

Counseling News

FALL 2021 ISSUE VI

CULTIVATING A GROWTH MINDSET IN OUR BIRMINGHAM COMMUNITY

Learn the difference between a growth mindset and a fixed mindset. Having a growth mindset helps our students and communities to thrive. We all have a part in helping to cultivate that type of mindset. Which mindset do you have? Which mindset does your student have? Which mindset do you think will help them reach their goals?

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



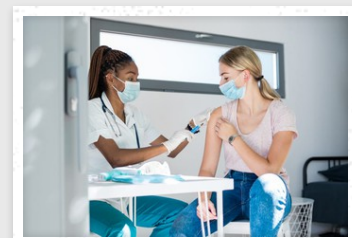
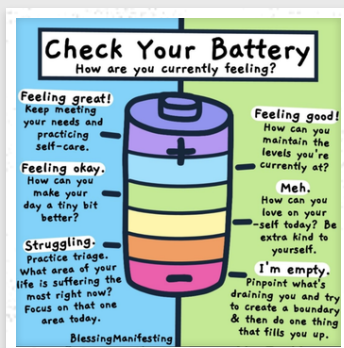
I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

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DEVELOPING A GROWTH MINDSET



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them



A SELF-CARE GUIDE FOR PARENTS

<https://www.waterford.org/education/self-care-for-parents/>

POSITIVE PARENTING 12 TIPS

<https://www.ahaparenting.com/read/parenting-teens>

LIST OF COLLEGES THAT REQUIRE COVID VACCINE

<https://www.bestcolleges.com/blog/list-of-colleges-that-require-covid-19-vaccine/>

WHAT CAN PARENTS DO?

Parents often ask what can I do to help my student at home? Here is a quick list of what you can do to help support your student in his or her academics.



What can parents do?

- 1 Take an **ACTIVE ROLE** in your child's education! Check your student's planner and Aeries frequently.
- 2 Look for **PROGRESS REPORTS** and take grades seriously!
- 3 Ask your child about their **GOALS**. Encourage participation in extracurricular activities--sports, clubs, church, community, etc.
- 4 Allow your child **DISTRACTION-FREE TIME** and **SPACE** for studying.

NON VACCINATED STUDENTS SCHOOL OPTIONS

As families make the choice that is right for them, we want to make sure our families know what **school options** are available in our community to our students who will not be getting vaccinated and therefore not returning to Birmingham in the Spring.

NON VACCINATED STUDENTS

School Options

Opportunities for Learning (OFL)

<https://oflschools.org/enroll/>

El Camino Real Charter High School

<https://www.ecrchs.net/>

Assurance Learning Academy

<https://assurancelearning.org/>

Mission Academy

<https://missionacademyhs.org/>



SPRING Check Out Steps

Step 1

Select a school

Step 2

Get an **Acceptance Letter** from the school

Step 3

Bring **Acceptance Letter** to Birmingham to withdraw and all issued Birmingham items

GRADE LEVEL COUNSELOR UPDATES

9TH GRADE

The Freshman Counselors sent out parent square message to students and parents once 12 week grades came out. Students (and their parents) who are receiving 1 or more D or F received an encouragement notice, that encouraged students to work hard to pass their classes. Students (and their parents) who are passing all of their classes with Cs or better received a Congratulatory notice celebrating their success. We will be celebrating our students who have shown significant improvement in their grades, as well as our students receiving straight A's with a Student Recognition Event on November 17 at lunch in the Quad. These students will receive In-N-Out Burgers as a reward for their effort. Counselors will



continue meeting with students regarding their grades, focusing on students who grades have dropped since the 6 week progress report.

We encourage students to continue attending tutoring and use Thanksgiving break to complete and turn in missing assignments, as this is the best way to see your grades improve.

10TH GRADE

- Counselors have completed our Grad Status/A-G Checks. They have been thoroughly explained to the students and mailed home for review.
- Counselors are working on supporting our at-risk students by summoning our students with 4 or more Fails on the 12-week progress report card and having parent conferences, SSPTS, and/or SST meetings. At the meeting, as a team, we discuss academic/social/emotional supports/interventions.
- Counselors have recognized all students with C's or Better on the 12-week progress report by e-mailing congratulatory notices to all students/parents.
- Counselors have also notified all parents/students through e-mail if they are receiving a D and/or Fail on the 12-week progress report and what they can do to improve their grades.
- The 10th Grade GLA is having a Recognition GPA Improvement Assembly for students that have had a significant GPA increase from Spring 2021 to the Fall 12-Week Progress Report.



11TH GRADE

The Junior Counseling Team has been going into classrooms to review A-G requirements, Credit recovery options, and promoting Leadership Enterprise for a Diverse America through Princeton (LEDA) a 7-week FREE summer program at Princeton University.



We sent out notifications to all of our students and parents to inform them on how they performed on their 12 week progress report card. We want to wish all of our Junior families a very Happy Thanksgiving! We hope you all take some time for yourself to relax, spend time with loved ones, and take a moment to be thankful for what we have. We look forward to finishing this semester strong!

Ms. Scherrer and Ms. Galvez have begun a hybrid Friday girl group. This social emotion learning group will run until the end of the semester. The students selected will learn to communicate effectively, will learn how to increase their self-esteem and create a new network of support amongst their peers.

12TH GRADE

Our seniors are in college application season! Students with a 2.5 and higher GPA are applying to CSU's and students with 3.0 and higher GPA are applying to UC's and private colleges as well. Our students that will be going to community colleges also have begun the application process. **We just recognized 91 seniors with straight A's this 2nd grading period! We also had 83 Most Improved students who brought up at least one grade.**



Our college/career seminar class is coming to an end this November as the college application season deadlines for CSU and UC's are around the corner 11/30/2021.

Seniors are using this class to clear one of their senior obligations.

Reminder that **senior attendance** will play a big factor in students participating in senior activities that include walking on stage. Students are encouraged to come to school unless they have an excused reason for not being at school.

Mrs. Fuentes Martinez & Mrs. Hinojosa-Riusech have been having **weekly check-in meetings with students for students that have 2 or more F's**. In addition, Ms. Franco (Senior Teacher Coordinator) has also been meeting with seniors that need more support.

Please help us end this semester strong!! Encourage your student to check Aeries daily and emails for senior opportunities. Let's make every day count!

**THE COUNSELING STAFF WISHES YOU A
HAPPY THANKSGIVING!**





CONTACT US

Please check out our school counselor homepage for updated information and resources!

Website

https://www.birminghamcharter.com/apps/pages/index.jsp?uREC_ID=168016&type=d&pREC_ID=345429

Instagram handle is **@bcchs.counseling**

