



## West Orange High school School Counseling News



NJEA Conference  
No School  
Nov. 5th & 6th



Thanksgiving Recess  
No School  
Nov. 26th and 27th

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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



## Preparing Students for a Safe Return to School During COVID-19

As the West Orange School District prepares to reopen for in-person learning, parents are facing a whole new back-to-school to-do list. This includes teaching children how to reduce the risk of contracting coronavirus disease (COVID-19), adapt to new routines, handle awkward and potentially risky social interactions, and cope with worries and anxiety.

So along with paper and pencils, parents are packing backpacks with hand sanitizer and face masks. But teaching children to be responsible for their own safety is the most important way parents can prepare their children for returning to the classroom.

Children need help understanding how to navigate situations at school that may pose risks to their health and safety.

### **Establish a Routine**

After months of remote learning and the summertime hiatus from school, many children will struggle with getting into a new routine. Families may also find it difficult to adjust and align their schedules, especially with a mix of online and in-person learning being used by many school districts.

Create a calendar that outlines which days are online versus in-person learning, and then breaks down what will happen during each of those days. This helps kids anchor themselves to the day and meet goals. When schedules are too open-ended, kids feel that instability and can be more anxious or display more disruptive behavior.

### **Practice, Practice, Practice**

Other ways to prepare children for the classroom include habits you can reinforce. Teach your child to wash their hands before they leave and when they get home; before and after eating; after using the bathroom; and after sneezing or blowing their nose. These are habits that can continue at school, such as using hand sanitizer after using frequently touched surfaces such as bannisters and doorknobs.

Most importantly, help your child get used to wearing a mask. Practice putting it on every time you leave the house. Show your child how to stretch out the mask so that it covers from the top of the nose to the bottom of the chin.”

## Safety in the Classroom

Getting children to wear a mask all day, or at all, may be difficult, but most children can successfully use masks with practice and positive reinforcement. In some situations, particularly with the youngest children, face shields may be an alternative. These shields are clear and may allow for better teacher–student interaction.

Cleanliness of school facilities is an important factor. Request a copy of your school’s back-to-school plan, which outlines safety protocols. Do not hesitate to ask questions. School administrators should be able to tell you how often bathrooms are being cleaned, how hallways are managed between classes, what the plan is for isolating a child who is sick at school, and what is being done to ensure children are spaced out in the classroom and other areas of the building.

Now more than ever, if your child is showing any signs of sickness, it’s important that they stay home. Not having children go to school sick is going to be super important this year. If your child does not feel well, please keep them home.

## Managing Your Child’s Anxiety

Even in the absence of a pandemic, the return to school can trigger anxiety in children and adolescents. Signs of anxiety include a decline in academic performance; change in eating habits; the inability to fall asleep until very late at night, and then the struggle to wake up; excessive feelings of guilt and restlessness; avoiding friends; and a change in mood such as irritability, tantrums, or emotional outbursts. Stomach aches, nausea, headaches, and obsessive behaviors such as perfectionism when performing tasks can also indicate that your child is struggling.

With the pandemic, some children will be scared about going to school, being around friends, or being outdoors at all—especially without a parent there to provide reassurance. Fear and anxiety should not be the primary factors that stop a child from going back to school. [School Counselors and SACs](#) are available to provide support to students. Reach out.

Instead, parents can develop a coping plan that includes the following tactics:

- help your child identify their worries and fears, and then provide child-friendly, fact-based information to address those issues
- reassure your child that their teachers and parents will be there to help
- encourage your child to take “coping breaks” when they feel anxious, such as deep breathing, doodling for a few minutes, counting to a certain number, imagining a favorite place, or repeating coping statements such as, “It’s normal to be nervous, but I’m OK, and I’ll make it through the day”.

Encourage your child to tell you about how their worries affected them at school, and seek out extra help from a [School Counselor, SAC](#) or teacher if needed.

### **Encourage Safe Socializing**

Staying connected with friends, both virtually and in-person, is vitally important. Parents can consider creating boundaries for their children by encouraging them to keep within a set circle of kids.

If a child has a group of friends, talk with their parents about committing to only being with those friends. The social aspect of childhood is so important, but it has to be done in a safe way.

Getting outside is also great for mental and physical health, and is a safer socializing option. Encourage your child to be physically active whenever possible. If the distance is manageable, consider walking or biking to school instead of driving or taking public transit. When weather permits, aim for family walks in the evening. This is a good opportunity to get moving while also connecting at the end of your day.

**Reach out to the assigned [School Counselor or SAC](#) for support as you and your child navigate these challenging times.**



# **Student Assistance Counselor Message**

## **HOW TO HELP STUDENTS MANAGE FEAR AND ANXIETY ABOUT RETURNING TO SCHOOL.**

As a parent, you likely have multiple fears related to the pandemic and the school year, but your child has fears, too. There may be several things that are causing them to feel stressed and scared as the deadline to return back to the classroom approaches. Your kids may not be just worried about catching COVID-19, they may also be concerned about how the pandemic will affect their social status and friend groups – two things that are essential to the mental wellbeing of most children.

