JANUARY 2025

EHS COUNSELING NEWSLETTER

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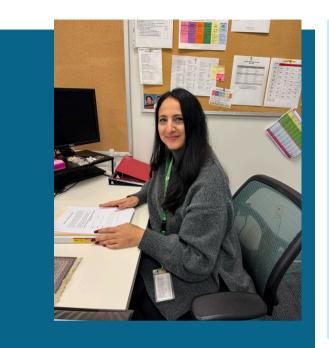
MCKINNEY-VENTO ACT

MARTIN LUTHER KING JR. DAY OF SERVICE

Important Dates to Remember

- Wednesday, Jan 1st: SCHOOL CLOSED- New Year's Day
- Thursday, Jan. 2rd: Welcome back to EHS!
- Monday, Jan. 20th: No School Dr. Martin Luther King, Jr. Day
- Tuesday, Jan 21st: EHS FASFA Workshop Night 6:30 PM EHS Media Center
- Friday, Jan 24th: Early Dismissal Final Exams
- Monday, Jan. 27th: Early Dismissal Final Exams
- Tuesday, Jan 28th: Early Dismissal Final Exams End of Semester 1
- Tuesday, Jan 28th: We (Really) Are All In This Together Presentation 6:30 PM 8:00 PM
- Wednesday, Jan 29th: SCHOOL CLOSED for Grade Levels 6-12 & OBA

Meet our Newest SAC Counselor!



Hi. my name is Mrs. Fadel. After years of dedicated service as a school counselor, I am excited to transition into the role of Student Assistance Counselor (SAC) at Ewing High School. My passion for supporting students' mental health, personal growth, and overall well-being has been the driving force behind my career. As the SAC, I am committed to providing a safe and supportive environment where students can navigate challenges, develop resilience, and achieve their fullest potential. I look forward to working closely with the Ewing High School community to make a meaningful impact on our students' lives.

Phone: 609-538-9800 ext. 2119 Email: lfadel@ewingboe.org

How to Access Your Counselor

Want to get in touch with your school counselor? Here are some ways you can access them:

- Visit the Counseling Office! If your counselor is available, you can meet with them the moment you walk in. First, you <u>MUST turnstile in</u>. If they aren't available, you can fill out a slip and they will call you down to their office once they have availability.
- Send Them an Email or Canvas Message! You can shoot your counselor an email detailing what you want to talk to them about. They can either respond to you via email, or they'll call you down so you can elaborate more in person.
- Call Your Counselors Extension! You can call your counselors extension. Feel free to leave a voicemail if your counselor can't answer the phone & they'll call you back to talk about what's on your mind.

Self-Care Strategies to Combat Finals Stress

It's no secret Final Exams tend to bring out a lot of stress in high school students. If you're feeling overwhelmed with studying for finals, then take the time to engage in some of the following self-care activities:

- Maintain A Regular Sleep Schedule: Although this may seem obvious, you should try to get at least eight hours of sleep every night. Your peers might brag about pulling all-nighters and getting only two hours of sleep to study for a test, but don't feel pressured to follow their example. Studies show that sleeping more actually leads to better grades! Your brain needs time to relax and regain energy to take on more as you prepare yourself for your workload.
- Don't Be Afraid to Ask For Help: An essential part of self-care for high school students is knowing when to ask for help, whether from parents, friends, teachers, or a school counselor. If you're struggling with any of your classes, utilize the available resources you have. You won't be penalized or judged for asking for help this is why these resources exist. Your work will only benefit from taking advantage of the support systems available to you.
- Create Time to Socialize: While it's important to study hard, you shouldn't feel like you have to isolate yourself to succeed in your classes. Take some time especially over the weekend to hang out with friends or other loved ones. Go to the movies, go out to eat, or just hang out at home. You're a teenager you need to socialize once in a while alongside studying for finals!
- **Keep A Journal:** High school is a time where you encounter a lot of different people and experiences. Alongside keeping a planner to organize your schoolwork, you should also write in a journal to reflect on anything of interest that you want to process through writing. This can also help increase your writing skills too!
- Set SMART Goals: Remember that while you should push yourself, you need to set goals that are realistic and specific to you. Adapt SMART goals into your daily life. SMART stands for:
 - **Specific -** be clear with your goals so they'll be easier to achieve
 - **Measurable -** so you can track your progress with these goals
 - Achievable ensure the steps to get there are within your control
 - **Relevant -** avoid unnecessary stress by making the goal realistic
 - **Time-bound -** a date to complete the goal helps you stay focused



Resources to End Addiction

Know someone who might be struggling with addiction? Check out some of these resources that could help them.

