



Volume 1: Edition 3

October 2025

COUNSELOR'S CORNER

GROWING THROUGH THE GRIND

We know - October is long. While it is important to stay on top of responsibilities, meet deadlines, and manage busy schedules... REST is just as important. This month we are leaning into the power of the "grind". There is daily work that might not bring instant gratification, but pays off in lasting strength. Be sure to take advantage of our Hawk Hour sessions covering topics such as dual enrollment, college visits, brain breaks, organizational skills, and more. Stay up to date by following us on Instagram @hillgroveschoolcounseling and checking your child's CTLS!

A - Dau	Ms. Berry
Dav - Hol	Ms. Calloway
Hom - Mil	Dr. Boyle
Mim - Sc	Ms. Davis
Sd - Z	Mr. Washington

H. A. **W.** K. S.

Where Connections Build Confidence

The people your child surrounds themselves with play a powerful role in their growth, confidence, and overall well-being. Positive connections—with friends, mentors, teachers, and family—create a support system that helps kids weather challenges and celebrate successes. Just as resilience and coping skills are built through practice, so too are healthy relationships built through time, trust, and effort. Of course, building community comes with a price: sacrifice. That might look like setting aside time to show up for a friend, compromising during a group project, or choosing kindness over being "right." These sacrifices may feel small in the moment, but they lay the foundation for lasting, supportive connections. As parents and caregivers, you can model this by prioritizing your own positive relationships and encouraging your Hawk to invest in theirs. Ask them who their "go-to people" are when they need encouragement, and remind them that leaning on others is not weakness—it's strength. Together, we can help our students see that who they're with truly matters.

9th Grade

At this time, all freshmen are expected to have their Naviance tasks completed.

A reminder that all freshmen will take the PreACT on Friday, October 24th.

10th Grade

At this time, all sophomores are expected to have their Naviance tasks completed.

A reminder that all sophomores will take the PSAT on Friday, October 24th.

11th Grade

Be sure to check your emails and CTLS regarding information about Junior Lessons from October 14th - 17th. There will be a Junior Advisement Parent Meeting on **Tuesday, October 14th** as well! We will discuss all things regarding post-secondary planning!

Important Reminders

Monday, October 13th - Digital Learning Day
Tuesday, October 14th - Junior Advisement Parent Meeting
October 14th-17th - Junior Lessons
Friday, October 24th - PreACT and PSAT
Tuesday, October 28th - Hawks Harvest Festival

12th Grade

FAFSA has opened! You can complete it by clicking the link [here](#).
GA Match letters will be coming soon! Check your emails soon for information about graduation forms and tickets! Have your seniors check CTLS for more information regarding all things Seniors!