



November 2018

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

Inside this issue:

**School Closed
Nov. 6th, 8th & 9th
&
Nov. 22nd & 23rd**

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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
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

I am sure you have been told that parents are their children's first teachers. In addition, have you ever thought that in many ways you are your children's first, and most important, cheerleaders?

Whether you have a traditional family or are a single parent or guardian, your role is not only to supply food, clothing and shelter, but to be there for your children when they are at home.

Did they have a good or difficult experience in the classroom or with their friends both in and outside of school?

If they have done poorly on a test, do you scold or hug them and offer understanding?

Do you find the time to chat, to find out what might be the problem and then discuss ways to help them?

So many students with whom I have spoken, talk of the love and support they need and want from the grown ups in their lives. Teenagers, on the brink of adulthood and more independence, appreciate knowing they have folks who are available to them, adults who will find ways to enable them to succeed in the classroom and in their social lives.

In addition to sharing your love with them, a resource you, as parents, can call upon, is your child's school counselor. He/she has the training and resources that may be useful to you in your dual role as parent and cheerleader.

Esther M. Bearg, Ed.D



Student Assistance Counselor Message

Student Assistance Counselor Program

October Highlights

The month of October was a busy one with various activities in recognition of Week of Respect (October 2-6), Violence Awareness Week (October 16-20), Red Ribbon Week (October 23-31) and Unity Day (October 25).

During the Week of Respect Sgt. Tom Rich, founder of “Always Connected,” presented to our freshman students. Sgt. Rich’s focus is to challenge students to go beyond stereotypes, become upstanders, and to be aware of the dangers that lurk behind the screen. Sgt. Rich engaged students by relating stories of his own family and encouraging them that they are not the “lost generation” that some believe millennial’s to be. He encouraged them to “make a difference.”

During the Violence Awareness Week, 40 Mentors volunteered to conduct discussions with freshman classes on the topic of Harassment, Intimidation and Bullying (HIB) as well as what the school community can continue to do to support each other. Each presentation began with a viewing of two scenarios that were filmed at WOHS two years ago depicting incidents of cyber bullying and teasing. This format was an opportunity for the Mentors to display their leadership qualities as well as enabling the freshman to have candid dialogue.

During Red Ribbon Week an assembly for the sophomore class was held by a dynamic motivational speaker, Mr. Reggie Miller. Mr. Miller is committed to reaching teens with a powerful message about the reality of life choices and the importance of staying drug and alcohol free. The students were captivated by Mr. Miller’s presentation and many stayed after to have small group discussions with Mr. Miller.

In addition, the department hosted two Red Ribbon Week Contests; students were encouraged to submit a Poster, Poem/Short Essay/Rap depicting anti-drug abuse messages. Students created strong messages that supported their choice to be drug free. All winners will receive Best Buy gift certificates.

The winners of the **RED RIBBON POSTER CONTEST are:**

FIRST PLACE WINNER- Abigail Nolan
 SECOND PLACE WINNER- Alquiasha Brown
 THIRD PLACE WINNER –Sidney Perez

The winners of the **RED RIBBON POEM CONTEST are:**

FIRST PLACE WINNER- Lorelle Adames
 SECOND PLACE WINNER- Christian Zambrano
 THIRD PLACE WINNER –Mariange Charles-Antonio

Thank you to Staff Sergeant Timothy Cohan of the US Marines who donated \$3,000.000 worth of giveaways and drug prevention items to Ms. Headlam. As well as the Municipal Alliance for their annual donation of giveaways to Mr. Chirichiello.

CONFIDENTIALITY:

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

November Features

SEE YOU ON NOVEMBER 14TH AT 7:00 PM.

LIGHT SNACKS AND REFRESHMENTS WILL BE SERVED!

NOVEMBER 14, 2018
HIDDEN IN PLAIN SIGHT
WEST ORANGE HIGH SCHOOL AUDITORIUM



**DEA CONTACT:
SPECIAL AGENT TIMOTHY
MCMAHON
TIMOTHY.P.MCMAHON@USDOJ.G
WOHS CONTACT:
SAC DEPARTMENT
973-669-8301 EXT. 31882
EXT. 31887**



Hidden in Plain Sight is a program designed to help parents of teens recognize unfamiliar hazards that are often in plain sight.

DEA Special Agent McMahon will guide attendees through an exhibit and explain substance abuse trends, signs and symptoms in an effort to provide resources for parents and community members to help keep your children healthy and drug-free.

