

EHS COUNSELING NEWSLETTER

FEBRUARY 2025

Teen Mental Health First Aid in Grade 9 Health/PE Will start the Week of February 3rd



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FEB. 3RD- 7TH
SCHOOL
COUNSELOR WEEK

FEBRUARY 13TH
BACK TO
SCHOOL NIGHT
6:30PM

FEBRUARY 3RD
TEEN MENTAL HEALTH
FIRST AID IN GRADE 9
HEALTH/PE CLASSES

FEBRUARY 17TH
PRESIDENT'S DAY
NO SCHOOL

FEBRUARY 9TH-15TH
RANDOM ACTS OF
KINDNESS WEEK 2025

BLACK HISTORY MONTH 2025

On behalf of the EHS Counseling Department, Happy Black History Month! This month serves as a reminder that we must continue to celebrate, honor and uplift the stories and plight of Black folks throughout history. As we celebrate Black History and heritage this month and every month, we must continue to also give space for Black Mental Health. Take a look at this article (QR Code) below that features 8 Black therapists' takes on "coping right now." **BLACK MENTAL HEALTH MATTERS.**



BLACK MENTAL HEALTH INSTAGRAM ACCOUNTS TO FOLLOW:

@blackmalementalhealth
@therapyforblackgirls
@BEAM (Black Emotional & Mental Health)
@bmhaofficial (Black Mental Health Alliance)



SOURCE

BLACK HISTORY MONTH

Black History Month honors the achievements, contributions, and rich cultural heritage of African Americans throughout history. Black History Month serves as a time to reflect on the struggles, triumphs, and pivotal moments in African American history, highlighting the resilience and impact of individuals who have played significant roles in shaping the nation. It is an opportunity for education, reflection, and acknowledgment of the ongoing quest for racial equality and justice.



Scan the QR code or visit blackhistorymonth.gov

This site provides exhibits, collections, special displays, documentaries, seminars, book discussions, and so much more for the month of February!



National Gallery of Art



UNITED STATES
HOLOCAUST
MEMORIAL
MUSEUM



BLACK HISTORY MONTH 2025



SOURCE

HELPFUL REMINDERS TO PROTECT YOUR MENTAL

Bring others along on
your healing journey.

Take some space. Take a
break to step back and take
the break you need.

Mental Health and
growth looks different
for everyone.

Check on yourself
when things are going
well!

Embrace change and get
connected to resources! EHS
Counseling is here to help!

Remember people are
rooting for you.

You deserve to
celebrate the small
things.

You deserve to heal.

Honoring Black History Month & Mental Health with ASYSST



**ASYSST is open during the school day between 8am-4pm
Stop in for support, Lunch Bunch, or After School Club!**

Ways To Strengthen Black Mental Wellbeing

Celebrate Black Joy

Black joy has always been used to shift negative experiences and heal from trauma. Black joy can look like laughing, dancing, exploring nature, creating, or praising. It is anything done freely without the deterrence of societal structures.

Live Authenticity

Honor your identity without compromise. When safe, speak and live your truth, whether that's in your appearance, your behavior, or your mannerisms.

Lean Into Community

Find solidarity and healing through connection. You can do this by finding people with similar interests, attending community events, and interacting more with people you see daily.

Build support systems. Seek strength in trusted relationships. Talk about your mental health journey when appropriate. This can look like a weekly mental health check-in with a friend.

Embrace Pride

Embracing Black history, people, and heritage is essential. Take part in stories of resilience, creativity, and success. Read, watch, and share entertainment that recognizes the vibrant aspects of Black culture and its contributions to art, literature, music, and film.

Seek Professional Support

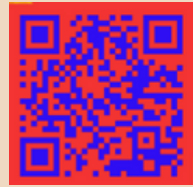
Sometimes seeking mental health support can be scary, especially for a mental health concern. Therapy is an act of self-love and resistance. Finding a licensed mental health professional can be an overwhelming process, so take it one step at a time. You might start by looking up local mental health organizations, the mental health departments of hospitals, or online therapist directories.

