



October 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

Financial Aid Night *

October 9, 2018
7:00 PM

College Night *

October 23, 2018
6:30-8:30
Tarnoff Cafeteria

*Page 9 for more details

Inside this issue:

Counseling Staff Guide	Page 2
Parent Message	Page 3
Student Assistant Counselors (SAC)	Page 4-5
ACT/ SAT Test Dates	Page 6-7
District Testing Dates	Page 8
Counseling Programs	Page 9
SAC Programs	Page 10
College Visits @ WOHS	Page 11
Good To Know Info Financial and housing resources for college students	Page 12
Scholarships	Page 13-14

PLEASE NOTE

New Date

Naviance Night

Training for Parents

October 10, 2018

Time: 7:00 pm

WOHS – LMC



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

On Being a Young Adult

Being a parent is not easy. Being a parent of a teenager can be especially difficult. However, being a teenager is difficult, too. I recently spoke with a young woman and asked her what she would like her parents to know. Her reply was that she was no longer a child and wanted her parents to treat her as an adult. She hoped her parents would trust her judgment in many of the things she does both in school and at home.

As this conversation went on, several thoughts became clear to me. If we want our children to behave in certain ways, it is necessary to discuss our expectations and theirs so that we can come to an understanding about what we can accept and what consequences (positive and negative) will follow. A good example might be a curfew. If our teenagers follow our rules, perhaps we can increase the time. If, however, the rule is broken too often, then "grounding" or an earlier curfew may be imposed.

Homework and grades can be a major issue. Parents should acknowledge their children's abilities before making demands about grades and homework. Some children do better getting homework done directly after school. Some need to relax first. "Don't Bug Me" is what I hear some children say.

Friendships are difficult. Teens hope their parents will trust their choices. If parents disagree, a discussion is in the best interest of family harmony.

Teens recognize that being treated as a young adult must be earned. They also know that they need their parents help and respect. Open, honest discussions with each other in advance will create harmony and build a wonderful parent-child relationship that will be a blessing for years to come. Good luck.

If you have concerns, speak to you child's counselor.

Esther M. Bearg, Ed.D.
Educational Consultant



Student Assistance Counselor Message

Meet Our New SAC

Ms. Jaclyn Headlam is a graduate of Kean University who holds a Masters in Counseling. She is a National Certified Counselor and certified by the state of New Jersey as a School Counselor and a Student Assistance Counselor. Ms. Headlam comes from a multi-faceted background with over ten years of social service experience with adolescents and families. Her experience includes working within nonprofit management, school-related program development, crisis intervention, homeless prevention, community outreach, behavioral interventions and conducting group and individual sessions.

October Features

West Orange High School recognizes the importance of maintaining school climate and culture at a holistic level.

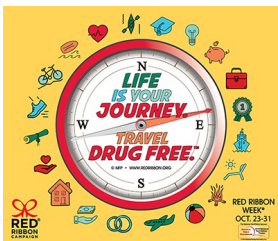
The SAC department will be fostering the need to be Respectful, Violence Free and Substance/Drug Free throughout the month of October. While supporting the NJ initiatives of The Week of Respect and School Violence Awareness Week, the SAC department will be participating in the Nationwide Drug Prevention Initiative entitled Red Ribbon Week. The SAC department will partake in this initiative via an interactive approach to drug prevention with themed days, drug facts via announcements, tabling, and a Poster and Poem contest with monetary prizes for the first through third place winners.

Please look out for our DETAILED announcements with daily activities!

Respect Week: October 1st-5th, 2018

School Anti-Violence Awareness Week: October 15th-19th, 2018

Red Ribbon Week: October 23rd-31st, 2018



CONFIDENTIALITY:

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



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

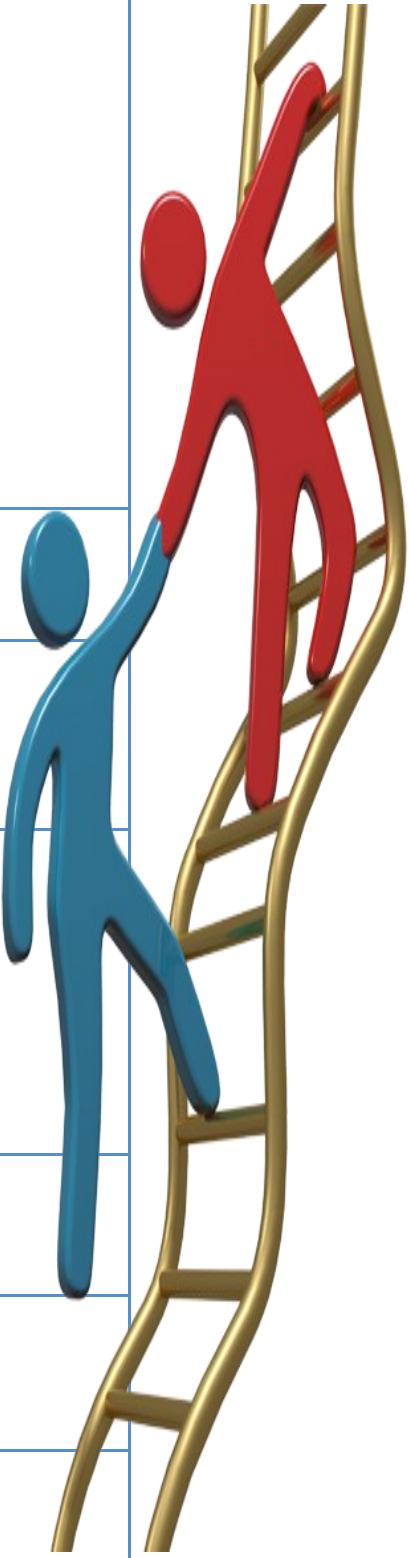
PROGRAMS / EVENTS (EVENING)	
October 10, 2018 Time: 7:00 pm WOHS – LMC	Naviance/Family Connections Training for Parents GRADES 6-12
October 9, 2018 Time: 7:00 pm WOHS/LMC	<u>Financial Aid Night</u> A representative from College Funding Services will provide an overview of what parents/students need to know as it relates to financial aid and college. How do colleges determine student's eligibility for assistance? How to negotiate for the best possible package. Sources of Financial Aid. What is FAFSA?
October 23, 2018 Time: 6:30 pm — 8:30 pm WOHS - Tarnoff Cafeteria	<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.
October 29, 2018 Time: 7:00 pm WOHS—LMC	<u>Financial Aid Night</u> <i>(Assist with completing FAFSA forms)</i>
TBD Time: 6:30 pm WOHS Auditorium	WOHS Curriculum Night
January 10, 2018 Time: 7:00 pm <u>(snow date 1/11/2018)</u> Liberty Middle School Auditorium	<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
January 29, 2019 Time: 7:00 pm WOHS – LMC	<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. <u>Interpreting PSAT Scores:</u> <u>PSAT Results Workshop for Parents and Students</u>

