

February 2025


School Counseling Dept. Newsletter



Welcome MPTCS Village!

Hello, Village!

February is here—a time to celebrate LOVE in all its forms! Whether it's the love of family, friends, community, or learning, this month reminds us of the power of connection and kindness. It's also a moment to honor Black History Month, reflecting on the remarkable contributions of African Americans who have shaped our world. We especially recognize the educators of color whose dedication fosters inclusive and empowering learning spaces for all students.

In this edition, we proudly highlight National School Counseling Week, celebrating our incredible School Counselors; Mrs. Fredericks, Ms. Wilson and Ms. Young! You'll also find key scholarship opportunities, important reminders, and exciting updates from all of our campuses. Don't forget to explore more by  clicking the blue-highlighted links throughout the newsletter. Thank you for joining us on the journey of Preparing Students for Life's Challenges & Opportunities!

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

National School Counseling Week (Feb. 5th - 9th)



Left to Right: Ms. Young, Ms. Wilson, Mrs. Fredericks

Merci

**THANK
YOU**

Gracias

We want to extend our heartfelt gratitude to Mrs. Fredericks, Ms. Wilson, and Ms. Young for their unwavering dedication and hard work as School Counselors at Marion P. Thomas Charter High School. Your guidance, support, and commitment to our students make a lasting impact every day. We truly appreciate and value everything you do to help shape bright futures. Thank you for all that you do!



Guidance Counselor



School Counselor



GUIDANCE COUNSELORS OR SCHOOL COUNSELORS:

HOW THE NAME OF THE PROFESSION INFLUENCES PERCEPTIONS OF COMPETENCE



FOUNDATION OF THE RESEARCH

IN 1990, ASCA issued an official statement calling on the profession to change the title to “school counselor” rather than the previous title of “guidance counselor.”

WHY THE TITLE CHANGE?

The title “guidance counselor” no longer encompassed the broad scope of work that was done by the professionals in the school.

RESEARCH PROCEDURE

Researchers sought to determine if there were significant differences on a measure of perceived competence of school counselors based on job title. About half the participants completed a version of a research survey that used the term “guidance counselor” and half completed a version of a research survey that used the term “school counselor.”

~~School~~
~~GUIDANCE~~
COUNSELOR



WHAT ARE THE FINDINGS?

Participants who completed the surveys that used the term “guidance counselor” were statistically significantly less likely to believe individuals with that job title were able to perform the 25 tasks on the survey. The results of this study show the following:

THE TITLE MATTERS:

- Using “guidance counselor” versus “school counselor” has an impact on the perceived competence of school counselors.
- School counselors who received the survey using the term “guidance counselor” were statistically significantly more likely to assign lower scores on the survey than their peers who received the version with the term “school counselor.”
- School counselors who saw the term “guidance counselor” used to describe school counselors’ standards and competencies were less likely to believe school counselors were able to perform the tasks of a data-informed comprehensive school counseling program.
- School counselors perceived that guidance counselors are less competent to complete the job roles and tasks described within the ASCA School Counselor Professional Standards & Competencies and CACREP standards.
- School counselors with every level of experience were equally affected by the survey terminology. The years of experience of the school counselor did not affect the perceptions of competence.

Because titles are used to describe the nature of the work of the profession, when the terms “guidance counselor” and “school counselor” are used interchangeably, *when in fact they are not interchangeable*, this results in confusion around the nature of the work completed by school counselors.

When school counselors use “guidance counselor” to describe the work they do, it significantly influences their own perception of the competence of members of their profession in a negative way.



WHAT CAN WE LEARN?

- 1** Advocate to ensure the use of the title “school counselor” in all areas of your work by all educational stakeholders.
- 2** Use your title as a form of social capital to advance the recognition and legitimacy of the profession and to ensure all students receive data-informed comprehensive school counseling programming.
- 3** Adopt the title “school counselor” on all communication media, including business cards, door plaques, and digital communication such as email signatures, social media and websites.



SOURCE: “Guidance Counselors or School Counselors: How the Name of the Profession Influences Perceptions of Competence” (*Professional School Counseling*, Vol. 22, Issue 1). Authors: Brett Zyromski, Ph.D., Tyler D. Hudson, M.A., Emily Baker, M.A., and Darcy Haag Granello, Ph.D. The Ohio State University. This study used a sample of 276 school counselors who were recruited for participation at a 2018 state counseling association conference in Ohio.

East Stroudsburg University Information Session



TM





HBCU Week X Astrazeneca

HBCU Week Scholarship

HBCU x NFL Scholarship

HBCU Week x LexiNexis Risk Solution Group Scholarship

HSF Aspiring Scholars

WRNS Studio Foundation Scholarships

Students!

We cannot stress enough how critical it is to leverage all opportunities to graduate from college debt-free. Scholarships are a form of financial aid that can significantly ease the burden of funding your college education. We strongly encourage you to explore the various scholarship options available and reach out to your School Counselor if you require any assistance.

