



Bonneville High School

251 East 4800 South
Ogden, UT 84405

Principal – Brock Mitchell

Assistant Principals – Nichole Warren-Doman, Nick Reyes, Patrick Andrus

October 21, 2020

To Whom It May Concern,

We would like to take the opportunity to recognize our amazing counseling/mental health team. The pandemic had created challenges for educators in every role and in every school. Our counseling team and mental health specialist have truly gone above and beyond to ensure that students, parents and staff are supported and they deserve to be recognized for their efforts.

Natasha Davis, Thomas Marcheschi, Robert Hancock, Lacy Peterson and Amber Hellstrand have coordinated to provide support to our faculty, students and parents during these turbulent times. They have worked together to produce a regularly occurring mental/physical wellness check for students called “Feel Good Friday’s”. This team has enlisted the help of teachers throughout the building to provide mindfulness, relaxation, stress-reducing and coping strategies for our students. The team has created short videos that are embedded in our student announcements and are shown school-wide and shared on our school website on a weekly basis. It’s not every day that the calculus teacher walks the entire student-body through a yoga/meditation exercise!

Every Monday the staff receives an email from Amber Hellstrand, our mental health specialist called “Monday Matters”. These emails are specifically targeted to stress management techniques for our overwhelmed staff. The techniques include box breathing, meditation practice, an “awe walk” and a deep and thorough explanation of the dangers of ongoing toxic stress.

Our counseling team has made an effort to ensure that they are coordinating with and communicating regularly with teachers in the building. Counselors have surveyed the teachers to see how they can better support our faculty. Based on that feedback, the counseling team has committed to communicating and following up with teachers that have reached out regarding a student within one school day. This commitment is helping to build trust between the counseling department and our faculty and is ensuring that each role is honored for the support and care they provide to the students.

The counseling department does an outstanding job communicating with the administrative team. The counselors have worked with the administrative team and the mental health specialist to create a team-minded approach to supporting our students. Likewise, the mental health specialist does an outstanding job coordinating with and communicating with the administrative and counseling teams. The counseling department and the mental health specialist have scheduled a weekly staffing meeting to discuss and share ideas as a team to ensure that we are all knowledgeable about and able to provide support to our most significantly at-risk students.

We know that this team deserves every bit of praise and recognition they receive. We are grateful for the opportunity to recognize our amazing counseling and mental health team!

Thank you for your consideration.

Bonneville Administrative Team