

March 2025

# School Counseling Dept. Newsletter



WOMAN  
EMPOWERMENT

## Welcome MPTCS Village!

March is a time to reflect on the profound impact women have made across the world. Their strength, resilience, and determination have shaped history and continue to inspire future generations. From pioneers in education, science, and technology to leaders in politics and activism, women have shattered barriers and redefined possibilities in every field.

As we celebrate Women's History Month, let's honor the achievements of women past and present. Let's amplify their voices, support their causes, and work toward a more equitable and inclusive world—one where every woman is empowered to reach her full potential. Together, we can make gender equality not just an aspiration, but a reality. A heartfelt thank you to all the women who lead in our school community—your dedication, leadership, and commitment make a lasting difference every day!

In this edition of our newsletter, we proudly celebrate National Social Worker Week by highlighting our outstanding School Social Workers. You'll also find valuable scholarship resources, important reminders, and insightful content from all three of our campuses. We encourage you to engage with this edition. Click [🔗](#) on any hyperlinks highlighted in blue to explore further.

Thank you for being part of our vision to prepare students for life's challenges and opportunities!

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



*In Honor of Women's History Month*

Thank you to the women leading our schools

MARCH 2023

Sunday Monday Tuesday

WOMEN'S  
HISTORY MONTH

5 6 7

Thank you to the women who lead our schools. Your commitment, dedication and leadership are integral to our scholars' success.



Special Shout Out to the  
women leading Central Office!



# *Happy Social Worker Month to all of our Social Workers in the Village!*



**Ms. Valdez**  
**STEAM Academy**



**Ms. Robinson (CST)**  
**STEAM Academy**



**Mrs. Stackhouse**  
**PAC Academy**



**Ms. Bell**  
**High School**



**Mr. Kelly (CST)**  
**High School**



**Ms. Renko (CST)**  
**High School**

We sincerely appreciate your unwavering commitment to our students. Your focus on their social and emotional well-being, along with the delivery of comprehensive wraparound services, is truly commendable. Your efforts are greatly valued and appreciated!





# High School - School Social Worker Corner

## “Staff/Student Shout Out”

*Ms. Bell*



Shout out to Abigaëlle Toussaint, Thank you for being an exceptional student!  
Keep up the good work!

Shout out to the entire school community; students, teachers, and staff for embodying the spirit of “it takes a village”.

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

### Parent Vaping Resources

✓ Care Plus NJ  
Website: <https://careplusnj.org/>  
# 201-778-9093

✓ Stress Care of New Jersey  
Website: <https://www.stresscareclinic.com/>  
# 732-679-4500 Press 3 to learn more.

✓ Reach NJ  
Website: <https://nj.gov/humanservices/reachnj/>  
# 1-844-732-2465

### Student Vaping Resources

**2ND FLOOR** Youth Helpline is a confidential support line where students can speak or text with counselors 24/7. They address substance use issues and other challenges like peer pressure and stress. Contact them at 888-222-2228 or download their app for additional resources.