- <u>Heroin, Fentanyl, & Other Opioids: A Comprehensive Resource for Families</u> <u>with a Teen or Young Adult Struggling with Opioid Use</u> - This resource can help you understand what opioids are and learn about the risks associated with their use.
- <u>Marijuana Talk Kit -</u> Understand why teen use is risky and learn what you should and shouldn't say when talking with your peers about it.
- <u>Intervention E-Book</u> This handbook can provide answers to your most pressing questions about confronting those you know about substance use.
- <u>Treatment E-Book</u> Learn what treatment entails, how to pay for it, how to start treatment, and what you can do to help those you know cope with the challenges.
- <u>Your Child's Treatment Roadmap</u> The road to recovery isn't the same for everyone. This guide outlines key steps to help you make the right choice for those you know struggling with addiction.
- What Teens Have to Say About Nicotine, Alcohol, & Other Drugs This guide outlines teen perspectives on nicotine, alcohol & other drugs.
- <u>Linked here is a comprehensive list of additional resources</u> that could also help in creating discussion around addiction treatment with your family, friends, and the community around you. While these resources specifically target parents, they are helpful for everyone to know about so they can support those they know with addiction.



SAT & ACT INFORMATION

IMPORTANT REMINDER:

Students, when you register and take the SAT or ACT, make sure you indicate what high school you attend by using the #311480, Ewing HS ID.

Use the **same number code** for SAT and ACT to ensure we can receive access to your score report.



UPCOMING TEST DATES

SAT

Test Date: Mar 08, 2025 Register by: Feb 21 Scores Received: Mar 21

ACT

Test Date: Feb 08, 2025 Register by: Jan 3 Scores Received: Feb 22

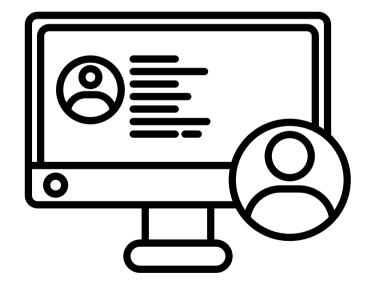
FAFSA Graduation Requirement

Seniors!

Per Senior Meetings conducted in the fall, completing the FAFSA application is a NJ graduation requirement. Please refer to the Senior Student Handbook for a step-by-step tutorial on how to complete it.



Scan for 2025 Senior Handbook



Application Link: Studentaid.gov

EHS Counseling Dept. Presents FAFS NIGHT ORKSHOP

Where: EHS Media Center When: January 21, 2025 6:30 PM *Space is limited to 25 participants*





Scan to Sign-UP









Trade School Visit

UNIVERSAL TECHNICAL INSTITUTE

JUMPSTART YOUR FUTURE CAREER

Monday, January 6th 8:30am- 9:15am Location: Media Center

Student passes to attend the session will be provided!

Complete the Google Form to Sign up and Attend



CALLING ALL K-12 PARENTS AND GUARDIANS!

WE (REALLY) ARE ALL IN THIS TOGETHER

Strengthening the Home & School Connection



JANUARY 28, 2025 | 6:30-8:00 P - EWING HS DR. MATTHEW ZAKRESKI, LICENSED PSYCHOLOGIST THENEURODIVERSITYCOLLECTIVE.COM DR. JENNIFER ANTONI, DIRECTOR OF COUNSELING

Learn about approaches to build connectedness and manage anxiety with our children. Strategies that build socialemotional support for children with different needs will also be covered.

INFORMATION For Parents



IF YOUR FAMILY LIVES IN ANY OF THE FOLLOWING SITUATIONS:

In a shelter

In a motel or campground due to the lack of an alternative adequate accommodation

In a car, park, abandoned building, or bus or train station

Doubled up with other people due to loss of housing or economic hardship

Your school-age children may qualify for certain rights and protections under the federal McKinney-Vento Act.

Your eligible children have the right to:

- Receive a free, appropriate public education.
- Enroll in school immediately, even if lacking documents normally required for enrollment.
- Enroll in school and attend classes while the school gathers needed documents.
- Enroll in the local school; or continue attending their school of origin (the school they attended when permanently housed or the school in which they were last enrolled), if that is your preference and is feasible.
 - * If the school district believes that the school you select is not in the best interest of your children, then the district must provide you with a written explanation of its position and inform you of your right to appeal its decision.
- Receive transportation to and from the school of origin, if you request this.
- Receive educational services comparable to those provided to other students, according to your children's needs.

