

WELCOME
PARENTS!

WHAT YOU SAY
In Here...
STAYS IN HERE
UNLESS:

1. Someone Is Hurting You
2. You Want To Hurt Someone
3. You Want To Hurt Yourself
4. You Give Permission to Share With Another Trusting Adult

WELCOME TO THE
COUNSELING
OFFICE

U TURN
IN HOMEWORK
U GET
BETTER GRADES



THE
SECRET
SURPRISE

TAKE
A
deep
BREATH

Mrs. Bowden
9th Grade Counselor

YOU
ARE
WHAT
YOU
EAT

KEEP
CALM
and
READ
A BOOK

Want to chat? Come
visit us during our open
office hours
Or message to schedule
an appointment

Bowden_Sasha@asdk12.org



Ms. Cronin,
Intern

[BHS Counseling Dept](#)



Confidentiality Statement:

Please remember that conversations between the student and counselor and families and counselor are confidential except when certain concerns arise.

These same guidelines from our school offices apply to online counseling.

Please recognize, however, we are working from our home offices. While we strive to maintain a private space for online and phone conversations, there is always a possibility of unintended Interruptions.

Additionally, privacy on your end may pose a challenge. We will work with you to maximize confidentiality in our meetings.





Anchorage School District
Educating All Students for Success in Life

ASD Counseling & Guidance



**2020-21 High School
Program of Studies**





Any Questions?

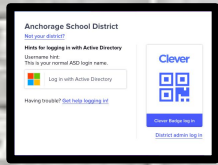


ANNOUNCEMENTS

- 4th Quarter is underway!
- Stay on top of your assignments.
- Ask questions
- Turn assignments in ON TIME
- Time Management is a key to decreasing stress

SCHOOL COUNSELOR ^{CT}

Contact Mrs. Bowden
9th Grade Counselor





Have a question
about your
schedule...want to
make a change?
Drop me a message



Message Mrs. Bowden through
Canvas Inbox or Email at:
Bowden_Sasha@asdk12.org

Want to chat over the phone?
Leave me a message on my
office phone and I will call you
back! 742-1834



Want to talk face to face on Zoom?
Visit Mrs. Bowden during office hours
Or message for an appointment.

Ms. Cronin, Counselor Intern
M-W 2:00-3:00

Zoom ID: 322 179 7898 Passcode:2020

zoom

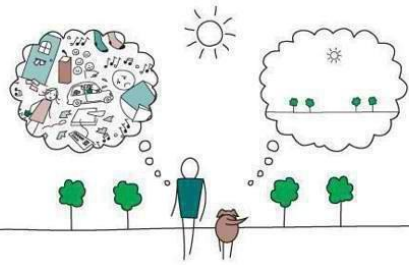



KEEP
CALM
AND SEE YOUR
SCHOOL
COUNSELOR

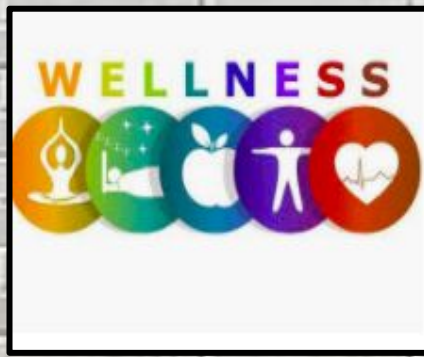


LET'S CHAT





Mind Full, or Mindful?



Click on the images

Self-care is as important as
studying. Take a break



[Mindful](#)

[Head Space](#)

[25 Fun Mindfulness Activities
for Children and Teens](#)

[Guided Practice](#)



Wellness/Stress Relief

Stress is a state of mental or emotional strain. If ignored, stress can greatly affect your health: headaches, depression, muscle tension, heart, sleep, mood. When you feel stressed, acknowledge it and practice some of these stress relievers to help you get healthy and back on track!

Meditation

Yoga or Stretch

Think positive thoughts

Journal

Take a deep breath

Play or listen to music

Take a nap

Go for a walk

Play with your pet

DRAW A PICTURE

Find something that makes you laugh

Talk it out with a friend

Eat a healthy snack

Exercise



- 
- 5 - things you can see
 - 4 - things you can feel
 - 3 - things you can hear
 - 2 - things you can smell
 - 1 - thing you can taste

www.dr.sarahallen.com



Building Emotional Awareness

- Make a habit of tuning in to how you feel in different situations throughout the day.
- Rate how strong the feeling is.
- Share your feelings with the people closest to you.