### **Tips to help your child cope with back-to-school anxiety and stress during COVID-19:**

Touch base with your child often and listen to their concerns. Validate their emotions, assure them that you understand their concerns, fears /anxiety and will support them.

Discuss and reinforce school's expectations of, wearing a mask, hand washing and the importance of social distancing.

Help your child to get enough sleep, eat healthy foods and get back to doing more physical exercise. Encourage your child to find more ways of doing what they enjoy most, whether reading, hobbies, playing outside or other activities. It's important to keep up on school and work, but fun and enjoyment are also factors that promote positive mental health.

Review with your child their schedule to help them to adjust both physically and emotionally to returning to school.

Whether your child will be returning to school in person or virtually, it is important to ease them back by having a structured daily routine.

Set up ways for your child to continue to socialize safely with their friends over the phone or video chat, especially if they participate in distance learning.

Teach your child how to do simple breathing exercises they can use when they feel anxious. Some other 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!

### **Mental Health During COVID-19: Signs Your Child May Need More Support**

The continued stress, fear, grief, and uncertainty created by COVID-19 pandemic can certainly be overwhelming for anyone, but our children and teens are more prone to having a higher rate of difficulty coping emotionally. Therefore, it is critical to check in with your child often and watch and listen for signs they are struggling. And don't forget that your Student Assistance Counselor is here to help.

## Recognizing signs of stress in your child

Signs of stress and mental health challenges are not the same for every child or teen, but there are some common symptoms.

### Older children and Adolescents

May show signs of distress with symptoms such as:

- Changes in mood, such as ongoing irritability, feelings of hopelessness or anger, and frequent conflicts with friends and family.
- Changes in behavior, such as stepping back from personal relationships. If your ordinarily outgoing teen shows little interest in texting or chatting on social media with their friends, for example, this might be cause for concern.
- A loss or decreased interest in activities previously enjoyed.
- Sleep disturbance issues.
- Changes in weight or eating patterns.
- Problems with memory, thinking, or concentration.
- Academic difficulties or school refusal.
- Changes in appearance, such as lack of basic personal hygiene (within reason, since many are doing slightly less grooming during this time at home).

Substance abuse issues or concerns. **The Essex Prevention Coalition** is dedicated to targeting and preventing underage drinking and substance abuse in Essex County. The website contains news events and current resources for parents, youth, educators and treatment professionals.

[www.essexadapt.org](http://www.essexadapt.org) [ATOD Drug Chart](#) [NJ Vape Facts](#) [E-Cigarettes](#)

Thoughts about death or suicide, or talking about it. (Please see resources and support groups below)

### How your Student Assistance Counselor can help

Staying in touch with the SAC is more important than ever during these difficult times. If you have any concerns, ask your SAC about checking on your child's social and emotional health.

<https://sites.google.com/westorangeschools.org/wohssac/home>

### How your Student Assistance Counselor can help

Staying in touch with the SAC is more important than ever during these difficult times. If you have any concerns, ask your SAC about checking on your child's social and emotional health. (<https://sites.google.com/westorangeschools.org/wohssac/home>)

[westorangeschools.org/wohssac/home](https://sites.google.com/westorangeschools.org/wohssac/home)

## A word about suicide risk

Mental health care workers know all too well that rates of suicide for both young people and adults increase during times of high stress. Your pediatrician and certainly a licensed mental health provider can screen for both suicide risk and depression.

Please be advised, not everyone who considers suicide will talk about it, and not everyone who talks about suicide will act on their words. However, any talk about suicide or wanting to harm themselves should be taken seriously. **If you are concerned about the health and safety of your child, it is of the utmost importance to make your home safe by removing weapons and any other items that may pose a threat from the house as well as securing medications in a locked cabinet.**

**Seek help immediately** by calling the National **Suicide Prevention Hotline**: 1-800-273-8255 or texting the Crisis Text Line by texting 'TALK' to 741741. Reserve [911](#) for situations where self-harming actions are happening or are about to happen. In a non-crisis situation, talk with your pediatrician/mental health provider about any concerns you have about your child's mental health.

## [Suicide Prevention Websites & Applications](#)

**MY3** was developed in partnership between the California Mental Health Services Authority and the Link2Health Solutions. Its development was funded by the voter approved Mental Health Services Act

### [Support Network](#)

**Calm Harm** (Manages Self Harm) When teens feel compelled to harm themselves in times of distress, this app offers them lots of ways to derail those impulses under categories like Comfort, Distract and Breathe. After they choose a method, they set a timer so they can move on when the urge passes. [Manage Self Harm](#)

### **Taking care to set the tone**

Parents, our children look to us to set the tone in our households. It's important for all of us to be mindful of what we say and how we say it as it can affect our children. Expressing extreme doom or fear can increase rates of anxiety and fear. It may be difficult to remain positive, especially if you're having difficulties coping with your own stress and emotional health. But we must try and remain positive and give our children consistent messages that we are all in this together and that we will get through these difficult times and have hope for a brighter future that certainly lies ahead. It is important to make time to take care of ourselves and others when possible, and reach out for the support you and your loved ones may need for better mental health. These are times where we all can benefit by practicing relaxation techniques, mindfulness or meditation or simply stretching. These times call for more of us to build in down time for the whole family, enjoying a nap, movie time or simply spending time together without the distraction of social media, laptops or other devices.



