

Beehive Science and Technology Academy

Counselor Newsletter

August 31, 2024



Welcome Back!

Welcome to Beehive Science & Technology Academy! We are so excited to be back and want to welcome all of our new students and families. The school counseling team puts together this monthly newsletter with the intention of keeping parents informed of what school counselors are doing at Beehive, as well as to provide additional resources for mental health and wellness, college and career planning, scholarships and more. We are always happy to help with anything we can, so please don't hesitate to reach out to any of us.

Our counseling team consists of three counselors: Heather Richardson (K-5th grade), Jennifer Swan (6th-12th grade, last names beginning with A-I), and Carla Coleman (6th-12th grade, last names beginning with J-Z). Our contact information is at the bottom of the newsletter.

Make a Plan for Success

Parents and educators alike hope for academic and personal growth from students each year. With that in mind, we'd like to share one or two tips in each newsletter this year to help support student success.

- **Avoid distractions.** It seems more common these days for students to struggle with paying attention to their teacher or to persevere through projects and assignments that may take an extended amount of concentration. Some of this may be due to the fast world we are living in, including frequent access to fast-moving videos and other visual stimuli. We do live in a world of technology, but **limiting screen time**, access to social

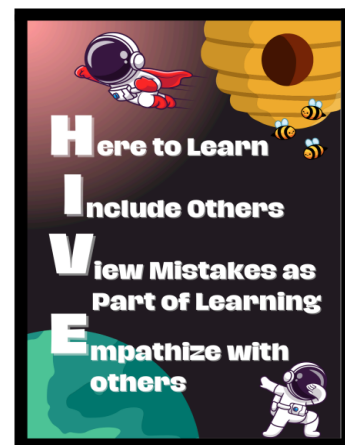
media, and encouraging your student to do activities that require them to be creative, active, mindful and relaxed, will help them with concentration in the long run. Please note that secondary students are not allowed to have phones in the classroom at all between the first class bell and the last class bell of the day. If you need to reach your student, please call the front office.

- **Keep communication open-** encourage your students to talk to their teacher and ask for help or clarification when they need it. Teachers are here because they enjoy teaching, and when students **ask politely for help** they are happy to do that. If you are concerned about anything in your child's class, their teacher is the first point of contact, so please do reach out. School counselors can also help facilitate a conversation with a teacher when needed.

SOAR to the HIVE

Last year we implemented **HIVE**, a framework for our students to follow that we think is important for the wellbeing of all of our students. **HIVE** stands for: Here to learn, Include others (leave no bee behind!), View mistakes as a part of learning, & Empathize with others.

This year, in order to help students understand how to achieve **HIVE**, we have added **SOAR**: Self-control, On-task, Achievement, Respect. We are adding signs throughout the building describing what this expected behavior looks like, to help our students truly embrace **HIVE**.



Elementary News

Classroom-Wide Counseling Lessons: As an elementary school counselor, one of my key responsibilities is to deliver classroom-wide counseling lessons designed to support and enhance the social-emotional development of all students. These lessons are integrated into the classroom setting and aim to promote:

1. **Emotional Awareness:** Helping students recognize and understand their own emotions and those of others.
2. **Social Skills:** Teaching important skills such as empathy, communication, and conflict resolution to foster positive interactions among peers.
3. **Problem-Solving:** Encouraging effective problem-solving strategies and resilience in the face of challenges.
4. **Self-Regulation:** Providing tools and techniques for managing emotions and behaviors in a constructive manner.

September's Counseling Lesson will be about Cultivating Coping Skills for the Classroom and Understanding Small Mind vs. Big Mind Thinking: In our school counseling program, we introduce students to the concept of "Small Mind" vs. "Big Mind" thinking as part of their emotional and cognitive development. This approach helps children recognize different ways of thinking and develop effective coping skills to manage their emotions and challenges.

What is Small Mind vs. Big Mind Thinking?

Small Mind Thinking: This represents a narrow, limited perspective where challenges may feel overwhelming and solutions seem out of reach. Children might feel stuck, worried, or defeated when facing problems, leading to feelings of frustration or anxiety.

