

Counseling News

Ewing High School Counseling Department

Welcome Back!

The Ewing High School Counseling Department hopes you had a relaxing and rejuvenating summer!

We would like to extend a welcome to all new and returning students and families to EHS for the 2024-2025 school year. For the freshmen transitioning from middle school, we look forward to meeting you and helping you transition from a Fisher Eagle to an EHS Blue Devil!

We are excited about all of the continuing programs and opportunities for our EHS community, and look forward to a positive and productive year.

Check out the next page and meet the EHS Counseling Team!

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Important Dates:

- 9/5/24 First Day of School!
- 9/6/24 Underclassmen Photos
- 9/19/24 EHS Back to School Night @ 6:30pm
- 9/21/24 Community Fest
- 10/1/24 EHS Financial Aid Night @ 6:30pm
- 10/5/24 Homecoming @ 7pm

Meet the EHS Counselors

To make an appointment to see your counselor - stop by the Counseling Office, email your counselor, or call your counselor's extension.

Mrs. Krajunas
(A-BI, U-Z)



Mr. Csillan
(BO-F)



Ms. Collins
(G-K)



Ms. Signore
(L-Ph)



Mrs. Fadel
(Pi-T)



Ms. Tonelli, SAC
(Substance Awareness
Coordinator)



Director of Counseling and Assessment
Dr. Antoni



Suicide Prevention Month

September is National Suicide Prevention Month; where survivors, allies, mental health advocates, organizations, and communities work together to promote suicide prevention awareness. World Suicide Prevention Day is recognized on September 10 & is a time to remember those who have been affected by suicide, to raise awareness, and destigmatize seeking help or treatment related to mental health. It's okay not to be okay!

"When I feel upset, bad, or no longer want to live while at school. who are the adults I can go to?"

- Teacher
- Counselor/Case Manager
- Principal/VP/Dean
- Nurse
- Support Staff
- Coach

If you know someone who might be suicidal...

- Tell an adult IMMEDIATELY.
- Listen, let them talk.
- Don't promise to keep it a secret.
- Encourage them to get help.
- Tell them you care about them.
- Keep reaching out.



988 SUICIDE & CRISIS
LIFELINE

The 988 Hotline is a free, confidential 24/7 lifeline that connects individuals with crisis trained counselors.

You don't need to be suicidal or in crisis to call the Lifeline. People talk about substance use, relationships, sexual identity, & other related topics.

All Grade Level Info.

The intent of this newsletter is to provide the EHS community with general, grade level information that's helpful for students & families. For continually updated information or questions stop by the Counseling Office.

Graduation Requirements

- 4 credits of English
- 3 credits of SS
- 3 credits of Math
- 4 credits of Science
- 4 credits of PE/Health
- 1 credit of World Language
- 1 credit of Visual & Performing Arts
- 1 credit of Career Edu/Fam & Consumer Sciences
- 1 credit of Financial Literacy
- 10 elective credits

Total= 140 credits

School Hours

7:45am-2:30pm

Breakfast is available every morning in the cafeteria from 7:15am-7:35am for \$2.05!

Getting Involved

[Check out the EHS Clubs & Activities Webpage here!](#)



To participate in extracurricular activities at EHS, you must have a 2.0 grade point average (GPA) based on 25 credits or 5 classes. You also must have passed 27 1/2 credits.

Students with 3+ In-School Detentions (ISD)/Out-of-School Suspensions (OSS) cannot participate.

Attendance

- 8 absences per course per semester
- Be sure to be on time & prepared to each class, attendance is taken each block!



Start Your Year Strong!

Tips for a successful year

- ❑ Get organized - use a paper or digital agenda or calendar to keep track of assignments and commitments.
- ❑ Get involved - think about joining a sport or club at school this year.
- ❑ Use your resources - your counselors and teachers want to see you succeed! Reach out for help when you're feeling stuck.
- ❑ Stay healthy - Make sure you're sleeping at least 7 hours each night, eating nutritious meals, and drinking water!
- ❑ Show up - we love seeing your faces in the hallways and classrooms. Be sure to make attendance a priority.

Stressed during the school day?

Breathing deeply sends a signal to our brain & body to relax. Try the breathing method below anywhere like the classroom, hallway, locker room, or nurse's office to help regulate your nervous system.

The 4-7-8 Method

1. Breathe in for 4 seconds
2. Hold the breath for 7 seconds.
3. Exhale for 8 seconds.

For more techniques, or if you're having a tough day, stop by to see your school counselor.

Mental Health Resources

NAMI NJ Resources

If you need support this year, please stop by to see your counselor. We can assist with getting you and your family connected with a variety of resources, including NAMI NJ:

[Free Online Counseling Support Groups](#) 



The NAMI Teen & Young Adult HelpLine

Learn More
nami.org/talktous

Talk to us.
NAMI T&YA HelpLine



888-222-2228

Text or call us
Available 24/7



- BULLYING
- SUICIDE
- DRUGS
- SEX
- ABUSE
- MENTAL HEALTH
- DIVORCE
- WEIGHT
- AND MORE

We're here to help

2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. We are here to help you find solutions to the problems that you face at home, at school, or anywhere else.



Download our app



*Funded by the Department of Children and Families

SAT Dates & Deadlines

Please see the below dates for the 2024-2025 SATs. You can also visit College Board's website [HERE](#) for more info. All deadlines expire at 11:59 p.m. ET.

SAT Test Date	Registration Deadline	Change/Cancel, Late Registration Deadline
Oct 5, 2024	Sept 20, 2024	Sept 24, 2024
Nov 2, 2024	Oct 18, 2024	Oct 22, 2024
Dec 7, 2024	Nov 22, 2024	Nov 26, 2024

[REGISTER NOW >](#)



Click the "Register Now" button above to visit College Board's website & register/sign in for the SAT.

SAC Corner

"What's the difference between a school counselor & a SAC?"

The Substance Awareness Coordinator (SAC) attends to non-academic needs of students. All students are assigned a school counselor at EHS, but not all students meet with the SAC.

The primary goal of the SAC is to support the social emotional & mental health needs of students. This includes, but is not limited to:

substance misuse, mental health, social and family issues, anxiety, stress management, grief, decision making, disordered eating, sexual orientation & gender identity exploration

"Who Can Refer to the SAC?"

Students can self-refer or refer a friend
A parent/guardian
EHS teachers/staff
Referral due to substance policy violation

*Referrals and ensuing information provided to the SAC is confidential.



Confidentiality



Per federal law 42 CFR Part 2, any student or family who receives services under the SAC/are receiving drug & alcohol treatment, are entitled to legal protections of confidentiality with limitations (harm to self or others).

This also means that students are able to seek support for drug & alcohol use without parental or guardian permission.