



APRIL 2020

**West Orange High School
School Counseling News**

**Students in Grades 9-12 can access school via their
teachers' Google Classrooms**

**Only district students have access to
Google Classrooms.**

**Parents cannot log on with non-domain usernames to
gain access to Google Classrooms.**



WEST ORANGE HIGH SCHOOL SCHOOL COUNSELING DEPARTMENT GUIDE

Cheryl Butler

**Director of Student Personnel Services / Counseling
Ext. 31611**

Our school counselors handle issues such as but not limited to:

- Sign up with Naviance
- Obtain access to the parent portal
- Scheduling
- Post secondary planning
- Individual counseling and advisement
e.g., Resolve conflicts, specific student concerns (grades, peer pressure, academic support etc.)
- Student appraisal—coordinating information that goes into confidential student files and interpreting the information to help qualify students for special programs
- Coordinate meeting with parent, teacher and student to address issues/concerns in class
- Referral—provide referrals to appropriate professionals in the schools and in the outside community

51 Conforti Avenue

Main Number: (973) 669-5301
 Attendance: ext. 31999
 Nurse: ext. 31524
 Guidance: ext. 31600
 Special Education: ext.31653
 Athletics: ext.31567

SCHOOL COUNSELORS

Aldo Casale	ext. 31606
Anna D’Elia	ext. 31615
Michael DuBose	ext. 31617
Margaret Fahey	ext. 31610
Madelin Fernandez-Perez	ext. 31603
Kathryn Furey	ext. 31609
Mary Kehoe	ext. 31602
Guerlyn Millington	ext. 31613
Louis Pallante	ext. 31607
Rachel Rosen	ext. 31601
Rossanna Santos	ext. 31612

SAC

(Student Assistance Counselor)

Amedeo Chirichiello	WOHS ext. 31552
Jaclyn Headlam	WOHS ext. 31557

Administrative Assistants

Montrisa Bradford	ext. 31605
Michele Carroll	ext. 31608
Angela Gonzalez	ext. 31604



Parent Message

WEST ORANGE PUBLIC SCHOOLS SCHOOL COUNSELING DEPARTMENT

During the closure of schools due to the health emergency, the West Orange Public Schools/School Counseling Department will be operating virtually.

School counselors and Student Assistance Counselors (SACs) are available through email and virtual meetings (e.g., Google Hangouts/Conference).

School counselors and Student Assistance Counselors (SACs) will be checking their voicemails and email from home daily. Email is the best avenue to reach the school counselor. To schedule an appointment, students and parents may email the school counselor directly to find a mutually agreed upon date/time.

Refer to the [E-Learning Site](#) on the district homepage for each school specific contact information and resources.

OFFICE HOURS:

West Orange High School Monday - Friday from 7:20 AM - 2:15 PM

Liberty and Roosevelt - Monday - Friday from 8 AM - 2:53 PM

Edison - Monday - Friday from 8 AM - 2:53 PM

Elementary Schools - Monday - Friday from 8:45 AM - 3:23 PM

Emails/inquiries received after school hours will be answered during the next business day.

If you or someone you know is in crisis or experiencing a life-threatening emergency dial 911. An emergency is considered to be any serious and sudden medical, emotional, or behavioral health situation that, if not given immediate professional attention, could lead to you being severely harmed or possibly harming someone else.

Student Assistance Counselor Program

The Student Assistance Counselors (SAC) work collaboratively with School Counselors and other district personnel to assist students in navigating the social and academic stress they may encounter. These stressors can affect their personal lives and academic performance. They provide a support system for students and families to use when circumstances arise.

Disclaimer message:

We will check our email and phone messages throughout the day and respond within 24 hours. However, **for a life-threatening emergency, always dial 911.** An emergency is considered to be any serious and sudden medical, emotional, or behavioral health situation that, if not given immediate professional attention, could lead to you being severely harmed or possibly harming someone else.

SAC Hours of Availability

7:30am-2:15 pm

To book an appointment with one of your SAC's

Please utilize the following platforms.

Amedeo Chirrichiello

achirichiello@westorangeschools.org

<https://chirichiello.youcanbook/me>

OR

Jacklyn Headlam

jheadlam@westorangeschools.org

<https://headlam.youcanbook/me>

CONFIDENTIALITY:

Privacy of information shared by students and parents will be protected unless it involves student safety.

Embrace our new normal for now.

Get up, Get dressed, and Work TOGETHER with your children.

Create a schedule for your children.

Reach out to school administrators, school counselors,
student assistance counselors and teachers.

