

HOME OF THE BULLDOGS

Welcome Back to School!



Upcoming Events!

Aug. 24th- First Day of School!

Sep. 6th- Labor Day – No School

Sep. 25th- No School



Tips for Success

This year we have new 6th & 7th Graders at our school! Here are some tips for success here at Olympus Jr. High School.

1. **Ask for help when you need it!**

Don't be shy to ask for help. Learn how to advocate for your needs. Everyone has certain strengths and weaknesses. We all can achieve more and do better when we utilize each other's strengths. We are stronger together!

2. **Manage your time!**

There are a lot of ways that can help you keep on top of your schoolwork: planners, phone calendars, apps, reminders, etc. Plan for time to work on each assignment. Plan to spend more time working on courses that you find are the hardest. By working on this class first, you will have the time to ask for help from teachers, friends, or your parents when you need it (See #1)

3. **Take care of yourself!**

This school year won't be like any other. It is important that you take time to care for yourself, especially when you notice that you are stressed or under a lot of pressure. Remember to do things that help you reduce your stress, such as reading a book, doing yoga, playing calming music, or going for a walk. Make sure to advocate for yourself by telling others what you need!

4. **Remember you are not alone!**

Take time to talk to your support system: family, friends, teachers, counselors, etc. Your support system can give you guidance and help you with any fears or stress you may have. Remember, we are stronger together!

Download Safe UT

Safe UT is a statewide service that provides real-time crisis intervention to youth through live chat and a confidential tip program –right from your smartphone. Safe UT can help anyone with emotional crises, bullying, relationship problems, mental health, or suicide-related issues. You can even submit a tip about a friend!



Faculty Spotlight



Ms. Johnson is one of our counselors (alpha H-M). She is completing her Master's at the University of Utah.

Ms. Johnson is new to Olympus Jr. High this year! She is originally from Las Vegas, NV and graduated from the University of Nevada Reno with her Bachelor's degree. In her free time, she loves fishing, hiking, camping, and playing with her two dogs. Her favorite food is pad thai.

Meet with your Counselor

Did you know that you can meet with your counselor for more than just schedule changes? We are happy to meet with you if you are concerned for a friend, stressed about school, having issues with a teacher, want to talk about college or future careers, or have any personal issues that you need someone to talk to about. We are here for you and want to help you succeed in all aspects of your life!

Schedule to meet with your counselor at <https://olympusjr.counseling.weebly.com>



Who's My Counselor?

Ms. Kendall A-G: ckendall@graniteschools.org
Ms. Johnson H-M: nejohnson@graniteschools.org
Mr. Howe N-Z: llhowe@graniteschools.org