**DRUG AWARENESS
PROGRAM EVERY PARENT
SHOULD ATTEND**



ACT Testing Dates

ACT EXAMINATION TEST DATES 2018-2019

Test Date	Registration Deadline	(Late Fee Required)
October 27, 2018 @ WOHS	September 28th	Oct. 14th
December 8, 2018	November 2nd	November 9th
February 9, 2019 @WOHS	January 11th	January 18th
April 13, 2019	March 8th	March 25th
June 8, 2019 @WOHS	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
November 3, 2018 @WOHS @WOH	Oct. 5th	Oct. 24th
December 1, 2018	Nov. 2nd	Nov. 20th
March 9, 2019 @WOHS @WOH	Feb. 8th	Feb. 27th
May 4, 2019	April 5th	April 24th
June 1, 2019 @WOHS	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

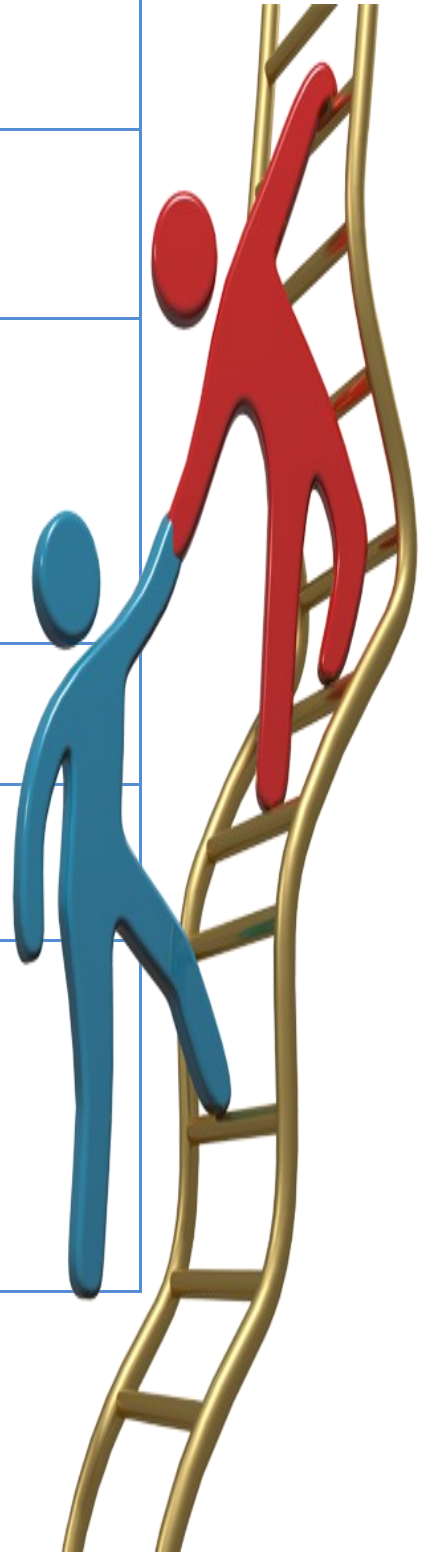
PROGRAMS / EVENTS (EVENING)	
January 10, 2018 Time: 7:00 pm (snow date 1/11/2018) Liberty Middle School Auditorium	<p><u>8th Grade Orientation</u> <u>Transition to West Orange High School</u> Provide an overview of courses offered. Describe the course selection process. Review high school graduation requirements</p>
January 29, 2019 Time: 7:00 pm WOHS – LMC	<p><u>Junior Parent Night</u> Evening meeting for Junior parents and students to review the college application process and what to expect during Junior Conferences.</p> <p><u>Interpreting PSAT Scores: PSAT Results Workshop for Parents and Students</u></p>
March 27, 2019 Time: 6:30 pm WOHS - LMC	<p><u>Naviance 6,7,8 / Family Connection Presentation</u> <u>(8th Grade Parents Only)</u> Liberty & Roosevelt Middle Schools</p>
April 23, 2019 Time: 6:30 pm - 8:30pm WOHS - Tarnoff Cafeteria	<p><u>College 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>

PROGRAMS / EVENTS (EVENING)	



2018-2019 SAC PROGRAMS / EVENTS

November	Nov. 7	Parent presentation Dangers of Substance Abuse
January	Jan. 9 & 10	8 th Grade Orientation Transition to WOHS
	TBA	Career Exploration Night
February	TBA	Teen Dating Violence Prevention Activities
	TBA	HIB Presentation Students
	TBA	HIB Presentation Parents
March	TBA	Health & Wellness Fair
April	TBA	Alcohol Awareness Month
May	TBA	12 Grade Assembly After the Fire



Scholarships



NJ Youth Soccer is honored to inform schools throughout New Jersey of the various scholarships that are available to assist candidates with the cost of higher education. They encourage college bound seniors who have played in the NJ Youth Soccer system to submit an application for one or more of our three annual scholarships:

[Jeanine Willis Scholarship](#)

[Brett Fenster Memorial Scholarship](#)

[Allan B. Sinclair Memorial Scholarship](#)



To be considered for a scholarship, an application must be completed and submitted to the NJYS Office by the **December 18, 2018 deadline**. In addition to the application and the student's high school transcript, an essay (no more than two typed pages) must be written and submitted by each applicant explaining why he or she should be selected to receive the scholarship. Students may apply for more than one of the scholarships listed, but may not be awarded more than one NJYS scholarship.

