

Freshman Parent Night

September 2025



**CHRISTIAN
BROTHERS
ACADEMY**

Agenda

- Counselor Overview
- Role of the Counselor
- Guidance Meetings
- Mental Health Counseling
- Code of Ethics
- Academy Life:
 “The Whole Person”
- Ensuring Academic Success



Freshman Bridge Program and School & College Counseling Staff

- Mr. Patrick Brennan: Director of Counseling (ext. 109)
- Mrs. Maureen Szablewski: Associate Principal of Student Affairs (ext. 101)
- Mrs. Nicole Johnson, LPC, RYT 200: Freshmen Counselor (ext. 122)
- Ms. Amanda Colannino, LDTC, WDT: Director of Colts Plus (ext. 138)
<https://www.cbalincroftnj.org/academics/colt-plus-learning-support>
- Mrs. Gina Morisano: Counselor: SEL & Mental Health (ext. 113)
- Mr. Bryan Smith, LCSW: Licensed Clinical Social Worker (ext. 141)
- Mrs. Bonnie Stahl: Administrative Assistant (ext. 106)



Different Roles

Primary Role: *Student*

- Drives the process
- Takes ownership over their high school experience
- Communicates with parents and counselor

Supportive Role: *Parents*

- Sets realistic goals/expectations
- Supports student as he navigates high school
- Facilitates conversations

Guiding Role: *Counselor*

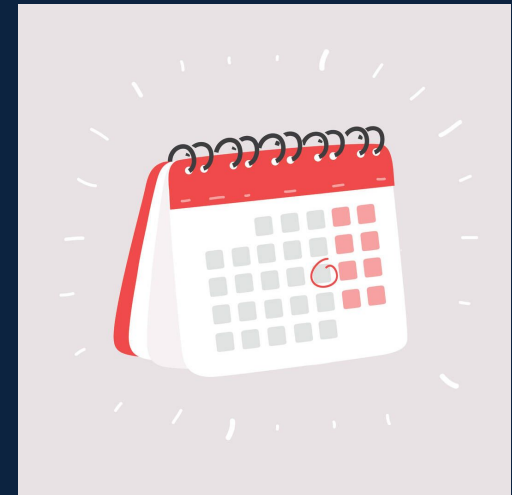
- Develops partnership with student and parents
- Actively listens and shares information / feedback
- Serves as a sounding board

Counseling Meetings

- Each freshman will receive a “team approach” to appointments in their first year at CBA:
- 1st appointment will take place within the 1st week of school during study hall- background information survey
- 2 one on one appointments - one per semester
- Group appointments - throughout the year
- Additional appointments as needed
- Family appointments by request
- **Freshman Seminar Class** - Taught by members of Administration and Leadership - topics include but are not limited to: Study Tips, Midterm Exam Check In, MAIA, College Board
- Mental Health Programming

Important Dates

- September 26 - Halfway point of the first marking period/quarter. Teachers have been advised to update grade books. Friday is their deadline.
- October 2 - Make-up photo day - Haircuts?
- October 10 - Service Proposals Due
- **October 13 - School Closed - Columbus Day**
- October 15 - Freshman Program/Half Day of School
- October 22 - End of First Marking Period
- October 29 - Grades Due
- November 6th - Parent/Teacher Conferences 6:30-8:30



