

May 2019

## West Orange High school School Counseling News

### Lunch period

Lunch time meeting with school counselors  
In the  
School Counseling Office

This opportunity is available to all students to  
receive assistance with any problems,  
questions or concerns

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# Memorial Day

## May 27, 2019

# School Closed

*Thank you for your service ...*



# 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
Olivia DelSpina	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
Jaelyn Headlam	WOHS ext. 31557

## Administrative Assistants

Montrisa Bradford	ext. 31605
Michele Carroll	ext. 31608
Angela Gonzalez	ext. 31604
Lisa Wnek	ext. 31614



# Parent Message

## Challenge

Kids! I don't know what's wrong with these kids today. Why can't they be like we were, Perfect in every way? These lyrics are taken from the play "Bye Bye Birdie" which played on Broadway in the 1960s. I offer it as representative of how many parents feel that way today.

Being a parent or someone responsible for raising children today, is a challenge. It is not only costly in terms of money, but it takes time. Time does not cost money, but it does require patience, understanding of your children: their activities, friends, school circumstances, their thinking about possible careers. Do they want to go to college? Do they want to take a year off before attending school? Will they travel or work?. How can we find out?

1. First and foremost we are role models for our children. They see our behavior and our emotions.
2. When can we find time to spend with our children so that we don't interfere with their and our other responsibilities? In the car? Before or after a meal or bedtime? Perhaps we have to discuss mutually agreeable times and places.
3. You might suggest that you need their advise so that they will feel needed, this is important in building self-esteem.
4. If you are concerned about something or need information related to school, a call to your child's guidance counselor can be helpful. 973-669-5301.
5. Most important, find ways to tell them you love them, admire them and want to be as much help as needed. No yelling or screaming. Try "How can I help" or some other catch phrase or ask them to help you understand why they did something?

Since the teen years lead to adulthood and greater independence from you, cherish these years. Consider them building blocks for your future relationships with your children when they are no longer "kids".

Good Luck!

Esther M. Bearg, Ed.D.

# Student Assistance Counselor Message

Article taken from [www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may)

## Do You Focus on #4Mind4Body?

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally – it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery. Did you know that Mental Health America (MHA) founded May is Mental Health Month back in 1949? That means this year marks MHA's 70th year celebrating Mental Health Month! This May is Mental Health Month and WOHS is informing you of their focus from 2018 and raising awareness about the connection between physical health and mental health, through the theme #4Mind4Body. MHA is exploring the topics of animal companionship, spirituality and religion, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness. A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It can also help people recover from these conditions. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. When dealing with dueling diagnoses, focusing on both physical and mental health concerns can be daunting – but critically important in achieving overall wellness. There are things you can do that may help. Finding a reason to laugh, going for a walk with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy. The company of animals – whether as pets or service animals — can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives. And whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find mind-body connection.

WOHS wants everyone to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing both #4Mind4Body. For more information, visit [www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may)

MAY IS 2  
MENTAL 0  
HEALTH 1  
MONTH 9

#4MIND4BODY



Humor, spirituality, recreation, social connections, animal companionship, and work-life balance can help to prevent the onset or worsening of mental and physical health conditions and also help people recover.

**LEARN ABOUT HEALTH - 4MIND4BODY**  
at [bit.ly/MayMH](http://bit.ly/MayMH).

**SHARE WHAT YOU DO TO STAY WELL**  
by posting with #4Mind4Body.

**SEE WHAT OTHERS ARE DOING**  
at [bit.ly/4Mind4Body](http://bit.ly/4Mind4Body).

# ACT Testing Dates

## ACT EXAMINATION TEST DATES 2018-2019

Test Date	Registration Deadline	(Late Fee Required)
<b>October 27, 2018</b> <b>@ WOHS</b>	September 28th	Oct. 14th
December 8, 2018	November 2nd	November 9th
<b>February 9, 2019</b> <b>@WOHS</b>	January 11th	January 18th
April 13, 2019	March 8th	March 25th
<b>June 8, 2019</b> <b>@WOHS</b>	May 3rd	May 4th-20th
July 13, 2019	June 14th	June 24th



## SAT Testing Dates

### SAT EXAMINATION TEST DATES 2018-2019

Test Date	Registration Deadline	(Late Fee Required)
October 6, 2018	Sept. 7th	Sept. 26th
<b>November 3, 2018</b> <b>@WOHS</b>	<b>Oct. 5th</b>	<b>Oct. 24th</b>
December 1, 2018	Nov. 2nd	Nov. 20th
<b>March 9, 2019</b> <b>@WOHS</b>	<b>Feb. 8th</b>	<b>Feb. 27th</b>
May 4, 2019	April 5th	April 24th
<b>June 1, 2019</b> <b>@WOHS</b>	May 3rd	May 22nd



## Testing Dates

### PSAT/National Merit Scholarship Qualifying Test

October 10, 2018 ( Wednesday)  
All 10th & 11th grade students

### PARCC TEST DATES 2017-2018

Grade 9,10,11 ELA  
April 8-9, 2019

Grade 9,10,11 Math  
Alg I, Geometry, Alg II  
April 23-25,2019

### Advanced Placement Program Examinations

May 6-17, 2019

### NJ Biology Competency Test (NJBCT)

TBA

## 2018-2019 Counseling Department Programs

PROGRAMS / EVENTS (EVENING)	



<u>2018-2019 SAC PROGRAMS / EVENTS</u>	
<b>May</b>	"After the Fire" Presentation May 22, 2019



# SCHOLARSHIPS

Scholarships in **PURPLE** are for local and/or WEST ORANGE HS students only.

Abbott and Ferner Scholarship Program

6/14/2019

Aspiring Animation Professional Scholarship

6/1/2019

Black Scholarships

Deadlines vary according to scholarship

The largest online directory of scholarships and financial aid opportunities for African Americans and other minority students

[www.blackscholarships.org/?m=1](http://www.blackscholarships.org/?m=1)

BigSun Scholarship 2019

6/19/2019

Community Foundation of NJ Scholarships

5/6/2019

**DEAN MICHAEL CLARIZIO CANCER SCHOLARSHIP**

**5/1/2019**

Disabled American Veterans Scholarship

5/1/2019

Jamaica Organization of NJ Scholarship

6/30/2019

Liesel Krehan Memorial Scholarship

5/15/2019

NJ Chronic Fatigue Syndrome Scholarship

5/17/2019

Rosen & Ohr Law Firm

7/20/2019

Essay Scholarship for students

[www.rosenohrlaw.com/scholarship](http://www.rosenohrlaw.com/scholarship)

Sanford L. Kahn Post No. 538

5/10/2019

Jewish War Veterans of The USA

The Marine Trades Association of NJ

5/1/2019

Thornton Sisters Foundation Scholarship

(Postmark) 5/7/2019

**UNICO-(LOCAL) ORANGE-WEST ORANGE CHAPTER NATIONAL SCHOLARSHIP**

**5/21/2019**

**Check Naviance for daily updates**

**Visit the scholarship drawer in Guidance**

**Attention All Students**



# SUMMER PROGRAMS

Stop by The School Counseling Office and check out our  
Summer Programs drawer.

Information is available on a variety  
of program opportunities