



April 2025

School Counseling Dept. Newsletter

As we move through the blossoming month of April, there's a renewed sense of energy and growth all around us and our School Counseling Department is embracing that spirit with open arms! With Spring Break just around the corner, we hope you take time to rest, recharge, and pour back into your own cups. This season of renewal is a perfect reminder to prioritize your well-being, mind, body, and spirit so you can return refreshed and ready for the weeks ahead.

As the days grow brighter, our team is buzzing with enthusiasm to bring you a variety of engaging events, meaningful initiatives, and valuable resources designed to support our students, families, and school community.

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

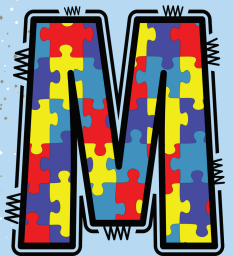
PAC - School Counselor Corner

Staff/Student Shout Out

Mrs. Stackhouse



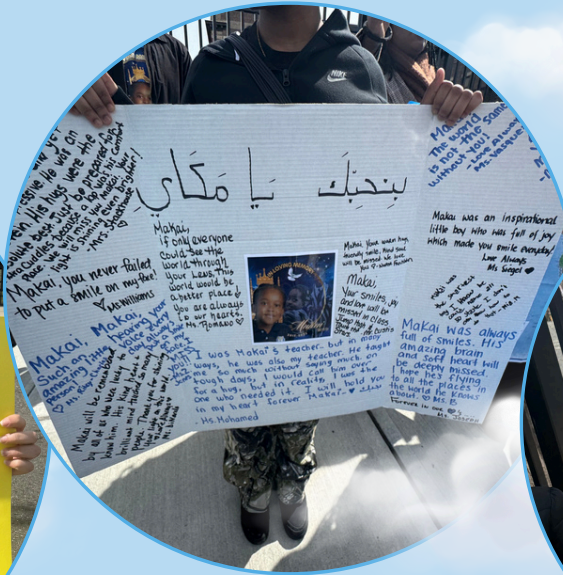
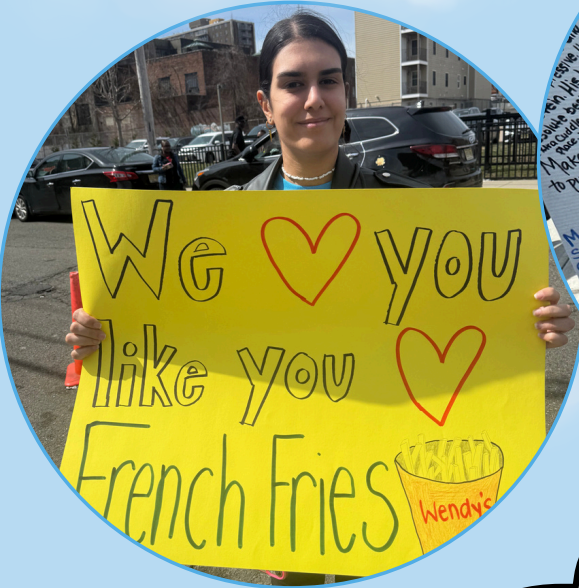
- School Social Worker
- apalmer@mptcs.org



On behalf of PAC and MPTCS, we would like to extend our deepest heartfelt condolences to the family of Makai Boyd. Marion P. Thomas Charter School will forever be Makai's Village

PAC School Social Worker's Corner

Highlights



Each campus came together in honor of Makai's homegoing ceremony.



WAYS TO SUPPORT A CHILD WHO IS GRIEVING



TAKE CARE OF YOU -- Exercise, eat well-balanced meals, stick to regular routines, and reach out to others for support. These activities might be difficult when you are grieving, but taking care of yourself is still important. Children who are grieving do better when they have a healthy adult providing support and understanding to them.



BE HONEST WITH THE CHILD -- Discuss the death with the child in a simple, direct, and age-appropriate manner. Be honest and share clear, accurate information about what happened. Children need to hear the truth from a trusted adult in their life.



LISTEN -- Listen to the child share their story about what happened. Let them ask you questions and answer their questions as best as you can. Do not be afraid to say, "I don't know."



