



COUNSELOR'S CORNER

FALLING INTO A ROUTINE!

Can you believe it is already September? Your Hillgrove School Counselors are falling into a routine and we hope your child is too! We've had freshmen lessons and met with our seniors. Now, we are starting the month meeting with our sophomores. Additionally, we are diving deep into all things school counseling with our Hawk Hour sessions covering topics such as dual enrollment, college visits, brain breaks, organizational skills, and more. Be sure to remind your kiddo to check those out! Stay up to date by following us on Instagram @hillgroveschoolcounseling and checking your child's CTLS!

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.

Anxiety: A Natural Step Towards Growth

Anxiety is a natural part of life—it shows up when your child faces new challenges, uncertain situations, or even everyday pressures. In our world today, many kids and teens feel overwhelmed by expectations, social dynamics, and the constant buzz of information around them. It's okay to acknowledge that anxiety can be tough to watch, and it might sometimes feel like you want to fix everything for your Hawk right away. But here's the truth: learning to manage anxiety is a vital skill that helps your child build confidence and resilience for life. Instead of trying to shield them from every worry, help them name their feelings, understand what triggers their anxiety, and discover healthy ways to cope—whether that's deep breathing, talking it out, or breaking big tasks into smaller steps. Encourage your child to reach out for support, whether it's with you, a trusted adult, or their school counselor. This month, try sitting with your Hawk during a moment of worry and ask, "What's making you feel this way? What small step can you take to feel a little more in control?" Sometimes, simply knowing they're not alone is the first step toward feeling stronger.

9th Grade

Freshmen Lessons have been completed and students who did not attend will be called up to the Counseling Office by their school counselor. Be sure to check CTLS for tutoring information soon!

10th Grade

Sophomore lessons take place on September 2nd and September 4th in the cafeteria between your child and their respective school counselor. Emails have been sent to parents and shared on CTLS.

11th Grade

Junior Advisement student group meetings will be in October. Junior Advisement Parent Night will be on Tuesday, October 7th from 6pm - 8pm! Be on the lookout for more info coming your way soon.

Important Reminders

College and Career Fairs

- Monday, September 8th from 5-8pm at Walton High School
- Saturday, September 13th from 1-4pm at Kennesaw Mountain High School

[Register here!](#)

12th Grade

We know we went over a lot of information during Senior Seminar and Senior Parent Breakfast. [Check out the link here for the presentation!](#)