

# COUNSELOR'S CORNER

APRIL 2025



## Need immediate help for mental health and/or substance use problems?

Call the SAMHSA National Helpline at 1-800-662-HELP (4357), or call or text 988 to reach the Suicide & Crisis Helpline

## REMINDERS

**Lunch Groups:** Focus on social emotional learning. Please see your counselor if interested

**Saturday Tutoring:** Available for Math, ELA and Chemistry on the following dates:

April: 5, 26

May: 3, 10, 17, 24, 31

June: 7

**Attendance:** Students who reach twenty (20) or more unexcused absences in any one class may not receive course credit for that class. Twenty (20) or more unexcused absences from school may result in a loss of credit for the school year and grade retention.

**Seat Time:** Makeup sessions will be held on the following Saturdays from 9:30 am to 12:30 pm:

April: 5, 26

May: 3, 10, 17

June: 7, 14



## UPCOMING EVENTS



APRIL

4

Career Council  
College Fair

Sophomore  
Bench Mark

8-9

23

Fortis Institute Tour

Spring Break

14-  
18

## SOCIAL EMOTIONAL

**TIP:** Feeling stressed or anxious? Try the 5-4-3-2-1 technique!



## SCHOLARSHIPS

NJSCA: High School Scholarship Award:

Due 4/4/25

Sigma Phi Rho Fraternity:

Due 4/2/25

Delta Scholarship:

Due 4/11/25

United Way Vincent D. Pavese Scholarship:

Due 4/21/25

The Khawaja Foundation Scholarship:

Due 5/5/25

\*\*Please reach out to your school counselor\*\*

## GRADUATION REQUIREMENTS

### • 125 Credits

- English/Language Arts: 20 Credits
- Mathematics: 15 Credits
- Health/PE: 20 Credits
- Science: 15 Credits
- Social Studies: 15 Credits
- World Language: 10 Credits
- 21st Century Life/Career: 5 Credits
- Financial/Economics: 2.5 Credits
- Visual Arts: 5 Credits
- Electives: 17.5 Credits

## SCHOOL COUNSELORS

**Ms. Brown:** Grade 9 & Grade 12 (MO-Z)

**Ms. Garbowski:** Grade 10 & Grade 12 (A-GO)

**Ms. Vega:** Grade 11 & Grade 12 (GU-ME)

