

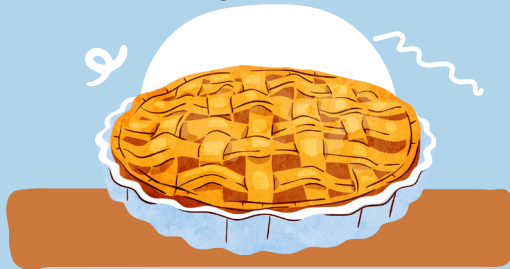
# Bulldog Counseling Corner

November 2023

Issue 3

## Gratitude

One very useful skill to learn and to cultivate is to be thankful. Take a moment to reflect on some things you are grateful for!



*Gratitude is good for your mental and physical health. How? Among other benefits, gratitude:*

Supports heart health and lowers inflammation

Reduces depression

Helps prevent overeating, motivates you to exercise more

Helps support a healthy immune system and improves pain tolerance

Improves sleep

Lessens anxiety

## Easy ways to practice gratitude

### KEEP A GRATITUDE JOURNAL

Write down 3-5 things that you are grateful for every day. Pay attention to the positive things around you rather than focusing on the negative.

### SAY THANK YOU

You can write thank you notes to people to thank them for kind things they have done. You can also just make sure to thank the people around you like your friends and teachers and even strangers.

### CREATE REMINDERS

Put sticky notes in strategic locations, set alarms, or even put pictures of people and things you are grateful for around you. When you see the reminders, remember to be grateful.

### GIVE THANKS BY PRACTICING RANDOM ACTS OF KINDNESS

For example, hold a door open for someone, say hello to another student who you don't know, help someone in your family without being asked, or send a kind text to someone you are thinking of to tell them you care.

[Click here to learn more](#)



Counseling center: 385-646-5225  
[olympusjrcounseling.weebly.com](http://olympusjrcounseling.weebly.com)

Follow Olympus Junior High on  
[@olympusjrofficial](https://www.instagram.com/olympusjrofficial)  
and on Facebook at Olympus Junior High

## Important Dates

Nov 1st	Talent Show Auditions Basketball Intramurals begin
Nov 8th	Talent Show Rehearsals 3pm
Nov 9th	Talent Show
Nov 14th	PTA Meeting 9:15am Community Council 3pm
Nov 20th	Basketball games begin
Nov 22-24th	Thanksgiving Break-No School
Nov 30th	MESA Parent Night 6-7:30pm
Dec 7-8th	Matilda Auditions after school
Dec 11-12th	Dance Rehearsals 3pm
Dec 13th	Winter Dance Concert 7pm
Dec 20th	Holiday Choir 6pm Instrumental 7:15
Dec 22nd	Winter Break begins



## Bulldog Bucks

Students and teachers are excited about the new online system to use digital Bulldog Bucks. Teachers use Bulldog Bucks to reward students for good behavior. Students can then order fun prizes. Be patient as the student ambassadors fill the orders--there are many as students converted their paper bucks to digital. Also, [follow this link](#) if you'd like to donate to our school store.

## 8th Grade

### College and Career Readiness

8th Grade CCRP Meetings start on November 14th! Sign up for an appointment starting on November 10th. The counselors are excited to meet with each 8th grader to go over their future goals and how to best meet those with their classes in high school.

Watch for a postcard in the mail with more information, including a presentation to watch beforehand so you can come with questions specific to you.

## 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.

**???** The first five students to come to the counseling office and answer this question will get a prize: **What is one way being grateful helps your health?**



## College Week

Thanks to all who helped make College Week a success. Most classes participated in a door decorating contest, students had fun at lunch doing different competitions and activities and many got to talk to University of Utah football players and get autographs. The essay contest produced some awesome work and we are proud of the Olympus Junior High students and their high aspirations. Essay contest winners are: Nadine Saadalla, Chloe Cederholm and Sofi Wheatley.

## Basketball

Basketball starts November 1st. Students who missed the informational meeting can stop by the office to pick up the schedule and consent form or talk to Mr. Costales. Intramural times are as follows and all are welcome. After intramurals, a team is chosen and games start the week of November 20th and end before Winter Break in December.

Day	Boys	Girls
Nov 1st	3:00-4:20	4:30-5:30
Nov 2nd	4:00-5:00	
Nov 6th	3:00-4:30	
Nov 7th	3:00-4:20	4:30-5:30
Nov 9th	4:20-5:30	3:00-4:15
Nov 13th	4:20-5:30	3:00-4:15
Nov 15th	6:00-7:15am	4:30-5:30
Nov 16th	3:00-5:00pm	Team finalized
Nov 20-Dec 20th Team Practices and Games		





# OLYMPUS COUNSELING NEWSLETTER

Quarter 1

Contact the Counseling Center:  
385-646-5401

OLYMPUS HIGH  
PERFORMING ARTS

## UPCOMING EVENTS

- Thanksgiving Break: Nov. 22-24
- End of Q2: Dec 21
- Winter Break: Dec 22 - Jan 3
- 2nd Sem Class Change Day: Jan 5
- Community Night: Jan 10
- Incoming Freshmen Night  
(class of 2028): January 29 6-8pm
- Oly sr. Course Selection: Jan 30 -  
Feb 8
- Junior High Course Selection: Feb 5&6
- Parent Teacher Conferences: Feb 6&7

## 24-25 COURSE SELECTION

Course selection starts in January -  
start looking at class options /  
requirements [here](#)

## LOOKING FOR INFORMATION?

Want to learn more about graduation  
requirements, online school, credit  
tracking, etc.?

Visit our presentation / handout page

## OLYMPUS SPORTS

Come support your local teams!  
Find game schedules on Oly's  
calendar

[schools.graniteschools.org/olympushigh](https://schools.graniteschools.org/olympushigh)

## NEED TO MEET WITH YOUR COUNSELOR?

Want to discuss your academic goals?

Track your graduation credits?

Just want someone to talk to?

Contact us!

# What's coming up?

## FRESHMEN

**November 15th:** Granite Online Midterm

**December 21st:** Quarter 2 Ends

**January 5th:** Class Change Day

**For individual meetings** - contact your counselor directly via email

## SOPHOMORES

**November:** CTE / CCR presentations in the Career Center (during your history class)

**December 21st:** Quarter 2 Ends

**January 5th:** Class Change Day

**November 6th -December 1st:** CCRS  
◦ Individual meetings with counselors -SOPHOMORES ONLY

## JUNIORS

**December 9th:** Next ACT test date  
◦ [Register here](#)  
▪ Registration deadline Nov 3

**December 21st:** Quarter 2 Ends

**February 10th:** ACT test date  
◦ [Register here](#)  
▪ Registration deadline Jan 5

**March 26th:** Free ACT test @Olympus

[Opportunity Scholarship](#) - start looking into requirements to see if you can qualify at graduation.

## SENIORS

**FINISH COLLEGE APPLICATIONS!**

Schedule a meeting with our college advisor, [Emma Manning](#)

**December 9th:** Next ACT test date  
◦ [Register here](#)  
▪ Registration deadline Nov 3

**December 21st:** Quarter 2 Ends

**January 11th:** FAFSA Night 6-8pm

**February 10th:** ACT test date  
◦ [Register here](#)  
▪ Registration deadline Jan 5