



El Toro High School

Guidance Newsletter

December 2020

Counseling News

The Guidance Department wishes everyone a safe and enjoyable Holiday Season!



Mrs. Sualua has put together a podcast just for our Charger family. **Check out her podcast, Well-ness Wins-Day with Mrs. Sualua on Anchor.** Download the Anchor app or listen on Spotify for free!

One of our valued team members, Ms. Rozie Sundstedt, has accepted a new position within SVUSD. Ms. Sundstedt was a Counselor at El Toro for 6 years. We wish her all the best in her new position and will truly miss her! **Please join us in welcoming our newest team member, Ms. Carlyn Morones.** She will be the counselor for students with the last names I – Mora.



We understand this is a challenging time for our students and families. Remember it is okay to not be okay and to reach out for help.

National Suicide Prevention Lifeline: 800-273-8255
For a Crisis Counselor: Text HOME to 714-741
For LGBTQ support: Text START for 678-678

The FAFSA deadline is March 2, 2021!

Some private schools also require the CSS (College Scholarship Service) profile, in addition to the FAFSA. Please visit [this website](#) to see if the private school you are applying to requires this additional application.

Upcoming Dates

Please note that due to the current pandemic, dates & times are subject to change. For up to date events, please visit our [Guidance calendar!](#)

Now until January 29th

- Freshman Meetings – Click [here](#) to sign up.

December 1st, 3rd, 8th, & 10th

- Study Hall – click [here](#) for more info

December 2nd

- Saddleback Family Night – Visit our Guidance calendar for event details

December 7th

- PSAT results are available. Click [here](#) for more information

December 9th

- Well-ness Wins-day Pod Cast begins

December 16th – 18th

- Finals

December 21st – January 1st

- Winter Break

Meet the ETHS Guidance Team!

Mrs. Manese



Hey there Chargers! My name is Mrs. Elisa Manese, and I am the counselor for students with last names beginning with Morales – R. I joined the Charger Family in Fall 2017. After taking some time off for maternity leave, I am back in action and am excited to reconnect with my students and as well as get to know my new students! Over the past 20 years, I have served students as a school counselor and have also held various administrative roles. I truly love guiding students and finding creative ways to address individual needs. During my free time, I enjoy quality time with my husband, 12-year old daughter, and 20-month old daughter. Life is quite exciting nowadays between a pre-teen and a toddler! My family loves to go to the beach, as well as paddleboard in the local harbors and on any lakes where we travel. I look forward to meeting you along your journey while at ETHS!

Mrs. Dickelman



My name is Julie Dickelman, one of the Student Services Technicians at El Toro High School. I have worked with student with the last names ending in P – Z for the last 5 years, and really enjoy my job. I am originally from Chicago, Illinois and moved to California 16 years ago. I am married to my husband Paul, and have one daughter, Elizabeth who is graduating from Chapman University this June. I absolutely love everything that California has to offer, especially her beaches, hiking trails and wonderful weather.

Future Guidance Dates

Please note that due to the current pandemic, dates & times are subject to change. For up to date events, please visit our [Guidance calendar!](#)

January 18th

- MLK Day – no school

January 27th

- Junior Parent Night

February 1st

- Junior Meetings begin

March 2nd

- Deadline for the Free Application for Federal Student Aid (FAFSA)

March 25th

- Sophomore Parent Night

April 12th

- Sophomore Meetings begin