High School - School Counselor Corner

“Student/Staff Shout Outs”



Mrs. Fredericks



- HS - School Counselor
- 973-621-0060 x 5155
- Grades 9-12 (A-GI)

I have learned that as long as I hold fast to my beliefs and values - and follow my own moral compass - then the only expectations I need to live up to are my own. - Michelle Obama

Thank you to everyone who wished us a Happy School Counseling Week! We are very thankful for you all



- HS - School Counselor
- 973-621-0060 x 5101
- Grades 9th & 12th (N-Z)



- HS - School Counselor
- 973-621-0060 x 5104
- 9th-12th Go-M

“Never be limited by other people’s limited Imagination”. Mae Jemison first African American female Astronaut

PAC - School Counselor Corner

Staff/Student Shout Out

Mrs. Stackhouse



- School Social Worker
- apalmer@mptcs.org

Shout out to Mr. Yeldell and Mr. Pinckney for facilitating the 6TH-8TH Grade Boy's Hygiene Group!

Shout out to Ms. Powell (FACE). Thank you for your support and your commitment to the village!

Parent/Teacher Behavior Reset Strategies

- ✓ Encourage Positive Behavior
- ✓ Set Clear Boundaries
- ✓ Establish Clear Lines of Communication
- ✓ Model Ideal Behaviors

SEL/Mental Health Resources

 **Call 211**

NJ 211 is a nonprofit organization that provides the 211 Service to the residents of New Jersey.

PAC School Social Worker's Corner



Did You Know?

1. Exercise Helps Reduce Stress

Physical activity releases endorphins, which improve mood and reduce anxiety. Even a short walk can make a difference.

2. Deep Breathing Can Calm Your Nervous System

Practicing deep breathing (like the 4-7-8 technique) can lower stress and anxiety by activating the parasympathetic nervous system.

3. Journaling Improves Emotional Processing

Writing down thoughts and feelings can help process emotions and gain clarity on stressful situations.

4. Social Support is Crucial

Connecting with friends, family, or support groups can significantly improve mental well-being. Isolation often worsens mental health struggles.

5. Sleep Directly Impacts Mental Health

Poor sleep can worsen anxiety, depression, and stress. Aiming for 7-9 hours of quality sleep is essential for mental well-being.

6. Mindfulness and Meditation Reduce Anxiety

Practicing mindfulness helps focus on the present and reduces overthinking, which can alleviate stress and improve emotional regulation.



6th-8th grade Scholars participating in an social, emotional learning group about the importance of hygiene. Facilitated by Mrs. Stackhouse.



STEAM - School Counselor Corner

Staff/Student Shout Out



Ms. Valdez



School Social Worker
lmontes-valdez@mptcs.org

**Shout out to Mr. Palmer and Mr. JT
8TH Grade Boy's Hygiene Group!**

**Shout out to our Student
Government Team for their support
in preparing our hygiene bags.**



Parent/Teacher Behavior Reset Strategies

- Maintain a Routine
- Set Rules Together with Students
- Create Stimulating Lessons
- Use Positive Language
- Develop Relationships with your Students



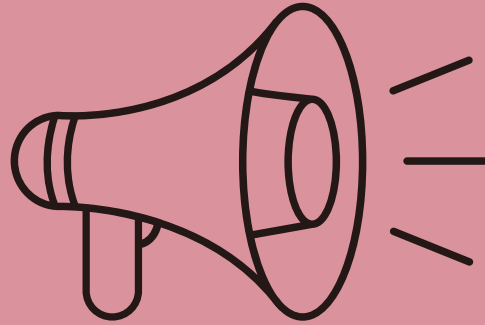
STEAM Hygiene Workshop



High School - School Social Worker Corner

“Staff/Student Shout Out”

Ms. Bell



Shout out to Dean James and Mr. Kelly for facilitating the 9th-12th Grade Boy's Hygiene Presentations!

Shout out to Mrs. Snipes for her outstanding leadership as a principal!

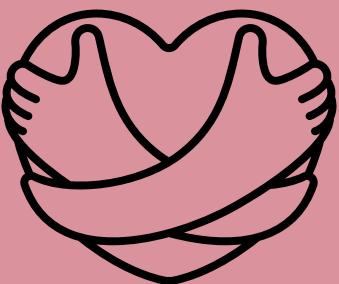
Shout out to Jaylen Jordan for making incredible Progress!
Keep up the great work!