Big Mind Thinking: This represents a broader, more flexible perspective that allows children to see problems as manageable and solutions as possible. It encourages optimism, problem-solving, and resilience. Children learn to approach challenges with a growth mindset and confidence.

Key Components of the lesson:

1. **Recognizing Thinking Patterns:** Children learn to identify when they are engaging in Small Mind thinking (e.g., "I can't do this," "It's too hard") and how to shift to Big Mind thinking (e.g., "I can try different strategies," "I can ask for help").

2. **Coping Skills Development:** We teach various coping skills that support Big Mind thinking, including:

- **Breathing Exercises:** Simple techniques to help calm the mind and body, such as deep breathing or counting breaths.

- **Positive Self-Talk:** Encouraging children to replace negative thoughts with positive affirmations and self-encouragement.
- **Problem-Solving Strategies:** Teaching steps to break down problems into manageable parts and brainstorm possible solutions.
- **Mindfulness Activities:** Introducing mindfulness practices to help children stay present and manage stress.
- **Seeking Support:** Encouraging children to ask for help from trusted adults or friends when they need it.

*(If you have any questions about this lesson or would like to see a full lesson plan - please email me at heather.ricardson@beehiveacademy.org)

Hopeful Beginnings: Beehive Academy is partnered with Hopeful Beginnings to provide school based mental health support and we're pleased to announce that we now have a licensed mental health therapist, exclusively for our elementary students. Taylor Gregrich is accepting new referrals and offers a range of mental health services tailored for elementary-aged children.

Hopeful Beginnings accepts a variety of health insurances, making it easier for families to access these vital services. If you believe your child could benefit from Taylor's support or if you have any questions about the services offered, please contact Heather Richardson, heather.richardson@beehiveacademy.org.

Jr Hope Squad: Applications to join the Jr Hope Squad need to be returned to Heather Richardson (room 116) or to Deanna Cressall (front office), by Wednesday Sept. 3rd. Jr Hope Squad is an after-school club for 4th and 5th grade students that will meet every Wednesday at 3:00 – 3:45 pm in the Elementary Library (room 166), starting Sept 11th. *All other elementary clubs will begin the week of Sept. 3rd – 6th. Jr Hope Squad is designed to support mental health and well-being among elementary students and is a part of the larger Hope Squad initiative, which aims to reduce youth suicide and improve mental health by training students to be peer supporters. In the Jr. Hope Squad, students are educated about mental health issues and equipped with skills to recognize signs of distress in their peers. They also learn how to offer support and how to connect their peers with trusted adults.

Secondary News

Class schedules: We are off to a running start in secondary. Secondary counselors spent the first week of school finalizing schedules for students who were requesting changes, and the deadline to change a schedule was Wednesday, August 21. Students can no longer change first semester classes without extenuating circumstances.

Availability: Ms. Coleman is teaching Character Education to 6th and 7th grade students once a week on Mondays and Tuesdays, and Mrs. Swan teaches all 12th grade students College and Career Planning during 3rd and 4th periods, so if you try to reach us

during those times, please be patient as we get back to you. We are also available to cover for each other when necessary for crises. In general, if we are teaching, in a meeting or with another student, the best way to reach either of the secondary counselors is through email. Mrs. Swan also has a mailbox outside her office and will check there throughout the day for notes from students (referral forms are located next to the mailbox).

Clubs and Tutoring:

We encourage students to join an after school club! Clubs are held Tuesday-Thursday after school. Students who do not join a club or go to tutoring are asked to wait in the front door area for their ride. Clubs are a great way to find new friendships, build a high school resume and skills, and have fun! Tutoring is also available Tuesday-Thursdays and students are encouraged to use this time to reach out to teachers in classes where they may need help. Students should check with the teacher if they need to sign up for tutoring or if they can just walk in.

You can view the current list of clubs and tutoring [here](#).

