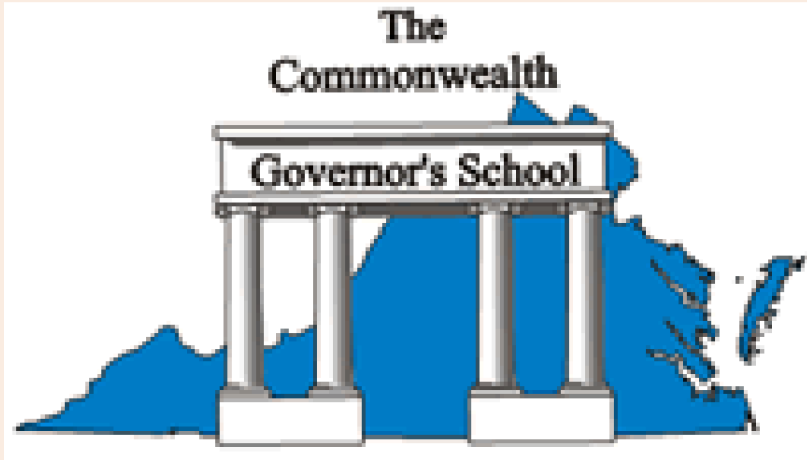


# CGS STUDENT NEWSLETTER

The Commonwealth Governor's School



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welcome  
**BACK TO SCHOOL**

From Mrs. Morganti

Welcome to the 23-24 school year! First, I want to welcome back our upperclassmen to CGS. We can't wait to see all the excellent work you will do and all the achievements you will accomplish! Second, I want to officially welcome our 9th graders and any new upperclassmen to CGS. We are so happy you are a part of this program and hope you love it as much as we all do!

This monthly/bi-monthly newsletter will be sent to your CGS email from me. In addition, the newsletter will be posted on the [CGS website](#). It is my hope that the newsletter contains information that is useful and provides you some support as your journey through the school year.

For those of you new to CGS, the best way to get a hold of me is by email: [mmorganti@cgsva.org](mailto:mmorganti@cgsva.org)

See you all soon!

*Mrs. Morganti*



# STUDENT SPOTLIGHT



An interview with...  
**Liliana Dalmasi**  
10th grade, Spotsylvania Site



## **1. What sparked your passion for teen mental health?**

My passion for mental advocacy was ignited when I saw many of my loved one's struggling with mental health issues daily. Seeing how these issues prevented the people I cared about from living their life to the fullest, I decided I wanted to do something. For this reason, I joined a summit called IDONTMIND with Mental Health America that eventually led to me being a part of their new wave of young mental health advocates. Ever since that summit, I have been dedicated to further pursue my advocacy in a plethora of ways.

## **2. Tell us a little about your work with Mental Health America.**

I am a youth advocate for Mental Health America National that focuses on advocating for excused mental health absences for students. This has enabled me to take part in national mental health conferences, CDC boards, interacting with my community, and joining an amazing and supportive community of like-minded people working towards better mental health for the younger demographic.

## **3. You recently presented at the 2023 MHA Conference, which is a huge deal and honor! Share your takeaways from that unique experience of being on a teen panel to discuss youth priorities in mental health.**

Taking part in and presenting at this conference was an amazing and enlightening experience. It was absolutely incredible to see so many people that were just as passionate as me when it came to youth mental health and mental health in general. Additionally, it was amazing to see the immense amounts of support that people who came from all different walks of life gave me and my fellow presenters. The encouragement and sense of community I felt that day was like nothing I had ever felt before, and that experience will forever be one of my fondest.

## **4. What do you want your fellow CGS students to know about mental health?**

Mental health is a vital part of your overall health, which is why you must take care of it as you would your body. Mental health greatly impacts many aspects of your life, such as your social interactions, relationship making skills, and productivity. So if you take care of your mental health, you will do better and succeed more in many things. Just remember that you must always put your health needs first because you have only one life so live it to the fullest.

## **5. Besides being a mental health champion, what is something you love to do in your spare time?**

In my spare time, I enjoy going out with friends, volunteering at my local library, cooking, hanging out with my family, reading, and training for my upcoming basketball season.

