

## **CONTACTS:**

Director of Guidance  
Counseling and Student  
Support Services:  
Ms. Stephanie Machin  
[smachin@bergenfield.org](mailto:smachin@bergenfield.org)

### **School Counselors:**

Ms. LaPorta  
[lporta@bergenfield.org](mailto:lporta@bergenfield.org)  
Mrs. Massey  
[dmmassey@bergenfield.org](mailto:dmmassey@bergenfield.org)  
Ms. Farmer  
[rfarmer@bergenfield.org](mailto:rfarmer@bergenfield.org)  
Ms. Valera  
[evalera@bergenfield.org](mailto:evalera@bergenfield.org)  
Mrs. Yoskowitz  
[myoskowitz@bergenfield.org](mailto:myoskowitz@bergenfield.org)

### **Child Study Team:**

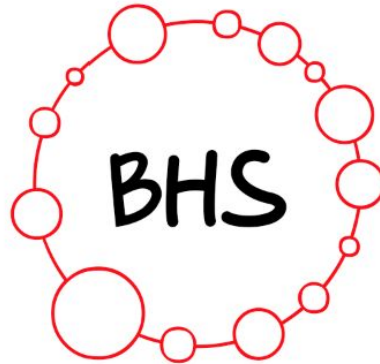
Dr. Lorry Booth, Director of  
Special Services  
[lbooth@bergenfield.org](mailto:lbooth@bergenfield.org)

### **School Psychologists:**

Ms. Alonso  
[dalonso@bergenfield.org](mailto:dalonso@bergenfield.org)  
Ms. Tibaldo  
[jtibaldo@bergenfield.org](mailto:jtibaldo@bergenfield.org)  
Ms. Salmeron  
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## **Go Bears!**



The BHS Wellness Center is located  
in Room 114 (In the Art Wing)

Bergenfield High School  
Wellness Center  
80 South Prospect Avenue  
Bergenfield, NJ 07621

## **Bergenfield High School Wellness Center**



## **BHS Wellness Center**

We are an in-school,  
stigma-free and safe zone  
for students and  
their families struggling  
to manage life's  
challenges!

"We Grow through what  
we Go Through"

"Be the Change you want  
to see in the World"  
Gandhi

### Services Provided:

- Individual, Group & Family Counseling Sessions
- Mindfulness Education
- Lunchtime Workshops
- Lunchtime Wellness Walks
- Yoga/Meditation/Quiet Time
- Mentoring/Peer-to-Peer support
- Community resources/referrals
- Substance abuse awareness prevention; intervention and Education, HIB intervention

### How It works:

Students are permitted to use the Wellness Center with an E-Hallpass from teachers or staff. The Wellness Center is open during third, lunchtime and sixth sessions with an E-hallpass from a teacher or staff member. The center is always open for students in crisis. If Ms. DePinto is unavailable students may see their guidance counselor in their department.

**Students will use the Center** as a safe and calm space for stress management.

**Students Must show their E-hallpass and sign in at the Door to enter.** Students can email Ms. DePinto at [ldepinto@bergenfield.org](mailto:ldepinto@bergenfield.org) for individual appointments.

### **STUDENT EXPECTATIONS:**

Open Door Policy  
Respect and compassion  
Teacher/Staff permission for use  
Limited missed instructional time  
Confidentiality (unless suspected abuse or concern for safety)

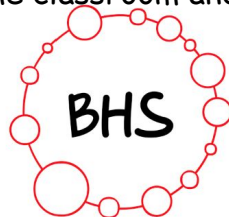
## **The Bears Wellness Center** **"Where We Care for Our Cubs"**

Welcome to the Bergenfield High School Bears Wellness Center! We are a place to access supports that address students physical, mental, emotional and social concerns while offering strategies to increase resiliency and overall well-being.

Children are under more pressure today than ever before. They are likely to endure more stress than previous generations. Therefore, students need to learn self-care and to manage emotions to ideally learn to self-regulate. This is a key component of stabilizing mental health.

The Wellness Center will support more student and parent/guardian/family engagement. School Administrators, teachers, and support staff will work together to improve social, emotional learning and behavioral health. The center will bring people together with a shared vision for equality and the healthy development of children.

The center will also support teachers by assisting adolescents to thrive in the classroom and beyond!



## **Ms. DePinto, District Student Assistance Counselor**

- Certified School Social Worker for 24 years
- 17th year in Bergenfield
- Master's Degree from Fordham University, NY
- Substance Awareness Coordinator Certificate, Montclair State College



West Bergen Mental Healthcare,  
Ms. Taylor Elias, LMSW

- BA, film and Media, Indiana University, Go Hoosiers!
- MA, Social Work, NYU
- Certified School Social Worker
- Dedicated to the needs of all students and families.