



A Message From Our School Counselor

September 28, 2026

Dear Parents,

I have truly enjoyed getting to know and spending time with your children this year at Oquirrh Elementary. We also want to welcome the students who are new to our school!

Over the summer, I reviewed student testing results for last year, and we are proud to share that our Oquirrh Elementary students have demonstrated impressive rates of academic growth during the past two years. This success reflects the hard work of our students, teachers, administration, and staff.

Our Theme: Kindness Is My Superpower! I am especially excited about this year's school theme, which focuses on kindness toward others. During classroom lessons, social-skills groups, and individual conversations with students, I share evidence-based research that shows kindness to others increases happiness, strengthens well-being, and helps students manage difficult situations.

Science teaches us that social emotional learning skills and habits can help children solve problems, regulate emotions, build self-confidence, and foster healthy and safe relationships with others

Attendance and Student Growth. Our state legislature continues to focus on helping children succeed in school. Several legislative bills that have recently been signed into law address student attendance. At our school, we have seen a clear connection between consistent attendance and academic growth. Students who attend regularly tend to make stronger progress, and students who improved their attendance often showed remarkable gains. One of those laws, SB 58, redefines chronic absenteeism as missing 10% or more instructional days (or 2 days a month). After five days of unexcused absences, school districts must issue a formal notice and require parents to meet with school officials to develop an attendance plan.

Mental Health and Wellness Resources. If you have concerns about your child's mental health, emotional regulation, anxiety, or depression, Jordan School District offers many resources to help. If you would like your child to meet with me or with Mr. Tenney this year, a counseling permission form must be signed annually. You may complete this form at any time, or choose to sign one now should the need arise in the future. You may sign a counseling form during parent teacher conferences if you would like this service.

Jordan School District's Health and Wellness website provides mental health and wellness information for families. The site includes a provider spreadsheet with local agencies, accepted insurance information, and provider specialties. The district may also

be able to help when families experience barriers to needed mental-health support. You can learn more by visiting: <https://wellness.jordandistrict.org/>.

Social Media and Student Mental Health. The U.S. Surgeon General continues to warn families about the negative impact of excessive social media use on children's mental health. Just as public health leaders warned families about the dangers of smoking, they are now encouraging parents to be aware of how social media can affect students' well-being. This government advisory includes research and practical steps parents can take to help protect children: <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>

Joel P. Jensen Middle School is having a parent night on October 6th, addressing how parents can educate and monitor their children's social media usage and you are invited to attend. See attached invitations:

Additional Family Support. The Jordan Family Education Center is also available for student counseling and classes for both parents and children. Here is a link to their free services that are provided by mental health professionals. <https://guidance.jordandistrict.org/ifec/>

It is a challenging time to be a child, and it can also be a challenging time to be a parent. At the same time, we have more research, tools, and resources than ever before to help children and families thrive. Please remember that you are not alone.

Healthy Habits. Please continue to encourage your children to have a healthy lifestyle balance at home. Good sleep, consistent routines, and time away from screens all support emotional regulation and overall well-being. We will do everything we can to provide your children with a productive and safe school experience! Feel free to contact me if I can be of any help to you, your student, or your family .

Sincerely, Mrs. Robinson, LCSW, School Counselor, vicki.robinson@jordandistrict.org

