

BURLINGTON HIGH SCHOOL SCHOOL COUNSELING DEPARTMENT

NEWSLETTER

Term: FRESHMAN Spring | Issue 2 | Date: April 4, 2019

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YEAR END MESSAGE

It's hard to believe that Freshman year is coming to a close as we are now in the final quarter of the year! Before long you will be on your way to sophomore year. Now is a great time to reflect on your transition into High School. Was it smoother than you envisioned or more difficult perhaps? Are you happy with your academic efforts and performance? Now is the time to consider what changes, if any, you might like to put in place for next year! Do you feel like you have balance between academics and co-curricular activities? Is there something you could do more or less of to support your success? Is there room to improve your academic record or get involved in more co-curricular activities? Set your goals and make a plan for yourself, you can make it happen! If you need support with this don't hesitate to ask a teacher, advisor, counselor or other trusted person.

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 Friday 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

SBAC Exams

April 2, 4, 9, 11

Fitness Gram Testing

April 16

Spring Break

April 22 - April 26

End of 4th Quarter Grading Period

May 17

Final Exams

May 21 - May 24

YES Program

May 29 - June 12

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.

TRAPPED IN A WEB OF HIGH SCHOOL DRAMA



Rumors and gossip can really hurt feelings and have negative effects on peer relationships. How do you avoid this drama? Consider these helpful tips:

Be thoughtful and respectful about what you text, and what you post on Facebook, Instagram, Snapchat, or YouTube. If you would not say it in person then don't put it on the internet!

THINK before you act:

T - Is the information true?

H - Is it helpful?

I - Is it inspiring?

N - Is it necessary

K - Is it kind?

If you make a hurtful comment by mistake, then don't be afraid to say you are sorry. Encourage others to be mindful about how they act and what they say. Branch out socially. Many students find their interests and connections change during high school, it's normal and healthy as we change and grow.

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-l: kprouty@bsdvt.org

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

TRY SOMETHING NEW...

Maybe you wanted to make the adjustment to high school and get comfortable before stepping out and trying new things. Totally understandable. Now that you are here, think about what you would like to try new during your sophomore year. A new sport, a club, or try out for the school play. It's never too late to try something new. Taking on new challenges shows your willingness to grow and discover new interests and talents. Need help with what or how, talk your school counselor.



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

GO SEAHORSES!



SPORTS

FALL SPORTS:

football
field hockey
boys soccer
girls soccer
cross country
volleyball

WINTER SPORTS:

indoor track
alpine ski
nordic ski
boys basketball (varsity and jv)
girls basketball
boys hockey
girls hockey
bowling

SPRING SPORTS:

outdoor track and field
baseball
softball
girls lacrosse
unified basketball
boys lacrosse
ultimate frisbee
boys tennis
girls tennis

If you are interested in trying out for a school sport please see the BHS Athletics Webpage for important dates and information.

HEALTH & WELLNESS FAIR

Please join the District Equity and Access Leadership Team (DEALT) for a Community Health and Wellness Fair at BHS on Tuesday, April 16th from 5-8 pm. All are welcome!

Nearly 50 health and wellness organizations in the greater Burlington area will be in attendance with information on health topics, community resources, games, activities, and prizes. Several brief presentations will be available for those who are interested in learning more about maintaining healthy lifestyles and supporting those of family, friends, and partners.

A free community meal will be provided for all attendees with vegetarian and gluten-free options available.

Please join us in partnership with our community health and wellness organizations in supporting a healthy community!

Confirmed Speakers:

BSD Staff and Administration
Howard Center School Services
Laura Ellis
Opiate Policy Coordinator

Confirmed Exhibitors

(More coming every day!):

Affiliates in OB/GYN
Afterschool Programming
Blue Cross/Blue Shield
Burlington Parks and Recreation Department
Burlington Partnership for a Healthy Community - ParentIN
Champlain Valley Head Start (CVOEO)
Children's Integrative Services
City Market
Community Health Centers of Burlington
Dept for Children and Families
HOPE works
Jaren Green Therapeutics
KidSafe Collaborative
King Street Center
Marko Chiropractic
Peace and Justice Center
Planned Parenthood of Northern New England
RiseVT
Sara Holbrook Center
Spectrum Youth and Family Services
Steps to end Domestic Violence
The Janet S. Munt Family Room
United Way/Help Me Grow
UVM Health Network Home Health and Hospice
UVM Medical Center Child Passenger Safety
UVM Medical Center Health Assistance Program
UVM Medical Center Injury Prevention
Vermont 211
Vermont Community Acupuncture
Vermont Family Network
Vermont Legal Aid

WHAT IS EXECUTIVE FUNCTIONING AND HOW CAN TEENS DEVELOP THE RIGHT SKILLS

Excerpted From:

CollegeVine Blog - CollegeVine.com

Written by: Kate Sundquist

January 18, 2019

Some people are familiar with the term executive functioning in the context of learning disabilities. In fact, deficits in executive functioning are a primary symptom of ADD and ADHD. Many people are surprised to hear, however, that no one is born with inherent executive functioning skills. Instead, these skills are learned and refined throughout childhood and into adolescence. During the teen years, the prefrontal cortex of the brain, which governs most executive functioning skills, undergoes rapid development.

In this post, we will discuss exactly what executive functioning is, how it relates to specific skills needed to succeed during high school, and how to build and develop these skills over time. To learn more about optimizing your organizational skills, don't miss this overview of executive functioning.

