



**BACK TO SCHOOL
NIGHT**
Sept. 26, 2019
6:30 pm

**Naviance/Family Connections
Training for Parents**
September 17, 2019
Time: 6:30 pm
WOHS – LMC



September 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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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
Michael DuBose	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
Jaclyn Headlam	WOHS ext. 31557

Administrative Assistants

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





As we begin the school year, the Counseling Department at West Orange High School would like to welcome back all our students and parents from what was hopefully a healthy, restful, and productive summer.

Our mission is to help students on their journey through high school in regards to academics, career planning, and personal and social counseling.

Our counselors help with class schedules, providing academic support and guidance, college planning and the college application process.

Have a great school year!

The Student Assistance Counselor Programs are designed to help students and their families with problems affecting their personal lives and academic performance. The Student Assistance Counselor's (SAC) role is to enhance and support students' success in the school environment. There are a range of school-based prevention and intervention services offered to assist students with personal problems and encourage them to build upon their strengths. At the high school level, the SACs work closely with school counselors and deans to get to know each child and to help them make informed decisions.

The role of the high school SACs can be separated into several parts:

1. Assisting families and students with alcohol and drug issues by connecting students and families to community resources;
2. Providing support for families, staff and administration for students who may have academic issues relating to social-emotional/mental health issues such as peer pressure, relationship difficulties, family problems, self-esteem and depression, among others;
3. Assisting students with the adjustment to high school and getting to the next step of college or career
4. Serving as members of the high school student support teams (such as crisis, 504, I&RS, and emergency management teams), assisting with staff development and Anti-Bullying Specialist.
5. Providing programs on various topics that assist in the emotional development of the students

In short, Student Assistance Counselors provide a support system for students and families to use when circumstances threaten school performance. Students may see the SAC for assistance with any personal issue. Many parents contact the SAC to discuss a potential problem or ask for help connecting to community resources.

CONFIDENTIALITY:

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

**At the high school we have two SACs. (Room 1164)
They are assigned a caseload of students by last name.**

**Last names A – K : Amedeo Chirichiello (achirichiello@westorangeschools.org)
ext. 31552**

**Last names L – Z : Jaclyn Headlam (jheadlam@westorangeschools.org)
ext.31557**

Mr. Chirichiello is a graduate of Seton Hall University with a Master of Arts in Clinical Psychology. He has been employed as a Mental Health and Drug and Alcohol Counselor in a hospital setting and maintains a private practice which specializes in adolescent mental health and substance abuse counseling. Mr. Chirichiello is a Licensed Professional Counselor, a certified Student Assistance Counselor, a Nationally Certified Addiction Prevention Specialist as well as a Certified Forensic Addiction Specialist. He has over 20 years experience working with adolescents as well as adults that have various emotional and substance abuse problems.

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. 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.



Suicide Prevention Awareness Month

September brings transition whether it be the change from the warm days of summer to fall or back to school, or a new transition. Sometimes these transitions can bring new challenges. We can learn what initial steps to take to get someone help when they are in trouble. Know your local resources and know the National Suicide Prevention Lifeline number [1-800-273-8255 (TALK)] and be willing to call to get help for ourselves or call for a friend who can't help themselves.

Mental Health Awareness Week



Green Ribbon Week Mental Health Awareness- September 8-14, 2019

West Orange High School recognizes the importance of maintaining body health as well as emotional health and how it can be neglected during the busy time of beginning a new school year!

There are numerous events that are set up this week:

Introduction of Green Ribbon Week will be made by Mentors beginning September 17 and daily readings for the week are made over the loud speaker of mental health/Wellness Quotes and / information.

WOHS and Conforti display case will be decorated with artwork and literature depicting messages of mental wellness.

Information cards/handouts and giveaways will be distributed to promote mental health.

Self-care is for everyone and is also the same for everyone! A few tips to remember:

**Take deep breaths *Drink some water * Make time for yourself or go exercise
* Meditate *Practice positive self talk!! *Listen to your favorite music.**

Scholarships

The Gates Scholarship

This scholarship is open to high school seniors, who are in good academic standing with a minimum GPA of 3.3. Applicant must plan to enroll full-time in a four-year program at an accredited U.S. college or university.

The student must also meet ethnicity requirements, be a U.S. citizen, national, or permanent resident who is eligible for the Pell Grant.

