1920 West Clark Avenue Burbank, CA. 91506
(818) 729-6900 Fax (818) 729-6981

John Burroughs Students, Families, Faculty, and Support Staff, please see the JBHS weekly email below;

Our World Mental Health Day Celebration was a great success! We were able to bring together our school community to promote wellness, connection, and positive mental health practices across campus. Throughout the event, students visited our Gratitude Wall, received mental health stickers, affirmation bracelets, and BEAR D.E.N. T-shirts, all while engaging in meaningful conversations about mental well-being.

With our Gratitude Wall, students took the time to reflect on and share who or what they are grateful for, filling the wall with thoughtful messages recognizing family members, friends, teachers, personal accomplishments, and everyday joys. This activity highlighted the importance of practicing gratitude as a mental health tool. By intentionally focusing on the positive people and experiences in our lives, gratitude can help improve well-being, build resilience, and remind us of the strengths and support systems we already have.

Special shoutout to our Student Mental Health Board, ASB, and Link Crew whose support, enthusiasm, and dedication helped make the event welcoming, engaging, and student-centered! They demonstrated the positive impact of peer leadership in creating a school culture that values belonging.

World Mental Health Day is meant to remind us that mental health is just as important as physical health. It gives us a chance to increase awareness, reduce stigma, and promote practices that support overall well-being. Through events like this, we hope to continue building a school environment where students feel connected, supported, and empowered to prioritize their mental health.

Thank you everyone who participated and helped make this celebration such a meaningful, successful event and Happy World Mental Health Day!

Please see the schedule for this week below;

Monday October 12 – **No School** – Pupil Free Day

Tuesday October 13 – We will be on an “Early Release Schedule”.

Wednesday October 14 – We will be on an “Academic Excellence (AE) Schedule”.

Thursday October 15 – We will be on an “Academic Excellence (AE) Schedule”.

Friday October 16 – We will be on a “Traditional Bell Schedule”.

Friendly reminder, there is **No School** on Monday Oct. 12, 2026 and our JBHS office will be **closed** due to Districtwide Staff Development meetings. The JBHS office will resume regular office hours on Tuesday Oct. 13, 2026. Thank you!

"Please see the attached Counseling Newsletter, with important updates, upcoming events, and more! If you have any questions, reach out to your counselor via email, or students can request an appointment

using the QR codes posted in the office. As a reminder, counselors are available for student walk ins Monday-Friday from 7:30-8:30am and during lunch."

Go Bears!

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

Attachments:

Bell_Schedule_2026-2027.pdf (176.3 KB)
burroughs.jpg (92.2 KB)
Updated_-Fall_26_Newsletter.pdf (1185.0 KB)