Additional Resources

Black Individuals and Organizations You Should Know in the Mental Health Field



Black Virtual Wellness Directory



12 Books on Behavioral Health Written By Black People



Black Mental Health Matters: A Resource Guide



Let this Black History Month inspire us all to center wellness, celebrate resilience, and advocate for the systemic changes needed to ensure every person has the opportunity to thrive.

Glossary.

Systemic inequities - unfair and unequal treatment of people based on factors like race, gender, class, or sexual orientation

Discrimination - unjust or prejudicial treatment of different categories of people, especially on the grounds of ethnicity, age, sex, or disability.

Oppression - unjust or cruel exercise of authority or power

Generational trauma - trauma experienced by one generation having lasting effects on the next and future generations.

Marginalized identity - a social identity that is treated as insignificant, excluded, or oppressed. Marginalized groups are often discriminated against and experience social, economic, and political inequality.

Microaggression - indirect, subtle, or unintentional discrimination against members of a marginalized group.

Systemic barriers - policies, practices, or attitudes that prevent people from participating fully in society

February is Teen Dating Violence Awareness Month

Often, teenagers are experiencing dating for the first time. Healthy relationships, require hard work, communication, and a level of maturity that may not be present in teens. As a result, nearly one-third of teenage relationships may be considered either unhealthy or violent.

Warning Signs of Abuse From Your Partner

- Checking your phone, email, or social media accounts without your permission.
- Putting you down frequently, especially in front of others.
- Isolating you from friends or family (physically, financially, or emotionally).
- Extreme jealousy or insecurity.
- Explosive outbursts, temper, or mood swings.
- Any form of physical harm.
- Possessiveness or controlling behavior.
- Pressuring you or forcing you to have sex.

**IS MY RELATIONSHIP
HEALTHY?**



TAKE THE QUIZ!

SAC CORNER

Teen Dating Violence Awareness Month Continued

1 in 10 high school students face dating violence.

(loveisrespect)

Each February, young people nationwide raise awareness about teen dating violence through Teen Dating Violence Awareness Month (TDVAM). This month focuses on advocacy & education to stop dating abuse before it starts.

It's important to be sure you & your partner(s) are on the same page regarding boundaries and definitions of your relationship. Everyone deserves a healthy love.

4 Components of a Healthy Relationship: R.E.S.T.

1. **Respect**- Appreciating your partner(s) viewpoints, setting & respecting boundaries and guidelines, & treating the relationship with care,
2. **Equality**- Making decisions together or agreeing how they'll be made, having the same amount of voice & power.
3. **Safety**- Knowing your partner(s) won't intentionally physically, emotionally, or psychologically hurt you; they're looking out for you.
4. **Trust**- Knowing you can believe your partner(s), that they're saying what they mean & are reliable. Knowing you aren't being manipulated, misled, or taken advantage of.

Learn More at:
loveisrespect.org



If you find yourself in an unsafe relationship or are in need of resources, talk to a trusted adult, see your school counselor, or visit ASYSST.

School Counselor Week 2025

February 3rd- 7th

HOW CAN THEY HELP MY PARENTS?

Understand Developmental
Stages of Young Children (At
School & In the Home)

Coordinate Teacher
Conferences

Connect Parent and Child to
Important Services in the
School

Test Interpretation

Student Crisis Situations

Family Transitions

Assistance in Seeking Service
from Community Agencies

Provide Resources Based on
Individual Need

Help Walk Families Through
the College Application
Process

HOW CAN MY SCHOOL COUNSELOR HELP ME?

Become a Successful Lifelong Learner

Provide a Safe Space!

Cope with Changes at Home

Make New Friends!

Develop Social Skills

Find Interests

Solve Problems

Find Positivity in Daily Life

Build Confidence

Ease Transitions

Assist in the College Application Process
& Much More!



