

WELCOME TO OUR EHS

Counseling Newsletter

DECEMBER 2025

we're so glad you're here!



Inside this month's issue:

- Say Something (School Violence Prevention)
- Special Education Day
- Beating the Winter Blues
- FAFSA Completion Workshop
- Recent Events at EHS

Welcome this Winter Season with Joy





SAY SOMETHING

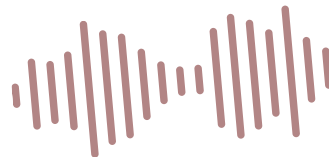
School Violence Prevention

IS SOMEONE YOU KNOW AT RISK OF
HARMING THEMSELVES OR OTHERS?

1- recognize WARNING
SIGNS and THREATS



2- ACT Immediately
take it SERIOUSLY!



3- SAY SOMETHING

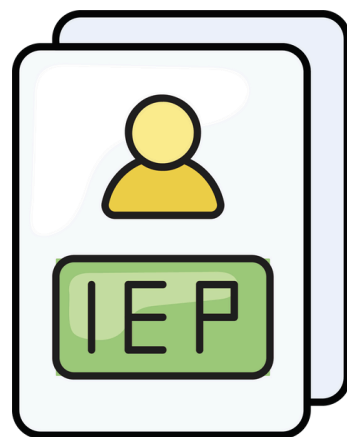
SPEAK
UP



SPECIAL EDUCATION

DAY

December 2, 2025



THIS DAY COMMEMORATES THE
ANNIVERSARY OF THE
INDIVIDUALS WITH DISABILITIES
EDUCATION ACT (IDEA), WHICH
WAS SIGNED INTO LAW ON
DECEMBER 2, 1975



BEATING THE WINTER BLUES

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"As the days get shorter, many people find themselves feeling sad. You might feel blue around the winter holidays, or get into a slump after the fun and festivities have ended. Some people have more serious mood changes year after year, lasting throughout the fall and winter when there's less natural sunlight."

What can you do about it?

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10 Ways to Beat the Winter Blues

1. TAKE A BREAK FROM THE NEWS

2. GET OUTSIDE

3. EXERCISE

4. HOT CHOCOLATE

5. CONNECT WITH FAMILY & FRIENDS

6. MOOD MUSIC

7. READ BOOKS

8. SIT BY THE FIRE

9. KEEP BUSY

10. GET ENOUGH SLEEP



FAFSA COMPLETION WORKSHOP 2025

Event Details

DATE: January 8, 2026

TIME: 6:30 PM

LOCATION: To be determined

What is this workshop for?

This workshop is specifically for parents and students who need additional support with completing the FAFSA application. **Please bring a personal laptop or chromebook!**

Still need to create an account? Click [HERE](#) to get started.

What do I need to bring?

To ensure a smooth and efficient workshop experience, we ask that students and parents come prepared with the following documents:



FSA ID and Password

Both the student and all contributing parents must create an FSA ID account. This is required to sign the FAFSA electronically. A flyer with detailed instructions on how to create a FSA ID is attached for reference.



2024 Federal Income Tax Returns

Please bring a copy of the 2024 Federal Income Tax Return (with schedules) and W-2 forms for both the student (if applicable) and parents. This is critical for completing the FAFSA accurately.



Social Security Numbers (SSN) or ITINs

Have the Social Security Number (SSN) for the student, and SSN or Individual Taxpayer Identification Number (ITIN) for the parents.

(Note: Non-citizens who are not eligible for federal aid should complete the NJ Dreamer application instead of the FAFSA.)



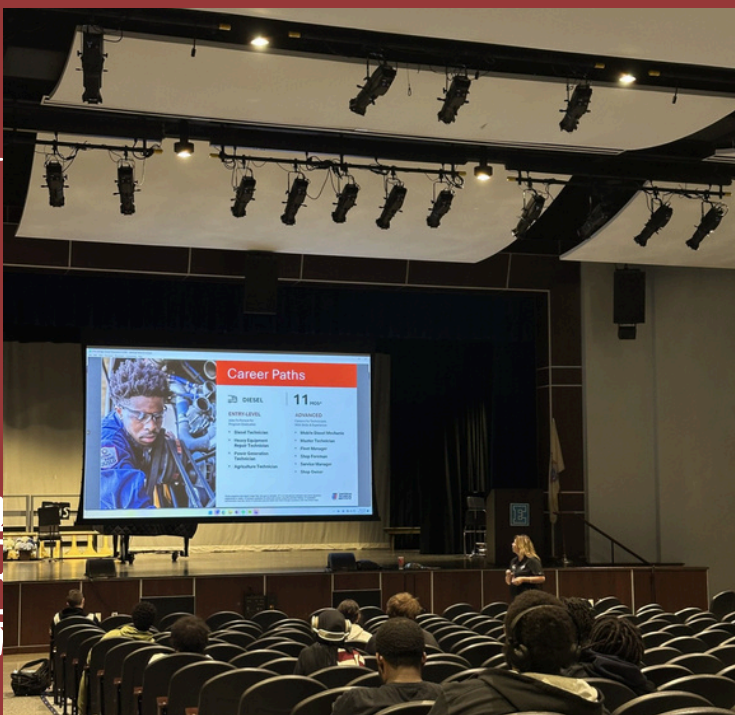
Bank Account Balances

Bring records of checking and savings account balances for both the student and parents.



Recent Events

EHS





happy holidays



A MESSAGE TO YOU, FROM THE EHS COUNSELING DEPARTMENT

MS. COLLINS: MAY DECEMBER BRING YOU REST WITHOUT GUILT AND UNFILTERED JOY. TAKE A SECOND AND LOOK AT HOW FAR YOU'VE COME!

MR. CSILLAN: I HOPE YOUR WINTER BREAK IS FILLED WITH REST AND RELAXATION. UTILIZE THIS TIME TO PRIORITIZE YOUR HEALTH AND WELL-BEING. WE LOOK FORWARD TO THE NEW YEAR AHEAD!

MRS. FADEL: I HOPE THAT OVER THE BREAK YOU WILL MAKE SPACE TO DO WHAT FEELS RIGHT TO YOU TO RENEW AND RECHARGE. I HOPE YOU HAVE THE OPPORTUNITY TO RELAX, RECONNECT WITH YOUR FRIENDS AND FAMILY, AND ENJOY THIS BREAK. HAPPY HOLIDAYS!

MRS. KRAJUNUS: I HOPE YOU TAKE SOME TIME TO REST AND RECHARGE DURING OUR WINTER BREAK. IT'S A GREAT TIME TO REFLECT ON WHAT MATTERS MOST TO YOU, AND WHAT YOU WANT TO TAKE INTO THE NEW YEAR.

MRS. MATTONELLI: WISHING EACH OF YOU A WONDERFUL WINTER BREAK! THIS IS A GREAT TIME TO RELAX, SPEND TIME WITH THOSE THAT SUPPORT YOU, AND SET GENTLE GOALS FOR THE NEW YEAR. I LOOK FORWARD TO SEEING YOU IN 2026!

MR. MORAN: WISHING YOU A SAFE AND RESTFUL WINTER BREAK! TAKE TIME TO RECHARGE, ENJOY YOUR FAMILY AND FRIENDS, AND CELEBRATE ALL YOU'VE ACCOMPLISHED SO FAR THIS SEMESTER

