

# PVHS'S SCHOOL COUNSLORS' MONTHLY NEWSLETTER

February 2025

## SAT's

March 8th 2025

Deadline: February 21st

May 3rd 2025

Deadline: April 18th 2025

\*\*\*\*Seats at PVHS available.\*\*\*

[satsuite.collegeboard.org/sat](https://satsuite.collegeboard.org/sat)

## Scholarships

Upcoming deadlines in March (all application information is available on the HS Guidance Department website):

**Horatio Alger Scholarship**- open to junior students with U.S. citizenship, due March 1st.

**Blair E. Cabot Memorial Scholarship** - open to all seniors, due March 1st.

**Penn State Alumni Scholarship**-open to all seniors planning to attend PSU or a branch campus, due March 3rd.

## NCAA Reminders

As a reminder, any student who plans to play a sport at the collegiate level needs to register with the NCAA eligibility center. Visit <https://web3.ncaa.org/ecwr3/> for more information or contact Mrs. Storms at [gregory.payton@pvbears.org](mailto:gregory.payton@pvbears.org).

## 25-26 FAFSA-Open Now

You do not have to be accepted by the school to list them on your application.

Check college/university websites for deadlines.

Scan the QR Code to schedule a session with Mrs. Storms if you need help!



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## 25-26 Scheduling

The window to schedule course requests for next year closes Friday February 14th at 8 am!

Please make sure to have your requests in at that time so that when your counselor meets with you they are able to make sure you have all of your classes set for the 2025-2026 school year.

- February 24th to March 7th: Junior scheduling meetings.
- March 10th to March 21st: Sophomore scheduling meetings.
- March 24th to April 4th: Freshman scheduling meetings.

## Class of 2025

Attention Seniors: Please fill out the form below with your plan for after graduation. If you have earned any monetary awards through scholarships, grants, or sign-on bonuses, please include them here so they can be included in the Graduation Ceremony Program! You can fill out the form as many times as you need throughout the year.

## Act 158

On Tuesday March 25th, there will be an informational meeting for parents and students regarding Keystone Exams and Act 158 Graduation pathways.

This will be from 6-7pm in the new auditorium! Reach out to Mrs. Chiafulio if you have any questions!

Please scan this QR code to tell us about your graduation plan!





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## AP Reminders

- All AP Students are required to take the Advanced Placement unless the student is taking the AP Course as Concurrent Enrollment
- If a student misses an AP exam:
  - They will be given an opportunity to retake the exam during the make-up session
  - The student must reach out to the AP Coordinator, Ms. Vazquez at [vazquez.cevrina@pvebears.org](mailto:vazquez.cevrina@pvebears.org)
  - The student must submit a valid excuse for missing the exam
    - academic contest/event
    - athletic contest/event
    - conflict with another exam (including another AP exam, Keystone State Testing, etc.)
    - serious injury, illness, or family tragedy
    - student court appearance
- If you need to move your testing date, please contact Ms. Vazquez as soon as possible.

## Safe2Say

Safe2Say Something is a youth violence prevention program run by the Pennsylvania Office of Attorney General. The program teaches youth and adults how to recognize warning signs and signals, especially within social media, from individuals who may be a threat to themselves or others and to say something before it is too late."

Submit an anonymous report online at [safe2saypa.org](http://safe2saypa.org) or call 1-844-SAF2

## SAP

How does the program work?  
Referral to the team by: Teacher, School Counselor, Another staff member, Administration, Parent, or Student - scan the QR code below to make a referral

Process: Identify barriers to learning, Parent notification / consent / involvement, Possible interview with the student (with parent consent), Possible intervention with parents and student, Possible referral for support services

**Please scan this QR code to make a SAP referral!**



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## Eating Disorders Awareness Week Feb 24th-March 2nd



- **Eating disorders** are behavioral conditions characterized by severe and persistent disturbance in eating behaviors and associated distressing thoughts and emotions. They can be very serious conditions affecting physical, psychological and social function. Types of eating disorders include anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant restrictive food intake disorder, other specified feeding and eating disorder, pica and rumination disorder.
- **Warning Signs:** Preoccupation with weight loss, food, calories, and dieting. Refusal to eat certain foods, and often eliminating whole food groups (carbohydrates, fats, etc.) Makes excuses to avoid mealtimes or situations involving food.

## Mental Health Resources

88 Suicide & Crisis Lifeline: Call or Text 988 or visit [988lifeline.org](https://www.988lifeline.org) (available in English or Spanish)

Crisis/Suicide Prevention Text Line: Text "Home" to 741741

New Perspectives Monroe County Mobile Crisis: 570-992-0879

## Coming In March!

- NAHS Blood Drive, March 20th
- More information to come regarding the next ASVAB
- End of quarter 3, March 28th.

Scan the QR code below to participate in the Johnson College Instant Decision Day!

