



COUNSELOR'S CORNER

WELCOME TO A NEW YEAR!

Your Hillgrove School Counselor's have officially made it through the first 10 days of school. We know that the transition back to school can be nerve wracking, stressful, and a little scary. Thank you for your patience as we serve to the best of our ability. This monthly newsletter is to not only welcome the new Hawks on our caseload, but also to ensure you know exactly how your students are being supported. See below for school counselor alphas!

A - Dau	Ms. Berry
Dav - Hol	Ms. Calloway
Hom - Mil	Dr. Boyle
Mim - Sc	Ms. Davis
Sd - Z	Mr. Washington

H. A. W. K. S.

How To Build Resilience

Resilience is about embrace setbacks, letting your child fail softly, and experience natural consequences. That might look like not making a club they desired because they did not follow the application process correctly, having their phone taken away because of their grades, or even struggling to make friends. We know - that's hard. It's also essential for growth! You grow through what you GO through. You'll see tears, sadness, frustration, anger, and more. We all experience those necessary feelings and are apart of life. Finding healthy coping skills, reaching out to systems of support, and even reaching out to your child's school counselor can help! This month, try letting your Hawk face a manageable challenge—let them struggle a bit, then ask, 'What might help next time?'.

9th Grade

Freshmen Lessons take place on August 26th and August 28th in the cafeteria between your child and their respective school counselor. Emails will be sent out closer to the date!

10th Grade

Sophomore lessons take place on September 2nd and September 4th in the cafeteria between your child and their respective school counselor. Emails will be sent out closer to the date.

11th Grade

Junior Advisement begins in October! You can prepare now by exploring career interests, visiting 4 and 2 year schools, and reminding your child to update Naviance with their PERSONAL email.

Important Reminders

Dual Enrollment Summit
August 28th, 6-8pm
Cobb County Civic Center

12th Grade

Welcome to senior year! Remind your child to sign up for a senior seminar sessions with their respective school counselor. Links to do so are on "Class of 2026" on CTLS. The Senior Parent Breakfast will take place on Saturday, August 23rd at 9am in the cafeteria. [Be sure to RSVP here.](#)