Random Acts of Kindness Week

Week 2025

February 9th-15th

SHARE A SNACK.

PICK UP LITTER.

GIVE OTHERS THE BENEFIT OF THE DOUBT.

DRINK A GLASS OF WATER.

DONATE BLOOD.

THANK A TEACHER.

READ WITH A CHILD.

COMPLIMENT WITH RECKLESS ABANDON.

ACKNOWLEDGE SOMEONE WHO DESERVES PRAISE.

OPEN DOORS FOR OTHERS.

SMILE.

USE A REUSABLE WATER BOTTLE.

SUPPORT LOCALLY OWNED BUSINESSES.

MAKE KINDNESS THE NORM.

SHARE YOUR FAVORITE SONG WITH SOMEONE.

TEXT SOMEONE A POSITIVE MESSAGE.

PLACE ENCOURAGING STICKY NOTES IN PUBLIC AREAS.

GO FOR A LONG WALK.

LEAVE AN EXTRA BIG TIP.

GIVE AN UNEXPECTED GIFT.

ENCOURAGE A FRIEND.

CELEBRATE SOMEONE ELSE'S ACCOMPLISHMENT.

PUT AWAY YOUR PHONE AND LISTEN WITH YOUR HEART.

SEND A THANK YOU NOTE.

LAUGH UNTIL YOUR BELLY HURTS.

LOVE WHO YOU ARE.

RANDOMACTSOFKINDNESS.ORG

RANDOM ACTS OF KINDNESS FOUNDATION

TIPS FOR A SUCCESSFUL SECOND SEMESTER

The new semester has officially started! Here are some useful tips to ensure you start the semester off on a high note.

- **Keep Up with Grades:** Reflect on the grades you got last semester to see how you can improve on study habits and stay on top of grades this semester.
- **Meet with your School Counselor:** If you're feeling overwhelmed or just want someone to talk to, come to visit the Counseling Office & have a chat with your counselor. We're here to ensure you have the best high school experience!
- **Get Involved at Ewing High:** There are plenty of extracurricular activities that you can join to make new friends or explore some hidden hobbies
- **Create To-Do Lists:** High schoolers have a lot going on between classes, extracurriculars, after-school jobs, and more. A to-do list helps you prioritize what needs to be done first.
- **Prioritize Sleep:** High school students should get about 7-9 hours of sleep each night. If you're feeling tired, definitely take time to rest and recharge for the next day.
- **Come to school on time:** Attendance is crucial to being successful. Remember, our school day starts at 7:45am SHARP!

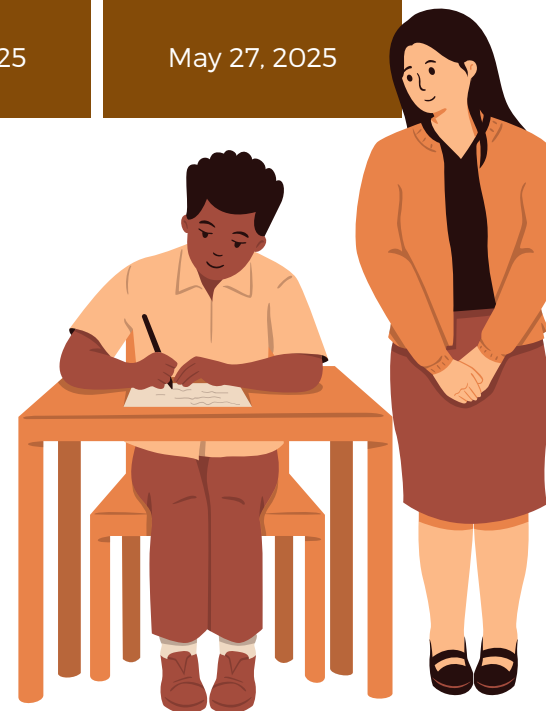


JUNIORS - REMINDER TO REGISTER FOR THE SATS

All juniors - if you have not registered for the SATs yet, make sure you do so soon! The remaining test dates are listed in this table below, as well as the deadline for registration and when you should expect to receive your score.