<http://www.njyouthsoccer.com/njys-scholarships-october-23-2018>

AXA Achievement Scholarship

The AXA Achievement Scholarship offers college scholarships of \$2,500, \$10,000 and \$25,000 to high school seniors who have demonstrated outstanding achievement in their activities in school, the community or the workplace.

Scholarship winners are known as AXA Achievers. They are ethnically and economically diverse, but they share these qualities: ambition and drive; determination to set and reach goals; respect for self, family and community; ability to succeed in college. The scholarship is sponsored by the [AXA Foundation](#), the philanthropic arm of AXA US.

The 2019 program will be accepting applications from September 1, 2018 until 10,000 applications are submitted or December 14, 2018, whichever comes first.

Your application MUST be one of the first 10,000 completed and submitted electronically by the deadline date. *Apply early!*

<https://us.axa.com/axa-foundation/AXA-achievement-scholarship.html>



The Jack Kent Cook Foundation Scholarship

The Jack Kent Cooke Foundation College Scholarship opened in early September 2018. The Program rewards excellence by supporting high-achieving high school seniors with financial need who seek to attend the nation's best four-year colleges and universities.

This highly competitive scholarship includes: Up to \$30,000 per year to attend a four-year accredited undergraduate school; Ability to pursue any area of study; Personal advising about selecting a college and navigating financial aid; Multifaceted advising about how to transition to college and maximize the college student experience.

Phase One applications will close at 12:00 pm noon, Central Time, on November 9, 2018.

For more information: www.jkcf.org/scholarships.

The Cooperman Scholars Program

Cooperman College Scholars is a program that supports academically talented, highly motivated students with financial need from Essex County, New Jersey, in their efforts to attain a four-year college degree. The program provides a three-week Summer Academy, a scholarship to attend college, as well as mentoring and other resources to ease the transition to college and support each Scholar's success.

Application Deadlines: November 15, 2018– Early Application

December 4, 2018– Final Application Deadlines

<http://coopermanscholars.org/>

Burger King Scholars

Students must be graduating high school seniors with a cumulative high school grade point average of 2.5 or higher on a 4.0 scale, and substantial work experience and financial need. Students must be planning to enroll full-time, without interruption for the entire 2018-2019 academic year at an accredited two- or four-year college, university, or vocational-technical school in the U.S., Canada or Puerto Rico. Please read the complete Award Guidelines at the Burger King Scholars website and complete the application online.

<https://www.scholarshipamerica.org/burgerkingscholars/information.php>

Application deadline: December 15, 2018

SIXT Scholars Program

Must be a graduating high school senior within the United States. Plan to enroll in a full-time undergraduate study at an accredited two year or four-year college or university for the entire 2019-2020 academic year. Have a minimum grade point average of 3.7 on a 4.0 scale (or its equivalent).

www.scholarsapply.org

Application Deadline: Nov.30, 2018 or once the first 500 applications have been received

GE-Reagan Foundation Scholarship Program

The Ronald Reagan Presidential Foundation & Institute and GE have established a scholarship program to assist high school seniors planning to enroll in a full-time undergraduate course of study towards a bachelor's degree at an accredited four-year college or university in the United States.

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.

www.scholarsapply.org/ge-reagan/

The 2019 program will be accepting applications from Oct.15, 2018 thru Jan. 4, 2019.

Fashion Institute of Design and Merchandising

FIDM National Scholarship Competition

FIDM colleges with four California campuses will be awarding more than 28 Scholarships, including eight full one-year scholarships

worth \$31,500.00 each, that's more than \$300,000 in scholarships in total.

For entry details and the most up-to-date information visit: bit.ly/FIDMscholarship

The National Competition deadline : March 15, 2019

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 14, 2019.

Big Sun Scholarship 2019

The BigSun Athletics Organization is proud to be able to help young athletes succeed in their academic pursuits.

All student-athletes are eligible for this award, regardless of which sport they are participating in.

Students 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 athleticawards@bigsunathletics.com.

Application deadline: June 19, 2019.



W.E.B. DuBois
Scholars Institute

ACCELERATED LEARNING ACADEMY (ALA)

3 WEEKENDS OF INTERACTIVE WORKSHOPS
FOR STEM FIELDS FOR 10TH AND 11TH GRADERS*

Choose from 3 Tracks

Medical Science
Biomedical Engineering
& Technology
Applied Mathematics

**Fridays 6pm to
Sundays 2pm**

December 7th-9th
March 1st-3rd
April 26th-28th

Good at math and science?

