

Beehive Science and Technology Academy

Counselor Newsletter

February 14, 2024



National School Counseling Week

During the first week of February, schools across the nation celebrated National School Counseling Week, dedicated to understanding & recognizing the role of school counselors in shaping the lives of students. In Utah, school counselors follow the Utah College and Career Readiness Counseling Model, which encompasses academic, career, social-emotional, and global citizenship supports. The school counseling model is comprehensive by nature & goes beyond traditional academic counseling. School Counselors hold a master's degree in school counseling, meet Educator Licensing standards, and engage in continuing professional education to stay updated with best practices.

Key Responsibilities of School Counselors

Individual Academic Planning & Goal Setting: School counselors assist students in developing personalized academic plans and setting achievable goals, empowering them to reach their full potential.

Standard-based, Data-driven Systemic Supports: School Counselors implement evidence-based practices and utilize data to provide targeted supports to students, ensuring that interventions are tailored to meet specific needs.

Implementing Prevention Science Principles: By incorporating prevention science principles, school counselors proactively address issues such as mental health, bullying and fostering a safe & supportive school environment.

Collaborating with Teachers and Parents: Collaboration with teachers and parents is integral to the success of counselors. School counselors work closely with administration,

teachers and parents to support students holistically, addressing academic, social-emotional, and behavioral concerns.

Always remember, the school counselors are here for your student. Don't hesitate to reach out if you need any support or guidance. Together, we can ensure that every student receives the support they need to thrive academically, socially and emotionally.

Elementary News

This month the elementary counseling lesson theme is **Kindness & Friendship**. We are continuing to teach our students about HIVE -

H - Here to Learn

I - Include others - leave no bee behind

V - View mistakes as a part of learning

E - Empathize with others

The parts of HIVE this month's lesson will address are, **Include others - leave no bee behind & Empathize with others**. Students will have a chance to earn extra Behavior Bees this month when they are found including & empathizing with others. Students who have earned more than 40 Behavior Bees are invited to attend the Behavior Bee Party on Thursday February 29th.

For the **K – 1st grade lesson**, we will read the book, "[Have you filled a bucket today?](#)" by Carol McCloud. This book teaches young children that positive choices we make such as saying nice words and sharing, helps us fill others' buckets. On the contrary, by choosing to say or do mean things, we are dipping out of others' buckets. The students will learn that bucket fillers make the world a better place and they will have an opportunity to be bucket fillers here at Beehive Academy.

The **2nd grade lesson** will focus on what characteristics make a good friend. They will watch this short [video](#), learn about how to compromise & have the opportunity to share kindness with their classmates.

The **3rd & 4th grade** will read, "[Each Kindness.](#)" by Jacqueline Woodson. This book teaches students that every small act of kindness counts and can have a ripple effect, just like throwing a stone into a lake creates ripples in the water, the small acts of kindness can create ripples that can have positive effects.

The **5th graders** will watch the "[Kindness Boomerang](#)" video about how showing kindness can come back to you. The students will be given an opportunity to share kindness with their classmates.

Secondary News

FAFSA Night for **seniors** was held **February 8, 2024**. Seniors who are considering attending college of any type are encouraged to complete the FAFSA. Did you know...FAFSA

completion is required for state scholarships such as the Utah Opportunity Scholarship? (Students don't need to qualify for needs-based aid in order to receive the scholarship, but have to take the step of completing the application). Did you know that students can choose which forms of financial aid to accept and which to decline? So if you don't want to take out a loan, you may still qualify for a grant or work study.

This is **scholarship season**! Seniors should be aware of scholarship deadlines and spend time applying for relevant scholarships if they wish to compete. You can find information about state scholarships [here](#). Students interested in pursuing a STEM related field in college may want to take a look at the [Utah Office of Energy Development scholarship](#). In addition to scholarship search engines, I also frequently advise parents and students to "borrow" from other area school websites to look for local scholarship lists, as bigger schools sometimes have a scholarship coordinator whose job it is to post them.

College and Career Readiness meetings (CCRs) are going to be taking much of the secondary counselors' focus and time in the coming months. These meetings are annual meetings with students in grades 7-12 in which we discuss your students' strengths, goals, progress towards graduation (for high school students) and planning for the future.

In February we will be finishing up **ninth grade** CCR meetings. If you haven't scheduled a time to meet with your ninth grade student and their counselor, please reach out to schedule a time that works for you as soon as possible! Counselors are trying to wrap these up as soon as we can so we will go ahead and meet with just your student as we can if we don't hear from you (we're always happy to review or answer questions you may have at a later time as well).

Eighth grade students will be invited soon to meet with counselors individually as well. Feel free to reach out to your student's counselor to schedule this meeting. We have completed **tenth grade** CCRs and will conduct **eleventh grade** and **seventh grade** CCRs later this spring.

Senior timeline

High school senior year is a busy time. We thought it might be helpful to give you an idea of what to expect for the rest of the year and what seniors should be working on.

February-March: Finalize financial aid application (FAFSA) and discuss financial aid package offers with your parents. Continue to apply for private scholarships and for colleges you are interested in.

April: Continue to apply for scholarships, and colleges. Finalize decisions about which college you want to attend, and confirm/decline college acceptance. (Watch deadlines!). Make decisions about housing and begin the application process if you want to live on campus. **April 26, 2024 is Decision Day at Beehive!** We will be celebrating our seniors that day and revealing where they are headed next.

May: Finalize any decisions about college, housing, and other plans. Notify all colleges of your acceptance decision by May 1, and complete enrollment paperwork. Prepare for AP tests and graduation. Finish any credit recovery you have to complete by May 17, 2024.

Graduation will take place the evening of May 23, 2024.

Upcoming Events

February is Black History Month and Career & Technology Education (CTE) Month

February 5-9, 2024: National School Counseling Week

February 8, 2024: FAFSA completion night 6-7:30 pm

February 9, 2024: No School (Teacher professional development)

February 12-13, 2024: Elementary student-led conferences

February 14-15, 2024: Secondary student-led conferences

February 16, 2024: No school (Teacher compensatory day)

February 19, 2024: No school (President's Day)

March 1, 2024: Early release (Teacher professional development)

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](#).

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