PROGRAMS / EVENTS (EVENING)	
January 29, 2019 Time: 7:00 pm WOHS – LMC	<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. <u>Interpreting PSAT Scores:</u> <u>PSAT Results Workshop for Parents and Students</u>
March 27, 2019 Time: 6:30 pm WOHS - LMC	<u>Naviance 6,7,8 / Family Connection Presentation</u> <u>(8th Grade Parents Only)</u> Liberty & Roosevelt Middle Schools
April 23, 2019 Time: 6:30 pm - 8:30pm WOHS - Tarnoff Cafeteria	<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.



2018-2019 SAC PROGRAMS / EVENTS

<p>October</p>	<p>Oct. 1-6 Week of Respect</p> <p>Oct. 15-20 School Violence Awareness Week</p> <p>Oct. 23-31 Red Ribbon Week Poem/Poster Contest</p> <p>Oct. 25 Unity Day</p> <p>Oct. 27 10th Grade Dangers of Substance Abuse</p> <p>TBA 11th & 12th Grade Dangers of Substance Abuse</p>
<p>November</p>	<p>Nov. 7 Parent presentation Dangers of Substance Abuse</p>
<p>January</p>	<p>Jan. 9 & 10 8th Grade Orientation Transition to WOHS</p> <p>TBA Career Exploration Night</p>
<p>February</p>	<p>TBA Teen Dating Violence Prevention Activities</p> <p>TBA HIB Presentation Students</p> <p>TBA HIB Presentation Parents</p>
<p>March</p>	<p>TBA Health & Wellness Fair</p>
<p>April</p>	<p>TBA Alcohol Awareness Month</p>
<p>May</p>	<p>TBA 12 Grade Assembly After the Fire</p>



Good To Know Information

Budgeting 101 for College Students:

<https://www.bestcolleges.com/resources/budgeting-in-college/>

- Why does a budget matter?
- Tracking income and expenses
- Student Loans
- Scholarships
- Grants
- Part-Time jobs and Work-Study
- Creating a budget



Student Renter's Guide: Living Off Campus

<https://www.bestcolleges.com/resources/student-renters-guide/>

- Things to Consider Before Shopping.
- What can you afford?
- What does the rental market look like?
- How do you choose a roommate?
- What kind of property should you rent?
- Apartment or House? Pros and Cons.
- What rental period best meets your need.
- What documents do I need to rent?
- Questions to ask property Managers, leasing Offices, and landlords.
- Before Signing the Lease.
- Tenant Rights and Insurance.



Scholarships

Elks National Foundation 2019 Most Valuable Student

The 2019 Most Valuable Student scholarship contest is open to any high school senior who is a US Citizen.

Applicants will be judged on scholarship, leadership, and financial need.

Eligibility:

Applicants must meet all of the following criteria to be eligible for this scholarship:

- You must be a current high school senior. High school graduates are not eligible.
- You must be a citizen of the United States on the date your application is submitted; permanent legal resident status does not qualify.
- You must have taken either the ACT or SAT on or before October 27, 2018.

Note: You do not have to be a member (or the dependent of a member) of the Elks to qualify **Completed applications must be filed with the Elks Lodge in closest proximity of your home by 4pm on or before Nov. 1, 2018**

<https://www.elks.org/scholars/scholarships/MVS.cfm>

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.

Jefferson Scholars University of Virginia

The Jefferson Scholarship is the premier undergraduate scholarship at the University of Virginia. Scholars are selected through a rigorous selection process that is based on exceptional performance in the areas of leadership, scholarship and citizenship. The award is intended to cover the entire cost of attendance for four years at the University of Virginia plus coverage of the supplemental enrichment experiences. Only one student may be nominated from West Orange HS. Nominations are completed by both school officials and students and include a scholastic report, extracurricular activities, recommendation letters and two essays.

Sign up in Guidance by October 10.

www.jeffersonscholars.org



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/>