

BCCHS COUNSELING NEWS

FALL 2020 ISSUE II

GRATITUDE

Did you know that teaching your child to be grateful is associated with happiness? Read the following article from *Verywell Mind* for tips on "**How to Teach Children Gratitude**" by Amy Morin, LCSW <https://www.verywellmind.com/how-to-teach-children-gratitude-4782154>

Also if you have a few minutes watch this [TED Talk by David Steindi-Rast: Want to be happy? Be grateful](#)

Lastly, try using the following sentence starters when communicating with your child. Remember your child is learning how to be grateful from watching you.

1. "Thank you for..."
2. "What I love about you..."
3. My Holiday wish for you..."



HIKING IN LOS ANGELES: L.A.'S BEST TRAILS

Great way to get out during the holidays and to take care of your mental and physical health! [Link](#)



VOLUNTEER OPPORTUNITIES FOR TEENS

This is a great way to practice giving back while at the same time working on your own happiness. Here are the links to two organizations 1) [Red Cross Link](#) 2) [Teen Volunteer Link](#)



HOLIDAY STRESS FOR TEENS IS REAL; HERE'S HOW TO COPE

Read this article to learn 7 tips to help teens cope with holiday stress. [Link](#)

GRADE LEVEL COUNSELOR UPDATES

9TH GRADE UPDATES

Grad checks are almost finished for freshman. Presentation will be available on freshman counselors google classrooms or have been emailed to students. Counselors are in need of student cell phone numbers. Your student will be receiving (or should have received) a google form to complete through google classroom. Please make sure to let your student know to complete it and to continue to check their emails on a regular basis!!!

10TH GRADE UPDATES

Sophomore counselors are meeting with students for grad checks on zoom. Mrs. Mowry and Mrs. Scherrer have enjoyed seeing their faces. This has been a time for them to ask questions or get clarification about any concerns. In addition, counselors will continue contacting students who are struggling. They are looking forward to seeing your student's 12 week grades. Please remind your student to check your emails every day.

"Keep smiling:) We are proud of you all and we support you all the way!" - Mrs. Mowry & Mrs Scherrer

11TH GRADE UPDATES

Grad Check presentations have been completed. If your student did not attend they were emailed a self-paced nearpod that needs to be completed asap! Mrs. Fuentes Martinez and Mrs. Hinojosa-Riusech are finishing up their individual appointments with students. The presentation will be available on their counselor's google classroom.

UPCOMING FALL Mandatory Workshops for Students Earning D's or F's with Mrs. Fuentes Martinez & Mrs. Hinojosa-Riusech on Tuesdays at 1 PM starting on 11/10, 11/17, 12/1, and 12/8. Counselors will email students that need to attend and will send a parent square reminder to parents.

1. **Google Classroom Tips**
2. **Time Management**
3. **Notes**
4. **Study Skills**

Use the following calendly link to set up a meetings with 11th grade counselors:

Mrs. Fuentes Martinez (Last Names M-Z) <https://calendly.com/c-fuentes>

Mrs. Hinojosa-Riusech (Last Names A-L) <https://calendly.com/jhr2022>

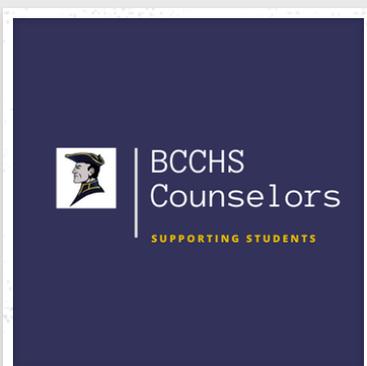
12TH GRADE UPDATES

Graduation check meetings have now been finalized. Counselors met with students to discuss graduation and A-G status. Use the following calendly links to set up a meeting with your student's counselor if needed:

Mrs. Brown (Last names A-L) <https://calendly.com/samibrown>

Mrs. Palacios (Last names M-Z) <https://calendly.com/ap2021>

If you have not already taken your Senior Pictures, please sign up with White Studios through this link <https://www.whites-studios.com/book-your-appointment/>



CONTACT US

Instagram handle is [@bcchs.counseling](https://www.instagram.com/bcchs.counseling)

 17000 Haynes St, Lake Balboa,...

 (818) 758-5200

 [birminghamcharter.com/apps...](https://www.birminghamcharter.com/apps...)

BCCHS Counselors Contact Info

9th Grade- Class of 2024

Mrs. Gazarian (A-F) 818-208-0093 l.gazarian@birminghamcharter.com
Dr. Harwin (G-N) 818-252-9081 s.harwin@birminghamcharter.com
Mrs. Mutia (O-Z) 818-213-1348 h.mutia@birminghamcharter.com

10th Grade- Class of 2023

Mrs. Scherrer (A-L) 818-276-6870 s.scherrer@birminghamcharter.com
Mrs. Mowry (M-Z) 818-253-4186 a.mowry@birminghamcharter.com

11th Grade- Class of 2022

Mrs. Hinojosa-Riusech (A-L) 818-252-9122 j.hinojosa-riusech@birminghamcharter.com
Mrs. Fuentes (M-Z) 818-208-6831 c.fuentes@birminghamcharter.com

12th Grade- Class of 2021

Mrs. Brown (A-L) 818-233-0598 s.brown@birminghamcharter.com
Mrs. Palacios (M-Z) 818-446-6752 a.palacios@birminghamcharter.com

College Counselors

Ms. Quinonez (A-L) 818-233-0193 w.quinonez@birminghamcharter.com
Ms. Lopez (M-Z) 818-253-9556 er.lopez@birminghamcharter.com

Career Counselor

Mrs. Zook 818-245-5297 a.zook@birminghamcharter.com

EL Coordinator & Counselor

Mrs. Perez 818-253-1457 v.perez@birminghamcharter.com

Attendance Counselor (PSA)

Mrs. Holden 747-300-5558 m.holden@birminghamcharter.com

College Persistence Counselor

Mrs. Kronstadt 818-253-4930 r.kronstadt@birminghamcharter.com

Monday- Friday





BCCHS COUNSELORS

SUPPORTING STUDENTS

11TH GRADE WORKSHOP #1 GOOGLE CLASSROOM TIPS

WHEN

TUESDAY, NOV. 10TH, 1-1:45PM

WHERE

THIS IS AN ONLINE EVENT.

MORE INFORMATION

Mandatory for 11th grade students earning a D or F

[Zoom Link](#)

11TH GRADE WORKSHOP #2 TIME MANAGEMENT

WHEN

TUESDAY, NOV. 17TH, 1-1:45PM

WHERE

THIS IS AN ONLINE EVENT.

MORE INFORMATION

Mandatory for 11th grade students earning a D or F

[Zoom Link](#)

11TH GRADE WORKSHOP #3 NOTE TAKING

WHEN

TUESDAY, DEC. 1ST, 1-1:45PM

WHERE

THIS IS AN ONLINE EVENT.

MORE INFORMATION

Mandatory for 11th grade students earning a D or F

[Zoom Link](#)

11TH GRADE WORKSHOP #4 STUDY SKILLS

WHEN

TUESDAY, DEC. 8TH, 1-1:45PM

WHERE

THIS IS AN ONLINE EVENT.

MORE INFORMATION

Mandatory for 11th grade students earning a D or F

[Zoom Link](#)