ACKNOWLEDGE THE CHILD'S GRIEF -- Recognize the child is grieving. Be careful not to impose your grief on the child but allow them to grieve in their own way. It is normal for children to feel an array of emotions. It is also normal for children to move in and out of grief reactions, at times being very upset or getting angry easily and at other times playing as if nothing has happened. If you are not sure how grief is impacting your child, spend time with them playing, coloring, drawing, or sharing stories. Children often will give you clues to their grief through these activities.



SHARE -- Tell the child stories about your own life. Times you were afraid, sad or angry. Tell them how you managed these situations and what you learned. Children may enjoy hearing stories about the adults in their lives and when those adults were children. Sharing stories helps a child normalize what they are experiencing.



BE CREATIVE -- Give the child a creative outlet to express feelings. This can be done through drawing, writing, doing crafts, listening to music, or playing games.



MAINTAIN CLEAR EXPECTATIONS -- Keep rules and boundaries consistent. Children gain security when they know what is expected from them. Children will often use their grief as an excuse for inappropriate behavior. While you should always acknowledge the grief the child is experiencing, you should also teach them to be accountable for their choices, no matter how they feel.



REASSURE THE CHILD -- Remind the child they are loved, and you are there for them. Following the death of a person in their life, a child's sense of safety can be shaken. Children often fear you or other people in their life might die. While you cannot promise you or others will not die, you can let the child know the plan if such an event occurs.

CREATE RITUALS AND NEW TRADITIONS -- Rituals can give your family tangible ways to acknowledge your grief and honor the memory of those who have died. Lighting candles, recognizing special occasions, sharing stories about those who have died or volunteering with a local charity are some of the ways you can incorporate new traditions or rituals.

BE PATIENT -- You and the child are grieving, and the most intense parts of grief can often take longer than we may want. Grief also changes us in many ways. So, be patient as you and the child experience your grief. Be patient with the child's repetition. A child often must come back to the same details and questions. Patiently spend time with the child as they (and you) grow, change and continue to construct their (your) life story.



NATIONAL ALLIANCE FOR
CHILDREN'S GRIEF

nacg.org

High School - School Social Worker Corner

“Staff/Student Shout Out”

Ms. Bell








A huge shoutout to the incredible counseling department for the amazing support and guidance they provide to our students every day! I'm proud to be a part of such a dedicated and compassionate team that makes a real difference in the lives of so many!

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

HELLO
SPRING

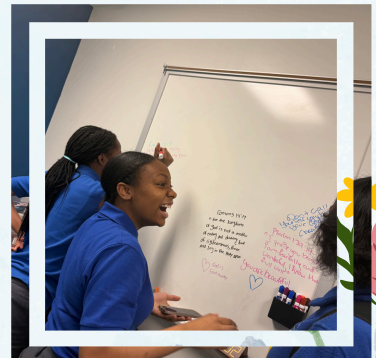
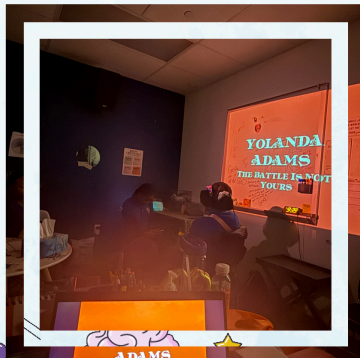
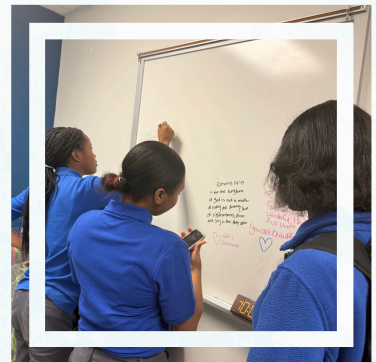
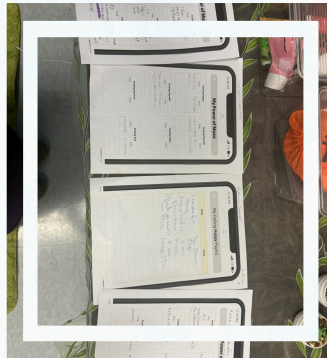
Spring Break To Do List!

