

The High School Counseling Department would like to announce the start of a monthly fun and informative series during Activity Period titled:

"AP Chill Zone"



The High School counselors will provide students with useful tools and tips in a variety of areas, such as relaxation, study skills, organization, stress relief, social skills, and much more! Each month, students who attend will be entered into a raffle for a chance to win a prize.

December's *Chill Zone* will be **Monday December 10th** during AP and will focus on relaxation as we create fun crafts and enjoy snacks together. These crafts could be the perfect opportunity to create a gift for the holiday season or to simply de-stress during this busy time of year.



If interested please sign up in the Counseling Center by the end of the day **Friday December 7th**