

Beehive Science and Technology Academy

Counselor Newsletter

December 2, 2024



Quick News Briefs

Re-enrollment for Beehive 2025-26: It is also the **last week** students can re-enroll for the 2025-26 school year, before we will open up spaces for new students. **Re-enrollment is due Friday, December 13, 2024.** You can reenroll here: <http://bit.ly/re25-26>.

Counseling Needs assessment: We will be conducting our annual school counseling needs assessment survey in January. This helps us determine the most important topics and needs for our counseling team to focus on with our students. **We want to thank those parents who opted their students in to complete the counseling needs assessment. Your students' voices will be the voices that will be heard as we develop our program!**

If you did not opt your student in to take this survey, but you would still like to, you can do that by filling out this form and returning it to the front office:

<https://docs.google.com/document/d/1zt4dfFLrmgf7F0gCK6j6zl6uUPX4mWEje1S5q3Wp9Ho/edit?usp=sharing>.

FAFSA Night for seniors: FAFSA Night will be held this **Tuesday, December 10, 2024** in the secondary library. We encourage all seniors and their parents to come get help with completing the FAFSA if you need help or have any questions. Please bring records of income, bank statements, social security numbers. It's important you have created an account on the official fafsa website: <https://studentaid.gov/h/apply-for-aid/fafsa>. Students who attend will be eligible to enter for a scholarship through USHE.

Finding Balance

December can be a busy time for many families, and the holidays can really bring to light the need for balance in life. Whether it's balancing time between work and play, or balancing generosity and caring for others with the need to care for ourselves, this is a daily struggle for all of us. Chronic stress can lead to health problems, relationship difficulties, mental illness and it may negatively impact our actual productivity. It's important to make time to relax and have fun. A lack of balance can also cause us to lose sight of our values and priorities.

Our counseling team wants to encourage you to seek balance in your own life, and help your student learn to do this as well. The following tips may help:

1. *PAUSE*. Find quiet moments in your day, or create them in your schedule. For example, you may set aside time in the morning to sip a drink in a quiet space. Or maybe your time is when you go for a walk each evening, or when you shower. Build those times into your schedule so that you have time to take a breath, step back and look at the big picture. Balance is not always possible on a daily basis, but over time it is a worthy goal.

2. *Set boundaries*. It's okay to say "no" to something if it doesn't help you move toward your goals or address what is most important to you. Prioritize your time based on your values; take time to think about what you want your priorities to be. Rely on your "people" and community. Are there things you can delegate or let someone else handle? Lean on those who can help when you are overloaded or drained, and let them lean on you as well.

3. *Prioritize self-care*. That means setting aside time to do the things we need for positive physical and mental wellness. This includes exercise, eating nutritiously, and getting regular medical care, as well as "down" time and time connecting with others. Set aside specific time in your schedule to take care of these things, and give them equal importance as the work that needs to be done.

4. *Stick to your schedule*. Make sure your "to-do" list is realistic. Once you plan out your time, stick to the plan. It's easy to set aside things that you don't feel like doing, or to neglect self-care when something else seems more important. Readjust your plan if needed so that your schedule works for you, but commit a specific time to get to those things.

5. *Work together as a family*. Problem solve and come up with solutions so that everyone's needs are met as much as possible. Your kids will look to you as a model in how they develop time management skills. Help them practice choosing how they want to spend their time, in order to get done the things they need to do, and have time left over to have fun as well.

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.

- **Use winter break-** Encourage students to make a plan to use their time over winter break to catch up on any missing assignments before the end of the semester. While many families do use this time to celebrate holidays and/or travel, students can use “down” time to catch up, which will lead to much lower stress levels in January as the semester ends. Consider setting aside time for your student to work on schoolwork as well as scheduling time to have fun and relax. If you are traveling, encourage your student to use the time they are sitting on an airplane to work on homework. If needed, this is also a great time for high school students to work on credit recovery classes.
- **Get enough sleep-** The American Academy of Pediatrics recommends 9-12 hours of sleep for school aged children (6-12), and 8-10 hours of sleep for teens. Younger children may need even more sleep. Focusing in school is difficult for students who do not get enough sleep at night. Limiting sugar and caffeine intake in the evening, limiting blue screens for 30 minutes prior to bedtime, and creating a bedtime routine can help everyone wind down and sleep better.

Elementary News

Due to the short time we are in school this month, there will not be a classroom-wide counseling lesson. We have been focusing on what we are grateful for and how we can give back to others. The Secondary Hope Squad and the Elementary Jr Hope Squad had all students in our school write what they are thankful for on leaves. The leaves were used to create a thankful tree that is displayed in the hallway outside the cafeteria.



Thankful Tree

Secondary News

Summer School Changes: Since COVID hit in 2020, our school has offered summer school to compensate and protect students from losing progress due to the impact of the pandemic. However, because the pandemic is behind us, and we have noticed an increase in students who do not put in their full effort to pass their classes and do their best work, **we will no longer offer summer school in the future.** We want to do everything we can to support students and encourage them to pass all of their classes during the school year.

What this means:

Middle school- Our retention policy for middle school students will be in full effect. **Students who fail both semesters of 2 or more core classes will be held back to repeat the grade they failed.** Students in middle school (6th-8th) who do not pass both semesters of the same core class (language arts, science, US history or math) will not be promoted to the next grade, unless they meet one of the following requirements: A) The student may pass a comprehensive test to demonstrate their knowledge of the subject and readiness to move on. B) The student may retake the full year's equivalent of classes through the online SEATS program by July 31. **Students who do not meet one of these two requirements will be held back to repeat the grade they failed.**

High School- Students will still need to recover any credits they need for graduation. Credit recovery options include the SEATS program, paying for packets through Northridge Academy, BYU-Independent Study online, and any credit recovery option offered by an accredited school (to be arranged by the student and their family).

College and Career Readiness: During December school counselors will be finishing meeting with **ninth grade students** for their College and Career Readiness (CCR) meeting. If you have not yet scheduled a time to meet with your ninth grader and their counselor, please reach out by email or however you prefer to schedule a time. On December 3-4, **seventh grade students** will be using YouScience to explore careers. We will go over their results with them and parents in the spring during their first CCR meeting. **Eighth grade students** will be participating in a couple activities also to explore careers and think about their future: Reality Check and Career Cluster Inventory. They will have a class-based informational meeting on December 13 about preparing for high school. Eighth grade students will then meet individually with their counselor, and parents are encouraged to attend these meetings, which will take place when we come back from the break.

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

December 3, 2024- International Day of Persons with Disabilities
December 4-5, 2024- YouScience assessments (7th grade)
December 10, 2024- (6:30-7:30) FAFSA Night for seniors and their parents
December 10, 2024- Human Rights Day
December 13, 2024- LAST DAY TO RE-ENROLL FOR 2024-25 SCHOOL YEAR
December 18, 2024-January 3, 2025 Winter Break (no school)

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:

Heather Richardson (K-5th grade) heather.richardson@beehiveacademy.org

Jennifer Swan (6th-12th grade, last names A-I) Jennifer.swan@beehiveacademy.org

Carla Coleman (6th-12th grade, last names J-Z) carla.coleman@beehiveacademy.org

All counselors: (801) 576-0070