They are available for you and your children.

Tips for Taking Care of Your Mental Health During Coronavirus Closures

- Take breaks from watching, reading, or listening to social media and news stories about COVID-19. It's okay to stay informed, but overexposing ourselves to too much information can be stressful and overwhelming.
- Make sure you are still taking care of your body! Getting enough sleep, eating healthy, and making sure we are still moving around can help us take care of our mental health. Some ideas to consider:
 - Practice mindfulness and/or meditation.
 - Make sure to get some fresh air and sunlight, maybe sit by a window while doing homework/or reading, do a quick workout in your own yard, etc.
 - Use home workout videos to keep moving and exercising.
 - Find some healthy recipes and try your hand at cooking, not only are you fueling your body with healthy food, but it could also be a fun experience!
 - Make time to connect with others who live in your home or with friends through phone calls or video chats. Talk with people you trust about your concerns and how you are feeling.
 - Practice hobbies and activities you enjoy. It's important to keep up on school and work, but fun and enjoyment are also factors that promote positive mental health. This could also be a good time to try something you've never had the time to do. Sites like Youtube have plenty of free how-to videos that can help you learn new skills, such as new dance moves, cooking techniques, or how to crochet.

Scholarships

Jewish War Vets of the USA.

Seniors, there is still time to complete this scholarship application.

YOU DO NOT HAVE TO BE OF JEWISH DESCENT TO APPLY FOR THIS SCHOLARSHIP

Download the application off Naviance

Once you have completed the application [email it to either your counselor or myself](#)
agonzalez@westorangeschools.org

Deadline April 9th

Dean Michael Clarizio Cancer Scholarship

Eligibility Requirements: The applicant must have/had cancer or have an immediate family member with cancer.

1. Applicant must be a senior in high school in good academic standing and can not have previously attended a college or university.
2. Applicant must enroll and remain as a full-time student in an institute of higher learning in the United States beginning in the fall of 2019.
3. Applicant must have/had cancer him/herself, or have an immediate family member who has cancer.

Download the application off Naviance

ONCE YOU HAVE COMPLETED THE APPLICATION EMAIL IT TO EITHER YOUR COUNSELOR OR MRS. GONZALEZ (agonzalez@westorangeschools.org)

Application Deadline: May 1, 2019.

www.dmccf.com

Unico Scholarship

- 1- Applications for the UNICO scholarship are available on Naviance.
- 2- Once you have completed the application and have all YOUR needed documents you now have 2 ways to submit the application:
 - A.- It can be mailed to: *Frank Gonnella*
9 Winchester Terrace
Randolph, NJ 07869
 - B- It can be Emailed : *fvgonnella@gmail.com*
- 3- Whether mailed or emailed, please email Mr. Gonnella and let him know when and how you submitted your application. Yes even if you emailed the application, just in case.
- 4- **Email Mrs. Gonzalez** from the Counseling Department to let her know how and when you submitted your application so she can send your transcript and Counselor letter to complete your application.
agonzalez@westorangeschools.org

Don't forget the deadline
Check the qualifications for this scholarship

Rotary Club Scholarship

- 1- Applications for the Rotary Club scholarship are available on Naviance.
- 2- Once you have completed the application and have all YOUR needed documents you now have 3 ways to submit the application.
 - A.- It can be mailed to: Christos Alevras
595 Eagle Rock Ave
West Orange, NJ 07052
 - B- Email : christos.Alevras.cirh@ststefarm.com
 - C. It can be dropped off (as a last resort) directly.
- 3- If mailed or dropped off or even emailed, please email Mr. Alevras and let him know when and how you submitted your application. Yes even if you emailed the application, just in case.
- 4- **Email Mrs. Gonzalez** from the Counseling Department to let her know how and when you submitted your application so she can send your transcript and Counselor letter to complete your application.
agonzalez@westorangeschools.org

Don't forget the deadline



Citrin Cooperman Accounting/ Business Grant

Citrin Cooperman & Company, LLP a professional CPA firm is offering an educational grant to students who will declare a major in accounting or business in Sept. 2020.

Review the criteria for the application and requirements.