Website: 2ND FLOOR Helpline

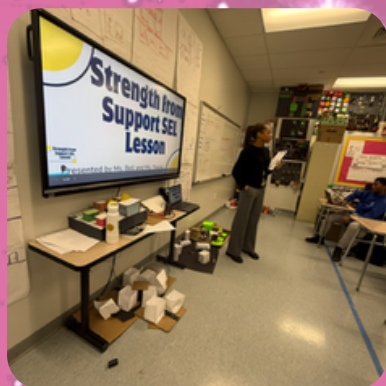
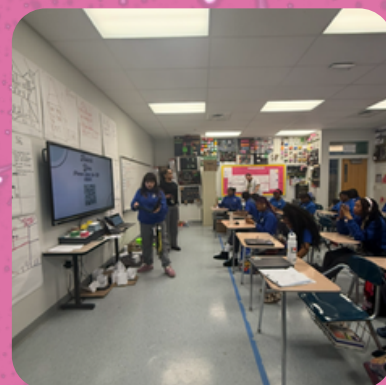
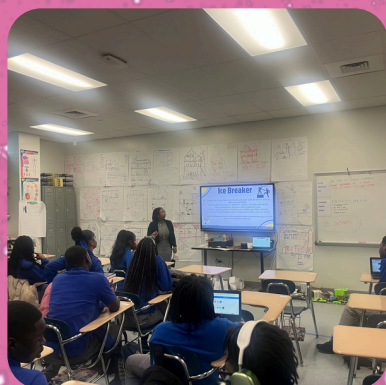
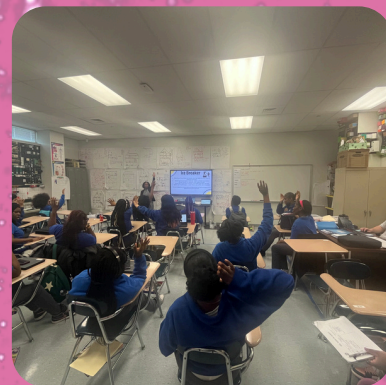
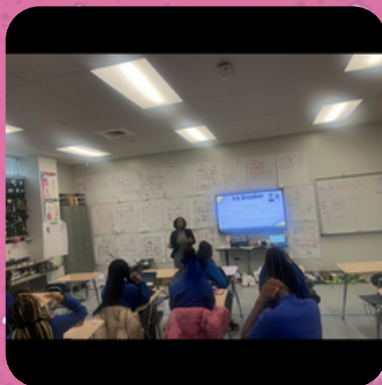
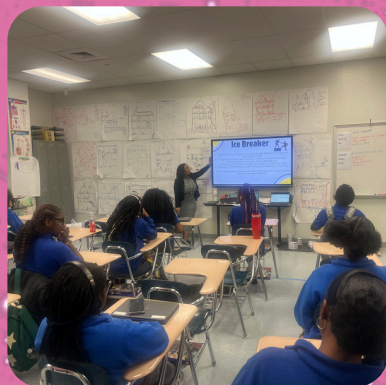


# High School - School Social Worker's Corner

## Highlights



**Social Work & Counselors**  
**: Working Together to Support Students**





# PAC - School Counselor Corner

## Staff/Student Shout Out

*Mrs. Stackhouse*



- School Social Worker
- [apalmer@mptcs.org](mailto:apalmer@mptcs.org)

Shout out to all the Social Workers working in schools and those serving our communities! Your hard work, dedication, and commitment to human advocacy and service are truly admirable and deeply appreciated. Thank you for making a difference every day!

Shout out to VP Maxwell for hosting a successful "Book in the Nook" event during Read Across America Spirit Week!

“

**"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."**

**— Maria Robinson**



# Parent Resource



WEB OUTREACH WORKS!  
CONNECT. LEARN. EMPOWER.

## UNLOCK YOUR POTENTIAL

### HEALTHY TRANSITIONS

provides a safe  
space for youth and  
young adults and  
assists in building  
their social and  
community  
identities



### GET INVOLVED

- Mental health services
- Tutoring services
- Support Group Events

We are here to support  
YOU!

Receive the tools you need to  
excel in your personal life &  
Studies.

Be apart of a community  
where you can grow!

**NJCRI**  
NORTH JERSEY COMMUNITY RESEARCH INITIATIVE



# PAC School Social Worker's Corner Highlights



*Crazy Sock Day*



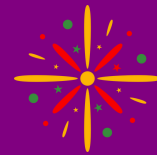
*Hat Day*



*Read Across America Spirit Week*



*Green Day*



*Pajama Day*



*Character Day*



**JOIN US**



**EMPATHY  
&**

**POSITIVE SELF-TALK**

**PARENT  
WORKSHOP**

MARCH 20, 2025  
5:30-7:00PM

**SCAN  
ME**



*I matter*

By understanding and relating to others through empathy, and speaking kindly to oneself, individuals can navigate challenges more effectively and experience greater happiness and fulfillment in life.



