



School Counseling Dept. Newsletter

As May unfolds in full bloom, bringing with it the important observance of Mental Health Awareness Month, our School Counseling Department is embracing this vibrant season with excitement to supporting mental wellness. With the school year winding down, we encourage you to take moments to pause, recharge, and nurture your own well-being. This time of blossoming is an ideal reminder to care for your mind, body, and spirit so you can finish the year strong.

With longer, brighter days ahead, our team is energized and eager to offer helpful resources tailored to support the students academically, social-emotionally and overall well-being of our students, families, and entire village community. Here's to a thriving and uplifting May together!

In this edition of our newsletter, you'll find:

- Key dates and details for upcoming counseling events
- Helpful resources to support students' success and well-being
- Highlights from across our three campuses

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



School Counseling Department

Preparing Students for Life's Challenges & Opportunities!



MENTAL HEALTH AWARENESS MONTH OBSERVANCE WEEK! 5/27-5/30

GOOD
VIBES



Mental Health Awareness Week highlights the importance of mental well-being, reduces stigma, and reminds us that asking for help is okay. By coming together, we build a supportive community where no one faces challenges alone. Why wear green? Green is the international color for Mental Health Awareness. Wearing it shows solidarity, signals a willingness to listen, and sparks conversations that lead to support and change.

Staff

Wear Green For Mental Health Awareness Week! Start Mindful Tuesday by pausing and taking a deep breath. Embrace calm and focus as you kick off Mental Health Awareness Week with intention!

**Mindful
Tuesday
May 27th**

Students

Put on your favorite running shoes and RUN OUT negative emotions! Start Mindful Tuesday by pausing and taking a deep breath. Embrace calm and focus as you kick off Mental Health Awareness Week with intention!

Staff & Students

Today is **Take What You Need Wednesday**—a reminder to care for your mental health. Whether you need strength, hope, or a kind word, you're not alone. Let's support each other with kindness and no judgment.

**Take What
you Need
Wednesday!
May 28th**

Action!

Stop by the Social Worker's Office to pick a kind message from our Affirmation Jar! Whether you're happy or feeling down, it's a great way to remind yourself—you matter!

Staff & Students

Put self-care first! Move, hydrate, rest, or reach out if you need support. Your well-being matters now and every day.

**Wellness
Thursday!
May 29th**

Action!

Today, we're passing out **hygiene supplies**! Take a moment to stop by the Social Worker's office to take what you need!

Staff & Students

Count your blessings, express gratitude & spread kindness! Small acts of thanks uplift us all. Celebrate the positive people and moments in your life with complements and smiles.

**Thankful
Friday!
May 30th**

Action!

Gratitude Wall, Scholars and staff will write what they're grateful for on a sticky note or index card and either post it on the wall or give it to the Social Worker to display. Photos will be taken as participants add their notes to the Gratitude Wall.

Your mental
health is a priority



BE KIND TO
YOUR MIND

ASKING
FOR
HELP
IS OK



Mental
health
matters

THANKS
THANKS
THANKS

PAC - School Counselor Corner

Staff/Student Shout Out

Mrs. Stackhouse



- School Social Worker
- apalmer@mptcs.org

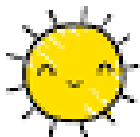
Shoutout to the incredible PAC CST Team—Ms. DiNardo, Ms. Bierenfeld, and Ms. Romano—for bringing Autism Acceptance Month to life at PAC with such passion and dedication!

“Taking care of your mental health is an act of self-love.”

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.
“I am angry.”
“I am sad.”

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.



TIPS FOR MAINTAINING MENTAL HEALTH



STAY ACTIVE

Regular physical activity can have a significant impact on mental health by reducing stress, anxiety, and depression.

GET ENOUGH SLEEP

Quality sleep is essential for mental health. Aim for 7–9 hours of sleep each night and establish a regular sleep schedule.

LIMIT STRESS

Identify sources of stress in your life and develop healthy coping mechanisms to deal with them.