## **6. For fun: What is the last show you binged and LOVED?**

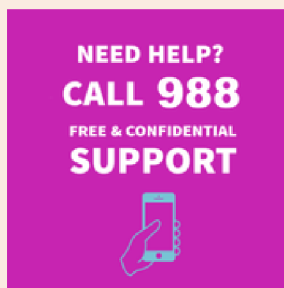
I do not typically watch tv shows in my spare time but one of my favorite movies that I have recently watched and loved was A Man Called Otto.

# STUDENT WELLNESS RESOURCES

[changetochill.org](http://changetochill.org) - Online resources for teens. I like their online stress quiz because once you complete it, the website will provide you with useful stress management tips and resources tailored to your specific needs.

[Mental Health America of Fredericksburg](#) - Local agency that provides mental health resources for Caroline, Fredericksburg city, King George, Stafford and Spotsylvania.

[The JED Foundation Mental Health Resource Center](#) - Provides resources for teens and young adults on topics of peer support, overcoming challenges and other mental health topics.



*"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier."  
- Tom Stoppard*

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## LET'S GET ORGANIZED!

Getting organized and taking control of your time is one of the best ways to ensure you are successful in CGS. If you do not have a system in place, now is the time to figure out what works best to keep all your ducks in a row.

Here are my top suggestions:

1. Use a paper agenda or paper calendar. There are a ton out there so find one that is easy for you to use.
2. Go digital! I love keeping myself organized using my Google calendar. Try using your digital calendar to enter due dates and reminders.
3. Decide WHEN you are going to complete your homework and study. Choose a designated time every day and stick to it.

# CLASS OF 2024

WELCOME TO SENIOR YEAR!

Each month I will have scholarship information in this newsletter, along with other information to help you through your senior year!



## SCHOLARSHIPS

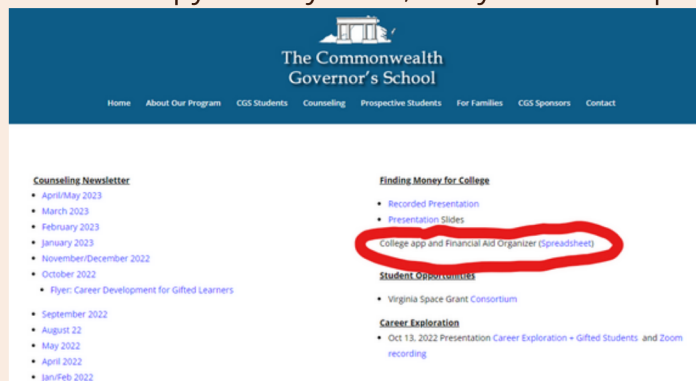
Coca-Cola Scholars Program - Deadline October 2, 2023

QuestBridge - National College Match and scholarships for high-achieving students with financial need. Deadline September 26, 2023.

Heisman High School Scholarship - Scholar Athletes. Opens on August 14, 2023 and closes on October 17, 2023.

## COLLEGE APPLICATIONS

Seniors, you will work directly with your home high school counselor when it comes to sending materials for your college applications. As always, I am also here to help if needed. Through collaboration, I have created a college application and financial aid spreadsheet to help you and your families stay organized through this process. The spreadsheet can be found on our CGS website in the Counseling section. Click on the spreadsheet link and it should force you to make a copy. Once you do, it is yours to keep! I hope this is a helpful resource!



## MAKE AN APPOINTMENT WITH ME

Feeling a bit overwhelmed? Make an appointment with me. Email me at [mmorganti@cgsva.org](mailto:mmorganti@cgsva.org) so we can set up a time to consult about your senior year.

Join the FXBG Regional Chamber of Commerce

# Student Voice Subcommittee!

~Impactful leadership experience for your college app or resume

~Networking opportunities with other students and leaders in the region

**Apply by Sept. 5!**

Use the QR code or link for the application & more information.

Email [intern@fxbgchamber.org](mailto:intern@fxbgchamber.org) with any questions.



[tinyurl.com/23a896k8](https://tinyurl.com/23a896k8)