

# Bulldog Counseling Corner

September 2023

Issue 1

## IT'S A NEW SCHOOL YEAR! MAKE A NEW FRIEND!

It's a new year and great time to make some new friends! It is never too late to make new friends. Now is the perfect time with your new classes and activities. This year, join a club or try a new sport. Here are some tips on how to make a new friend:

Walk up to someone with confidence. Make eye contact, say hello and introduce yourself. Ask questions about the other person and listen.

Give a compliment. Be honest and genuine.

Put your phone away! With your phone out, you are less likely to notice others and people think you aren't available.

Laugh! Letting others know you think they are funny makes them feel good and it also shows you have a sense of humor.

Get involved! Participate in activities at school and in the community where there are other people your age.

Talk! Get to know people and find out if you have something in common.



## RISE AMBASSADORS

Would you like to help with student leadership in the school? Applications for RISE Ambassadors will be available Thursday, August 31st in the counseling center. They are due Wednesday, September 6th. Those selected will meet together in an advisory class with Ms. Eisert and help with school programs.

Follow Olympus Junior High on @olympusjrofficial and on Facebook at Olympus Junior High

## Important Dates

Aug 31st	Hello Day Assembly
Sept 1st	No School
Sept 4th	No School
Sept 19th-Oct 6th	CCRP Meetings with 6th and 7th Grades
Sept 20-21st	Parent Teacher Conferences 4-7pm
Sept 22	No School
Sept 25th-29th	Red Ribbon Week
Sept 28th	GRIT 5K Run

### Math Challenge:

Alexi opens his favorite mathematics puzzle book and notes that the product of the page numbers facing him is 1,332. Find the sum of these two page numbers. (Note: All pages are numbered consecutively)

The first 5 students to bring the correct answer to the counseling center will get a prize!!



## MEET YOUR COUNSELING TEAM AT OLYMPUS JUNIOR HIGH



**Ms. Kendall A-Ha**  
ckendall@graniteschools.org



**Ms. Blodgett He-M**  
sjblodgett@graniteschools.org



**Mr. Howe N-Z**  
llhowe@graniteschools.org



**Mr. Robison Social Worker**  
darobison1@graniteschools.org



**Ms. Birrell Registrar**  
habirrell@graniteschools.org



**Ms. Vantussenbroek Secretary**  
lvantussenbroek@graniteschools.org

Contact us through email, phone (385-646-5225) or [our website](#)

# Get Involved!

This is the year to try something new! We invite all students to get involved this year with a club, sport, or with the performing arts. Below is information about some options but keep your eyes and ears open for more as the year goes on. Parents and students are always invited to view the morning announcements that are shown in advisory each day at [KOJHUtah.com](http://KOJHUtah.com)

<b>Aug-Sept</b>	Soccer and Cross Country
<b>Nov-Dec</b>	Basketball
<b>Jan-Feb</b>	Volleyball
<b>Feb-March</b>	Wrestling
<b>April-May</b>	Track

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>
Art Club 3-4:00pm	Lego League 3-5:00pm <i>(begins Sept 12th w/tryouts)</i>	FCCLA 3-4:00pm	MESA 3-4:00pm <i>(Begins Sept. 14th)</i>
Mr. Whiting Room 113	Ms. Brown Room 306	Ms. Sorensen Room 107	Mr. Ray Room 304
Debate club will start after the Thanksgiving Break on Mondays <i>Matilda Auditions: Dec 3-6th Practices: Jan 4th-March 15th</i>			

# Get Help!

## English Tutoring

Want to improve your English Proficiency Scores?  
Come get help from the English Department!

<b>Day</b>	<b>Teacher</b>	<b>Room</b>	<b>Time</b>
Monday AM	<b>Criswell</b>	<b>203</b>	<b>7:10-7:40</b>
Monday PM	<b>Stansbury</b>	<b>201</b>	<b>3:00-3:30</b>
Tuesday AM	<b>Howard</b>	<b>205</b>	<b>7:10-7:40</b>
Tuesday PM	<b>Higham</b>	<b>301</b>	<b>3:00-3:30</b>
Wednesday AM	<b>Howard</b>	<b>205</b>	<b>7:10-7:40</b>
By appointment	<b>Edwards</b>	<b>303</b>	By appointment
Thursday AM	<b>Criswell</b>	<b>203</b>	<b>7:10-7:40</b>
Thursday PM	<b>Stansbury</b>	<b>201</b>	<b>3:00-3:30</b>

## Math Tutoring

\*\*Please BRING SOMETHING with you that you need to work on

<b>Day/Grade</b>	<b>Teacher</b>	<b>Room</b>	<b>Time</b>
Tuesdays 6th Grade	Varoz	312	2:45-3:30
Wednesdays 7th/8th	Taylor	310	2:45-3:30
Thursdays 7th/8th	Bearss	308	2:45-3:30

Ms. Eisert will have science tutoring Thursday mornings at 7am in room 209.

Quarterly, we will include Olympus High School's Counseling Newsletter along with ours. Our hope is to keep you informed about upcoming events and dates that could help your family stay connected with the Olympus community and be prepare families with 8th graders to know what is happening at the high school.

# OLYMPUS COUNSELING NEWSLETTER

Quarter 1

OLYMPUS HIGH  
PERFORMING ARTS

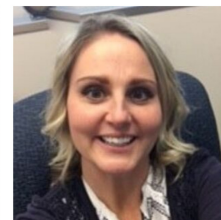
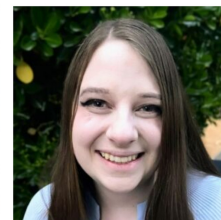
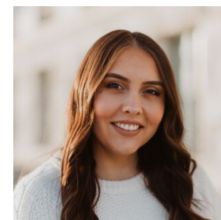
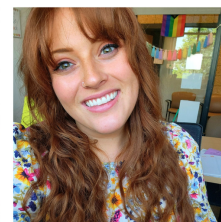
Contact the Counseling Center:  
385-646-5401

## UPCOMING EVENTS

- **Community Night 9/13**
  - Tom Ballard @takeheart.rock
- **Parent Teacher Conference:**
  - 9/18-9/19 High school 4-7pm
  - 9/20-9/21 Junior High 4-7 pm
- **Fall Musical: Oct 5-9**
  - "The Wedding Singer"
- **Fall Break: Oct 12-13**
- **Freshmen Parent Night: Oct 19th**  
6-8pm
- **UCAW: Oct 23-27**
  - UT College Application Week

## WANT TO START A CLUB?

Pick up an application from the front office and return to Asst. Principal, Ms. Tanner, before **October 17th**



## OLYMPUS SPORTS

Come support your local teams!  
Find game schedules on Oly's  
calendar  
[schools.graniteschools.org/olympushigh](https://schools.graniteschools.org/olympushigh)

## MEET YOUR COUNSELOR

Want to discuss your academic goals?  
Track your graduation credits?  
Just want someone to talk to?  
**Contact us!**