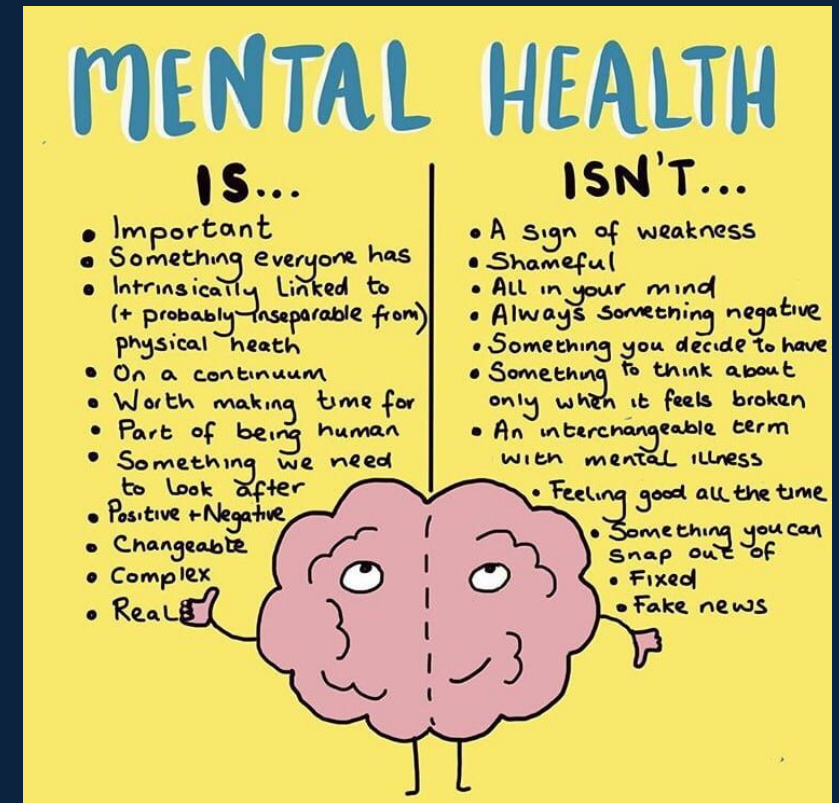
****All dates are listed on The School Calendar on the website****

Mental Health and Wellness Counseling

- Promote positive self-care, social emotional learning & well being
- Link students with on campus resources to address current stressors
- Help students develop coping skills, enhance communication skills and practice stress reduction
- Provide referrals on our college and career section of the website
- Wellness and social emotional programming now offered throughout the school year
- Assemblies for students for more outreach to provide opportunity for open discussions on mental health and self-advocacy
- <https://www.cbalincroftnj.org/academics/school-college-counseling/mental-health-resources>

Mrs. Gina Morisano - Counselor: SEL & Mental Health

Mr. Bryan Smith - Licensed Clinical Social Worker (part-time)



Code of Ethics

- All trusted adults at Christian Brothers Academy follow the School Counselor Code of Ethics. Trusted adults are all adults working at CBA, not just members of the school counseling offices.
- Confidentiality is MAINTAINED unless there is a threat of harm (self harm, harm to other, another person harming).
- In those instances, any faculty member who learns of information that needs to be shared with the counselor, the Director of Guidance and the Administration will become involved.



The Cooperative Agreement

- Behavioral expectations of the Academy.
- Development of the Christian Ethic.
- Signed agreement between students and their families. Handed in on the first day of school.
- CBA students are held to the rules of the Academy not only during the school day; but after school, on weekends, holidays and during the summer months.



Academy Life: The Whole Person

- 18 varsity sports programs.
- Roughly 60 different clubs and activities.
- Award-winning performing arts program.
- Service immersion trips throughout the year.
- 70 service hours required per student.
- Leadership development.
- <https://www.cbalincroftnj.org/academy-life/clubs-activities>



Safe Internet Use

- Students are accountable for maintaining a respectful presence on all forms of social media.
- No tolerance policy for harassment, intimidation or bullying.
- Digital footprint follows students.
- Not all of your 'followers' are your 'closest friends'.
- Be mindful. Be careful. Be Lasallian.



Christian Service

- All students are required to give a minimum of 70 service hours over a four year period:
 - 15 in freshman year
 - 20 in sophomore year
 - 20 in junior year
 - 15 in senior year
- Seniors usually amass twice as much by the time of graduation.
- Opportunity to give back and help others.
- Service could lead to leadership opportunities.
- <https://docs.google.com/document/d/1GJI9WUOT2DfANAz92h-H9YFyWb2vGLLDHoRqy69RMAU/edit?tab=t.0>



Ensuring Academic Success

Time Management:

- Stay organized with due dates.
- Utilize Google Calendar.
- Break assignments into smaller chunks.
- Utilize weekends to get ahead.
- Seek extra help during enrichment.
- **NHS tutoring** - Offered during Enrichment. Students will be notified, prior. No appointment is required and walk-ins are always welcome. **ANNOUNCEMENT WILL BE MADE ALERTING STUDENTS TO DAY/TIME/LOCATION** - in the Enrichment email each week.

