

COUNSELING NEWS

Ewing High School



IMPORTANT DATES

9/3: First Day of School! 😊

9/16: Back to School Night @6:30pm

9/23: Rosh Hashanah (Schools Closed)

10/2: Yom Kippur (Schools Closed)

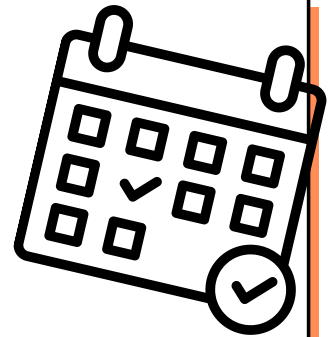
10/6-10/10: Week of Respect/ Anti-Bullying Awareness Week

10/20- 10/24: NJ School Violence Awareness Week

10/21: EHS PSAT Grades 9-11 (and select grade 12)

10/23- 10/31: Red Ribbon Week

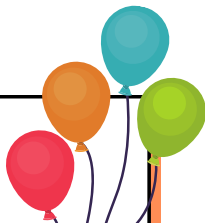
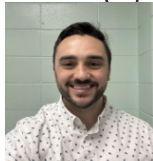
11/8: SAT @EHS



MEET THE COUNSELORS

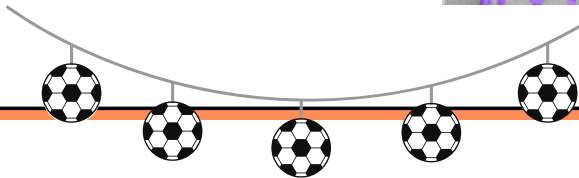
Mr. Csillan

I am starting my 2nd year here as a counselor and can't wait to meet you all! My comfort movie is Toy Story.



Ms. Collins

I am a lover of books, soccer, and movies whenever I'm not enjoying time with family and friends. Fun fact— my favorite soccer team is Chelsea FC.



Mrs. Mattonelli

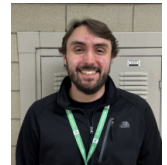
This is my 5th year at EHS! My favorite part about being a school counselor is seeing the growth of my students from the beginning of the school year to the end. My go to movie is Armageddon!



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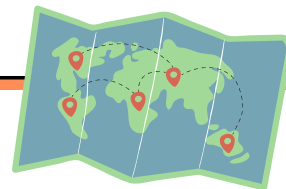
Mr. Moran

I'm a big fan of the Dark Knight and like to ride bikes in my free time. I am fired up to start the year!



Mrs. Fadel

This is my first full year as EHS's Student Assistance Counselor. In my free time I love to travel, spend time with my family and try out new restaurants.



COUNSELOR MEETING REQUEST

Scan the QR code below to complete the google form and request a meeting with your counselor! Counselors are assigned by last name.

Mrs. Krajunus

Grade 12

Collins: A-Am

Csillan: An-Bi

Mattonelli: U-Wil

Moran: Wil-Z

Grade 9

Collins: A-Bal

Csillan: Bar-Bu

Mattonelli: C

Moran: W-Z

Grade 10 & 11

Collins: A-Bal

Csillan: Bar-Bu

Mattonelli: U-V

Moran: W-Z

Mrs. Mattonelli

Grade 10-12: L-PD

Grade 9: Mo-R



Mr. Moran

Grade 10-12: PE-T

Grade 9: S-Z



Mr. Csillan

Grade 10-12: BP-F

Grade 9: D-Hi



Ms. Collins

Grade 10-12: G-K

Grade 9: Ho-Mi



Mrs. Fadel

SAC Counselor

All Students



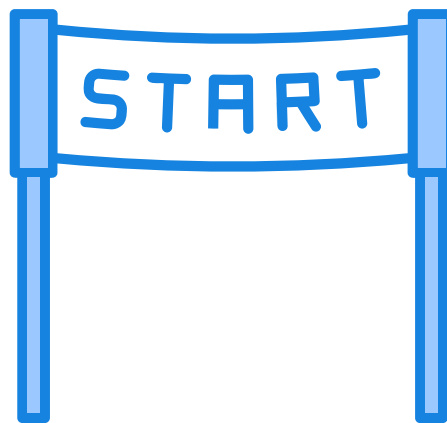
START THE YEAR OFF STRONG!

- Get organized – use a paper or digital agenda or calendar to keep track of assignments and commitments.
- Get involved – think about joining a sport or club at school this year.
- Use your resources – your counselors and teachers want to see you succeed! Reach out for help when you're feeling stuck.
- Stay healthy – Make sure you're sleeping at least 7 hours each night, eating nutritious meals, and drinking water!
- Show up – we love seeing your faces in the hallways and classrooms. Be sure to make attendance a priority.

NAMI NJ Resources

If you need support this year, please stop by to see your counselor. We can assist with getting you and your family connected with a variety of resources, including NAMI NJ:

Free Online Counseling Support Groups



MENTAL HEALTH CHECK IN

As we begin a new school year, it is more important than ever to attend to your mental wellness and ensure that you are in good health emotionally. Take a minute to think about your answer to the following questions. If you find yourself unable to answer multiple questions, it may be time to talk with a trusted confidant about your mental health.

- How am I feeling physically?
- How am I feeling mentally?
- When was the last time that I ate a full, healthy meal?
- When did I last go outside?
- When did I last attend to my personal hygiene?
- When was the last time I got a full nights sleep?
- What can I celebrate today?
- What can I do that will bring me joy?
- When did I last talk to someone about my feelings?
- When was the last time that I did something kind for someone else?
- What is taking up most of my headspace?

If you find yourself struggling or just want to talk about your feelings about the last year and a half, your School Counselor is available to help. Visit the Counseling Office to make an appointment.



SECRETS FOR A SUCCESSFUL YEAR

1. Have Good Attendance

Regular attendance is critical to ensure that you aren't missing important lessons and assignments.

2. Stay Organized

Use a planner to keep track of assignments, tests and deadlines.

3. Complete your Work

Ensure that you are keeping up on your classwork and homework assignments; both are factored into your final grade!

4. Participate in Class

Participating in class gives you the opportunity to gauge your understanding for the material and have your questions answered!

5. Get Involved!

To make the most out of your high school experience, join a club, play a sport or both!