College and Career Readiness: Every year counselors meet with each student in 7th-12th grade for their College and Career Readiness (CCR) meeting. These meetings are used to go over student strengths, goals, career interests and academic/personal success. As students get older we also talk about college planning, graduation, and scholarships. Students in 7th, 10th and 12th grade do these meetings in a classroom setting, and 8th, 9th and 11th grade students meet individually with their counselor. Parents are ALWAYS invited and encouraged to attend these meetings. **The 12th grade CCR will be held during College and Career Planning class (CCP) during 3rd or 4th period, on Friday, September 6, 2024.**

We will be using YouScience to help students explore careers. Seventh and ninth grade students will take a career aptitude assessment and will then be able to use this to explore their interests and aptitudes as it relates to careers. All students continue to have access to their YouScience account, and we will go over these results during CCRs.

Scholarships and Opportunities: Counselors plan to use *Remind* to help inform high school students and parents about opportunities including scholarships and summer programs. We encourage you to sign up! If you join your student's group you will receive occasional text messages or emails about important information for your student's graduating class. This is a secure way for us to communicate with students and parents, and does not allow us to see your phone number. It is completely optional! You can learn more about security here:
<https://plans.remind.com/rs/330-JDD-840/images/fact-sheet-hub-security-221222.pdf>

Students and parents can sign up using the following links:

Class of 2025 (current seniors)- [remind.com/join/667g4c](https://www.remind.com/join/667g4c)

Class of 2026 (current juniors)- <https://www.remind.com/join/fgeh89>

Class of 2027 (current sophomores)- <https://www.remind.com/join/ebg37f2>

Class of 2028 (current freshmen)- <https://www.remind.com/join/h2fcg6>

The most recent listing of scholarships can be found here:

<https://docs.google.com/document/d/1ZBtgCbYniBxTePyAqUiVDgtJhAMu9mSVvVG6chIGKCg/edit?usp=sharing>

Upcoming Events

September is Deaf Awareness Month, Suicide Prevention Month, American Founders & Constitution Month (Utah). Hispanic Heritage Month begins September 15- October 15.

August 28, 2024: Back to School Night (secondary students only)

September 2, 2024: Labor Day (no school)

September 3, 2024: Picture Day

September 6, 2024: Senior CCRs in College & Career Planning classes

September 8-14, 2024: National Suicide Prevention Week

September 13, 2024: Teacher Professional Development (no school)

September 14, 2024: FREE PSAT practice test (online)

September 16-17, 2024: Elementary Student Led Conferences

September 18-19, 2024: Secondary Student Led Conferences

September 20, 2024: Teacher Compensatory Day (no school)

September 21, 2024, 11-1:30 pm: RMACAC College Fair (Westminster College)

September 30-October 5, 2024: Utah College Application Week

Resources

Many school counseling resources are available on our **school website**:

<http://www.beehiveacademy.org/>. Under the counseling tab, you can find information about mental health and wellness, college and career planning, scholarships and more.



Please be aware of some important phone apps that are available to students. First, [SafeUT](#) provides 24/7 mental health support for Utah students AND their families. The app allows the user to chat (text) or phone and speak with a licensed counselor any time of day. Students can also report bullying incidents and other school safety issues there. Users have the option of remaining anonymous.

[Live On Utah](#) is a statewide effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. Together we can get through, reach out, lift up, look ahead, and Live On.



Keys to Success (KTS) app is available to all middle and high school students, and is a support for finding internships, scholarships, and other career and college information. Students are encouraged to create a personalized account to be informed of opportunities that apply specifically to them.



My Homework is now available on student ipads, and can be used to track homework and stay organized. Please encourage your students to use this app or another tool to stay organized and up to date with their assignments.

There are multiple apps available for students and others to monitor and support mental awareness. One such tool that can be used for goal setting and self-care is called **Finch**. Feel free to check it out, and if you feel like it might be helpful, share it with your student.



School anxiety is on the rise and some students are showing a reluctance to attend school & often complain of stomach aches or headaches. For tips on how to help your student with anxiety, visit **Worrywisekids.org**.



CONTACT INFORMATION:

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