What Is Executive Functioning?

Executive functioning refers to the functions that help you manage your life's tasks. These include skills like organization, time management, prioritization, and problem-solving, among many others.

The exact [formal definition of executive functioning](#) is:

A set of processes that all have to do with managing oneself and one's resources in order to achieve a goal. An umbrella term for the neurologically-based skills involving mental control and self-regulation.

There are three primary areas brain functions that contribute to executive functioning. In the section below, we'll outline each of these functions and the most important skills that each governs.

What Are the Three Areas of Executive Functioning?

According to [Harvard University's Center on the Developing Child](#), three brain functions combine to account for your executive functioning skills. These are:

Working Memory

Working memory is responsible for your ability to retain and use specific pieces of information over short periods of time. It allows you to weigh new information and determine its relevance to what you are doing. It also allows you to retain this information while it's fresh so that you can use it immediately. For example, working memory allows you to remember where you set your car keys when you ran back into the house to turn off the porch light. Other common tasks that rely on working memory include:

- Remembering a phone number long enough to dial it
- Remembering a word problem long enough to solve it
- Maintaining focus and concentration
- Remembering instructions long enough to carry them out
- Paraphrasing or summarizing new information

Mental Flexibility

Mental flexibility is sometimes referred to as the ability to think on your feet. Essentially, it is a person's ability to change or adapt a plan in response to other stimuli. For example, when you're working on a visual project and realize you are out of paint, mental flexibility allows you to come up with an alternate medium for creating your piece without starting all over again. Other common tasks that rely on mental flexibility include:

- Shifting attention from one speaker to another during a conversation or lesson
- Carefully weighing options before making a final decision
- Tolerating ambiguity
- Seeing things from someone else's perspective
- Learning from mistakes
- Trying different methods of problem solving
- Assessing risks before taking them

Self-Control

Self-control is probably the most commonly-known brain functions involved with executive functioning. Self-control is your ability to control your impulses, emotions, and behaviors in order to achieve long-term goals. For example, when you are frustrated with the grade you received on your paper, rather than using colorful language to tell your teacher what you really think about it, you use self-control to request an explanation so that you can improve your grade next time. Other common tasks that rely on self-control include:

- Setting and working towards long-term goals
- Monitoring and correcting your own progress
- Staying motivated
- Maintaining self-confidence
- Seeing the value in delayed gratification
- Avoiding temptation

The three brain functions above combine to create your executive functioning skills, but they aren't inherent. Instead, they are built over time.

How Can You Build Executive Functioning Skills?

The skills necessary for executive functioning need to be practiced throughout high school. Some ways you can do this include:

Practice Smart Goal-Setting

Choose goals that challenge you, but are achievable. Then, write them down so that you can hold yourself accountable. Work backwards from your end goal to create a planning process with distinguishable, concrete steps towards the finished product. If you know you'll need help, create a check-in process in advance so that someone can provide support, direction, and accountability as you work towards your long term goal.

YES SESSION

THURSDAY MAY 2 MEET YOUR YES INSTRUCTOR!

Instead of attending Advisory on May 2 students will meet their YES instructors and hear more about the YES sessions they will be attending May 29-June 12.

YES Session Overview:

BHS concludes the second semester of school with the Year End Studies session. As part of the academic school calendar, the YES session offers all students of the BHS community exciting alternatives for learning. These non-traditional courses expand student understanding and inspire new student interests. Intensive, interest-driven opportunities enhance enthusiasm for learning and strengthen relationships within BHS and the Burlington community.



EXECUTIVE FUNCTIONING... - CONT'D

Excerpted From:

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Written by: Kate Sundquist

January 18, 2019

Learn to Self-Monitor

Negative self-talk, misunderstandings, and too much multitasking can all be roadblocks to executive functioning, but learning to self-monitor can help you address all these issues.

It starts with becoming aware of negative thought processes. Once you recognize these patterns of negative thinking, you can step back and see them more objectively. Try to identify areas for growth rather than areas of failure. Adjust your thinking to what you'll do to improve next time rather than ruminating on a negative experience. If you've had a negative interaction with someone, try to imagine switching places with them and what their perception or experience may have been. Try giving them the benefit of the doubt, or writing out your thoughts and feelings in a journal.

You can also self-monitor your progress towards goals by identifying barriers. If you're constantly getting off track by answering your phone, checking social media, or simply looking out the window, find a way to eliminate these distractions so that you can focus on one task at a time. Multitasking can be a strength, but you need to be able to identify if it's setting you back.

Use an Organizer

Having a system for remembering the countless due dates, commitments, and deadlines is a prerequisite for success. Consider a simple pen and paper system to help you internalize, as writing by hand generally requires more time and attention.

At the same time, an electronic backup system can help to provide automated reminders and notifications. Get into the habit of doing both to maximize your productivity.

Get a Mentor

Building executive functioning skills doesn't happen overnight and it's rarely something that can be done by yourself. You need role models and mentors to help along the way. Whether these people help you fine-tune your approach to studying or long-term assignments, provide scaffolding in areas that need to be further developed, or simply hold you accountable for the goals that you've set, their help can be invaluable.

If you want to build lifelong skills in executive functioning and apply them towards your own success in high school, consider the benefits of the [CollegeVine Near Peer Mentorship Program](#), which provides access to practical advice on topics from college admissions to career aspirations, all from successful college students.

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.bsdrv.org/resources/student-handbook/>

Link to School Calendar:

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