

December 2024

# School Counseling Dept. Newsletter



## Welcome MPTCS Village!

Happy Holidays! In this December edition of our Newsletter, we are thrilled to showcase the incredible efforts of the School Counseling Department in supporting our school community. Throughout November, my team was busy being of service to our village. Our School Social Workers had the privilege of organizing our first Thanksgiving Drive, which provided over 100 families with food baskets, ensuring they had the resources to enjoy a warm and fulfilling holiday. Thank you so much to the village and community partners for your donations and making this possible!

We are also proud to announce that our School Counselors facilitated visits for our students to two prestigious Ivy League institutions, Columbia University and The University of Pennsylvania. These college tours have provided invaluable insights into future possibilities for our students. In addition, 15 scholars were admitted to HBCUs, with the total number of acceptances surpassing 35 as many scholars received multiple offers from prestigious Historically Black Colleges and Universities (HBCUs) during the HBCU fair at Kean University thereby, opening doors to a wealth of opportunities.

These accomplishments and many more reflect the resilience, dedication, and support of our School Social Workers, School Counselors, students, families, and support from building based administration as well as district level support. Thank you for your continued partnership in helping our students reach new heights.

Finally, I would be remiss if I didn't take this opportunity to **CONGRATULATE** Mrs. Stackhouse, previously known as Ms. Palmer, our School Social Worker at PAC, on her marriage this past weekend!

Thank you all for being part of our journey to *Prepare Students for Life's Challenges & Opportunities!*

Wishing everyone a joyful and peaceful holiday season!

**Ms. Jean-Louis**  
**Dept. Chair of Guidance / School Counseling**



# Thanksgiving Food Drive





# Thanksgiving Food Drive





# PAC - School Social Worker Corner

## Shout Outs!

*Mrs. Stackhouse*



- School Social Worker
- [apalmer@mptcs.org](mailto:apalmer@mptcs.org)

Shout out to Ms. Jean-Louis! Thank you for your hard work, dedication, and the incredible support you provide to the Counseling Department. Thank you for your ambition and unwavering commitment to the village. Your efforts make a difference. I truly appreciate everything you do!

Shout out to Ms. Bell and Ms. Valdez! I am truly blessed to be part of a team that supports, helps, and understands one another. Your encouraging and uplifting words mean so much, and the work you do to support our scholars is absolutely admirable!

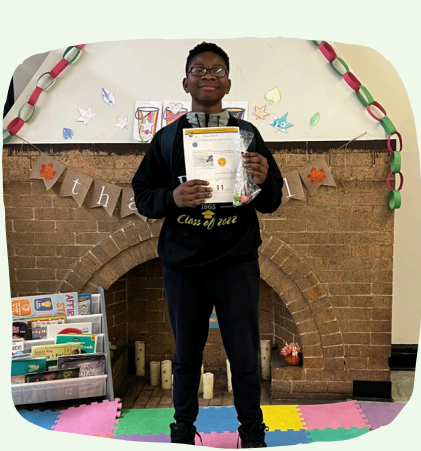
*This holiday season, may you experience the joy and peace, you all deserve. Here's to an exciting new year ahead!"*

Shout out to all the staff members across the MPTCS Village and families that donated to the School Counseling Department's Thanksgiving Food Drive! Your contribution made this all possible to give back to our village families. THANK YOU!



# PAC

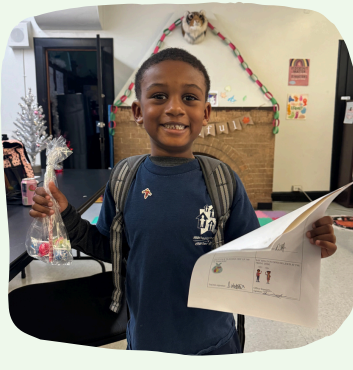
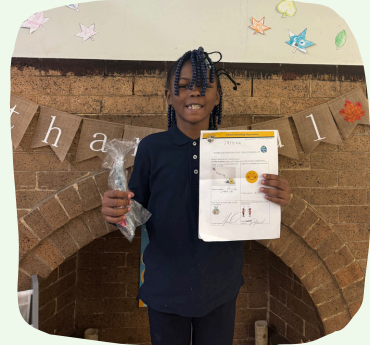
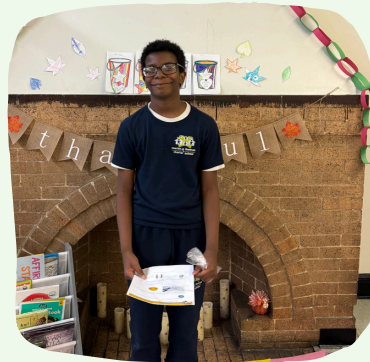
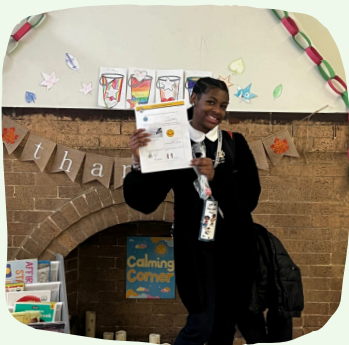
## November Highlights



## WORLD KINDNESS DAY

Nov. 13, 2024

*Our students accepted the World Kindness Challenge!*






# STEAM - School Counselor Corner


*Ms. Valdez*




- School Social Worker
- [lmontes-valdez@mptcs.org](mailto:lmontes-valdez@mptcs.org)



Shout out to the STEAM Climate & Culture Team! I am incredibly grateful for your constant support. You both are doing amazing work for our scholars. Thank you for everything you do!