## Health and Wellness Mindfulness Websites

### Meditation

[HeadSpace-Meditation Youtube Page](#)\_(ALL ages)

[9 Solfeggio Frequencies](#) (ALL ages) Emotional & Physical Healing Music

[Mindfulness and Feelings Video](#) (11 and under)

[Breathe Meditation](#) (13 and under)

[3 Minute Deep Breathing Meditation](#) (13 and over)

### Health and Movement

[Grounding Exercise](#) (ALL ages) Grounding exercise for stress management and anxiety

[Brain Breaks - Action Songs for Children](#)\_(11 and under)

[Yoga Poses](#)\_(11 and under)

[Yoga for Teens](#) (13 and over)

[Calming Sleep Music](#) (ALL ages)

[Soothing Guitar Sounds](#) (ALL ages)

[Kids Health](#) Advice on hundreds of physical, emotional, and behavioral topics — from before birth through the teen years.

[Mandala coloring pages](#)

### **Remember-**

If you or a loved is struggling through these difficult times, please reach out to the Student Assistance Counselors so that we can provide help and support.



# 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
<b>2/6/2021</b>	<b>1/8/2021</b>	<b>1/15/2021</b>
4/17/2021	3/13/2021	3/26/2021
<b>6/12/2021</b>	<b>5/7/2021</b>	<b>5/21/2021</b>
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)
<b>11/7/2020</b>	<b>Cancelled</b>	
12/5/2020	11/5/2020	11/17/2020
<b>3/13/2021</b>	<b>2/12/2021</b>	<b>2/23/2021</b>
5/8/2021	4/8/2021	4/20/2021
<b>6/5/2021</b>	<b>5/6/2021</b>	<b>5/18/2021</b>

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



## SCHOOL COUNSELING DEPARTMENT PROGRAMS

CLASS GROUP MEETINGS	
September 2019	<p><b>Senior Group Meetings</b>            Small groups – Senior English classes are scheduled to virtually to review post secondary plans and develop a plan of action.</p>
October 2019	<p><b>Freshman Group Meetings</b>            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><b>Sophomores and Junior Meetings</b>            School Counselors are scheduled to meet with students to discuss            College &amp; 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><b>Junior Conferences Scheduled</b>            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><b>AP Exams</b>                  A calendar of specific test dates, times, locations to be announced.  <u><b>All students will be notified of specific test dates and times.</b></u></p>
<p><b>*October 24, 2020</b>  <b>*February 6, 2021</b>  <b>*June 12, 2021</b></p>	<p><b>ACT</b>  <b>*Testing scheduled at WOHS</b></p>
<p><b>*November 7, 2020</b>  <b>*March 13, 2021</b>  <b>*June 5, 2021</b></p>	<p><b>SAT</b>  <b>*Testing scheduled at WOHS</b></p>

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

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## **THE ELKS NATIONAL FOUNDATION 2021 MOST VALUABLE STUDENT SCHOLARSHIP**

The Elks National Foundation will be awarding 500 four-year scholarships, ranging from \$1,000 per year to \$15,000 per year, for graduating high school seniors based on financial need, leadership and scholarship.

Completed applications must be filed with the Elks Lodge in closest proximity of your home by 4 PM on or before **November 15, 2020**. A downloadable electronic version is available at [www.elks.org/enf/scholars](http://www.elks.org/enf/scholars)

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## Heisman High School Scholarship

Eligibility begins with maintaining a weighted GPA of 3.0 (B average) or better. Applicants also need to be proven leaders and role models within their school and community. Applicants must participate or have participated in grade 9,10, or 11 in at least one of the 47 sponsored sports recognized by the International Olympic Committee in the Summer and Winter Olympic Games or the National Federation of State High School Associations. **Deadline is October 20th**. Apply on the website [heismanscholarship.com](http://heismanscholarship.com)

**The Prudential Spirit of Community Awards** was created by the National Association of Secondary School Principals & Prudential Financial in 1995. The purpose of these awards is to call attention to the importance of youth volunteerism in their school and community. Seniors who would like to be considered, please bring in to Guidance or send your Activity Resume to Mrs.Gonzalez....agonzalez@westorangeschools.org reflecting the number of hours you performed in each activity by Nov. 10, 2020. Student online applications can be found at <http://spirit.prudential.com>, and must be completed and submitted to the Guidance, by **Nov. 10, 2020.**

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### **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**

## **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.**

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## **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**

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## **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**

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## **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**

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### **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](mailto:athletic.awards@bigsunathletics.com).

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### **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>

## 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>

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## 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.**

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