

January 2025

School Counseling Dept. Newsletter



2025

Welcome MPTCS Village!

Happy New Year and welcome to 2025! As we begin a new year, the School Counseling Department is excited to continue supporting all students in their academic, social, emotional, and career development.

The month of January is a time for reflecting on the first half of the school year and new beginnings and setting goals, and we are here to help you make the most of it. Whether you're adjusting socially-emotionally, seeking guidance on college and career planning, or looking for ways to manage stress, we are here to assist you every step of the way.

During the first half of the year, our School Social Workers conducted workshops and coordinated school-wide activities for students covering the following topics: Suicide Awareness, Violence Prevention, Respect, Drug Awareness, Kindness and organized a Thanksgiving Food drive serving over 100 families in the Village.

Additionally, our School Counselors went on 6 College/Career tours which includes Stockton University, Delaware State University, Rowan University, Lincoln Tech, Columbia University, University of Pennsylvania and the HBCU Fair at Kean University.

Our Fall College Fair was a great success, 25 College/Universities/Career Institutions were present. We had 3 College Information Sessions where students learned about all that Ramapo University, Stanford University and William Paterson University have to offer. We also hosted 4 Instant Decision Days where many of our seniors received on the spot acceptances to William Paterson University, Ramapo College, Bloomfield College & Montclair State University and Kean University!!

We are excited to continue the very important work that we are doing and are committed to *Preparing Students for Life's Challenges & Opportunities!*

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



DR. MARTIN LUTHER KING

DAY OF SERVICE CHALLENGE

IN HONOR OF MLK

Let's work together to earn at least 100 hours of community service collectively as Staff and Students

Join the MLK Day of Service Challenge! Head out into your community on Monday, January 20th and participate in community service!

For each hour a student earns on Monday, January 20th, students will receive a matched hour

FUN FACTS

*Date of Birth:
January, 15th, 1929*

*Graduated from
Morehouse College
(HBCU)*

*The "I Have a Dream"
speech was improvised*

*Youngest Nobel Prize
Winner in 1964*



SCHOLARSHIP OPPORTUNITY

*2025 MIPS Black
History Month Essay &
Trivia Contest*

***Deadline:**
Wednesday, January
22nd, 2025*

MOTTO

***"THE FUNCTION OF
EDUCATION IS TO TEACH ONE
TO THINK INTENSIVELY AND
TO THINK CRITICALLY.
INTELLIGENCE PLUS
CHARACTER – THAT IS THE
GOAL OF TRUE EDUCATION"***



PAC - School Social Worker Corner

Shout Outs!

Mrs. Stackhouse



- School Social Worker
- apalmer@mptcs.org

Happy Birthday Martin Luther King Jr.!

“Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that”

“With the new day comes new strength and new thoughts”
-Eleanor Roosevelt

“Don’t count the days, make the days count.”
-Muhammad Ali

PAC

December Highlights



**Scholars completing “I
light up this room” activity
during SEL group**



**Scholars identifying their
cultural traditions and
values during SEL group**



**Scholars completing ginger
bread cookie ice breaker
during SEL group**

PAC'S PRINCIPAL'S CORNER

presents:

UNDERSTANDING GRIEF/LOSS & THE JOURNEY OF COPING PARENT WORKSHOP



Why?

Learn about the
process of grief and
loss and coping
strategies to practice

Where?



When?

Thursday

Jan 23, 2025

5:30pm - 7:00pm

How?



STEAM - School Counselor Corner

Ms. Valdez

Shout Outs!



- School Social Worker
- lmontes-valdez@mptcs.org

SHOUT OUT to our scholars for coming in ready for the New Year!

SHOUT OUT to our office managers who ensure our day to days at school run smoothly!

SHOUT OUT to our custodial team for always ensuring our school is clean for our staff and scholars!

STEAM

December Highlights



High School - School Social Worker Corner

Shout Outs!

Ms. Bell



School Social Worker
Pbell1@mptcs.org

A Big shout-out to all the scholars and staff returning to school and work, ready to achieve great things in every area of life this year!

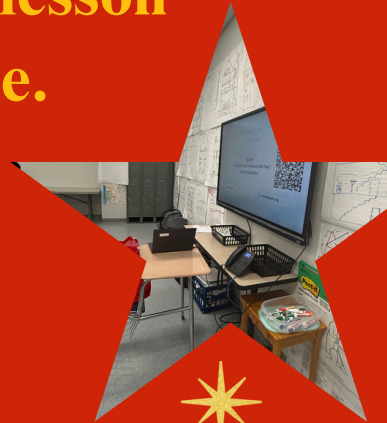
Here's to the new year, 2025, and the goals we aim to achieve mentally, physically, and academically. Wishing blessings and success for everyone this year!

A huge shout-out to all the teachers, administrators, and staff at MPTCS! Thank you for coming back this year, and thank you for your hard work and dedication as we begin this new year. This school wouldn't be able to thrive without you!

High School December Highlights

Students Showcasing their gratitude journals after engaging in an SEL lesson focused on cultivating gratitude.

Practice
GRATITUDE



Gratitude



December College Tour



High School - School Counselor Corner

Shout Outs!



Tammy Wilson
tawilson@mptcs.org

**HAPPY NEW YEAR MPTCS
LET'S HAVE A GREAT YEAR
OF TEACHING AND LEARNING!!**

**No one is perfect that
is why pencils have
eraser. Learn from
your mistakes so you
can grow from your
mistakes**

**REMEMBER
YOU
MATTER!!!**



High School - School Counselor Corner

Mrs. Fredericks

Shout Outs!



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

**Shout out to those seniors
who have been sending in
their college acceptance
letters. .
Congratulations!**



**Approach the New Year with
resolve to find the
opportunities hidden in each
new day.**

**You are never too old to
set another goal or to
dream a new dream.**

January Scholarships



2025 Future Food Scholarship, 1/15

Nicole V. Reed Culinary Award, 1/16

Carl C. Yount Charitable Scholarship, 1/21



2025 BLM Essay Trivia Contest, 1/22

Fidelity Scholars Program, 1/30



Please visit the Scholarship One Stop Shop for details on requirements, deadlines, and additional scholarship opportunities

High School - School Counselor Corner

Ms. Young

Shout Outs!



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

Shout out to Ms. West and Ms. Shanks for doing an amazing job in the main office!

Shout out to the scholars and parents who collectively donated over 270 cans for our CAN-DO Community Challenge!

Shout out to Zakyla Sanders who received 3 college acceptances over winter break!



School Counseling Department

Preparing Students for Life's Challenges & Opportunities!



Stay Connected!



Ms. Jean-Louis

Dept. Chair of Guidance/ School Counseling



vjeanlouis@mptcs.org

Location: High School / Central Office

Mrs. Fredericks

School Counselor

9th - 12th (A-Gi)



kthomas1@mptcs.org

Location: High School

Ms. Wilson

School Counselor

9th - 12th (Go-M)



tawilson@mptcs.org

Location: High School

Ms. Young

School Counselor

9th - 12th (N-Z)



byoung@mptcs.org

Location: High School

Ms. Bell

School Social Worker

9th - 12th



pbell1@mptcs.org

Location: High School

Ms. Montes-Valdez

School Social Worker

PreK - 8



lmontes-valdez@mptcs.org

Location: STEAM Academy

Mrs. Stackhouse

School Social Worker

PreK - 8



apalmer@mptcs.org

Location: PAC Academy