Shout out to Mrs. Stackhouse and Ms. Bell! You are both the epitome of amazing social workers who truly care about your scholars and advocate for what they need. Thank you for your continuous support and kindness throughout this school year.



Shout out to all of our donors who contributed to our Thanksgiving Drive! We truly appreciate every single donation that helped provide families with a meal for the Thanksgiving holiday.





STEAM



# November Highlights





# High School - School Social Worker Corner

*Ms. Bell*



School Social Worker  
pbell1@mptcs.org

A special shout-out to Mrs. Fredricks, Ms. Young, and Ms. Wilson for your support and dedication to service our students.

Another big shout-out to Ms. Jean Louis and Mrs. Snipes for their outstanding leadership. Thank you for your guidance and ability to lead with compassion.

A huge shout-out to Mrs. Steakhouse and Ms. Valdez, you ladies are two incredible Social Workers who consistently go above and beyond! Your unwavering support, kindness, and willingness to help me and give me guidance does not go unnoticed.

Finally, a heartfelt thank you to the Climate and Culture Team Ms. Gittens and Dean James for consistently being helpful and collaborative when it comes to solving problems for students.





# High School

## November Highlights



## *WORLD KINDNESS DAY*

*Nov. 13, 2024*

*Our students accepted the World Kindness Challenge!*

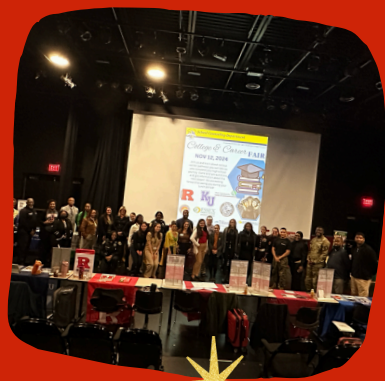


Welcome

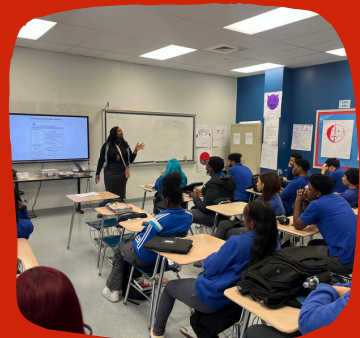
Holiday

Season





# High School November Highlights







# FAFSA & WINGS

## NEED MONEY FOR COLLEGE?

### MANDATORY FINANCIAL AID IN-PERSON WORKSHOP FOR ALL SENIORS

ALL SENIORS & AT LEAST 1 PARENT/GUARDIAN ARE REQUIRED TO ATTEND

**Wednesday, Dec. 18, 2024**

**5pm - 7pm**

**MPTCHS Cafeteria**

#### WHAT WILL YOU GET?

- ✓ Support with completing the new FAFSA application
- ✓ Explanation of college cost and what is covered by Financial Aid
- ✓ 1:1 Session to ensure the FAFSA is accurate
- ✓ Information on how to access to FREE money that will cover your child's tuition cost



**Dinner Will Be Provided**

#### WHAT SHOULD PARENTS & STUDENTS BRING?

- ✓ FAFSA ID and Password
- ✓ 2023 Tax Returns and W-2 forms for student (where applicable) and parents
- ✓ Social Security or Individual Tax ID numbers
- ✓ Bank statement records of balances in checking and savings accounts
- ✓ Government Issued ID



**RSVP  
BY FRIDAY, 12/13/24**



# Columbia University Tour





# High School - School Counselor Corner



## School Counseling Department

*Preparing Students for Life's Challenges & Opportunities!*

**MS. WILSON**



Hello My Name is Ms. Wilson and I am your school counselor for the 2024-2025 School year. I look forward to meeting you, and always remember Today is always a great day to grow and learn!

### **FUN FACTS**

I love riding motorcycles and spending time with family.

### **BOOK AN APPT**



### **CONTACT ME**



[tawilson@mptcs.org](mailto:tawilson@mptcs.org)

973.621.0060 ext. 5104



# Instant Decision Day

## 11/13/2024



## Ramapo College

**Two Seniors received their acceptance to Ramapo College on our Instant Decision Day!**






# High School - School Counselor Corner

*Mrs. Fredericks*


**Shout Outs!**




- HS - School Counselor
- 973-621-0060 x 5155
- Last Names (A-Gi)



Shout out to Ms. Young, Ms. Bell and Ms. Wilson for always being team players and getting the work done for our scholars.