We highly recommend students test during this time to ensure these scores are in for when you apply to college. Have any questions about the SATs? Feel free to stop by the Counseling Office or email your counselor.

SAT DATE	REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE
March 8, 2025	February 21, 2025	February 25, 2025
May 3, 2025	April 18, 2025	April 22, 2025
June 7, 2025	May 22, 2025	May 27, 2025



SCAN QR CODE

VISIT COLLEGE BOARD WEBSITE TO LEARN MORE & REGISTER!

BLACK HISTORY MONTH 2025



SUGGESTED READING LIST

1. Heather S. Fleming: *My Black Friend Says: Lessons in Equity, Inclusion, and Cultural Competency*
2. Ta-Nehisi Coates: "The Case for Reparations", *Between the World and Me*, *We Were Eight Years in Power*
3. James Baldwin: *The Fire Next Time*, *If Beale Street Could Talk*, *Giovanni's Room*
4. Toni Morrison: *The Bluest Eye*, *Sula*, *Beloved*
5. Maya Angelou: *Anything she's ever written*
6. Michelle Alexander: *The New Jim Crow*
7. Robin DiAngelo: *White Fragility*
8. Claudia Rankine: *Citizen: An American Lyric*
9. Bryan Stevenson: *Just Mercy*
10. Chimamanda Ngozi Adichie: *Anything she's ever written*, emphasis on *Americanah!*
11. Orlando Patterson: *Rituals of Blood: Consequences of Slavery in Two American Centuries*
12. Darnell L. Moore: *No Ashes in the Fire*
13. Elijah Anderson: *Against the Wall: Poor, Young, Black, and Male*
14. Eddie S. Glaude: *Democracy in Black*
15. Harriet Jacobs: *Incidents in the Life of a Slave Girl*
16. Dr. Jennifer Eberhardt: *Biased*
17. Justin Simien- *Dear White People*
18. Trevor Noah: *Born a Crime: Stories from a South African Childhood*
19. Ijeoma Oluo: *So You Want to Talk About Race*
20. Isabel Wilkerson: *The Warmth of Other Suns: The Epic Story of America's Great Migration*
21. Nell Irvin: *The History of White People*
22. Nikki Giovanni: *Also, anything she's ever written!*

BLACK HISTORY MONTH 2025



SUGGESTED FILM LIST

1. Ava DuVernay: 13th, When They See Us (Netflix)
2. David France: The Death and Life of Marsha P. Johnson (Netflix)
3. Barry Jenkins: If Beale Street Could Talk, Moonlight
4. Destin Daniel Cretton: Just Mercy (Free on YouTube)
5. George Tillman Jr.: The Hate U Give (Amazon Prime)
6. James Baldwin, Raoul Peck: I Am Not Your Negro
7. Justin Simien: Dear White People
8. Liz Garbus: What Happened Miss Simone? (Netflix)
9. Jason Osder: Let the Fire Burn
10. Goran Olsson: The Black Power Mixtape
11. Bill Duke & D. Channsin Berry: Dark Girls
12. Richard Rowley: 16 Shots (Hulu)
13. Orlando De Guzman: Ferguson: A Report from Occupied Territory
14. Ryan Coogler: Fruitvale Station
15. Simon Frederick: They Gotta Have Us (Netflix)
16. Julie Dash: Daughters of the Dust
17. Kathleen Dowdey: Get in the Way: The Journey of John Lewis
18. Fault Lines, Baltimore: Anatomy of an American City (YouTube)
19. Spike Lee: Malcolm X, BlacKkKlansman, She's Gotta Have It, literally anything this man has created
20. Howard Alk: The Murder of Fred Hampton
21. Nate Parker: The Birth of a Nation
22. Kasi Lemmons: Harriet
23. Theodore Melfi: Hidden Figures