



Bulldog Counseling News

Spring 2024

Post-Spring Break Slump

As the sun comes out more, our focus can also start to fade more. Here are some tips to help your student stay motivated on academics through these beautiful spring months:

- Limit their time on social media and set up a plan to limit screen time, maybe including one that has incentives for your student.
- Encourage your student to take movement breaks outside, especially in the sunny weather.
- Help them set realistic goals and celebrate when they make progress on them or reach them!
- Support your student in finding a buddy to help keep them accountable for finishing their school work each day.
- Help them remove all distractions from your homework area/study area, including their phone.
- Reinforce keeping hydrated and eat healthy foods, especially as a family.
- Support your student in sticking to their normal routines as much as they can.
- Remind them to ask for help if they need it.

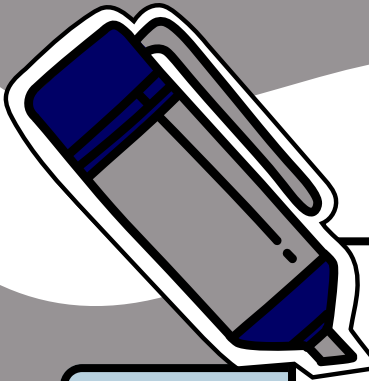
Canvas Access

Third Trimester is at the half-way point!

Want to check your student's grades but unsure how?
Follow the instructions at this site
or scan the QR code to help you
get started!

<https://bit.ly/canvasisd>



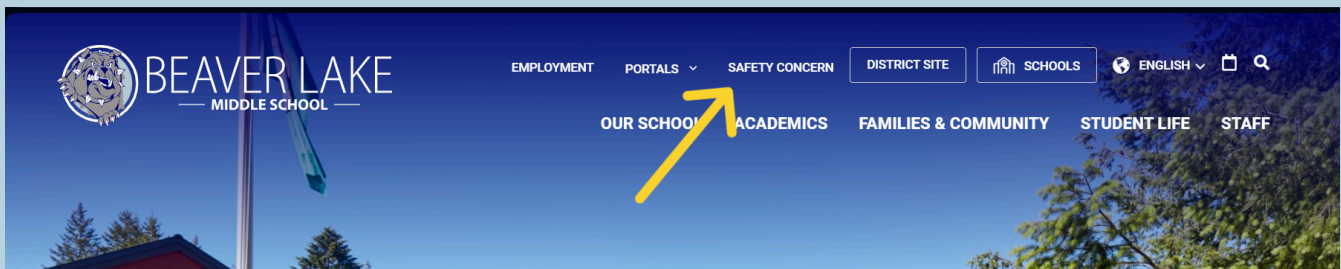


Crisis Lines and ISD Safety Tip Line

All of the Crisis Lines are listed on the ISD website.

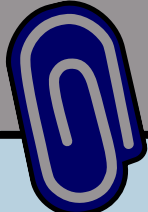
- **National Suicide Prevention Lifeline:** Call or text 988 or Chat on their website.
- **King County local 24/7 Crisis Line (suicide, mental health, substance use):** Call 866-427-4747
- **Crisis Text Line:** Text "Heal" to 741-741 or Chat on their website.
- **Trevor Project (specifically for the LGBTQ+ community):** Call 1-866-488-7386, text 'Start' to 678-678, or Chat on their website.

To submit a Safety Concern Tip, please go to the Beaver Lake Middle School website and click on the 'Safety Concern' button at the top of the page.

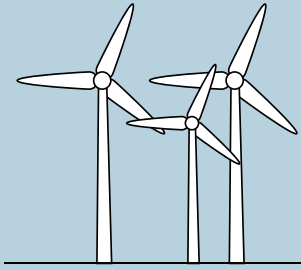


You can also go to this link to submit a tip.

Career Spotlight



Now introducing our Career Spotlight section! In each newsletter, we will highlight one career that is growing in demand in the state of Washington. All information comes from the CareerOneStop website. Please share with your student and talk about any unique careers that come to mind! This newsletter's career spotlight is:



Wind Turbine Service Technician

Career: Wind Turbine Service Technician

What do they do: Inspect, diagnose, adjust, or repair wind turbines.

Skills needed: critical thinking, troubleshooting skills, and repair skills.

Education needed: Postsecondary certificate and on-the-job training.

Washington state projected growth until 2030: 43% increase

Median income in Washington state: \$58,000



Power Packs

During the school year, the school counselors partner with the Issaquah Food and Clothing Bank to give Power Packs to our students. The Power Pack program provides students with non-perishable breakfast, lunch, dinner, and snack items to enjoy over the weekend. Power Packs are discreetly given to students at school every Friday that we are in session.

If you are interested in signing up, please go to this [Microsoft Form](#) and fill out your information.

Swedish School–Based Mental Health Program



Ms. Paulomi Girme is our Swedish School–Based Mental Health Counselor at Beaver Lake Middle School. She is with us Tuesday–Friday to meet with our students. If you would like your student to meet with Ms. Paulomi, please reach out to your school counselor for a referral. Here are some fun facts about Ms. Paulomi!

– She has two kids. One about to graduate from Issaquah High School and is going to UT Austin (Texas) in the fall, and the other is a freshman at Issaquah High School.

- She was born in Pune, India and has lived in Ohio, Arizona, and Illinois before moving to Washington.
- Her favorite coping skills are running, hiking, and strength training.
- She enjoys all genres of music and tries to go to as many concerts as she can!
- Her role at Beaver Lake is to support kids to better manage phases/symptoms of anxiety and depression using evidence–based practices such as Cognitive Behavioral Therapy and problem–solving techniques.



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