EAT WELL

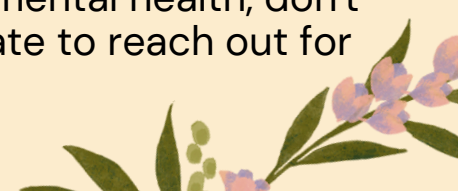
A balanced diet can positively affect your mood and energy levels.

STAY CONNECTED

Maintain relationships with friends and family members.

SEEK SUPPORT

If you're struggling with your mental health, don't hesitate to reach out for help.



PAC School Social Worker's Corner

Highlights



High School - School Social Worker Corner

“Staff/Student Shout Out”

Ms. Bell



Big shout-out to the entire Marion P. Thomas Charter School Staff for all the hard work you do every day to support our students and keep things running smoothly!

Shout-out to our high school students, you have been showing up and working hard. Keep doing your thing, we are so proud of you!



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

Your mental health is a priority

Mental Health Tips for Staff

- Promote Work-Life Balance
- Foster a Positive Work Environment
- Normalize Mental Health Conversations
- Encourage Physical Well-Being

HIGH SCHOOL- SCHOOL SOCIAL WORKER'S CORNER HIGHLIGHTS



✌️ S.E.L. ❤️



APRIL SHOWERS
Bring
MAY FLOWERS



SMALL GROUP SEL IN ACTION!

STEAM - School Counselor Corner

Staff/Student Shout Out

Ms. Valdez



School Social Worker
lmontes-valdez@mptcs.org

Shout Out to all of our amazing STEAM Staff!
Your dedication, passion, and hard work make a lasting impact on our scholars every day. The effort you put into nurturing their growth is both important and truly inspiring. Thank you for all that you do!

Shout Out to Ms. Taylor (ESS)!
Your incredible support has made a difference not only for your scholars but for the entire student support team. Your dedication, collaboration, and care are truly appreciated — thank you for all that you do!

Your mental health is a priority

Mental Health Tips for Staff

Mind & Mood

- Take 3 deep breaths
- Write down one thing you're grateful for
- Try a 5-minute meditation

Body Boost

- Stretch at your desk
- Go for a quick walk
- Drink a full glass of water

Connection

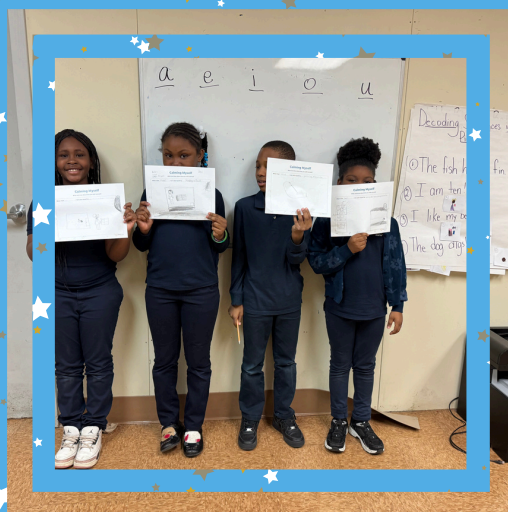
- Give a colleague a compliment
- Join a 10-minute coffee chat
- Share a positive story

Unwind

- Listen to your favorite song
- Step outside for fresh air
- Unplug from screens for 10 minutes

STEAM School Social Worker's Corner

Highlights





Empathy Fair



Get Ready... and Get Excited! The Empathy Fair is Coming!

After NJSLA testing wraps up, it will be time to shift gears and reconnect—with ourselves and each other. What better way to do that than with our upcoming Empathy Fair!

What's an Empathy Fair?

It's a special event filled with hands-on activities that help students build understanding, kindness, and emotional connection. You'll get the chance to explore what it really means to walk in someone else's shoes—and why that matters.

Why should you care?

Because empathy makes our community stronger. It helps us recognize and respond to the feelings of those around us, creating a more compassionate and supportive school environment for everyone.

So mark your calendars, bring your curiosity, and come ready to grow your heart. 💬💡❤️

Let's make kindness contagious. Our school could always use a little more empathy—and it starts with YOU.

Stay tuned for more details coming soon!





We're excited to announce 2nd Annual
Parents Engaging Parents Inc. and Inspire
Sports Camp Collaboration 2025



KIDS SUMMER CAMP

Contact Us Today!