# STEAM - School Counselor Corner

## Staff/Student Shout Out

*Ms. Valdez*



School Social Worker  
[lmontes-valdez@mptcs.org](mailto:lmontes-valdez@mptcs.org)

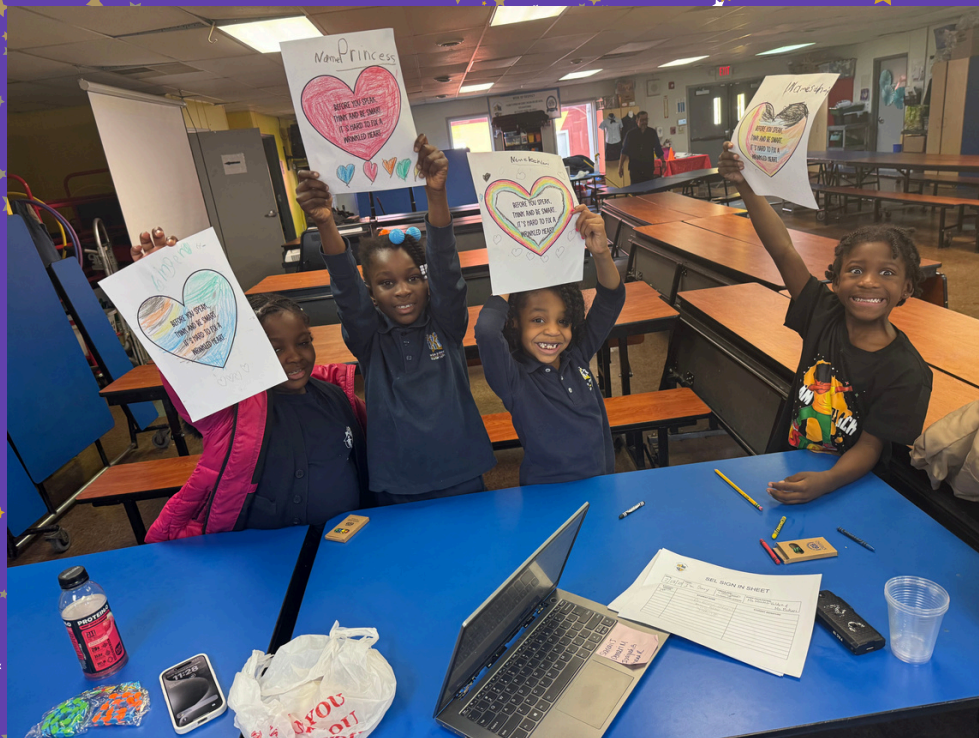
