

JANUARY 2026

EHS COUNSELING NEWSLETTER

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IMPORTANT DATES TO
REMEMBER

DO YOU KNOW YOUR
COUNSELOR?

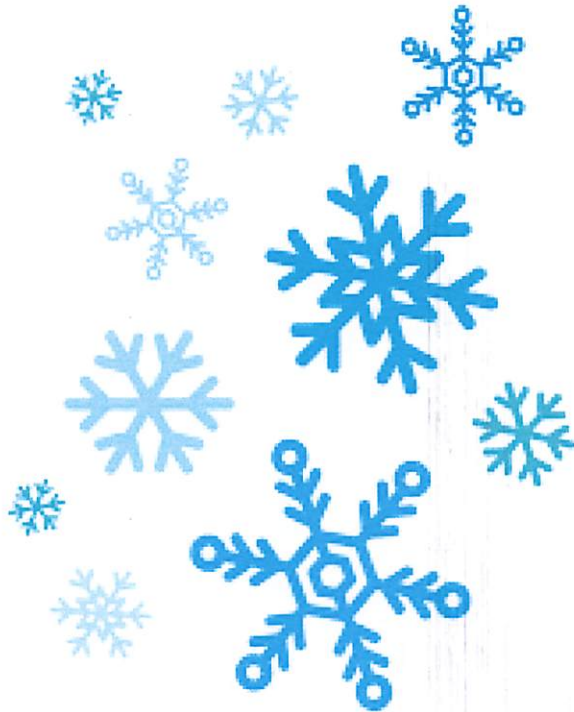
HOW TO ACCESS YOUR
SCHOOL COUNSELOR

RESOURCES TO END
ADDICTION

FAFSA WORKSHOP

SELF CARE STRATEGIES TO
COMBAT FINALS STRESS

ALL ABOUT MARTIN LUTHER
KING JR.



Important Dates to Remember

- **Thursday, Jan. 1st:** New Years Day
- **Thursday, Jan 8th:** EHS FAFSA Completion Workshop
- **Monday, Jan. 19th:** No School - Dr. Martin Luther King, Jr.
- **Friday, Jan. 23th-Tuesday, Jan. 27:** EHS Final Exams
- **Wednesday, Jan. 28th:** No School for Students
- **Tuesday, Jan. 29th:** Semester 2 Begins

Do You Know Your Counselor?



Mrs. Krajunus
School Counselor
Last Names: A-BO; U-Z
Grade 9 A-C
Email: tkrajunus@ewingboe.org
Ext. 2114



Mr. Csillan
School Counselor
Last Names: BP-F
Grade 9 D-HI
Email: ccsillan@ewingboe.org
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Ms. Collins
School Counselor
Last Names G-K
Grade 9 HO-MI
Email: icollins@ewingboe.org
Ext. 2117



Mrs. Mattonelli
School Counselor
Last Names: L-PD
Grade 9 MO-R
Email: mmatttonelli@ewingboe.org
Ext. 2115



Mrs. Fadel
SAC
Email: lfadel@ewingboe.org
Ext. 2119



Mr. Moran
School Counselor
Last Names PE-T
Grade 9 S-Z
Email: nmoran@ewingboe.org
Ext. 2182

How to Access Your Counselor

Want to get in touch with your school counselor? Here are some ways you can access them:

- **Visit the Counseling Office!** If your counselor is available, you can meet with them the moment you walk in. If they aren't available, you can scan their QR code and they will call you down to their office the moment they're available.
- **Send Them an Email or Canvas Message!** You can shoot your counselor an email. They can either respond to you via email, or they'll call you down so you can elaborate more in person.
- **Call Your Counselors Extension!** You can call your counselors extension. Feel free to leave a voicemail if your counselor can't answer the phone & they'll call you back to talk about what's on your mind.

Resources to End Addiction

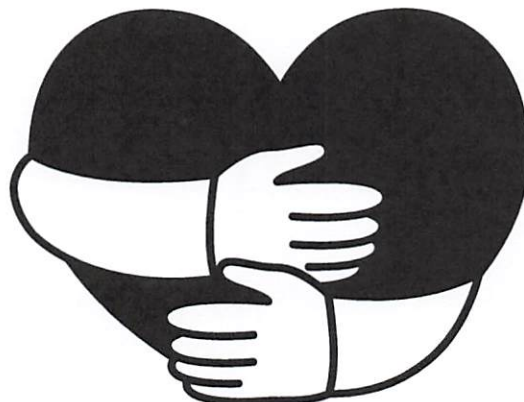
Know someone who might be struggling with addiction? Check out some of these resources that could help them.

- [**Heroin, Fentanyl, & Other Opioids: A Comprehensive Resource for Families with a Teen or Young Adult Struggling with Opioid Use**](#) -

This resource can help you understand what opioids are and learn about the risks associated with their use.