**FUN & CREATIVE
OUTDOOR ACTIVITIES
CAMPERS ENTERING
5TH-11TH GRADES**

**TERM 3: SUNDAY, JULY 6TH – FRIDAY, JULY 11TH
OR
TERM 4: SUNDAY, JULY 13TH – FRIDAY, JULY 18TH
LEBANON, PA**

Admission
ONLY
\$50

Activities

- ✓ Outbound games
- ✓ Drawing & painting
- ✓ Swimming
- ✓ Nature walks

Drop off and Pick up location

Term 3: PEPNJ Office
902 Bergen St.
Newark, NJ 07112

Term 4: Orange City Hall
29 N. Day Street
Orange, NJ 07050



More Information (908) 913-5113 or (908) 908-5112
<https://www.inspiresportscamps.com/index.php/our-media>





Class of 2025



DECISION DAY 2025 HIGHLIGHTS

Scholarship Awards

\$4M

Total College Acceptances

284

Total Applications Submitted

579

Congratulations!

Top 10 Students

Dona A. - 4.2 GPA
Jesusemilore F. - 4.1 GPA
Roxanna B. - 3.8 GPA
Najiyyah L. - 3.8 GPA
Thierno C. - 3.8 GPA
Emmanuel I. - 3.7 GPA
Nyamekye M. - 3.7 GPA
Tora M. - 3.6 GPA
Savannah M. - 3.6 GPA
Enoch A. - 3.6 GPA

Top 8 Acceptance

Tunayah C. - 38 Acceptances
Faithann S. - 17 Acceptances
Paris W. - 17 Acceptances
Benaisha B. - 13 Acceptances
Jesusemilore F. - 10 Acceptances
Zakyla Sanders - 10 Acceptances
Kiemya B. - 9 Acceptances
Roxanna B. - 9 Acceptances

Top 5 Scholarships

Tunayah C. - \$916,000
Faithann S. - \$430,174
Me'syah F. - \$324,000
Najiyyah L. - \$270,000
Thierno C. - \$237,000

Final Decisions



Fall 2024 & Spring 2025 College Tours

Stockton University
Delaware State Rowan
University Lincoln Tech
Columbia University
University of Pennsylvania

Lincoln university
Bloomfield College of Montclair State U.

Instant Decision Days

Bloomfield College of Montclair State U
Ramapo Instant Decision Day
WPUNJ Instant Decision Day
Kean University

College & Career Fair

MPTCHS College Fair
HBCU Fair @ Kean University

Information Sessions

Stanford University
Caldwell University
East Stroudsburg University,
Lincoln Tech
NJIT
William Paterson University

High School - School Counselor Corner

“Student Shout Outs”

Mrs. Fredericks



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

Thank you Dona Alahasan so much for your support throughout this school year, especially for assisting with senior flyers and helping to spread the word. Your help has made a significant difference, and I truly appreciate your dedication and effort

Shout out to Dean James
for being an awesome MC
for Decision Day!



- 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

Congratulations Seniors 2025 has been a challenging year but we got through it. I am Soooo proud of you!!!!



MAY SCHOLARSHIPS

Brave of Heart Scholarship

CLA Foundation Opportunity Scholarship

Newark Housing Authority 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.



School Counseling Department

Preparing Students for Life's Challenges & Opportunities!



Stay Connected!



Ms. Jean-Louis

Dept. Chair of Guidance/ School Counseling



vjeanlouis@mptcs.org

Location: High School / Central Office

Mrs. Fredericks

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



kthomas1@mptcs.org

Location: High School

Ms. Bell

School Social Worker
9th-12th Grade



pbell1@mptcs.org

Location: High School

Ms. Wilson

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



tawilson@mptcs.org

Location: High School

Mrs. Stackhouse

School Social Worker
PreK - 8th



apalmer@mptcs.org

Location: PAC Academy

Ms. Young

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



byoung@mptcs.org

Location: High School

Ms. Valdez

School Social Worker

PreK - 8th



lmontes-valdez@mptcs.org

Location: STEAM Academy