

School Counseling Newsletter

November 2025



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Dear Students and Families,

November is here and that marks a turning point in our school year. The first marking period ends today, and Marking Period 2 begins on Monday November 10th. Families will be notified once report cards are available in the Realtime Portal for viewing. This is a great opportunity for students and families to reflect on their progress so far and set goals for the rest of the year.

As we approach Thanksgiving, it is also a time of gratitude and togetherness. As referenced in Dr. DeTuro's email earlier this week, our School Counselors are available to help any families who might be in need of food assistance at this time. If you or anyone you know might be in need of support, please reach out. We have shared important resources at the end of this newsletter which will also be helpful.

Thank you,

Jim O'Hara

Director of School Counseling, K-12



College & Career Corner

Seniors!

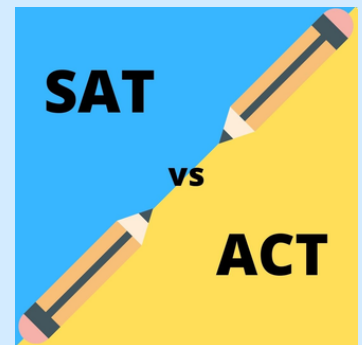
We have made it through one of our first major college application deadlines of the year - November 1st. Our School Counselors and Seniors have been hard at work submitting over 1,500 applications to 286 different colleges as of today. At this point, approximately 73% of the Senior class has applied to college and will continue to submit more applications as we go through the winter.

- Please make sure you are giving your Counselors at least two weeks notice of your application deadlines
- Check if any of your colleges require first quarter grades (different than midyear grades) - we will be sharing a Google Form soon to request your first quarter grades be sent to your colleges.

College Admissions Testing

Attention 10th and 11th Graders!

- PSAT scores - we administered the PSAT to all 10th and 11th Graders on October 22nd. Scores should be released soon - students should monitor their email for a communication from the College Board.
- Practice SAT / ACT - through our partnership with Revolution Prep, we are offering a FREE practice ACT on November 15th and SAT on December 6th. See flyer below and register through this [link](#). This is a great way to figure out which test is best for you.
- Parent Academy - Dec. 11th at 6pm - “Crash Course in College Admissions Testing”. Come get the scoop on SAT, ACT, and AP Exam testing and ask any questions you might have about your child’s plan.

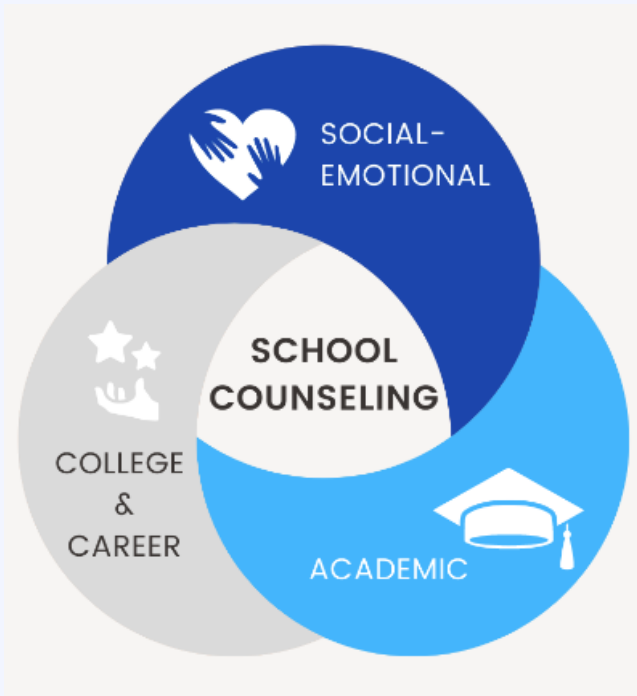


College Rep Visits in November! *(see SCQR for exact times)*

College/University	Date	Time
Seton Hall University	11/3/2025	1:22:00 PM
Merrimack College	11/4/2025	9:38:00 AM
SUNY Purchase	11/4/2025	12:23:00 PM
Arcadia University	11/5/2025	8:39:00 AM
Lafayette College	11/5/2025	9:38:00 AM
Saint Anselm College	11/5/2025	12:23:00 PM
Post University	11/5/2025	1:22:00 PM
NJIT	11/10/2025	9:38:00 AM
University of Mt. Saint Vincent	11/12/2025	1:22:00 PM
Moravian University	11/13/2025	1:22:00 PM
University of Massachusetts - Boston	11/14/2025	8:39:00 AM
New Jersey City University - Jersey City	11/17/2025	12:23:00 PM
Dominican University of NY	11/18/2025	9:38:00 AM
Pennsylvania College of Technology	11/19/2025	8:39:00 AM
Stockton University	11/19/2025	1:22:00 PM
University of Hartford	11/21/2025	8:39:00 AM
Rowan University	11/24	9:38:00 AM

Student Support

9th Graders!



