

DECEMBER 2024

A newsletter from your
favorite EHS counselors

WELCOME TO OUR DECEMBER

Counseling Newsletter

we're so glad you're here!



Inside this month's issue:

- Say Something (School Violence Prevention)
- NJSLA Testing
- Beating the Winter Blues
- FAFSA Application
- Scholarships

Welcome this Winter Season with Joy





SAY SOMETHING

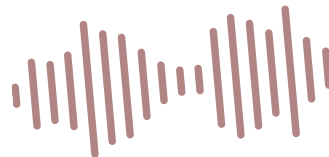
School Violence Prevention

IS SOMEONE YOU KNOW AT RISK OF
HARMING THEMSELVES OR OTHERS?

1- recognize WARNING
SIGNS and THREATS



2- ACT Immediately
take it SERIOUSLY!



3- SAY SOMETHING



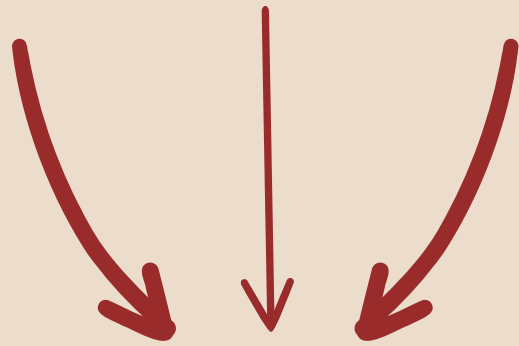
SPEAK
UP



NJSIA TESTING

FALL 2024

UPCOMING DATES



DECEMBER 10, 2024: ELA

DECEMBER 11, 2024: MATH

DECEMBER 17 & 18, 2024:

ELA & MATH MAKEUP



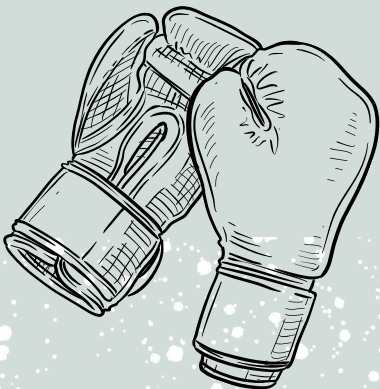
BEATING THE WINTER BLUES

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"As the days get shorter, many people find themselves feeling sad. You might feel blue around the winter holidays, or get into a slump after the fun and festivities have ended. Some people have more serious mood changes year after year, lasting throughout the fall and winter when there's less natural sunlight."

What can you do about it?

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10 WAYS TO BEAT THE WINTER BLUES

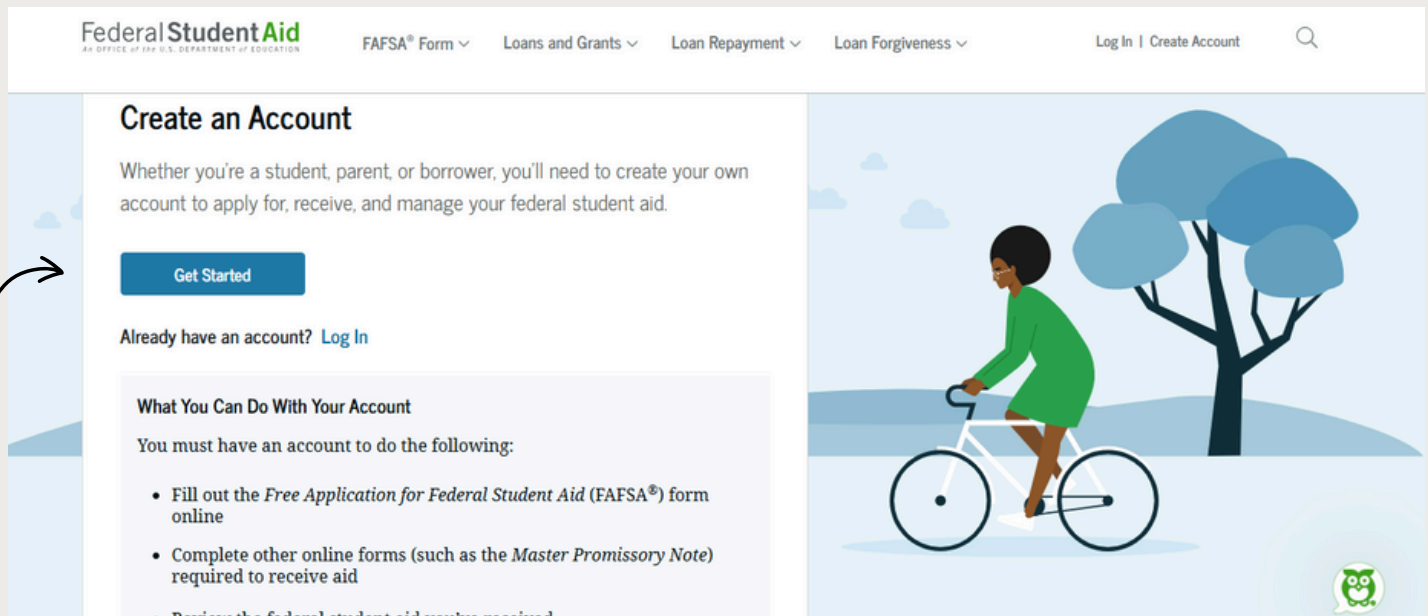
1. Play your favourite music
2. Plan a spring time staycation
3. Visit a friend
4. Read some inspirational books
5. Re-decorate for mid-winter
6. Make a blend for your diffuser.
7. Pull out that craft project. Get inspired and put those dark evenings to good use.
8. Join a club
9. Book yourself into a hotel for a nights stay.
10. Re-kindle date night, go to the cinema, or restaurant.