Shout out the Ms. Jean- Louis and Principal Snipes Thank you for being awesome leaders.



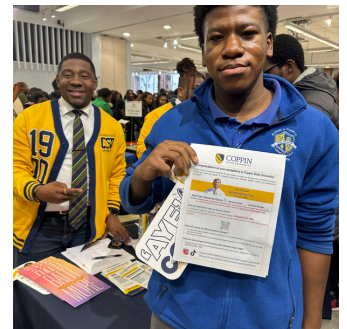
Congratulations ! to the Seniors who have received college acceptances and scholarships. I am beyond proud of you all. Looking forward to seeing more accaepctances and scholarships.



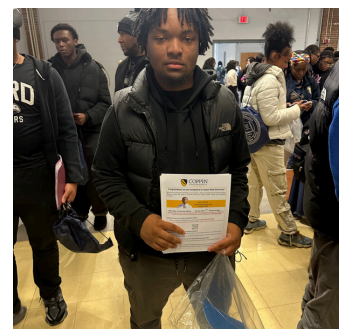
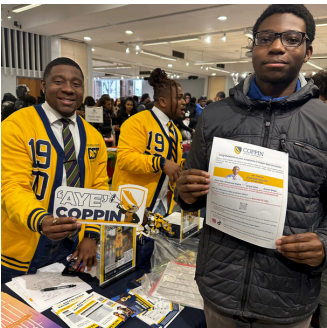
# HBCU FAIR







## HBCU ACCEPTANCES



**15 scholars were accepted to an HBCU, with the total number of acceptances exceeding 35, as many scholars received offers from multiple institutions.**


# High School - School Counselor Corner

*Ms. Young*

**Shout Outs!**




- HS - School Counselor
- 973-621-0060 x 5321
- Last Names (N-Z)



**Shout out to Mr. Dunn for  
allowing the counseling team to  
present College 101 to his  
seniors!**



**Big congratulations to Mrs.  
Stackhouse!!!**



**Shout out to Ms. Jean-Louis  
for being an awesome  
supervisor!**



## 01 HAVE AN HONEST CHAT

Talk to your teen openly about why alcohol isn't part of their holiday experience. Use real-world examples and facts about how alcohol affects their health and goals. The holidays are the perfect time for these heartfelt conversations.

# HOW TO KEEP THE HOLIDAYS ALCOHOL- FREE



## 02 PLAN FUN (AND FESTIVE) ALTERNATIVES

Turn up the holiday cheer with creative activities – baking competitions, DIY holiday crafts, or even a hot cocoa bar. Teens love bonding over shared experiences, and it shows them that celebration doesn't need a buzz.

## 03 MODEL HEALTHY CHOICES

Your actions matter. Show them that fun doesn't depend on alcohol, even for adults. If you're drinking, keep it responsible and emphasize that it's a choice for grown-ups, not teens.

## 04 SET CLEAR EXPECTATIONS

Let your teen know the boundaries and the reasons behind them. Be consistent and confident. They might not admit it, but they'll respect the clarity.

**No amount of alcohol is "safe" for teens**

Teens who start drinking early are more likely to binge drink and develop long-term habits that can lead to addiction.

**IT'S NOT JUST ABOUT ONE DRINK –  
IT'S ABOUT WIRING THEIR BRAIN  
FOR FUTURE STRUGGLES.**

The teen brain is in turbo-development mode. When alcohol enters the picture, it hijacks the brain's natural reward system, setting the stage for dependency.



# School Counseling Department

Preparing Students for Life's Challenges & Opportunities!



## Stay Connected!



### Ms. Jean-Louis

Dept. Chair of Guidance/ School Counseling



[vjeanlouis@mptcs.org](mailto:vjeanlouis@mptcs.org)

Location: High School / Central Office

### Mrs. Fredericks

School Counselor

9th - 12th (A-Gi)



[kthomas1@mptcs.org](mailto:kthomas1@mptcs.org)

Location: High School

### Ms. Wilson

School Counselor

9th - 12th (Go-M)



[tawilson@mptcs.org](mailto:tawilson@mptcs.org)

Location: High School

### Ms. Young

School Counselor

9th - 12th (N-Z)



[byoung@mptcs.org](mailto:byoung@mptcs.org)

Location: High School

### Ms. Bell

School Social Worker

9th - 12th



[pbell1@mptcs.org](mailto:pbell1@mptcs.org)

Location: High School

### Ms. Montes-Valdez

School Social Worker

PreK - 8



[lmontes-valdez@mptcs.org](mailto:lmontes-valdez@mptcs.org)

Location: STEAM Academy

### Mrs. Stackhouse

School Social Worker

PreK - 8



[apalmer@mptcs.org](mailto:apalmer@mptcs.org)

Location: PAC Academy