School Counselors will be meeting with all 9th Graders for Check In Meetings during the months of November and December. These meetings will be short and structured, but will allow us to provide proactive support to students as they transition to the new school year and reflect on the first marking period.

We hope this will create stronger connections with students and a more responsive school environment.

Making Connections

Below are some sample questions that we will discuss with students. We hope that these questions will help us learn more about your child but also help students gain a better sense of who they are.

- Tell me about your family?
- Who do you like to spend time with?
- Do you have any hobbies?
- Do you participate in any clubs or sports?
- Favorite subject in school?
- What is one goal that you have for this year?
- What goals do you have for your future?





Important Dates and Events

- **Thurs. Nov. 6th & Friday Nov. 7th**
 - NJEA Convention - Schools Closed
- **Sat. Nov. 8th** -
 - SAT at MHS
- **Sat. Nov. 15th** -
 - Practice ACT for 11th Graders!
 - register [here](#) with Revolution Prep
- **Weds. Nov. 26th**
 - Single Session Day
- **Thursday Nov. 27th & Friday Nov. 28th**
 - Thanksgiving Recess - Schools Closed
- **Dec. 11th - Parent Academy**
 - Crash Course in College Admissions Testing Presentation - Link [HERE](#)

Food Pantries in Bergen County

Bergenfield (07621)

Borough of Bergenfield
198 North Washington Avenue
201-387-4055 EXT. 6

CSBC MOM's Food Pantry
7 West Main Street
201-983-1027

St. John the Evangelist
29 N Washington Avenue
201-384-0101

Bogota (07603)

St. Joseph Food Pantry
115 E. Fort Lee Rd
201-803-6276

Cliffside Park (07017)

El Faro Spanish Seventh-Day
Adventist Church
220 Walker Street
551-358-3220

Epiphany Community Food Pantry
247 Knox Avenue
551-362-0221

Closter (07624)

Closter Food & Assistance Board
295 Closter Dock Road
201-784-0600 Ext. 429

Cresskill (07071)

Cresskill Cares a NJ Nonprofit
85 Union Avenue
929-430-7626

Dumont (07628)

Dumont Food Pantry - DCGCares
39 Dumont Avenue
201-387-5062

St. Mary's Church
280 Washington Avenue
201-384-0557

The Food Brigade
185 West Madison Ave
201-614-4414

East Rutherford (07073)

Meadowlands YMCA
390 Murray Hill Parkway
201-955-5300 X 255

Edgewater (07020)

Church of the Holy Rosary
365 Undercliff Avenue
201-945-6329

Elmwood Park (07407)

RAP / The People's Pantry
236 Falmouth Ave
201-796-1457 EXT. 106

Strangers Helping Strangers Just
To Lend a Hand
690 River Drive
StrangersHelpingStrangersNJ@gmail.com

Englewood (07631)

Center for Food Action
192 West Demarest Avenue
201-569-1804

Disabled Combat Veterans Youth
Program
113 Engle Street
833-888-8129

Englewood Neighborhood Pantry
151 W. Forest Avenue
551-206-8302

Englewood Parks and Rec
130 West Englewood Ave
201-568-3472

Mount Calvary Baptist Church
101 Tenaflly Road
201-567-0113

Office of Concern at St. Cecilia's
55 West Demarest Avenue
201-568-1465

Women's Rights Information Center
108 West Palisade Ave
201-568-1166

Fair Lawn (07410)

Fair Lawn Food Pantry
8-01 Fair Lawn Avenue
201-794-5327

St. Anne's Food Pantry
15-05 St. Anne Street
201-791-1616

Van Riper Ellis Broadway Baptist
Church
7-01 River Road
201-791-8844

Fairview (07022)

Franciscan Community Development
Center of Fairview
239 Anderson Avenue
201-941-1000

Garfield (07026)

Calvary Baptist Church
217-245 Passaic Street
973-773-2444

Garfield (07026)

Garfield Unity Pantry
529 Midland Avenue
973-245-9579

Garfield YMCA
33 Outwater Lane
973-772-7450

Garfield Spanish Church
111 Midland Ave
973-760-3130

Glen Rock (07452)

Father's Cupboard Food Pantry at
Grace Redeemer Church
21 Harristown Road
201-301-6260

Gurudwara Sri Guru Singh Sabha
541 Prospect Street
201-251-4300

St. Catharine's Food Pantry
905 Maple Avenue
201-661-3651

Hackensack (07601)

All Access Community
Development Corporation
351 First Street
info@allaccess-cdc.com

Buddies of New Jersey
149 Hudson Street
201-489-2900

Center for Food Action
316 First Street
201-883-9375

Community Agape Church
70 Polify Road (*Mobile Food Pantry*)
786-368-5988

Family Promise of Bergen County
120 S River St
201-833-8009

Harvest to Hope
Emmanuel Christian Fellowship
34 Van Wettering Place
201-487-8220