www.beckyocole.com

Applying to College?

2025-26 FAFSA applications are now, **OPEN!**

First: Student AND parent/guardian must create own *StudentAid.gov* accounts



FederalStudentAid
AN OFFICE OF THE U.S. DEPARTMENT OF EDUCATION

FAFSA® Form ▾ Loans and Grants ▾ Loan Repayment ▾ Loan Forgiveness ▾ Log In | Create Account 🔍

Create an Account

Whether you're a student, parent, or borrower, you'll need to create your own account to apply for, receive, and manage your federal student aid.


[Get Started](#)

Already have an account? [Log In](#)

What You Can Do With Your Account

You must have an account to do the following:

- Fill out the *Free Application for Federal Student Aid (FAFSA®)* form online
- Complete other online forms (such as the *Master Promissory Note*) required to receive aid
- Review the federal student aid you've received



Next: Complete and submit your FAFSA application



2025–26 FAFSA® Form Now Open to All During Beta Testing

We've expanded access to the 2025–26 FAFSA form to everyone during the current beta testing period. You can submit your actual 2025–26 FAFSA form today.

Start a 2025–26 FAFSA® Form

[Log In To Start](#)

Edit a 2025–26 FAFSA® Form or Accept an Invitation

[Log In To Edit](#)



Need the 2024–25 FAFSA form? [CLICK HERE TO GET STARTED](#)

[Log In To Start a New Form](#) | [Log In To Edit Existing Forms](#)

Community Foundation of New Jersey

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Here

For more information on
2025 Scholarships



@CFNJSCHOLARSHIPS

**SCHOLARSHIPS
FOR
SENIORS !!!**

Information

+1 (973) 267-5533

www.cfnj.org

[@cfnjscholarships](https://www.instagram.com/cfnjscholarships)



COMMUNITY
FOUNDATION
of **NEW JERSEY**



happy holidays



A MESSAGE TO YOU, FROM THE EHS COUNSELING DEPARTMENT

DR. ANTONI: YOU MATTER. THE WORLD IS A BETTER PLACE WITH YOU IN IT !

MS. COLLINS: DRINK WATER AND SET BOUNDARIES KINGS AND QUEENS AND EVERYONE IN BETWEEN

MR. CSILLAN: TAKE A MOMENT TO REFLECT ON YOUR PROGRESS SO FAR. CELEBRATE YOUR HARD WORK AND UTILIZE THIS TIME TO RECHARGE FOR THE NEXT HALF OF THE YEAR.

MRS. FADEL: I HOPE THAT OVER THE BREAK YOU WILL MAKE SPACE TO DO WHAT FEELS RIGHT TO YOU TO RENEW AND RECHARGE. I HOPE YOU HAVE THE OPPORTUNITY TO RELAX, RECONNECT WITH YOUR FRIENDS AND FAMILY, AND ENJOY THIS BREAK. HAPPY HOLIDAYS!

MRS. KRAJUNUS: I HOPE THIS WINTER BREAK IS WHATEVER YOU MOST NEED IT TO BE. TAKE TIME TO THINK ABOUT WHAT YOU CAN DO TO TAKE CARE OF YOU. SEE YOU IN THE NEW YEAR!

MRS. MATTONELLI: I HOPE YOU ALL ENJOY YOUR BREAK BY FILLING IT WITH WHAT YOU LOVE MOST! ALSO, PLEASE KEEP IN MIND THAT THIS SEASON MAY NOT BE A CHEERFUL TIME FOR ALL. BE KIND TO OTHERS. SEE YOU IN 2025!