If you believe your children may be eligible, contact the local liaison to find out what services and supports may be available. There also may be supports available for your preschool-age children.



1-800-308-21<mark>45 * hom</mark>el<mark>ess@serve.o</mark>rg * www.serve.org/nche

INFORMACIÓN Para los Jóvenes de Edad Escolar



SI VIVES EN CUALQUIERA DE LAS SITUACIONES SIGUIENTES:

En un albergue

En un motel o un sitio para acampar debido a la falta de una alternativa adecuada

En un parque, un edificio abandonado, o una estación de trenes o de autobuses

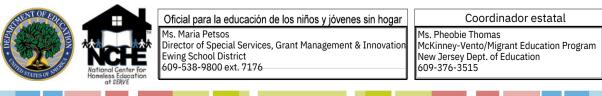
Compartiendo la vivienda de otras personas debido a la pérdida de tu casa o a una dificultad económica

Podrías calificar para recibir ciertos derechos y protecciones bajo la ley federal McKinney-Vento.

Estudiantes elegibles tienen derecho a:

- Recibir una educación pública gratuita y apropiada.
- Inscribirse en la escuela inmediatamente, aunque falten documentos normalmente requeridos para la inscripción.
- Inscribirse y asistir a clases mientras que la escuela obtiene los documentos necesarios.
- Inscribirse en la escuela local; o continuar asistiendo a la escuela de origen (la escuela a la cual asistió el estudiante cuando tenía una residencia permanente, o la última escuela en la cual estaba inscrito), si esto es su preferencia y es factible.
 - * Si el distrito escolar cree que la escuela escogida no es la mejor para el estudiante, el distrito tiene que darle al estudiante una explicación escrita de su posición e informarle de su derecho de apelar su decisión.
- Recibir transporte a/de la escuela de origen, si se lo pide.
- Recibir servicios educacionales comparables a los que están provistos para otros estudiantes, según la necesidad del estudiante.

Si crees que podrías ser elegible, contacta al oficial para la educación de los niños y jóvenes sin hogar del distrito escolar para averiguar los servicios y ayudas que podrían estar disponibles.



Si necesitas ayuda adicional con tus necesidades educacionales, contacta al Centro Nacional de Educación para los Niños y Jóvenes sin Hogar

1-800-308-2145 * homeless@serve.org * www.serve.org/nche

Honoring the Legacy of Martin Luther King Jr.

Every year on the Third Monday in January, we observe Martin Luther King Jr. and his revolutionary work in leading the Civil Rights Movement. Dr. Martin Luther King Jr. was a Baptist minister who advocated the use of nonviolent means to end racial segregation in the United States. He first came to national prominence during a bus boycott by African Americans in Montgomery, Alabama, in 1955. Later on, he led the March on Washington for Jobs and Freedom in 1963 where he became one of the most influential African American civil rights leaders during the 1960s. During this March was when he gave his famous "I Have A Dream" speech.

He was also most prominent force in ensuring the Civil Rights Act of 1964 was passed, which outlawed discrimination in public accommodations, facilities, and employment. He also helped pass the Voting Rights Act of 1965. Through his hard work and effort, King was awarded the Nobel Prize for Peace in 1964. Although King was assassinated on April 4th, 1968, his legacy still lives on.

MLK Jr. National Day of Service

One way to pay it forward on this day is by partaking in MLK Jr. Day of Service.

As an official day of service, you can give back and enrich your own community through volunteer work to continue the good work of MLK and other Civil Rights Movement activists.

You can clean up a public space, mentor a young person, or help those who are food insecure, to name a few ideas!

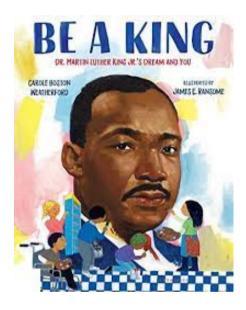
Honoring the Legacy of Martin Luther King Jr.

Additional Resources

Learn more about the work of MLK Jr. and the Civil Rights Movements

Check out these reads!

- Be a King x Carole Weatherford & James E. Ransome
- Reflections on a Dream Deferred x John Lewis
- Voice of Freedom: Fannie Lou Hamer x Carole Weatherford
- Turning 15 on the Road to Freedom: My Story of the Selma Voting Rights March x Elspeth Leacock





Check out these movies!

- Selma (2014)
- The Butler (2013)
- Harriet (2019)
- John Lewis: Good Trouble (2020)
- Get Out (2017)
- What Happened, Miss Simone? (2015)
- One Night in Miami (2020)
- Malcolm X (1992)
- Till (2022)