Mount Olive Baptist Church
260 Central Avenue
201-489-6888

Varick Memorial
A.M.E. Zion Church
120 Atlantic Street
201-674-7024

Transition Professionals
269 Passaic Street
201-261-2500

Food Pantries in Bergen County

Hasbrouck Heights (07604)

Hasbrouck Heights Food Pantry
320 Boulevard
201-288-0195

Hillsdale (07642)

Helping Hand Food Pantry
349 Hillsdale Avenue
201-664-0600

Little Ferry (07643)

Evangel Christian Church
165 Main Street
973-985-1860

Lodi (07644)

Saint Francis de Sales
125 Union Street
973-779-4330

Lyndhurst (07071)

Lyndhurst Food Pantry
253 Stuyvesant Avenue
201-804-2421

Sacred Heart Food Pantry

324 Ridge Road
201-438-1147

Mahwah (07430)

Center for Food Action
90 Ridge Road
201-529-2029

New Milford (07646)

Church of the Ascension Food Pantry
256 Azalea Drive
201-836-8961

North Arlington (07031)

Queen of Peace Church
10 Franklin Place
201-997-2086

Norwood (07648)

WholeSum Food Pantry
66 Summit Street
201-394-4089

Oakland (07436)

Ponds Reformed Church
341 Ramapo Valley Road
201-337-6744

Old Tappan (07675)

Old Tappan Food Pantry
227 Old Tappan Road
201-664-1849 EXT 25

Palisades Park (07650)

St. Michael Church
19 E Central Blvd
201-944-1061

Paramus (07652)

Paramus Community Pantry
105 North Farview Avenue
201-265-2100 ext. 6102

Park Ridge (07656)

Tri Boro Food Pantry
65 Pascack Road
201-573-9083

Ramsey (07446)

St. Paul Food Pantry
200 Wyckoff Ave
201-327-0976

Ridgefield (07657)

Never Alone Again Resource Center
941 Slocum Avenue
201-289-1718

The Food Brigade @

St. Matthew's Church
555 Prospect Ave
201-945-3500

Ridgefield Park (07660)

St. Francis of Assisi Parish
125 Park Street
201-641-6464

Ridgewood (07450)

Ridgewood YMCA
112 Oak Street
201-444-5600

Social Service Association of

Ridgewood
6 Station Plaza
201-444-2980

River Edge (07661)

St. Peter's Food Pantry
445 Fifth Avenue
201-261-3366

Rutherford (07070)

Grace Episcopal Church
128 West Passaic Avenue
201-438-8623

Rutherford Community Food

Pantry
176 Park Ave
201-460-3000 x 3168

Saddle Brook (07663)

Center for Food Action
224 Midland Avenue
201-703-9857

South Hackensack (07606)

Open Door Community Center;
North Jersey Vineyard Church
310 Phillips Ave
786-368-5988

Teaneck (07666)

Faith Hope & Love Pantry
480 Warwick Avenue
201-833-4502

Helping Hands Food Pantry

191 The Plaza
201-357-2545

Jewish Family and Children's

Services of Northern NJ
1485 Teaneck Road
201-837-9090

Never Alone Again Resource Center

668 American Legion Drive
201-289-1718

Wallington (07057)

N.J. Food & Clothing Rescue
To register, contact Renay
201-218-1707

Westwood (07675)

Annie Clyde Holt Food Pantry
100 Palisade Avenue
201-956-5614

Parkside Community Church

545 Fourth Ave
201-666-8998

St. Andrew RC Church

120 Washington Ave.
201-666-1100

Westwood United Methodist Church

105 Fairview Ave
201-406-5409

Wood-Ridge (07075)

Assumption Church
143 1st Street
201-438-5555

Wyckoff (07481)

Families for Families
250 Braen Ave
201-499-5622

bergenfightshunger.org

County Executive James Tedesco III
Bergen County Board of Commissioners



Mahwah HS & Revolution Prep






a Partnership



Build confidence, work on pacing and endurance, and pinpoint areas for improvement in a realistic test environment—all before your official exam day.

>>> The best way to prepare is to practice.

Register for an upcoming practice exam.

				
	Upcoming Events:			
Digital ACT	Saturday, November 15	9:00 AM - 12:30 PM	Online	Free
SAT	Saturday, December 6	9:00 AM - 12:00 PM	Online	Free

**>>> Boost your score
before the official exam.**

Signup for a free 30-minute review with your Academic Advisor to get a personalized plan based on your practice exam results:

www.revolutionprep.com/sue-hmelovsky_

Sue Hmelovsky

(973) 616-6158

sue.hmelovsky@revolutionprep.com

>>> Register today!
by scanning this QR code



or visit:

www.revolutionprep.com/partners/3087/