

Beehive Science and Technology Academy

Counselor Newsletter

October 12, 2023



Welcome!

Elementary News

Secondary News

Upcoming Events

October is Domestic Violence Awareness Month, LGBTQ History Month, National Bullying Prevention Awareness Month. Hispanic Heritage month takes place September 15-October 15.

October 2-6, 2023: Utah College Application Week (UCAW)

October 13, 2023: Fall Festival (early out schedule)

October 18, 2023: Unity Day (anti-bullying)- All students are invited to wear orange to support an anti-bullying message. We want students to always be kind and to include everyone. (Leave no BEE behind!)

October 19-20, 2023: No School (fall break)

October 26, 2023: PSAT testing for juniors

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. We will be working in the coming weeks on maintaining and improving our website.



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.

Another app is called Keys to Success (KTS). This 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 in the morning & are often complaining 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-H) Jennifer.swan@beehiveacademy.org

Carla Coleman (5th-12th grade, last names I-Z) carla.coleman@beehiveacademy.org

All counselors: (801) 576-0070