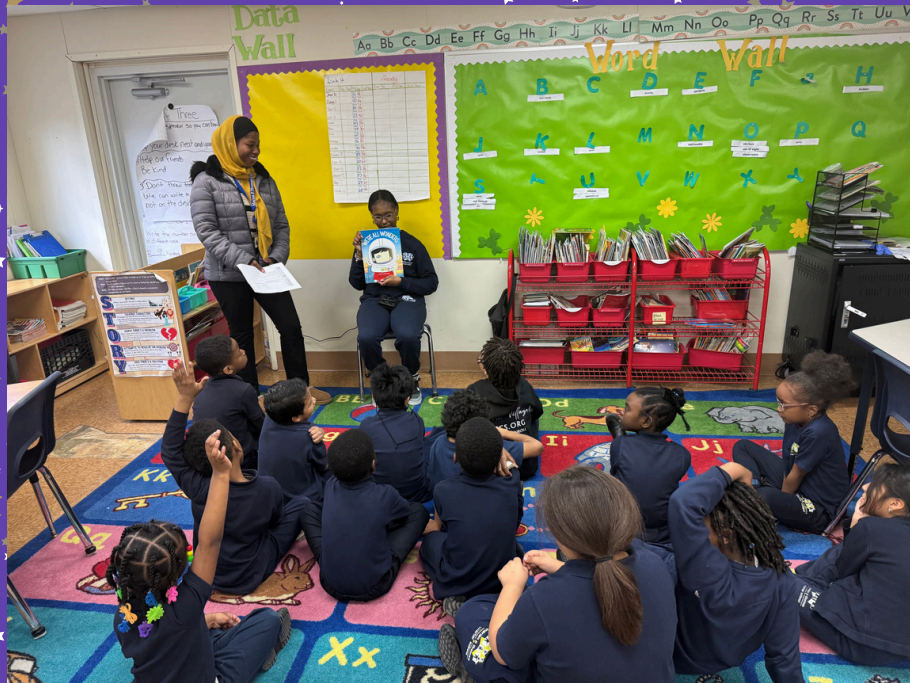
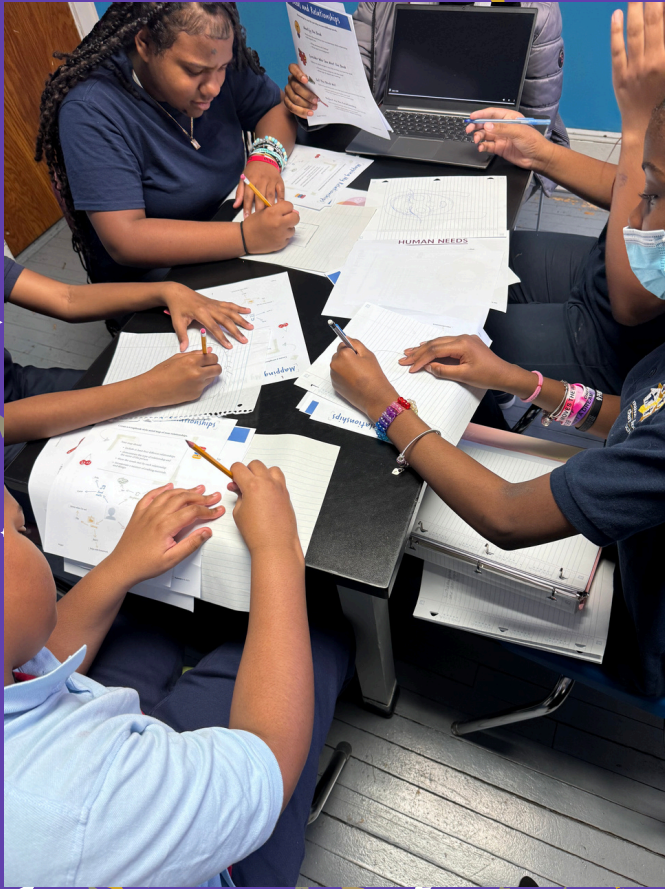
**Shout out to all social workers! The work we do is not easy but it is meaningful and life changing for our students/children.**