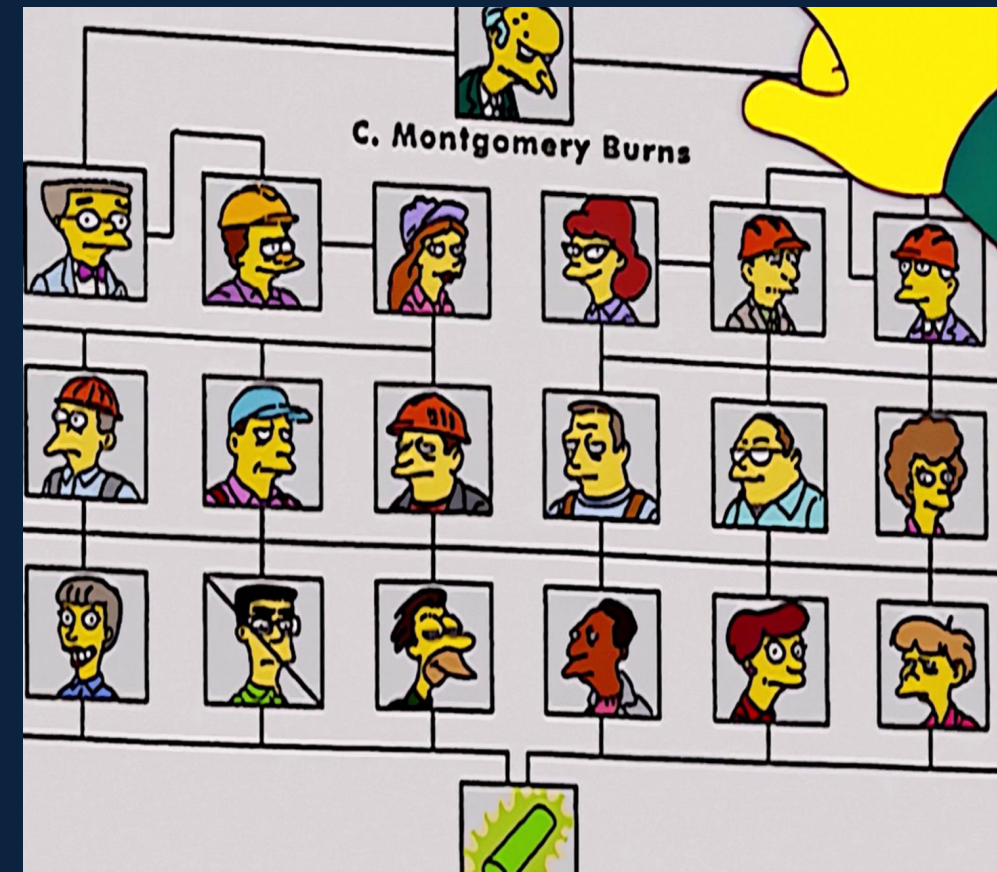


College Level Note taking:

- Maintain healthy notes.
- Write down what is said and presented in class.
- Bullet point notes.
- Create a key for abbreviation/short hand.
- Turn notes into flashcards.

Academic Chain of Command

- Teach students to self-advocate and communicate with teachers.
- All teacher office hours are posted in Schoology.
- All freshmen received an email with templates for ways to communicate with their teachers and suggestions for various areas of need.
- Student should consult with teacher.
- If necessary, student can speak with Department Chair after talking to teacher.
- If the issue is still unresolved, the student may request a meeting with Mr. Nunan.
- Counselor serves as a support system.
- Note: requests for meetings with teachers are arranged with that subject teacher.



Parental Involvement

Not just for our students! We want you, as parents, to be a part of our family, too. Therefore, please consider participation in and volunteering for the Mother's Club and/or the Father's Club. Many of our families have come together in recent years and 'walked' alongside their students' four year experience with other moms and dads who have been there and can offer support. Monthly meetings can also have guest speakers to cover topics related to wellness, upcoming events and fundraisers that CBA hosts throughout the year.

Thank you for time. Enjoy the evening.