Complete the application on line;
<https://www.thegatesscholarship.org/scholarship>

Application deadline: September 15, 2019

ACT Testing Dates

ACT EXAMINATION TEST DATES 2019-2020

Test Date	Registration Dead-line	Late Registration Deadline
6/8/19	5/3/19	May 4-20, 2019
7/13/19	6/14/19	June 15-24, 2019
9/14/19	8/16/19	August 17-30, 2019
10/26/19	9/20/19	Sept. 21-Oct. 4, 2019
12/14/19	11/8/19	November 9-22, 2019
2/8/20	1/10/20	January 11-17, 2020
4/4/20	2/28/20	Feb. 29-Mar. 13, 2020
6/13/20	5/8/20	May 9-22, 2020
7/18/20	6/19/20	June 20-26, 2020

TESTING DATES IN RED ARE HELD @ WOHS

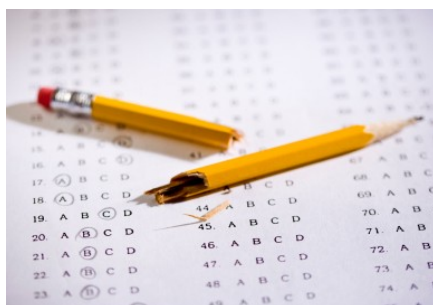


SAT Testing Dates

SAT EXAMINATION TEST DATES 2019-2020

Test Date	Registration Deadline	Late Registration Deadline
8/24/19	7/26/19	8/13/19
10/5/19	9/6/19	9/24/19
11/2/19	10/3/19	10/22/19
12/7/19	11/8/19	11/26/19
3/14/20	2/14/20	3/3/20
5/2/20	4/3/20	4/21/20
6/6/20	5/8/20	5/27/20

TESTING DATES IN RED ARE HELD @ WOHS



Testing Dates

PSAT/National Merit Scholarship Qualifying Test

October 16 ,2019 (Wednesday)
All 10th & 11th grade students

NJSLA TEST DATES 2019-2020

Grade 9,10,11 ELA
April 21-22 ,2020

Grade 9,10,11 Math
Alg I, Geometry, Alg II
May 19-20, 2020

NJSLA Science

Grade 11
May 19-20, 2020

Advanced Placement Program Examinations

May 4-15, 2020

2019-2020 Counseling Department Programs

September 17, 2019 Time: 6:30 pm WOHS/LMC	Naviance Training for Parents GRADES 6-12
September 26, 2019 Time: 6:30 pm	Back to School Night
October 10, 2019 Time: 7:00 pm WOHS/LMC	<u>Financial Aid Night with CFS</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, 2019 Time: 6:30 pm — 8:30 pm WOHS - Tarnoff Cafeteria	<u>College/Career 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. <u>Students and Parents in Grades 6-12 are invited to attend.</u>
October 29, 2019 Time: 6:30pm WOHS—LMC	Financial Aid Night with Bloomfield College <u>(Assist with completing FAFSA forms)</u>

GoodtoKnow

January 7, 2020 Time: 6:30 pm - 8:30 pm <u>(snow date 1/14/2020)</u> West Orange High School Auditorium	<u>8th Grade Orientation Transition to West Orange High School</u> Provide an overview of courses offered. Describe the course selection process. Review high school graduation requirements. <u>Orientation Schedule</u> <ul style="list-style-type: none"> <u>6:00 - 6:45pm - (Tarnoff Gym)</u> Visit with Department Supervisors <u>7:00 - 8:00pm - WOHS Auditorium</u>
January 28, 2020 Time: 7:00 pm WOHS – LMC	<u>College/Career 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: PSAT Results Workshop for Parents and Students</u>
March 25, 2020 Time: 6:30 pm WOHS - LMC	<u>Naviance - Grades 6-12</u>
April 21, 2020 Time: 6:30 pm - 8:30pm WOHS - Tarnoff Cafeteria	<u>College/Career 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.

2019-2020 Student Assistance Counseling Programs

September	<p>National Suicide Prevention Week</p> <p>Green Ribbon Week</p>
October	<p>Week of Respect</p> <p>School Violence Awareness Week</p> <p>Freshman Presentations</p> <p>Red Ribbon Week</p> <p>Unity Day</p> <p>10th Grade Assembly Dangers of Substance Abuse</p> <p>11th Grade Dangers of Substance Abuse</p>
November	<p>Parent presentation: Dangers of Substance Abuse "Hidden in Plain Sight"</p>
January	<p>National Drug Facts Week</p>
February	<p>Teen Dating Violence Prevention Activities</p> <p>HIB Presentation Students & Parents</p> <p>10th Grade Assembly-Character Education</p>
March	<p>Health & Wellness Fair</p>
April	<p>Alcohol Awareness Month</p>
May	<p>12 Grade Assembly After the Fire</p>



College Visits @ WOHS

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