**Shout out to all our student support staff! The work you do does not go unnoticed, you are truly appreciate!**

“Nothing is impossible. The word itself says ‘I’m Possible’”  
-Audrey Hepburn



# STEAM School Social Worker's Corner Highlights





# Happy National Social Worker Month



We extend our gratitude for your dedicated service to our students. Your prioritization of students' social and emotional well-being, along with the provision of comprehensive wraparound services, is commendable. Your contributions are highly valued and deeply appreciated.





## SUPPORTING UNDOCUMENTED FAMILIES

# RESOURCES & SERVICES

### THE NEW JERSEY ALLIANCE FOR IMMIGRANT JUSTICE

The New Jersey Alliance for Immigrant Justice fights for policies that empower and protect immigrants. NJAIJ is the largest immigration coalition. The coalition aims to help immigrants access to services, and promote strategies that keep communities whole, empowered, and active agents of civic and social change.

ADDRESS: 17 ACADEMY ST, NEWARK, NJ 07102.

[www.njimmigrantjustice.org/resource\\_hub.njimmigrantjustice.org/](http://www.njimmigrantjustice.org/resource_hub.njimmigrantjustice.org/)



### KIDS IN NEED OF DEFENSE

*Kids in defense assist in legal services involving filings with USCIS, Representation at Asylum Interviews, (Credible Fear Interviews, Reasonable Fear Interviews), and Representation before the Immigration Court.*

ADDRESS: 50 PARK PLACE, SUITE 1401, NEWARK, NJ 07102  
PHONE NUMBER: (862) 304-5680

[HTTPS://SUPPORTKIND.ORG/](https://supportkind.org/)



### IMMIGRATION COMMUNITY OUTREACH

*(IMO is a 501(c)3 nonprofit organization that provides legal representation and support to immigrants pursuing legal citizenship in the United States of America.*

ADDRESS: 17 ACADEMY STREET SUITE 308 NEWARK, NJ 08889  
PHONE NUMBER: (862) 304-5680

[WWW.IMMIGRATIONADVOCATES.ORG/LEGALDIRECTORY/ORGANIZATION.791587-IMMIGRATION\\_COMMUNITY\\_OUTREACH](http://WWW.IMMIGRATIONADVOCATES.ORG/LEGALDIRECTORY/ORGANIZATION.791587-IMMIGRATION_COMMUNITY_OUTREACH)



### LA CASA DE DON PEDRO

La Casa De Don Pedro is named in honor of Don Pedro Albizu Campos, LCDP and has become the largest Latinx-led organization in the state of New Jersey, serving 50,000 Newark and Essex County residents annually under three central pillars, Early Childhood, Healthy Homes, and Community Empowerment.

ADDRESS: 39 BROADWAY, NEWARK, NJ 07104  
PHONE #: (973) 481-4568

[WWW.LACASANWK.ORG](http://WWW.LACASANWK.ORG)







## APOYO A FAMILIAS INDOCUMENTADAS

# RECURSOS Y SERVICIOS

### LA ALIANZA DE NUEVA JERSEY PARA LA JUSTICIA PARA LOS INMIGRANTES

La Alianza de Nueva Jersey para la Justicia de los Inmigrantes lucha por políticas que empoderen y protejan a los inmigrantes. NJAIJ es la coalición de inmigración más grande. La coalición tiene como objetivo ayudar a los inmigrantes a acceder a servicios y promover estrategias que mantengan a las comunidades unidas, empoderadas y como agentes activos del cambio cívico y social.

DIRECCIÓN: 17 ACADEMY ST, NEWARK, NJ 07102.

[www.njimmigrantjustice.org/resource\\_hub.njimmigrantjustice.org/](http://www.njimmigrantjustice.org/resource_hub.njimmigrantjustice.org/)



### NIÑOS QUE NECESITAN DEFENSA

Los niños en defensa ayudan en servicios legales relacionados con presentaciones ante USCIS, representación en entrevistas de asilo (entrevistas de miedo creíble, entrevistas de miedo razonable) y representación ante el Tribunal de Inmigración.

DIRECCIÓN: 50 PARK PLACE, SUITE 1401, NEWARK, NJ 07102  
NÚMERO DE TELÉFONO: (862) 304-5680

[HTTPS://SUPPORTKIND.ORG/](https://supportkind.org/)



### DIFUSIÓN COMUNITARIA SOBRE INMIGRACIÓN

(IMO es una organización sin fines de lucro 501(c)3 que brinda representación legal y apoyo a inmigrantes que buscan la ciudadanía legal en los Estados Unidos de América.

DIRECCIÓN: 17 ACADEMY STREET SUITE 308 NEWARK, NJ 08889  
NÚMERO DE TELÉFONO: (862) 304-5680

[WWW.IMMIGRATIONADVOCATES.ORG/LEGALDIRECTORY/ORGANIZATION.791587-IMMIGRATION\\_COMMUNITY\\_OUTREACH](http://WWW.IMMIGRATIONADVOCATES.ORG/LEGALDIRECTORY/ORGANIZATION.791587-IMMIGRATION_COMMUNITY_OUTREACH)



### LA CASA DE DON PEDRO

La Casa De Don Pedro lleva el nombre de Don Pedro Albizu Campos, LCDP y se ha convertido en la organización liderada por latinos más grande del estado de Nueva Jersey, atendiendo anualmente a 50,000 residentes del condado de Newark y Essex bajo tres pilares centrales: primera infancia, hogares saludables y empoderamiento comunitario.