[\(Click here to learn more\)](#)



BHS Student Check-In (9th Grade)

This form is being directed to Sasha Bowden - School Counselor at Bartlett High School

* Required

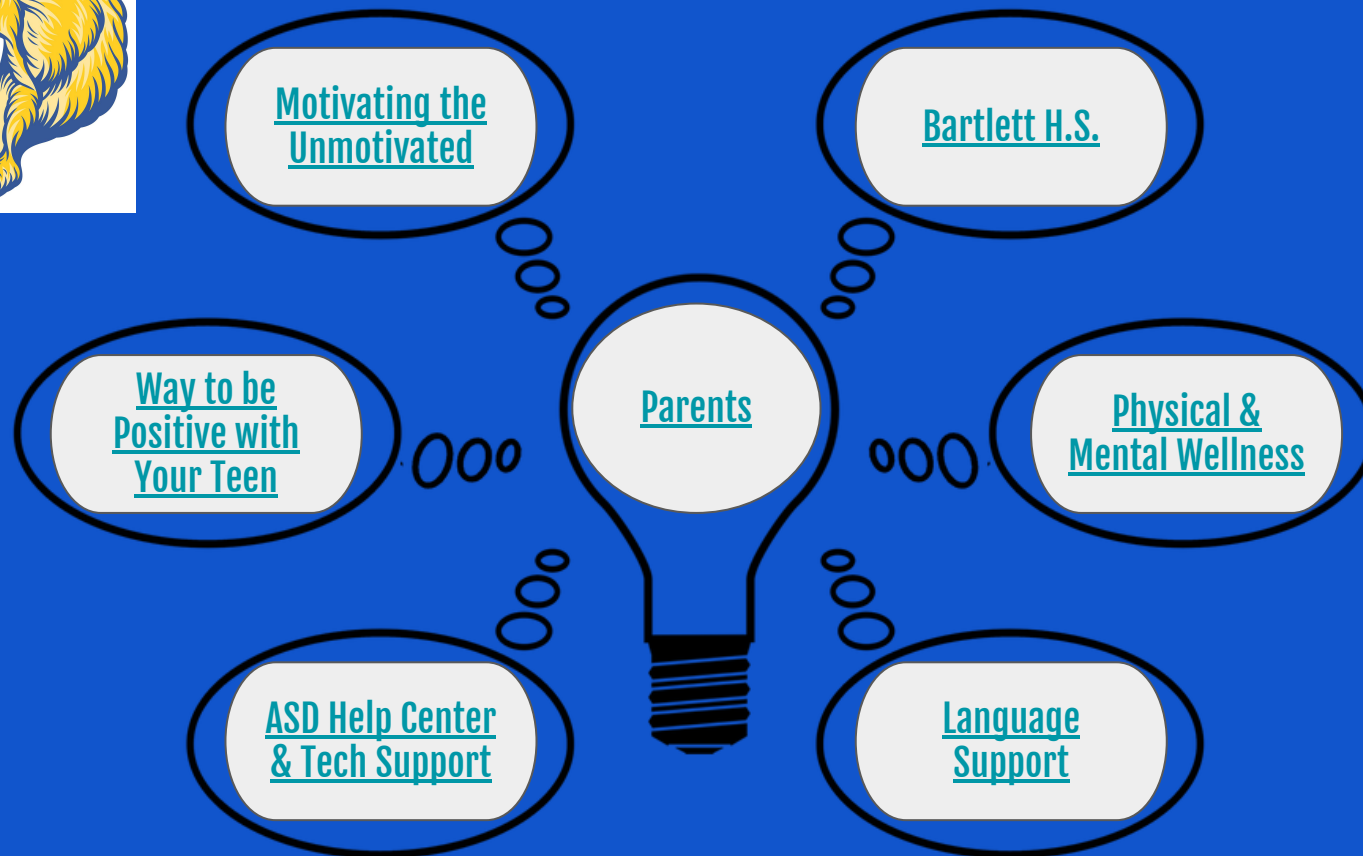
Email address *

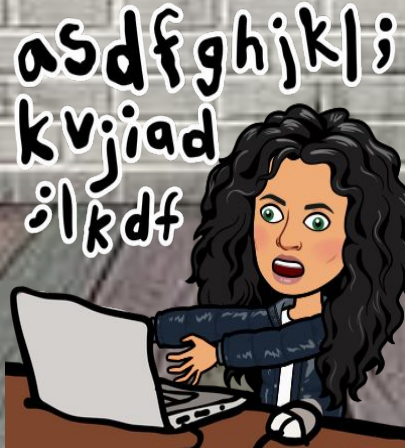
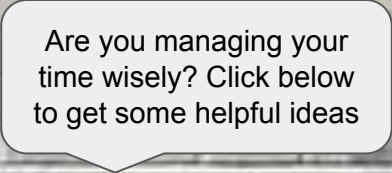
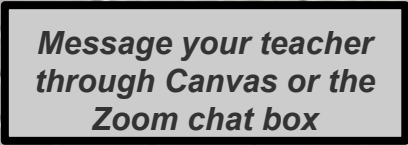
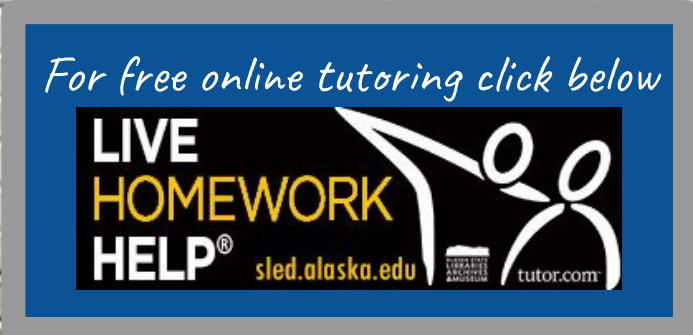
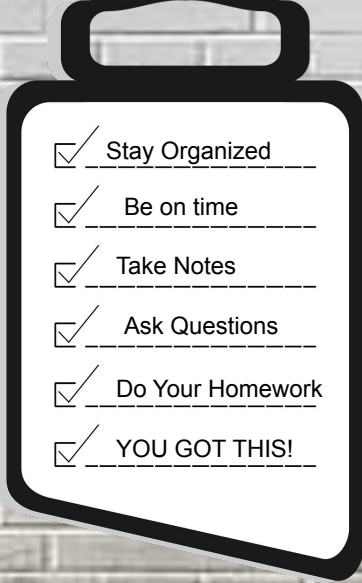
Your email

**Let us know how
you are.**

Click above to check in.

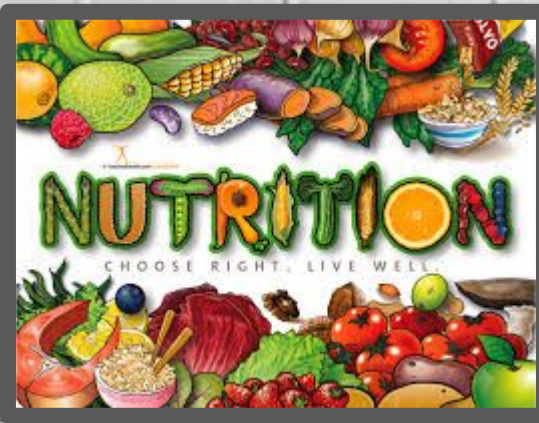






HELP



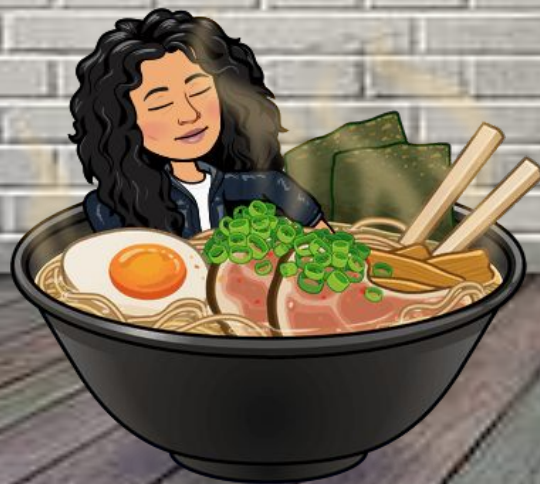
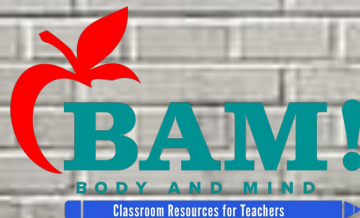


Meal pickup
options for ASD
students & families
[CLICK HERE](#)



TeensHealth™

from Nemours



LET'S EAT!





Click Me

Before you



THINK

T = Is it True?
H = Is it Helpful?
I = Is it Inspiring?
N = Is it Necessary?
K = Is it Kind?

SOCIAL MEDIA SAFETY TIPS

- 1 Do not assume your social media is "private."
- 2 Do not post anything you don't want others to see
- 3 Do not say anything to anyone online that you would not say to their face
- 4 Do not accept a friend request from someone you do not know
- 5 Manage your privacy settings
- 6 Do not share your location
- 7 Review your content before posting online
- 8 Share content with fewer people

SOURCE: TTU OUTPOST SOCIAL MEDIA LAB



SOCIAL MEDIA



SCREEN TIME





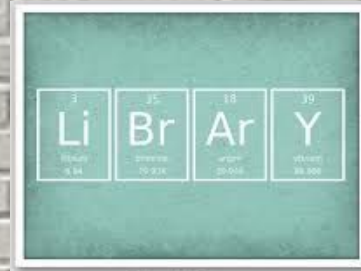
**KEEP CALM
AND
READ A BOOK**



The more that you
READ,
the more **THINGS**
you will know.
The more that you
LEARN,
the more **PLACES**
you'll **GO**

— Dr. Seuss

BookLife



BOOK
NERD

There is something
for everyone! Click
around to see what
inspires you to
READ.



READING



Go Bartlett Bears!