

THE COUNSELING CORNER @ KJH

October 2020

Dropping Classes - As per district policy students cannot drop a class if there are 10 days or less left in the term.

Counselors in the Classroom - Our School Counselors taught in the 7th Grade CCA classes the last full week of September. The lessons covered stress management, developing a plan of study, and the cost of post-secondary education.

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.

Canvas Help for Parents - If you need help navigating through Canvas, you can find useful information and help on the Davis School District website. Please click on the following link for more information!

Top 10 Canvas Tips for Parents & Guardians

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.

School Resilience Handbook - As the parent, grandparent, teacher, or other trusted adult in a child's life, we are the first line of defense for the children in our community. But it can be hard to know where to begin. In this handbook you will find tools that will help you help the children in your life. Click on the following link, then scroll down and click "Download the School Resilience Handbook".

Resilience Handbook

Hope 4 Utah - Please review the attached flyer for information and wellness tips for parents and families about suicide awareness and prevention.

• DATES TO REMEMBER •
October 15 & 16 - FALL BREAK
October 29 - END OF TERM
October 30 - NO SCHOOL (PROFESSIONAL DAY)

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

National Suicide Prevention Awareness Month

Suicidal thoughts can affect anyone. The stigma surrounding suicide can make it difficult for people who are struggling to speak up. This month especially is a time to raise awareness and help people find the resources they need. Here are a few ideas on what you can do to participate:

- Learn or teach others the [warning signs and risk factors](#) of suicide.
- [Learn or share the facts of suicide](#) to dispel the stigma surrounding suicide.
- Know what to do during a [mental health crisis](#).
- [Raise awareness](#) on social media platforms.



How to Talk to Suicidal Children

Because suicide is the second-leading cause of death among teenagers, threatening phrases from your children (such as "I should just go kill myself") should be taken seriously, even if you think your children are saying it just to get attention. Here are some general ideas for how to talk to suicidal children.

- If you notice your children exhibiting some of the [warning signs of suicide](#) or hear them talk about killing themselves, talk with them immediately.
 - » Be direct and specific. Talking about suicide will not put the idea in their head.
 - » Ask questions to help you understand how they're feeling.
 - » Validate their feelings.
 - » Accept them instead of judge them.
 - » Assure them that you'll be there for them.
- Keep your children safe. Remove all harmful substances or objects from the immediate area. If your children are in immediate danger, don't leave them alone. Call 911 or the

[Suicide Prevention Lifeline.](#)

Once the immediate danger has passed, find ongoing help for your children, such as a mental health professional.

A more specific method for coping with suicidal children is an approach based on nonviolent resistance. Its purpose is to reduce the potential risk and the collective distress in a suicide threat situation. Some main points of the approach include the following:

- Parents simultaneously support the child and resist the threat.
- Parents initiate a "containment phase" that states they will be present in their child's life and do anything they can to avoid their child's suicide.
- Parents create connectedness by sharing, not hiding, the suicide crisis with individuals who have positive relationships with their child.
- Parents take steps to reduce negative feelings and power struggles during the crisis.

For a more in-depth look into how to cope with suicide threats with nonviolent resistance, [read this article](#).