

# THE COUNSELING CORNER @ KJH



September 2020

Welcome Back Knights!! – We are so happy to be back in school with our KJH students! We would like to thank students and parents for their help and patience as we have tried our very best to get this school year off to a great start. As we move forward with this year, please feel free to reach out to us anytime with any questions or concerns that you might have! We are here for you and happy to help in any way we can!!

KJH Counselors - We are happy to announce that beginning this school year we will have three full-time counselors in the Counseling Office! Counselors will be assigned according to the student's last name. Alphabet assignments are as follows...

Mr. Brown – Last Names A – G  
Ms. VanDyke – Last Names H – O  
Mrs. Erickson – Last Names P – Z

Class Changes – 1<sup>st</sup> semester class changes are now closed.

Canvas - Students will use Canvas both in and outside of class. Parents/Guardians can create a Canvas Parent Account that will allow them to monitor what their student is doing in their classes. This can be great for helping students keep track of assignments and be accountable for their remote learning day responsibilities. To set up the account visit

<https://www.davis.k12.ut.us/other/canvas-login>

and click on "INSTRUCTIONS FOR HOW TO SET UP A PARENT ACCOUNT" on the right side of the page. Follow the directions listed.

Counseling Office Canvas Course - Our Counseling Center has created a Canvas page to provide information and outreach to all students, regardless if they are learning at school or remotely. We will share information through an announcement on that page about once per week. These announcements will often include an optional activity that students can engage in for a short brain break. Our hope is that these activities help students develop in academics, global citizenship, life, career, and social/emotional wellbeing. Most weeks, students who participate will be entered into a drawing for a prize.

Hope 4 Kids - Please review the attached flyer for information and wellness tips for parents and families about supporting children during Covid-19.

Student & Family Resources – Davis Co. School District's Student & Family Resources Department is to promote the mission of learning first for all. Please click on the following link to view resources that would be valuable to you and your student.

<https://www.davis.k12.ut.us/departments/student-family-resources>

HOP E Week – KJH Hope Week will be held September 14 – September 18. Daily activities will include...

Monday/Tuesday – Wall of Happiness day  
School Colors/White Mask day  
Wednesday/Thursday – Lunch activity  
Crazy Socks/Crazy Mask day

• Dates to Remember •

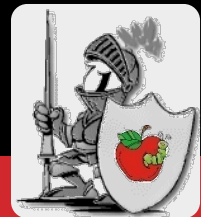
September 7 – Labor Day (No School)

September 28 – School in Session

Do you need help with your homework??  
Please join us for

**Knight Discovery!!**

**Knight Discovery will be held every Tuesday, Wednesday, & Thursday from 3:15-4:15 pm in the Media Center. We hope to see you there!!**



If you have any questions or are in need of any assistance, please feel free to contact the KJH Counseling Center @ 801-402-7207.

- Mr. Brown (A-G)
- Ms. VanDyke (H-O)
- Mrs. Erickson (P-Z)



A Monthly Insight of Practical Tools to Help Your Family

# Wellness Today

For Parents & Families

## Family Mental Health Lessons

One way to support your children is to teach them how to have good mental health. [The Hope4Utah website has family mental health lessons](#) to help you teach your children. Below are the topics included in the lessons:

- After a Suicide Crisis
- Bullying and Cyberbullying
- Communicating as a Family When Someone Is Struggling
- Coping and Problem-Solving Skills
- How to Talk to Someone Who Is Struggling
- Local and National Resources For Suicide Prevention
- Making a Difference: Helping the Lonely Friend
- Protective Factors and Resilience
- Reducing Access to Lethal Means
- Self-Care
- Social Media and the Internet
- Substance Abuse
- Talking About Suicide Prevention as a Family
- Understanding Warning Signs and Risk Factors

## Supporting Your Children During COVID-19

Traditionally, the start of a new school year is just around the corner, but with COVID-19, this school year will be anything but traditional. No matter how your school district has decided to proceed with the school year, there are some ways you as a parent can support your children.

- **Understand their frustration.** Your children most likely haven't been able to see friends at all, or at least not as often as they're used to. They have also had to miss out on many normal summer activities, and now schools will have many changes and much uncertainty. These changes can be difficult and frustrating for children of all ages! Here are some ideas on how to be understanding:
  - » Sympathize with your children.
  - » Validate their feelings of frustration and disappointment.
  - » Brainstorm ways to make the situation work, such as allowing more time on social media to communicate with friends.

- **Support remote learning.**

Chances are, your children will have to do some online learning this school year. Knowing how to help your children can be challenging. Although online learning may make you feel overwhelmed, stay positive. Chances are, if you complain or drag your feet when it comes to online learning, so will your children. Having some sort of routine will help ease anxiety and stress. Here are a few general tips to help:

- » Create a realistic schedule.
- » Set time aside for socializing and exercising.
- » Try a "work period," then a "relax period," and repeat during the day.

- **Encourage healthy habits.**

Even though school and activities will be different, try to keep your children on a consistent sleep schedule. Provide healthy meals and snacks throughout the day, and ensure they have time to exercise. Help them practice mindfulness, which is when they let themselves be okay with the emotions they're feeling and then allowing themselves to move on.