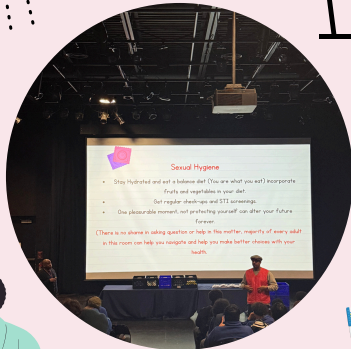
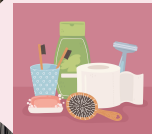
- HS - School Social Worker
- pbell1@mptcs.org
- Grades: 9-12th

Important Reminders for Self-Care:

1. **Prioritize Rest-** Aim to get enough sleep to support your focus, mood, and overall well-being.
2. **Stay Hydrated-** Drink water and fuel your body with nutritious foods to keep your energy up.
3. **Do What Brings you Joy-** Whether its listening to music, exercise, reading, or any hobby you have an interest in, make time for things that make you happy.



MPTCHS Hygiene Initiative



What does proper hygiene look like?

1. EAT HEALTHY

Why is eating healthy important for hygiene?

Eating healthy is important for hygiene because a balanced diet provides the necessary nutrients to maintain healthy skin, teeth, and overall body function, which directly impacts personal hygiene;

2. SHOWER/BATHE EVERYDAY

Why is it important to shower/bathe everyday?

Showering daily is important because it removes dirt, sweat, and bacteria from your skin, helping to prevent body odor, skin infections, and maintain overall hygiene.

The act of showering can be a relaxing experience, contributing to a positive mood and helping to feel refreshed impacting one's mental healthy positively.



Personal Hygiene

Checkout:

Nationwide Children's for more information about personal hygiene. Visit www.nationwidechildrens.org

Get in Touch

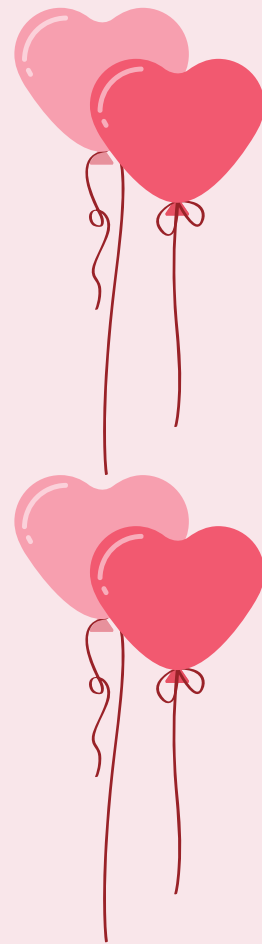
973-621-0060 ext 2030
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IN MY HEALTHY HYGIENE ERA



Why hygiene is important for girls ?



3. ORAL HYGIENE

To practice good oral hygiene, you should brush and floss daily to remove plaque, a sticky film of bacteria that can cause tooth decay and gum disease.



Why is Oral Hygiene Important? Good oral hygiene is an important part of personal care. It can help prevent tooth decay, gum disease, bad breath and tooth loss. Poor oral health can affect your ability to eat, drink and communicate. It can also affect your self-esteem, leading you to feel unhappy.



4. MENTAL HEALTH

Why is maintaining good personal hygiene important for mental health ?

Maintaining good personal hygiene is important for mental health because it can impact

1. self-esteem - Increase self-confidence
2. social interactions - increase positive relationships

When someone neglects their hygiene, it can often be a sign of underlying mental health issues like depression, leading to further isolation and worsening symptoms. Actively practicing good hygiene can contribute to a positive self-image and boost mood

MENSTRUAL HYGIENE

Menstrual hygiene is important because it helps prevent infections, promotes overall health and comfort during a period, and is crucial for a woman's well-being by reducing the risk of reproductive and infections.

Physical comfort:

Using appropriate menstrual products and maintaining proper hygiene can help manage discomfort and odors associated with menstruation.

***Be sure to wear the appropriate size pad to prevent leakage**

Mental health impact:

Access to menstrual hygiene products and education can empower women and girls, reducing stigma and shame related to menstruation.

Social implications:

Poor menstrual hygiene can affect a person's ability to participate in daily activities and education due to lack of access to proper facilities and products.



MENSTRUATING IS A BASIC FACT OF HUMAN EXISTENCE.



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Personal Hygiene

Checkout:

Raising Children for more information about personal hygiene. Visit www.raisingchildren.net.au

Get in Touch

PBELL1@MPTCS.ORG

IN MY HEALTHY HYGIENE ERA

For Boys Group



Why hygiene is important for boys ?

Self CARE



2. SHOWER/BATHE EVERYDAY

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4. MENTAL HEALTH & HYGIENE

Taking care of your hygiene can have a significant impact on both your physical and mental well-being. When you feel clean and fresh, it can boost your self-esteem and create a sense of accomplishment. Consistent self-care routines can also help establish positive habits that support overall health, leading to greater confidence and motivation throughout your day.



GOOD HYGIENE MAKES FOR A HEALTHY LIFESTYLE.



School Counseling Department

Preparing Students for Life's Challenges & Opportunities!




Stay Connected!



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Ms. Valdez

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