JBHS
Counselor Corner
January 2026



Welcome Back, Bears!

Happy New Year! We hope you enjoyed a restful Winter Break. As we return to campus to kick off the Spring Semester, the Counseling Department is excited to welcome you back. This semester represents a fresh start for every student. Whether you are a senior counting down the days to graduation or a freshman getting settled, your grades and attendance record reset today. Let's make it a great semester!

A-G REQUIREMENTS HIGLIGHT

A: History - 2 Years

B: English - 4 Years

C: Mathematics - 3 Years (4 years recommended)

D: Science - 2 Years (3 years recommended)

E: Language Other Than English - 2 Years (3 years recommended)

F: Visual and Performing Arts 1 Year

G: College Preparatory Elective 1 Year

A-G courses will help you prepare for many paths after high school.

COURSE REGISTRATION AND SUMMER SCHOOL UPDATES

Counselors will be visiting English classrooms to register students for classes for next year. We look forward to working with all students!

- 11th Grade: Feb. 6 and Feb. 10-12
- 10th Grade: Feb. 17-20
- 9th Grade: Feb. 23-27
- Makeup Registration: March 3-4

All Summer school forms will open March 2nd

- Parents and students make sure to check your email! Initial 2026 Summer School Overview information has been shared as of December 12th.

REMINDERS FOR SENIORS!

- Seniors, make sure that you are checking your emails often! colleges and universities will be communicating with you about updates and or anything that might be pending on your application.
- If you haven't already done so, make sure to thank your recommenders! Letters of recommendation are a big part of your college application and your recommenders will appreciate your words!

IMORTANT DATES

MARTIN LUTHER KING HOLIDAY

JANUARY 19, 2026

LINCOLN HOLIDAY

FEBRUARY 13, 2026

PRESIDENTS' DAY HOLIDAY

FEBRUARY 16, 2026

FAFSA & CADAA

Priority deadline is March 2, 2026

OPEN HOUSE

MARCH 11, 2026

10 WEEK GRADES

Closes March 13, 2026

SPRING BREAK!

MARCH 16-20, 2026

15 WEEK GRADES

Closes April 17, 2026



COUNSELOR DROP IN HOURS

One counselor is available for student drop-in hours during the following times:
Monday - Friday 7:30am - 8:30am
Lunchtime - Monday - Thursday

REMINDER!
Parents are welcome to reach out to their student's counselor via email. Students can schedule an appointment using our QR codes available in the counseling office.

WELLNESS TIPS

Beat the Winter Blues:

- Focus on getting consistent, quality sleep. Put the phone away 30 minutes before bed. Blue light disrupts melatonin production, making it harder to fall asleep.
- Aim for 8 hours of sleep. A well-rested brain handles stress, math problems, and social dynamics much better than a tired one.
- Pick one or two distinct extracurriculars or clubs to focus on this semester. Emphasize quality over quantity. Deepening connections in a shared interest group is more rewarding than trying to be everywhere at once.

KEEP IN TOUCH

Website:
https://jbhs.burbankusd.org/counseling

follow our counseling Instagram
@JBHScounselors