JOHN BURROUGHS HIGH SCHOOL

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Hello Bear families!

My name is Fabiana Jimenez and I am the new High School Counselor here at John Burroughs High School. I hold a Master of Science in Educational Counseling from the University of La Verne, as well as my PPS credential in School Counseling and Child Welfare and Attendance, and a concentration in Social Justice in Higher Education. For my undergraduate, I graduated from UCI with a Bachelor of Arts in Sociology. I am thrilled to join the John Burroughs High School community and am excited to introduce our new program: The Bear D.E.N. (Discover, Empower, Navigate).

The Bear Den is going to be a dedicated student wellness space where students can reset, recharge, and connect with the resources that support their academic, social, and emotional well-being. The mission of the Bear Den is to support John Burroughs High School students towards reaching their high school goals and empowering the management of their own overall wellness.

Students visiting the Bear Den will have access to comfortable seating, coloring and mindfulness activities, games and puzzles, sensory/stress-relief items, and strategies to build mental wellness.

The Bear Den can provide (but not limited to) the following interventions and supportive services:

- Short-term counseling services
- 10-15 minute brain breaks
- Workshops
- Care Station (basic needs supplies/hygiene items)
- Community Resources
- Mental Health Information
- Lunch-time wellness activities and events

How will students be able to access the Bear Den?

APPOINTMENT:

- Students may submit an appointment request by scanning a Bear Den Appointment Request QR code, similar to the process used for counselor appointments.
- Students will be contacted to schedule a time to meet.

DROP-IN:

- During a class period, students may request a Bear Den Pass from their teacher.

• To minimize disruptions to instruction, students seeking a drop-in visit during class time must receive approval from their teacher. Teachers will use their professional judgement to determine whether a visit is appropriate at that time.

• Once in the Bear Den, students will complete a brief check-in and receive a 10-15 minute brain break.

• During this time, students may utilize Bear Den resources or speak with the Wellness Counselor.

• Students are expected to return to class promptly after their brain break unless otherwise arranged.

• If additional support is needed, follow-up services and/or a scheduled appointment may be recommended.

The Bear Den is meant to provide students with a supportive space where they can build wellness skills, practice healthy coping strategies, and access resources that promote success both inside and outside the classroom. The Bear Den is also designed to complement students' educational experience while respecting instructional time. Access during class periods is coordinated with teachers to ensure students receive support while maintaining engagement in their learning.

Thank you for all of your support as we launch the Bear Den! I look forward to working alongside our students, families, and staff to continue creating a school community where every student feels supported, empowered, and equipped to thrive.

Fabiana Jimenez (she/her)

JBHS Counselor | Bear Den

Kenny Knoop, M.Ed.
Principal, John Burroughs High School
John Burroughs High School