Application Deadline: POSTMARKED by April 17, 2020

The application can be mailed or completed online.

www.citrincooperman.com

ALL SCHOLARSHIPS ARE LISTED IN NAVIANCE WITH CONTACT INFORMATION

INTERESTED IN APPLYING

- 1– Download the application**
- 2– Before completing the application contact the scholarship organization via email or contact information provided.**
- 3– Inquire about the current process of submission, due to the nature of current events.**
- 4– Inform Mrs. Gonzalez (agonzalez@westorangeschools.org) and/or your Counselor of this process and that you are applying**
- 5-Complete the application**

PLEASE NOTIFY THE SCHOOL COUNSELING DEPARTMENT OF ALL SCHOLARSHIPS APPLIED TO

Check Naviance or The School Counseling Dept.
Scholarship Drawer for the following scholarship
 information and applications.

APPLICATION DEADLINE

Abbott and Fernner Scholarship Program (\$1000)	6/12/2020
BigSun Scholarship (\$500)	6/19/2020
Catch my Breath Vaping Scholarship (\$2500. to \$10,000)	5/15/2020
Citrin Cooperman Accounting/Business education Grant	4/17/2020
Community Foundation of NJ Scholarships (\$4000.)	5/6/2020
Disabled American Vets Scholarship	5/17/2020
Elks 2020 Vocational Scholarship	5/15/2020
Jack Lipee Memorial Scholarship	3/30/2020
Janet Logan Daily Foundation Scholarship (up to \$10,00.)	4/1/2020
NAWC– National Association Of Water Companies (\$2500)	4/1/2020
NCJW– Nancy& Robert Eskow Volunteer Award (\$500.)	4/1/2020
NJ Vietnam Veterans' Scholarship (\$2500.)	4/13/2020
NJAPSA– Dr. Theodore Kozik Scholarship (\$1000.)	4/15/2020
NJUA– Trade and Vocational School Scholarship (\$1500.)	4/11/2020
NJUA– Excellence in Diversity Scholarship (\$1500.)	4/11/2020
Raise Me Scholarships	Varies
SEED - Sisters Enlisted to Empower Dreams (\$1000.)	4/3/2020
Student Insights scholarship (up tp \$12,000.)	4/22/2020
The American Legion Legacy Scholarship (up to \$20,000)	4/15/2020

ACT Testing Dates

ACT EXAMINATION TEST DATES 2019-2020

Test Date	Registration Dead-line	Late Registration Deadline
6/8/19	5/3/19	May 4-20, 2019
7/13/19	6/14/19	June 15-24, 2019
9/14/19	8/16/19	August 17-30, 2019
* 10/26/19	9/20/19	Sept. 21-Oct. 4, 2019
12/14/19	11/8/19	November 9-22, 2019
* 2/8/20	1/10/20	January 11-17, 2020
4/4/20	2/28/20	Feb. 29-Mar. 13, 2020
* 6/13/20	5/8/20	May 9-22, 2020
7/18/20	6/19/20	June 20-26, 2020

*** TESTING DATES IN RED ARE HELD @ WOHS**

PLEASE VISIT

WWW.ACT.ORG

FOR COMPLETE
INFORMATION ON
FUTURE TESTING
DATES



SAT Testing Dates

SAT EXAMINATION TEST DATES 2019-2020

Test Date	Registration Deadline	Late Registration Deadline
8/24/19	7/26/19	8/13/19
10/5/19	9/6/19	9/24/19
* 11/2/19	10/3/19	10/22/19
12/7/19	11/8/19	11/26/19
* 3/14/20	2/14/20	3/3/20
5/2/20	4/3/20	4/21/20
* 6/6/20	5/8/20	5/27/20

*** TESTING DATES IN RED ARE HELD @ WOHS**



PLEASE VISIT

WWW.SAT.ORG

**FOR COMPLETE INFORMATION
ON FUTURE TESTING DATES**

Testing Dates

PSAT/National Merit Scholarship Qualifying Test

October 16 ,2019 (Wednesday)
All 10th & 11th grade students

NJSLA TEST DATES 2019-2020

~~Grade 9,10,11 ELA
April 21-22 ,2020

Grade 9,10,11 Math
Alg I, Geometry, Alg II
May 19-20, 2020~~

NJSLA Science

~~Grade 11
May 19-20, 2020~~

Advanced Placement Program Examinations

May 4-15, 2020

2019-2020 Counseling Department Programs

	THIS EVENT HAS BEEN CANCELED
<p>April 21, 2020 Time: 6:30 pm - 8:00 pm WOHS - Tarnoff Cafeteria</p>	<p><u>College/Career Night</u> Representatives from various colleges/universities will be available to provide information about their school. Parents and students will have an opportunity to obtain information as well as ask questions.</p>

GoodtoKnow

2019-2020 Student Assistance Counseling Programs

April	Alcohol Awareness Month
May	12 Grade Assembly After the Fire

