

# THE COUNSELING CORNER @ KJH

SEPTEMBER 2019--*WELCOME BACK!!*

**Welcome Mrs. Erickson!** – We are happy to welcome our new part-time counselor, Megan Erickson. She will be over those students with last names S-Z and will be available for students and parents Monday – Friday 8:00am – 11:30am. This is her first year as a school counselor, but she has nine years of experience working in schools. In addition to several years in the DSD Teaching and Learning department, Mrs. Erickson taught kindergarten, first, and third grades. She is excited to support students and families at KJH!

**Class Changes** – 1<sup>st</sup> semester class changes are now closed.

**9<sup>th</sup> Grade CCR's** – This year we will be holding 9<sup>th</sup> Grade CCR's (instead of 8<sup>th</sup> Grade CCR's.) CCR's will take place September 16-November 30. The online appointment scheduler will open September 6 and close September 11. If you do not schedule an appointment online a computer generated appointment time will be set for you.

**Utah Scholarship Changes** – During the 2019 legislative session there were multiple changes to scholarship programs for Utah students. Please review the attached document and visit the websites listed to review the changes.

**Forget-Me-Not Friends Workshop** – Intermountain Homecare & Hospice will be offering a children's grief counseling workshop, specially designed to help children and youth (ages 6-18) who have experienced the death of a loved one. Please see attached flyer for more details.

**Mental Health Screening** – Davis County Mental Health Screening Night for Youth will be held September 25<sup>th</sup> at Viewmont High School from 5-8pm. These screenings are free and will address social and emotional needs and strengths as well as depression, anxiety, trauma and suicide. Please see the attached flyer for more details.

**Davis County Health** – Please visit the Counseling Center Homepage to view the Prevention & Education classes that will be offered through Davis County Health for the 2019-2020 school year.

We would like to offer a self-empowerment group for girls to address self-esteem, relationship boundaries and the influence of media. We encourage coping skills, positive self-talk, and discuss the issues related to sexting. The group runs for six weeks and is led by a member of the District's Safe Schools Clinical Team. If you have a daughter who you feel may benefit from participation in the group, please contact your student's school counselor to enroll.

***Knight Discovery  
will begin  
September 10! If  
you need after  
school homework  
help come join us  
in the Media  
Center! Knight  
Discovery will be  
held every  
Tuesday,  
Wednesday, &  
Thursday from  
3:15-4:15 pm.***



If you have any questions or are in need of any assistance please feel free to contact the KJH Counseling Center @ 801-402-7207.

- Mr. Brown (A-H)
- Mrs. Stephens (I-R)
- Mrs. Erickson (S-Z)

During the 2019 legislative session there were multiple changes to scholarship programs for Utah Students. The following three programs were altered: Regents' Scholarship, New Century Scholarship and T.H. Bell Education Scholarship. While two new scholarship programs were created: The Utah Promise Scholarship and the Career and Technical Education Scholarship. These programs support the Board of Regents' mission of helping more Utahns access and complete a postsecondary education. Summary information for each program is provided below.

#### **Programs that were altered:**

- **Regents' Scholarship and New Century Scholarship**

- The [Regents'](#) and [New Century](#) Scholarship programs are awarded based on academic achievement during high school.
- Changes are applicable to the high school graduating class of 2020 and beyond and include:

##### **Awards:**

- The scholarships may be used for up to four semesters towards tuition and fees, after other state financial aid is considered. As such, award amounts vary based on individual circumstances.
- The FAFSA is a required part of the Regents' Scholarship application, but does not factor into determining a student's scholarship award.
- For Regents' Scholarship now has one award—the Regents' Scholarship. The my529 Match and the Supplemental Awards have been eliminated.

##### **Eligible Colleges/Universities:**

- These scholarships are no longer available for use at private colleges and universities.
- The Regents' Scholarship can now be used at Utah's public technical colleges, in addition to all public colleges and universities in Utah.
- Please discard any old materials you have and order new materials through our request form: <https://stepuputah.com/for-educators/request-materials/>. Materials will be available prior to the start of the new school year.
- To schedule an informational workshop on the Regents' Scholarship submit your request through our request form: <https://stepuputah.com/for-educators/request-events/>.
- For more information, review the websites for each program.
  - [Regents' Scholarship](#): see the [Rules and Requirements](#) or call 801-321-7159.
  - [New Century](#): see the [Rules and Requirements](#) or call 801-321-7221.

- **T. H. Bell Education Scholarship (for future educators)**

- The T.H. Bell Scholarship is for those intent on entering the teaching profession in Utah. It can be used at all public or private institutions in Utah that offer an approved program. This program was previously the T. H. Bell Teaching Incentive Loan Program, but in accordance with [HB 188, T.H. Bell Program Amendments](#) passed in the 2019 legislative session, the program is now a scholarship.

#### **Newly Created Scholarship Programs:**

- **Utah Promise Scholarship (need-based)**

- The [Utah Promise Scholarship](#) is a needs-based scholarship program in Utah. It is available to recent high school graduates and adult learners at Utah's public colleges and universities, as well as Utah's public technical colleges. It is available for up to two years, four semesters, or an associate degree, whichever comes first. Award amounts vary based on individual circumstances.
- For questions regarding this program students should contact Financial Aid office at the college or university they plan to attend.

- **Career and Technical Education Scholarship**

- Career and Technical Education Scholarship for noncredit programs at select USHE institutions including Salt Lake Community College, Snow College, and Utah State University Eastern and USU-Moab. This scholarship is available to students who enroll in high-demand, non-credit certificate programs.
- For questions regarding this program students should contact the Financial Aid office at the college or university they plan to attend.

For more information, please review the websites for each program.



# Forget-Me-Not Friends Workshop



Intermountain Homecare & Hospice is pleased to offer a children's grief workshop, specially designed for helping children (ages 6-18) who have experienced the death of a loved one. This course focuses on helping children to recognize their grief, providing them with tools and skills to redirect their feelings to positive remembrance, and teaching them that they are never alone in their loss.

**Every Tuesday, September 17–October 22, 2019  
5:30–6:30 p.m.**

at

**Intermountain Homecare & Hospice  
3776 Wall Avenue  
Ogden, Utah**

For more information or to register, please contact  
**Shawna Cales (435-553-5714) or Launi Layton (801-664-5996)**  
or email [Linda.Eggleston@imail.org](mailto:Linda.Eggleston@imail.org).



DAVIS HELPS

# Mental Health Screening for Youth

**JR. HIGH & HIGH SCHOOL**  
Viewmont High school  
September 25th, 5-8 PM

**PRE-K & ELEMENTARY**  
Davis Behavioral Health  
October 1st, 5-7 PM

Screening will address social & emotional needs & strengths,  
depression, anxiety, trauma & suicide.

The screening is not a full psychological evaluation.  
Clinical diagnosis will not be made. Parents must be present.

Meet mental health providers.  
Learn about community resources.  
Refreshments.



Davis School District  
LEARNING • GROWING



EXTENSION  
Utah State University



DAVIS BEHAVIORAL HEALTH



To schedule an appointment visit: [www.dbhprevention.org/screening](http://www.dbhprevention.org/screening)  
or call Angie Smith @ 801-336-1742.