



# THE COUNSELING CORNER @ KJH

FALL 2022

The Kaysville Junior High School Counseling Official Newsletter



## WELCOME KNIGHTS . . . AMAZING THINGS HAPPEN HERE!

Glad you are a part of it!

Have you met your counselor yet? They are eager to help in any way needed!

Assigned according to the student's last name:

**MR. BROWN A-G / MS. VANDYKE H-O / MRS. ERICKSON P - Z**

### 1ST TERM -

Mid-term is September 23rd. 1st Term ends October 31st.

Two **SUPER** options for extra help to stay on target:

Knight Discovery and 1st/3rd early Wednesdays.



### COLLEGE AWARENESS WEEK-

Nationwide campaign promoting the benefits of going to college and helping ALL students become college-ready! November 21-27, 2022

Explore information on the Kaysville Junior High Futures page:

<https://sites.google.com/view/ccr-option-2/home>

If you have  
questions or need  
assistance, please  
contact the  
Counseling Center  
@  
801-402-7207.  
We are eager to  
help!

**MR. BROWN (A-G)**  
**MS. VANDYKE (H-O)**  
**MRS. ERICKSON (P-Z)**  
**MRS. WILLIAMS, REGISTRAR**







## DATES TO REMEMBER:

Fall Break

- NO SCHOOL -  
October 13th & 14th

Professional

Development Day

- NO SCHOOL FOR  
STUDENTS -  
November 1st

Thanksgiving Break

- NO SCHOOL -  
November 23rd - 25th

## DSD PARENT SERIES-

Davis School District invites all parents and caregivers to join in an anonymous webinar on the 2nd Wednesday of every month!

# DAVIS SCHOOL DISTRICT PARENT SERIES

Davis School District invites all parents and caregivers to join in an anonymous webinar on the **2nd Wednesday** of every month!  
Discover the power you have to shape your child's mental health.

**TIME: 6:30-7:30 PM via Zoom**

To Register Now...scan the QR code or click the link



**WED. SEPT 14**

"Your Child's Anxiety"

<https://cookcenter.info/DavisSept14>



**WED. JAN 11**

"Why Our Children  
Self-harm"

<https://cookcenter.info/DavisJan11>



**WED. OCT 12**

"How Parents Can Help  
Prevent Suicide"

<https://cookcenter.info/DavisOct12>



**WED. FEB 8**

"Emotional Regulation  
~ Recognizing What's  
Wrong"

<https://cookcenter.info/DavisFeb8>



**WED. NOV 9**

"Bullying -  
Stop the Cycle"

<https://cookcenter.info/DavisNov9>



**WED. MARCH 8**

"De-escalating Cycles  
of Conflict"

<https://cookcenter.info/DavisMarch8>



**WED. DEC 14**

"Social Media-  
Protecting Your Child"

<https://cookcenter.info/DavisDec14>



**WED. APRIL 12**


"Establishing Healthy  
Boundaries"

<https://cookcenter.info/DavisApril12>



For registration questions, please contact  
Christi Blankman at [cblankman@dsdmail.net](mailto:cblankman@dsdmail.net)



 **Parent Guidance** is a resource for parents that provides education and therapeutic support to empower and give you hope as you support your child's mental health.

- Free Parent Coaching
- Ask a Therapist
- Access to Free Courses (All the courses (50+) on the website can be viewed in English or Spanish)

### Additional Resources

**MyLifelsWorthLiving.org**: The first animated series to tackle mental health and suicide prevention.

**CookCenter.org**: The mission of the Cook Center is to bring together the best organizations, programs and products to prevent suicide, provide mental health support, and enhance human connections vital for people to thrive.

**Live On**: A statewide effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. Together we can get through, reach out, lift up, look ahead, and Live On.