



**Pascack Valley Regional High  
School District  
SCHOOL COUNSELING  
NEWSLETTER  
Spring 2025**

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**Pascack Hills High School Counseling Department  
201-358-7020 ext. 22008**

**Mr. Steven Casamento - Counselor  
Mr. Frank Cherichello - Counselor  
Ms. Marin Donnelly - Counselor  
Ms. Jenna Howard—Counselor  
Ms. Cristina Schneider- Counselor  
Ms. Erica Franceski - SFRL  
Ms. Jennifer Zimmermann - Student Assistance Counselor  
Dr. Sean Struncis - District Supervisor**

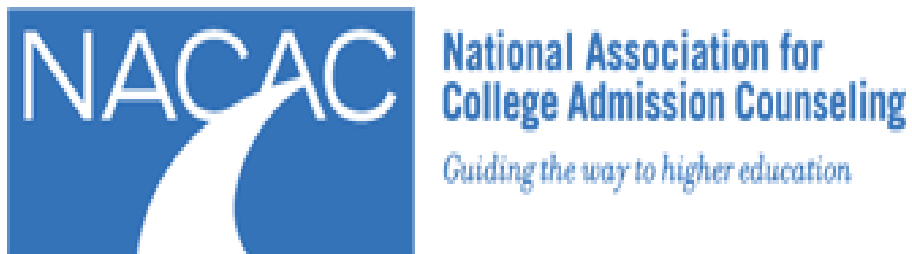
**Pascack Valley High School Counseling Department  
201-358-7060 ext. 24009**

**Dr. Frank Andrisani -Counselor  
Ms. MaryJo Callanan - Counselor  
Ms. Stephanie Distasi - Counselor  
Ms. Maggie Ely - Counselor  
Mr. Jordan Kapp - Counselor  
Ms. Jennifer Kuo - Counselor - Ms. Brenda Lyons - Leave Replacement  
Counselor  
Ms. Joanna Katz - SFRL  
Ms. Margaret Montenare - Student Assistance Counselor  
Dr. Sean Struncis - District Supervisor**

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# Virtual College Fair



Visit: <https://virtualcollegefairs.org/events>



Visit: <https://pages.collegeboard.org/big-future-days>



### CEEB CODES

PASCACK HILLS      **310-823**  
PASCACK VALLEY    **310-540**

### SAT Test Dates

### Registration Deadline

May 3, 2025	April 18, 2025
June 7, 2025	May 22, 2025

**Go to [www.collegeboard.com](http://www.collegeboard.com) to register!**

ACT Test Dates

Registration Deadline

June 14, 2025

May 9, 2025

**Go to [www.actstudent.org](http://www.actstudent.org) to register!**

# UPCOMING PROGRAMS

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Bergen County Directors of Guidance College Fair  
Wednesday, March 19, 2025  
5:30—8:30pm  
Ramapo College



Trends in College Admissions  
Thursday, March 27, 2025  
7:00pm  
PVHS Auditorium





From the Wellness Center:

May is mental health awareness month. We created the Wellness Week event and reached out to our school's Medical Club and student & family resource liaison to help us bring our idea to life. Our goal is to promote mental health awareness and spread knowledge on wellness in our district, primarily focusing on de-stressing and self-care. Each day has a different theme, with simple activities to help everyone recharge. Whether it's mindfulness, taking eyes off screens, hydration, stress relief, or simply spreading kindness and motivation. With things like de-stress stations, music therapy, and different kindness challenges, it is easy to bring positivity into the week.

#### Mindful Monday

It will start with a short, guided mindfulness announcement in the morning and a coloring activity during lunch. A "Gratitude Wall" will be set up near the office or stairwell, where students can write what they are grateful for on a poster.

#### Tech-Free Tuesday

Hold a "De-Stress Station" in the library or a designated classroom, offering coloring pages, puzzles, and fidget toys. A "Tech-Free Lunch Challenge" will encourage students to take a break from their phones. Chill, Calming music will play in the background, and additional puzzles and fidget toys will be available.

#### Wellness Wednesday

This includes stretching or breathing exercises during gym or study halls. A tea cart will be set up in the cafeteria and upstairs, offering complimentary tea with sugar, lemon, and milk. Hydration reminders will be placed around the school to promote healthy habits. Community service hours will be provided for Robotics Team and Medical Club members to those who donate supplies for the tea cart.

#### Therapeutic Thursday

Play calming music in the hallways during passing time. Bring in therapy dogs to the school. If teachers approve, possibly offer Walk-and-talk breaks to give students a refreshing change of pace.

#### Feel-Good-Friday

Feature a "Take What you Need, Give What You Can" board filled with uplifting notes for students to take or contribute to. A "Random Acts of Kindness Challenge" will encourage students to spread positivity by posting sticky notes on a board. Other activities include kindness grams where students can buy treats for other students, the profits will go to a mental health organization, and a possible ice cream truck after school. Possibly have this day be "pajama day" where students can truly feel and look "chill".

