

Bulldog Counseling Corner

January 2023

Issue 5

SMART GOALS



SPECIFIC
PLAN EFFECTIVELY WITH SPECIFIC TARGETS IN MIND.

MEASUREABLE
TRACK YOUR PROGRESS AND REEVALUATE ALONG THE WAY.

ATTAINABLE
SET REALISTIC GOALS THAT ARE CHALLENGING BUT ACHIEVABLE.

RELEVANT
ENSURE THE GOAL SERVES A RELEVANT PURPOSE.

TIMELY
SPECIFY A DEADLINE, MONITOR PROGRESS AND REEVALUATE.

Important Dates

Jan 3rd	3rd Quarter Begins
Jan 4th	Volleyball Information Meeting 3pm--Intramurals begin
Jan 4th	Matilda rehearsals begin
Jan 8th	End of 2nd Sem schedule changes
Jan 9th	PTSA Meeting 9:15am
Jan 10th	Olympus Junior on Parade (5th grade) 6-8pm
Jan 15th	No School--Martin Luther King Jr. Day
Jan 18th	Volleyball team selection
Jan 22nd	Volleyball game #1
Jan 24th	Volleyball game #2
Jan 25th	GTI Open House 4-7:30pm
Jan 29th	Volleyball game #3 Freshman Registration Night at Olympus (8th graders) 6pm
Jan 31st	Volleyball game #4
Feb 5-6th	Freshman registration during school



A New Semester

Welcome to a new semester and new start. This month our focus is to learn how to set and achieve goals. Take a moment to write down a new goal--a goal not written down is still a dream!

With a new semester comes many requests for class changes. We are asking students whose requests aren't necessary to go to class on Wednesday the 3rd and Thursday the 4th before submitting a request. All requests must be submitted before Monday, January 8th.

Counseling center: 385-646-5225
olympusjrcounseling.weebly.com

Oly Jr. on Parade

If you know a 5th grader, please spread the word about Olympus Junior High On Parade which happens January 10th from 6-8pm. We look forward to welcome incoming students from the feeder elementary schools as well as anyone considering coming from out of boundary! Come and see what Olympus Junior High has to offer!



INCOMING & NEW STUDENT

OPEN HOUSE

Wednesday, January 10th 6 - 8 pm
at Olympus Junior High
2217 East Murray Holladay Road

Visit OJH website



Learn about classes & programs



Meet teachers & get to know the school



Learn about the PTSA

Scan for PTSA website



BULLDOG BUCKS!

The first 10 students who come to the counseling center to share their SMART goal for the year will get a Bulldog Buck! Bulldog Bucks are now all digital and students can order from the online store to claim their prizes.

Open Enrollment

The Early Window Application Period for the 2024-2025 school year is from November 15, 2023-February 2, 2024. If you are in 8th grade, live outside of Olympus High School's boundary, and plan to attend Olympus, be sure to fill out an application for the next school year. [Here is a link to more information.](#)

Volleyball

There will be an informational meeting on January 4th after school for those interested.

Basketball

Congratulations to our boy's basketball team who won the district championship on December 20th! Go Bulldogs!

Tutoring

The tutoring schedule is posted at the main office, as well as on the [Olympus Junior High Counseling Center website](#). Check it out or email a teacher to find a time to meet with them.

Students can also send a request to a teacher via Canvas to request to meet during advisory.

Course Selection Night at Olympus High School

8th graders, mark your calendars for **January 29th**. You are invited to Olympus High School at **6pm** to learn about all the great options of classes you will be able to take in 9th grade and beyond. You and your parents are both invited--watch for more information as it gets closer. Olympus High counselors will be in the classroom at the beginning of February to register students.