DIRECCIÓN: 39 BROADWAY, NEWARK, NJ 07104  
TELÉFONO: (973) 481-4568

[WWW.LACASANWK.ORG](http://WWW.LACASANWK.ORG)



# High School - School Counselor Corner

## “Student Shout Outs”

*Mrs. Fredericks*



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

**Shout out to Kiemya Baker  
for representing the MPTCS  
Village as Our Unsung Hero**

**Shout out to Dean James and Mr. Dunn for  
chaperoning the ‘Advancing Male  
Achievement and Success Symposium’**



- 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

**Shout out to all the students who was awarded  
Scholarships from College and or Trade School  
Your MPTCS village is so proud of you!!!!!!**



## ***MARCH SCHOLARSHIPS***

**STOSSEL in the Classroom Video Contest**

**UNCF STEM Scholars Program**

**Becca's Closet Spirit of Generosity**

**Superpower Scholarship**

 ***APPLY NOW***

**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

## 9th Grade Information

✦ **9th Graders make sure you are getting to know your School Counselors:**

**Frederick: A-GI Rm 102**

**Wilson: Go-M Rm 104**

**Young: N-Z Rm 106**

# High School - School Counselor Corner

## 10th Grade Information

**10th Graders - Please make sure you are booking appointments with your designated School Counselor to discuss topics like the following below:**

Academics

Scholarship Opportunities

Community Service Opportunities

Careers/Goal Setting

Social Emotional

# High School - School Counselor Corner

## 11th Grade Information

**Please schedule an appointment  
to discuss the following:**

Transcript/Graduation  
Requirements  
Community Service Hours  
Edgenuity (Credit  
Recovery)  
Academics  
Careers/Goal Setting  
Social Emotional

# High School - School Counselor Corner

## 12th Grade Information

Please provide your school  
counselor with your acceptance  
letters and any scholarships you received.

Mrs. Fredericks (A-GI )

Ms. Wilson (Go-M)

Ms. Young (N-Z)

We look forward to seeing you.

# High School - School Counselor Corner

## College & Career Corner



**KIEMYA BAKER NOMINATED AS THE 'UNsung HERO'**



**ADVANCING MALE ACHIEVEMENT SYMPOSIUM**





# School Counseling Department

Preparing Students for Life's Challenges & Opportunities!




## Stay Connected!



### Ms. Jean-Louis

Dept. Chair of Guidance/ School Counseling

 [vjeanlouis@mptcs.org](mailto:vjeanlouis@mptcs.org)

Location: High School / Central Office

### Mrs. Fredericks

School Counselor  
9th-12th (A-GI)

 [kthomas1@mptcs.org](mailto:kthomas1@mptcs.org)

Location: High School

### Ms. Bell

School Social Worker  
9th-12th Grade

 [pbell1@mptcs.org](mailto:pbell1@mptcs.org)

Location: High School

### Ms. Wilson

School Counselor  
9th-12th (Go-M)

 [tawilson@mptcs.org](mailto:tawilson@mptcs.org)

Location: High School

### Mrs. Stackhouse

School Social Worker  
PreK - 8

 [apalmer@mptcs.org](mailto:apalmer@mptcs.org)

Location: PAC Academy

### Ms. Young

School Counselor  
9th-12th (N-Z)

 [byoung@mptcs.org](mailto:byoung@mptcs.org)

Location: High School

### Ms. Valdez

School Social Worker  
PreK - 8th

 [lmontes-valdez@mptcs.org](mailto:lmontes-valdez@mptcs.org)

Location: STEAM Academy