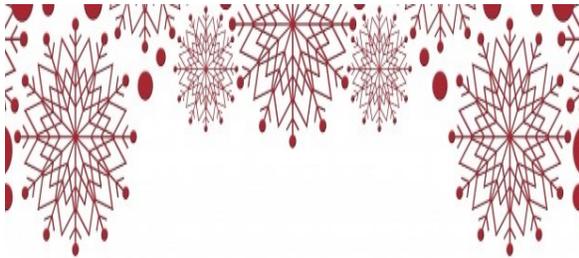




December

West Orange High school School Counseling News



Winter Break

School Closed
12/24/20
To
1/1/2021



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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
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
Jaelyn Headlam	WOHS ext. 31557

Administrative Assistants

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



Parent Message

If you are like most folks I know, no matter what your religious or secular preferences, you are busy shopping for food and/or gifts, cooking, and planning trying to prepare your homes for special times this month.

However, I have a request to make. Please do not forget that your sons and daughters still have school. They must attend classes (even if remotely), do homework and follow a schedule. Their emotions may be at an all time high. Our seniors may still be filling out applications for college or waiting news from colleges. We must also be aware that not all students are looking forward to this month's celebrations due to family circumstances.

No matter what your circumstances are, please pay attention to your children's behaviors and needs. Listen to them, and most important, please let them know you love them. This is a gift that does not require a monetary expense, but it requires your time.

To all of you from all of us at West Orange High School who work hard to help your sons and daughters to enter adulthood in positive ways, best wishes for a safe, healthy and happy end of 2020!

Esther M. Bearg, EdD

Student Assistance Counselor Message

Stress, depression and the holidays: Tips for coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder.

The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And if coronavirus disease 2019 (COVID-19) is spreading in your community, you may be feeling additional stress, or you may be worrying about your and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

2. Reach out. If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.

If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.

Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.

3. Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.

4. Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

5. Stick to a budget. Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.
- Start a family gift exchange.

6. Plan ahead. Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.

7. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

8. Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Try these suggestions:

- Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.
- Eat healthy meals.
- Get plenty of sleep.
- Include regular physical activity in your daily routine.
- Try deep-breathing exercises, meditation or yoga.
- Avoid excessive tobacco, alcohol and drug use.

9. Take a breather. Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Some options may include:

- Taking a walk at night and stargazing
- Listening to soothing music
- Reading a book

10. Take a breather. Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

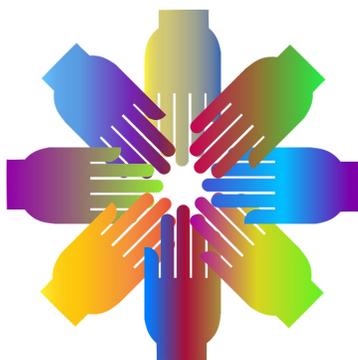
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Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holiday

Happy Holidays!



ACT Testing Dates

ACT EXAMINATION TEST DATES 2020-2021

PLEASE NOTE ALL DATES ARE SUBJECT TO CHANGE DUE TO CURRENT COVID-19 SITUATIONS

Test Date	Registration Deadline	Late Registration Deadline
12/12/2020	11/6/2020	11/20/2020
2/6/2021	1/8/2021	1/15/2021
4/17/2021	3/13/2021	3/26/2021
6/12/2021	5/7/2021	5/21/2021
7/17/2021	6/18/2021	6/25/2021

TESTING DATES IN RED ARE HELD @ WOHS



SAT Testing Dates

SAT EXAMINATION TEST DATES 2020-2021

PLEASE NOTE ALL DATES ARE SUBJECT TO CHANGE DUE TO CURRENT COVID-19 SITUATIONS

Test Date	Registration Deadline	Late Registration Deadline (Late Fee)
11/7/2020	Cancelled	
12/5/2020	11/5/2020	11/17/2020
3/13/2021	2/12/2021	2/23/2021
5/8/2021	4/8/2021	4/20/2021
6/5/2021	5/6/2021	5/18/2021

TESTING DATES IN RED ARE HELD @ WOHS



SCHOOL COUNSELING DEPARTMENT PROGRAMS

CLASS GROUP MEETINGS	
September 2019	<p>Senior Group Meetings Small groups – Senior English classes are scheduled to virtually to review post secondary plans and develop a plan of action.</p>
October 2019	<p>Freshman Group Meetings Student will meet with their School Counselors in virtual meetings. Overview of High School Naviance - Username and Password are provided.</p>
November – December 2019	<p>Sophomores and Junior Meetings School Counselors are scheduled to meet with students to discuss College & Career Planning</p>
December 2019	<p>Students will receive PSAT scores directly from College Board . Date will be determined once scores are received.</p>
February 2020 – April 2020	<p>Junior Conferences Scheduled School counselors are scheduled to meet with Junior students and their parents/guardians to discuss senior year and post secondary plans.</p>

TESTING

PLEASE NOTE ALL DATES ARE SUBJECT TO CHANGE DUE TO CURRENT COVID-19 SITUATIONS

<p>May 3 - 14, 2021</p>	<p>AP Exams A calendar of specific test dates, times, locations to be announced. <u>All students will be notified of specific test dates and times.</u></p>
<p>*October 24, 2020 *February 6, 2021 *June 12, 2021</p>	<p>ACT *Testing scheduled at WOHS</p>
<p>*November 7, 2020 *March 13, 2021 *June 5, 2021</p>	<p>SAT *Testing scheduled at WOHS</p>

<p>October 14, 2020</p>	<p>PSAT (Preliminary SAT/National Merit Scholarship Qualifying Test) ALL 11th grade students</p>
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Scholarships

NAACP Scholarship Opportunities

- 1- Dr. Mabel Robinson Scholarship (\$500)
- 2- Reginald T. Jeffers Scholarship (\$500)
- 3- Cornelia Thompson Scholarship (\$1000)

Visit Naviance for full scholar details, requirements and to download the applications. Student must complete a seprate application for each scholarship

Application Deadline: March 31, 2021

Equitable Excellence Scholarship

Equitable Foundation has established the Equitable Excellence Scholarship Program to assist high school seniors who are planning to continue their education at a two- or four-year college in the United States by Fall 2021.

