

BURLINGTON HIGH SCHOOL SCHOOL COUNSELING DEPARTMENT NEWSLETTER

Term: SOPHOMORE Fall/Winter | Issue 1 | Date: November 30, 2018

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WELCOME TO BHS!

Welcome to BHS Class of 2022!

Welcome to the first of our newsletters for students and their families - from the Guidance and School Counseling Department.

We are here to support you with any questions or challenges that you may face this year and look forward to working with you. We encourage you to stop in to see us.

BHS COUNSELING

What We Can Help With:

As the second semester approaches, do you need help with your schedule? Do you need to discuss your future or have some personal issues you would like to talk about? We are available to help. To assure time with a counselor, feel free to make an appointment in advance or stop by our offices. Remember to use study hall or other free times, like lunch or before or after school.

HOMEWORK HELP

Call Back

Teachers at BHS have call back hours from 3:05 to 3:45 every day except Wednesday. This is an opportunity for students to connect with your teacher to clarify assignments and obtain additional help. Email your teacher to set up an appointment or drop by their office.



Afterschool Homework Club

Need some extra help completing assignments? Come to the afterschool homework club. This club meets in the library every day except Wednesday until 5:15.

Multicultural Help Desk

Need some academic support? Volunteers from Spectrum can help. Spectrum tutors available in the Library from 12-3 daily.

KEY DATES

Winter Sports Begin

November 26

YES Registration Process Lesson in Advisory

December 10

YES Program Course Catalog

Available December 10

End of Quarter 2 Grading Period

December 21

Holiday Break

December 24 – January 2

BHS Gap Year Fair

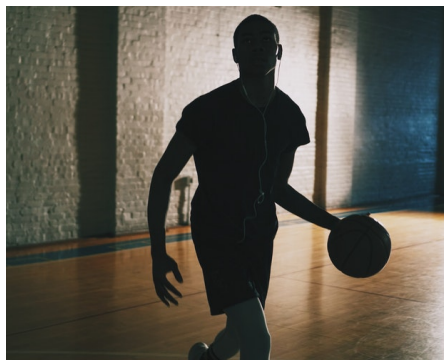
January 17, 2109 - 6pm

LOCAL RESOURCES

While BHS school counselors are always willing to assist you when school is in session, we also want to make you aware of First Call for Children and Families for those who reside in Chittenden County. First Call provides 24 hour crisis and counseling support and is an excellent resource if you are concerned about the safety or immediate well being of your child. You may reach them at 488-7777. The Northwestern Counseling and Support Services offers similar services to families who reside in Franklin or Grand Isle County. Contact them at 802-524-6554.



STRATEGIES FOR MANAGING STRESS



It is not uncommon for students to experience stress with upcoming mid-year exams coupled with the holidays. Sometimes, family issues and calendars that are over scheduled can contribute to feeling overloaded. Academic pressures are additional stressors that students experience.

Stress may appear as increased physical illness, "shutting down," increased irritability, feelings of worry, difficulty eating and sleeping or difficulty concentrating. What can students do? Exercise, eat a proper diet, get enough sleep, engage in family activities, journal, practice mindfulness and make time for relaxation.

What can parents do? Be available to talk with your teen and listen to their concerns. Encourage the healthy activities mentioned above.

NEED TO TALK WITH A COUNSELOR

The Guidance & Counseling office is a busy place! While we do try to make ourselves available for drop ins, students are encouraged to make appointments to insure they get to see their counselor. We ask students to schedule appointments for times they have study hall or other free times such as lunchtime or before or after school.

Be on the lookout for **YOU CAN BOOK ME** - coming soon, new online booking app for counselor appointments!

Tony Settel - EL Students: tsettel@bsdvt.org

Lise Bruder - 9th Grade: lbruder@bsdvt.org

Amy Mcardle - 10-11th Graders Last Name Alphabet A-Be, J-Mc: Amcardle@bsdvt.org

Lindsey Addams: 10-12 Graders Last Name Alphabet: Md-Z: laddams@bsdvt.org

Karen Prouty: 10-12 Graders Last Name Alphabet: Bf-I: kprouty@bsdvt.org

Tim Wile: 12th Graders Last Name Alphabet: A-Be, J-Mc : twile@bsdvt.org

OPPORTUNITY

Don't Be Afraid to Try Something New

Now that you are a sophomore you have made the adjustment to high school and have settled in. Keep trying new things! Join a club, try an instrument or challenge yourself with a class outside your comfort zone. Volunteer. Take interest inventories. Try an internship. Come see your school counselor if you would like to discuss more self-exploration ideas.

EXPANDED LEARNING

Burlington HS Expanded Learning provides a space for BHS students to explore interests, connect with each other and build skills.