- [**Marijuana Talk Kit**](#) - Understand why teen use is risky and learn what you should and shouldn't say when talking with your peers about it.
- [**Intervention E-Book**](#) - This handbook can provide answers to your most pressing questions about confronting those you know about substance use.
- [**Treatment E-Book**](#) - Learn what treatment entails, how to pay for it, how to start treatment, and what you can do to help those you know cope with the challenges.
- [**Your Child's Treatment Roadmap**](#) - The road to recovery isn't the same for everyone. This guide outlines key steps to help you make the right choice for those you know struggling with addiction.
- [**What Teens Have to Say About Nicotine, Alcohol, & Other Drugs**](#) - This guide outlines teen perspectives on nicotine, alcohol & other drugs.

[**Linked here is a comprehensive list of additional resources**](#) that could also help in creating discussion around addiction treatment with your family, friends, and the community around you. While these resources specifically target parents, they are helpful for everyone to know about so they can support those they know with addiction.



EHS PRESENTS...

FAFSA COMPLETION WORKSHOP

Need helping filling out the FAFSA?



01.08.2026

6:30pm

Media Center

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 a FAFSA account?

Click [HERE](#) to get started.

PREPARATION PRIOR TO THE WORKSHOP

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.



Sign up here!



FAFSA

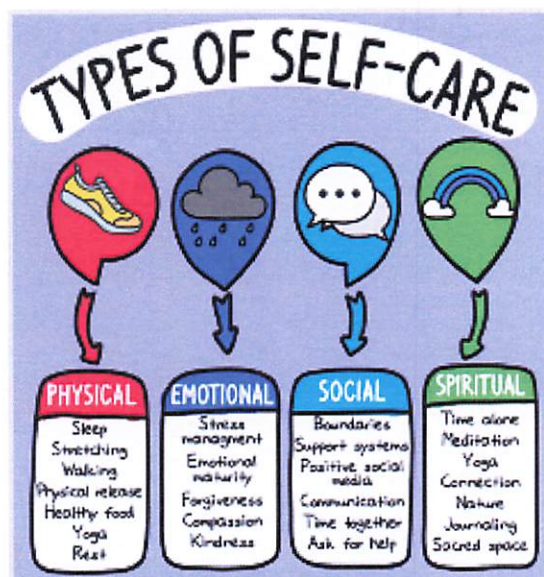
Free Application



Self-Care Strategies to Combat Finals Stress

It's no secret Final Exams tend to bring out a lot of stress in high school students. If you're feeling overwhelmed with studying for finals, then take the time to engage in some of the following self-care activities:

- **Maintain A Regular Sleep Schedule:** Although this may seem obvious, you should try to get at least eight hours of sleep every night. Your peers might brag about pulling all-nighters and getting only two hours of sleep to study for a test, but don't feel pressured to follow their example. Studies show that sleeping more actually leads to better grades! Your brain needs time to relax and regain energy to take on more as you prepare yourself for your workload.
- **Don't Be Afraid to Ask For Help:** An essential part of self-care for high school students is knowing when to ask for help, whether from parents, friends, teachers, or a school counselor. If you're struggling with any of your classes, utilize the available resources you have. You won't be penalized or judged for asking for help - this is why these resources exist. Your work will only benefit from taking advantage of the support systems available to you.
- **Create Time to Socialize:** While it's important to study hard, you shouldn't feel like you have to isolate yourself to succeed in your classes. Take some time - especially over the weekend - to hang out with friends or other loved ones. Go to the movies, go out to eat, or just hang out at home. You're a teenager - you need to socialize once in a while alongside studying for finals!
- **Keep A Journal:** High school is a time where you encounter a lot of different people and experiences. Alongside keeping a planner to organize your schoolwork, you should also write in a journal to reflect on anything of interest that you want to process through writing. This can also help increase your writing skills too!
- **Set SMART Goals:** Remember that while you should push yourself, you need to set goals that are realistic and specific to you. Adapt SMART goals into your daily life. SMART stands for:
 - **Specific** - be clear with your goals so they'll be easier to achieve
 - **Measurable** - so you can track your progress with these goals
 - **Achievable** - ensure the steps to get there are within your control
 - **Relevant** - avoid unnecessary stress by making the goal realistic
 - **Time-bound** - a date to complete the goal helps you stay focused



All About Martin Luther King Jr.

Every year on the Third Monday in January, we observe Martin Luther King Jr. and his revolutionary work in leading the Civil Rights Movement. Dr. Martin Luther King Jr was a Baptist minister who advocated the use of nonviolent means to end racial segregation in the United States. He first came to national prominence during a bus boycott by African Americans in Montgomery, Alabama, in 1955. Later on, he led the March on Washington for Jobs and Freedom in 1963 where he became one of the most influential African American civil rights leaders during the 1960s. During this March was when he gave his famous "I Have A Dream" speech. He was also most prominent in ensuring the Civil Rights Act of 1964 was passed, which outlawed discrimination in public accommodations, facilities, and employment. He also helped pass the Voting Rights Act of 1965. Through his hard work and effort, King was awarded the Nobel Prize for Peace in 1964. Although King was assassinated on April 4th, 1968, his legacy still lives on.

*It takes
empathy,
patience, and
compassion to
overcome
anger, hatred,
and
resentment.*