GPA of 3.0 or better?

Want a STEM major in college?

Want a career in the STEM fields?

If so, apply to ALA and:

learn from other youth and top scientists
to explore career options

take STEM workshops on the
campus of Princeton University

strengthen your college
application

**Applications will be reviewed on a rolling basis to select
25 students for each track, so apply as early as possible!**

See what our
Scholars say!



[http://duboisscholars.org/programs/
accelerated-learning-academy.html](http://duboisscholars.org/programs/accelerated-learning-academy.html)

At Princeton University

174 Nassau Street, Suite 360, Princeton, NJ 08542

Phone: 609.955.0666 Email: admissions@duboisscholars.org

Application: www.duboisscholars.org

*All weekend workshops will occur on the campus of Princeton University. Student overnight stay will occur off-campus at the Hyatt Place Princeton Hotel. Round trip transportation can be set up for out-of-state participants traveling from Newark International Airport to the Hyatt Place Princeton Hotel.

ABOUT THE ACCELERATED LEARNING ACADEMY (ALA)

DATES

DEC 7-9, 2018

MAR 1-3, 2019

APR 26-28, 2019

LOCATION

Princeton University & The Hyatt Place Princeton Hotel

ACADEMY GOAL

The ALA prepares high-achieving 10th and 11th graders for professional careers in Medical Science, Biomedical Engineering & Technology, and Applied Mathematics. Students will explore new STEM content with group activities, lectures, hands-on demonstrations and real world applications taught by experienced scientists.

ELIGIBILITY

Currently in 10th or 11th grade
Minimum overall GPA: 3.0
Minimum overall average for STEM courses: B

REQUIREMENTS

Applications must be received no later than November 9, 2018 by mail or online at duboisscholars.org including (a) 300 word essay of your interest in the program and a description of your education and career goals, (b) 2 Letters of Recommendations, (c) Transcript & (d) Virtual Interview

SCHOLARSHIPS

The complete cost of the program, which covers room/ board & tuition, is \$2,600. Scholarship assistance is available ranging from \$800 to \$1,800 based on economic need and academic merit.

WEEKEND THEMES*

	Dec 7th-9th	Mar 1st-3rd	Apr 26th-28th
Medical Science	Proteins	Biochemistry	Clinical & Translational Science
Biomedical Engineering & Technology	Biomimicry	Electrical Engineering	Biomechanics
Applied Mathematics	Mathematically Generated Designs from Functions & Formulas	Mathematical Physics	Mathematical Modeling

*Themes are subject to change.

Special thanks to our sponsors/ partners,
Bristol-Myers Squibb Company
and Johnson & Johnson.

174 Nassau Street, Suite 360, Princeton, NJ 08542
Phone: 609.955.0666 Email: admissions@duboisscholars.org
Application: www.duboisscholars.org



A SAT Prep Course taught by Kaplan, Inc.
Sponsored by Essex County (NJ) Chapter, The Links, Incorporated

ROAD MAP TO COLLEGE

**Kaplan 10-Week SAT Prep Course
for West Orange High School Juniors**

Workshop for High School Students and Parents

SATURDAY MORNINGS

JANUARY 19, 2019 - APRIL 27, 2019
NO CLASSES FEBRUARY 16, MARCH 31, APRIL 13 and APRIL 20

West Orange High School | 51 Conforti Ave | West Orange, NJ

FREE COURSE

APPLICATION REQUIRED

DEADLINE SUBMISSION- NOVEMBER 19, 2018

Submit applications to Ms. Butler, DIRECTOR OF STUDENT PERSONNEL SERVICES/SCHOOL COUNSELING

SPACE IS LIMITED

See Mrs. Carroll in the School Counseling Office for applications.

Application Submission Deadline Nov. 19, 2018

Students will be notified by January 4, 2019 if they are accepted into the program. Students who are accepted into the program will be expected to attend each session. Students will be expected to bring their Chromebooks to each session.

2018 SAT PREP COURSE SCHEDULE		
9:00am-1:00pm		
Area of focus	Date	
Orientation/MBTI and Time and Task Management	January 19	Room 1121
Kaplan Orientation	January 26	Room 1121
Session 1 Diagnostic Testing	February 2	Room LMC
Session 2 Class	February 9	Room LMC
Session 3 Class	February 23	Room LMC
Session 4 Class	March 2	Room LMC
Session 5 Class	March 9	Room LMC
Session 6 Class	March 16	Room 1121
Session 7 Class	March 23	Room LMC
Session 8 Class	March 30	Room LMC
Session 9 Class	April 6	Room 1121
Session 10 Class/End of Course Celebration	April 27	Room LMC

Deadline date for submission of application to Mrs. Carroll, Administrative Assistant, School Counseling Department is November 19th .

Submission of an application does not automatically enroll a student in the course.

Space is limited.