Free academic support and enrichment opportunities before and after school are offered to all BHS students.

Participation can provide community service hours as well as Graduation Expectations evidence to be used in students' PLPs.

Programs begin and end on a rolling basis.

If you have any questions/suggestions please contact BHS Site Director, Sheryl Haiduck at shaiduck@bsdvt.org

Homework Center:

Monday - Thursday 3-5pm in the Library.

EL Theater Club:

Tuesdays 3:30-4:30 in B212.

Rowing (Fall and Spring):

Monday and Wednesdays 3:05 in front of BHS.

Unified Bocce/Bowling:

Wednesdays 3:30.

Unified Basketball (Winter):

Tuesdays and Thursdays.

Jobs Workshop:

Wednesdays 3:30-4:30. Dates for Jan/Feb To Be Determined. Partnership with Spectrum.

GSA Club:

Fridays at 3:30-4:30.
Alternating between Rock Point and BHS.
BHS location C 204.

Above the Influence (ATI):

Wednesdays 7:45- 8:45 am in B 206.

DECA (Business and Entrepreneurial club):
Wednesdays at 5:00 in Champlain Cafe.

Quidditch:

Thursdays 3:30-5:00 SEASONAL.

Dance Team:

Wednesdays 3:30-5:00.

HERO: Health Education Resource Opportunity:

Monthly meetings throughout the year.

Detour:

Tuesdays 3:05 in room C212.

International Club:

Wednesdays 3:10 in the Library.

Student Justice Union (SJU):

Tuesdays 3:30 in room F-311

Maker Mondays:

3:15-4:15 in Library Computer Lab.Walters

Girls Who Code: TBD.

Making Spoken Word Speak: TBD.

Meditation Lab:

Thursdays from 3:10-3:30 Location TBD (starting Thursday, 12/6)

ADDITIONAL CLUBS/EXTRACURRICULARS

Drama

Interact Club

Math League

Model UN

Music

National Honor Society

Fitness Center

Poetry Outloud

Scholars Bowl

Snowboard Club

Student Council

Student Planning Committee

Refugee Outreach

Neuroscience

Debate Team

MULTIPLE PATHWAYS & NEW CHALLENGES

Dual Enrollment

BHS students have the opportunity to take college-level courses while enrolled at BHS for free, (*beginning the summer after sophomore year.) Interested students should visit the College Services Office located to the right of the BHS Health Office.

Want to get a head start on college while still enrolled high school? Not able to fit a course into your BHS schedule? Then Dual Enrollment is the perfect opportunity for you!

Vermont's Dual Enrollment Program allows high school students to take college courses while still enrolled in high school. Participating students earn college credits, reducing the time it takes to get a college degree, potentially reducing the cost associated with college, while challenging themselves through college level curriculum.

Students are encouraged to contact Dhyana Bradley via email dbradley@bsdvt.org or phone (802)238-9453 to set up an appointment. Dhyana is at BHS every Monday and Friday

Ready to Tackle a College Class Challenge

The Community College of Vermont (CCV) is offering a free course called Introduction to College Studies (ICS). ICS is a tuition free course designed to help high school students develop strategies for college success. The course helps you understand the difference between high school and college, and helps you think about your interests and how they relate to your goals after high school. Students in this class will be asked to do some college level reading and writing, as well as career exploration. You can earn 0.25 of elective credit. Talk to your counselor for more details.

Take an Online Class

VTVLC (Vermont Virtual Learning Cooperative) offers students the opportunity to access over 70 free on line courses. Sound interesting? Stop by the guidance office or visit www.vtvlc.org for more information.

Consider Attending One of the Local Technical Centers

Students from Burlington High School who wish to enroll in a technical program may do so at the Burlington Tech Center or Center for Technology in Essex. Programs taught at the Burlington Technical Center are held day in length and may be held in either the morning or afternoon. Programs taught at the Center for Technology in Essex are full day programs. During second semester sophomores will receive

presentations from the Burlington Technical Center and Center for Technology Essex. In the weeks following interested students will then be given the opportunity to visit those programs and apply for enrollment. See your school counselor for more information.

Try Governors Institute of Vermont!

- Applications for the 2019 Winter Weekends will open December 10th.

- 2019 dates and topics available on the Governor's Institute of Vermont website starting November 30th.

- Or consider Summer GIV!

Great opportunities to explore your passions and expand your high school experience.

ANNOUNCEMENTS-HELPFUL LINKS

Please Note You Can Find Useful Info in the BHS Student Handbook as well as on our school calendar, both can be found on the BHS Website...

Link to Handbook:

<http://bhs.bsdvt.org/resources/student-handbook/>

Link to School Calendar:

<http://bhs.bsdvt.org/calendar/>