-  **Go outside!** Go for a hike or walk in a park
Plan a day at the beach or pool
Go bike riding with friends
-  **Catch Up on Hobbies or Explore New Ones!** Try a DIY project (crafting, painting, etc.)
Start a journal or blog
Experiment with photography or videography
Learn a new skill (e.g., coding, cooking, or knitting)
-  **Relax and Recharge!** Watch a new TV show or binge-watch movies,
Read a book or graphic novel you've been meaning to check out,
Take a day to just sleep in and chill out.
-  **Work on College or Career Prep!** Research colleges or careers you're interested in, Work on your resume or start a LinkedIn profile, Take an online course to build a skill for your future, Work on scholarship applications or college essays.
-  **Take Care of Personal Projects!** Organize and clean your room or garage, Declutter and donate things you no longer need, Start a spring cleaning routine for your whole house, Work on a personal art, writing, or music project.



HIGH SCHOOL- SCHOOL SOCIAL WORKER'S CORNER HIGHLIGHTS

SOCIAL EMOTIONAL LEARNING GROUPS IN ACTION!



STEAM - School Counselor Corner

Staff/Student Shout Out

Ms. Valdez



School Social Worker
Imontes-valdez@mptcs.org

Shout out to our incredible counseling department for the unwavering support you provide to both our staff and scholars during challenging times. It truly takes a village and I'm so grateful that you are ours.

Shout out to VP Richardson for always standing strong with our support staff especially on challenging days. Your constant encouragement and leadership mean so much!

Spring Break Schedule

- ☐ 9:00ish - Breakfast
- ☐ 10:00 - Morning Chores
- ☐ 10:30 - Family Walk
- ☐ 11:00 - Educational Activity
- ☐ 12:00 - Lunch/clean up
- ☐ 1:00 - Work, Read, & Free Time
- ☐ 3:00 - Afternoon walk & snack
- ☐ 5:00 - Dinner & Clean Up
- ☐ 6:30 - Family Time (Games/movies)
- ☐ 9:00 - Bedtime, Bathtime, Etc.


**WHEN YOU FOCUS
ON THE GOOD
THE GOOD GETS
BETTER**

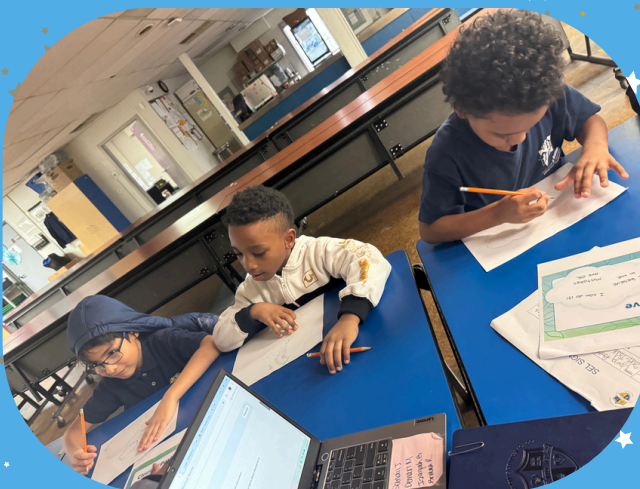
STEAM School Social Worker's Corner

Highlights



Women's History
Month Event

Social
Emotional
Learning
Groups





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>

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 the senior class council for always working as team and all hands on deck when necessary.

Shout out to the custodial team who keeps our building shining!



- 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

Thank you to Ms. West and Ms. Shanks for doing a great job in the main office!!



APRIL SCHOLARSHIPS

DREAM BUILDERS SCHOLARSHIP

ESSEX COUNTY SPECIAL EDUCATION SCHOLARSHIP

ABBVIE IMMUNOLOGY 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.



YOU ARE CORDIALLY INVITED TO OUR

COLLEGE DECISION DAY LUNCHEON

THURSDAY, MAY 1, 2025

12:30 P.M. – 2:30 P.M.

Marion P. Thomas Charter High School
125 Sussex Avenue, Newark, NJ 07103

*We are celebrating Class Of 2025's College Acceptances!
Please be advised, only 2 parent/guardian/guest per scholar.*

RSVP Required by: [Link](#)



High School - School Counselor Corner



Her 2 Cents Women Conference at Bloomfield College of Montclair State University!





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!





School Counseling Department

Preparing Students for Life's Challenges & Opportunities!



Stay Connected!



Ms. Jean-Louis

Dept. Chair of Guidance/ School Counseling



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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



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Location: High School

Ms. Wilson

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



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Location: High School

Mrs. Stackhouse

School Social Worker
PreK - 8



apalmer@mptcs.org

Location: PAC Academy

Ms. Young

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



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Location: High School

Ms. Valdez

School Social Worker
PreK - 8th



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Location: STEAM Academy