This program is administered by Scholarship America, the nation's largest designer and manager of scholarship, tuition assistance and other education support programs for corporations, foundations, associations, and individuals. In compliance with Federal law, this program will not discriminate in the terms, conditions or privileges of participation on the basis of race, color, religion, gender, national origin, age, disability or sexual orientation.

Application Deadline: Dec.15, 2020 or when 10,000. applications have been received, whichever comes first.



NJCPA Scholarship Fund

The NJCPA Scholarship Fund awards one-year \$1,500 scholarships to college-bound New Jersey high school seniors intending to major in accounting or obtain a concentration in accounting which includes not less than 24 accounting credits.

Apply online by December 11, 2020

<https://njcpa.org/build-career/become-a-cpa/scholarships/high-school>

Hispanic Heritage Foundation Youth Awards

The Youth Awards was founded in 1998 by the Hispanic Heritage Foundation. Now entering its 22nd year, the Youth Awards honors Latino high school seniors who excel in the classroom and community and for their excellence in various categories including: Business & Finances, Entrepreneurship, Education, Healthcare & Science, Media & Entertainment, Sports and Technology. Applicant must be of Hispanic heritage (includes Spain, Brazil, Philippines)

Gold, Silver and Bronze recipients are selected in each category and receive a one-time grant to fund their college education or to fund a community service effort that tackles a social issue.

Application Deadline December 6, 2020

BigSun Scholarship 2021

The BigSun Athletics Organization is proud to be able to help young athletes succeed in their academic pursuits. In order to do our part, we are offering an annual scholarship to a deserving student. All student-athletes are eligible for this award, regardless of which sport they are participating in. The student must be a high school senior or be attending a post-secondary institute. Individual awards are \$500. The numbers of awards vary.

For more information go to athletic.awards@bigsunathletics.com.

Application deadline: June 19, 2021.

Visit NAVIANCE for a complete list of active scholarship

APIA (Asian and Pacific Islander American Scholarship Fund)

The nation's largest non-profit organization devoted to providing college scholarships for Asian Americans and Pacific Islanders (AAPI).

Scholarship awards range from one-time \$2,500 awards to multi-year \$20,000 awards. APIA Scholars provides scholarships to underserved APIA students with a special focus on those who:

****Live at or below the poverty level, or are otherwise of low socioeconomic status;**

****Are the first in their families to attend college;**

****Are representative of the APIA community's diversity, (geographically and ethnically}, especially those**

ethnicities that have been underrepresented on college campuses due to limited access and opportunity. **Have placed a strong emphasis on community service and leadership as well as solid academic.

HOW TO APPLY

The APIA Scholarship Program application must be completed online and submitted electronically once all of the required questions have been answered.

The application will be available for the 2021-22 academic year from September 9,2020 , until January 14, 2021, at 5:00 PM EST.

Abbott and Fenner Scholarship Program

Abbott and Fenner Business Consultants will be awarding up to \$1,000 to the winners each year.

FULL DETAILS are available on the website.

Students will submit an essay on the topic that appears on the scholarship page of their web site: <http://www.abbottandfenner.com/scholarships.htm>.

The deadline is June 12, 2021

Aspiring Animation Professional Scholarship Program

This scholarship is open to students that are interested in pursuing an animation career path at an accredited post-secondary school or college.

Please refer to the website below. Once on the website, you will find the scholarship information.

<https://www.animationcareerreview.com/animation-career-review-aspiring-animation-professional-scholarship-application>. **Application Deadline June 1,2021**

Pureland Supply Vocational and Skilled Trade Scholarship

The \$500.00 Pureland Supply Scholarship is available to students who have been accepted to an accredited trade school, vocational college, technical school or community college for the study of trade, craft, or labor occupations. Recipients are chosen on their ability to describe how their chosen trade or field plays an important role in today's world and why this is the path they have chosen.

Pureland Supply has been selling high quality replacement projector lamps to various universities, schools, and government entities since 1997. We understand the importance of skilled trades in our society and appreciate those who learn and perform specific trade, craft or labor occupations.

Application Deadline May 1, 2021

BigSun Scholarship 2021

The BigSun Athletics Organization is proud to be able to help young athletes succeed in their academic pursuits. In order to do our part, we are offering an annual scholarship to a deserving student. All student-athletes are eligible for this award, regardless of which sport they are participating in. The student must be a high school senior or be attending a post-secondary institute. Individual awards are \$500. The numbers of awards vary.

For more information go to athletic.awards@bigsunathletics.com.

Application deadline: June 19, 2021

Elks National Foundation Legacy Awards

Legacy Awards are \$4,000 scholarships available to children and grandchildren of Elks members.

For the 2021 contest, any child or grandchild (or step-child, step-grandchild, or legal ward) of a living Elk who joined the order on or before April 1, 2018, or a charter member of a Lodge that was instituted on or after April 1, 2018, is eligible to apply. The Elk must also be a paid-up member through March 31, 2021.

Great-grandchildren are not eligible.

If you are selected as a 2021 Legacy Awards recipient, you will be required to perform service once a year with an Elks Lodge during the four years you are receiving the scholarship.

Legacy Awards may only be applied to accredited US American schools, colleges or universities.

<https://www.elks.org/scholars/scholarweb/legacy/rules.cfm>