

COUNSELING NEWSLETTER



AS THE WORLD SERIES HEATS UP, WE'RE HELPING STUDENTS KEEP THEIR EYE ON THE BALL

Your School Counselors are here to ASSIST!



Just like a great coach helps players improve their game, school counselors at CHYBA help students succeed on and off the field! Whether you are facing challenges academically, with friendships or experiencing personal growth issues, we are here to support, guide, and empower you to make winning choices in life.

Choice Theory, developed by Dr. William Glasser, teaches us that we are in control of our own actions and that happiness, success, and strong relationships come from making positive, responsible choices.

Choice Theory reminds us that:



When we make good choices, we set ourselves up for success, on and off the field!



We can't control others, but we can control ourselves.



Our behaviors are driven by five basic needs: love & belonging, power, freedom, fun, and survival

RESOURCES

WDEP Model to try at home!



W – Wants

- What do you want?
- What are your goals, dreams, and needs?
- How do your actions align with what you really want?

D – Doing

- What are you doing right now?
- What choices are you making in your daily life?
- How are your behaviors affecting your success?

E – Evaluation

- Is what you're doing working?
- Is it helping or hurting you?
- Can you fix actions to get closer to what you want?

P – Planning

- What's your next step?
- What can you change to move toward your goals?
- What small, specific actions can you take today?



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CHYBA ZEN DEN TEAM

Our campus counseling center provides a safe and supportive place for students to connect with peers facing similar challenges while learning valuable life skills. Whether it's stopping in for a reset, managing stress, transcript reviews, handling friendships, preparing for college, building self-esteem, gaining resources for food, clothing or employment the Zen Den at CHYBA is structured to help students rebound from challenges and stay in the game!

Let's work together, support each other, and make every choice a homerun! Direct line to the counseling office is 530-972-0407.



COUNSELING APPRECIATION CORNER

Employee Spotlight: Dave L. — The Heart Behind the Meals and Wheels! 🚌🍴

This month we're celebrating Dave L., who joined our CHYBA team in April 2025 and quickly became an essential part of our food and transportation crew. Dave has years of experience as a bus driver, along with a background in EMS services, which shows in his calm, can-do attitude no matter what the day brings. He drives our transit vans all over town, making sure students get to school safely and stay fed all while keeping our facilities such as the kitchen spotless (not an easy feat with our messy eaters!). When we asked Dave what he enjoys most, he said: "Getting to know the students on my transportation route, having our little van community, and having good small-group conversations is something I look forward to."

Fun fact: Dave is also a pig farmer and calls himself a "passive prepper." He grows his own heirloom beans, cultivates his own seed strains, and raises pigs for a sustainable protein source. When he's not farming, you'll find him woodworking, gardening, or fishing.

Thanks, Dave, for all the heart and hard work you bring to our team every day!



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Upcoming Events

- ASVAB October 22nd, if you missed it there will be another opportunity to test in the Spring
- Spirit Week October 27th - 31st
 - *Remember costumes must be school appropriate, no masks, no weapons
- November 5th ASVAB Results deep dive session, Zen Den
- November 10/11th - No School, Veteran's Day Holiday
- November 21st CHYBA Thanksgiving feast-Parents Welcome
- November 24th - 28th No School, Thanksgiving Holiday Week



This Month's Counseling Playbook



Grand Slam – Making great choices leads to big wins.
Full Count – Stay calm and focused when things get tough.
Line Drive – Be direct and intentional in your actions.
Double Play – Help yourself and others make positive choices.
Steal Second – Take smart risks toward your goals.
Home Run – Celebrate success when your hard work pays off.
Curveball – Life will throw surprises; adjust and keep swinging.
Strike Zone – Know your boundaries and make decisions that stay true to you.
Tag Up – Pause and think before making your next move.
Pop Fly – Let go of what's out of your control.
In the Dugout – Support your teammates and cheer them on.
Bullpen – Ask for help when you need extra support.
Base Hit – Small wins add up to big victories.
Stay in the Game – Don't give up; every inning is a new chance.
Call for a Timeout – Take a break to refocus and reset.
Defend the Plate – Protect your peace and mental health.

Quoted by: Anonymous Baseball Philosopher