August

BGS Counselor Connection

Welcome Back!

I hope this newsletter finds you refreshed after a wonderful summer break! My name is Kristi Johnson and I am excited to begin my second year serving as school counselor here at BGS.
My husband, Dale, and I have been married for 12 years and have 5 children. We enjoy spending time outdoors and sports. I hope that you will feel invited to contact me if I can support you or your student in any way during the coming school year. It's going to be a GREAT year at BGS!

Back to School Tip

Ease into the routine.
Switching from a summer to a school schedule can be stressful to everyone in the household. Practice your routine a few days in advance. Set the alarm clock, go through your morning rituals. Routines help children feel comfortable, and establishing a solid school routine will make the first few weeks of school go much more smoothly.

Counseling 101

WHAT DO SCHOOL COUNSELORS DO?

- **Individual counseling**
- **Group counseling**
- **Guidance classes**
- **College and Career Counseling**
- **Parent resources**

Contact Info

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Be Safe. Go Prepared. Show Respect.

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