

COUNSELOR'S CORNER

MAY 2025



You are not alone!
If you or someone you know are struggling with mental health, the NAMI HelpLine is here for you. Call [1-800-950-NAMI \(6264\)](tel:1-800-950-NAMI), chat, text "Friend" to [62640](tel:62640) or email: helpline@nami.org

REMINDERS

SENIORS: FAFSA is a graduation requirement. Please complete your FAFSA if you haven't done so yet. If you haven't, a parent/guardian must complete the FAFSA exemption form.

Credit Recovery: You must reach a 100% progress completion in credit recovery to receive credit.

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:
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:
May: 3, 10, 17
June: 7, 14

UPCOMING EVENTS

MAY

1 Report Card Parent Conferences

Children's Mental Health Awareness Week **4-10**

5-16 AP Exams (11th & 12th)

NJSLA: ELA & Math (9th grade) **12-17**
NJSLA: Science (11th grade)

26 Memorial Day - District Closed

SOCIAL EMOTIONAL TIP:

HAVE YOU TRIED INCORPORATING HEALTHY COPING SKILLS?
HEALTHY COPING SKILLS INCLUDE:



- * LISTENING TO MUSIC
- * DRAWING A PICTURE
- * TAKING A WALK
- * WRITING IN A JOURNAL



Congratulations

TO OUR SCHOLARSHIP RECIPIENTS!

Autumn Gilbert: Silk City Pearls AKA Sorority

Brianny Martinez: Fidelity
Katherin Campos: Fidelity

May is College & Career Month!

The guidance department has a month of school wide activities planned!

Including:
college information sessions,
college swag day, designing
your own college pennant and
a mascot scavenger hunt!



HIGHLIGHTS FROM THE FORTIS INSTITUTE TOUR



OUR STUDENTS WERE ABLE TO TAKE PART IN HANDS ON EXPERIENCE FROM DIFFERENT TRADES!



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)