

SCHOOL COUNSELING NEWSLETTER

MARCH 2026



INSIDE, WE ALSO TALK ABOUT:

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Dear Students and Families,

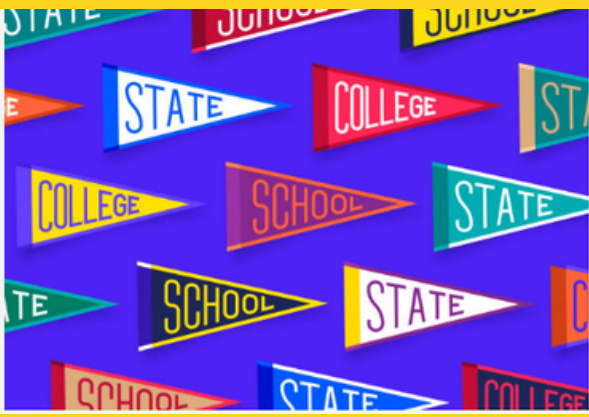
Happy March! With Spring officially arriving this month, it is a great time to pause and check in on yourself as a student. Progress reports for Marking Period 3 will be posted shortly, and we encourage all families to review the feedback that teachers provide. Make a plan - there is still time to make changes and improvements to your daily habits.

March is also when we celebrate SEL (Social Emotional Learning) and what it means for our students. To learn more, please see [this link](#) for the slides from this year's Parent Academy "Understanding SEL Through the CASEL Competencies."

Finally, summer isn't too far away and we have included a preview of our Summer Booster Program at the end of the newsletter.

As always, please reach out with any questions!

Thank you,
Jim O'Hara, Director of School Counseling K-12



BERGEN COUNTY COLLEGE FAIR!

WEDNESDAY MARCH 18, 2026
6PM AT RAMAPO COLLEGE
REGISTER HERE!

SAVE THE DATE

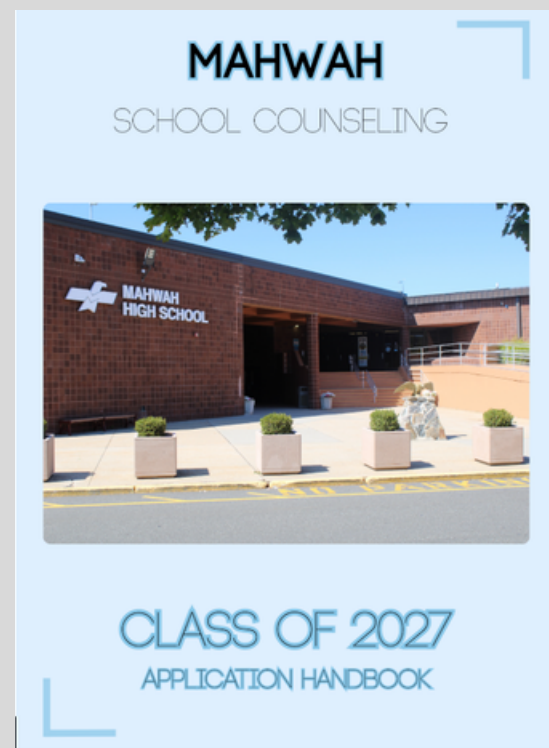
[HTTPS://WWW.RAMAPO.EDU/ADMISSIONS/BERGEN-COUNTY-COLLEGE-FAIR/](https://www.ramapo.edu/admissions/bergen-county-college-fair/)

All interested students are strongly encouraged to register at the QR code or link above! This is a great opportunity to meet an extensive group of colleges and learn more about your future opportunities! View the full list of schools on the website linked above.



COLLEGE & CAREER CORNER

- Junior Conferences - Counselors are continuing to reach out to schedule Junior Conferences with families.
- SCOIR - Juniors please make sure you have completed the College Planning Worksheet assigned to you in SCOIR before your Junior Conference!
- College Application Handbook - please click on the image to the right to access our updated Application Handbook



FAMILY INFORMATION

Parent Academy
“Screenagers” Movie Screening
Thursday April 23, 2026
7pm ZOOM
Grades 8-12



Please join the Mahwah Parent Academy, Mahwah Municipal Alliance, and Valley Hospital for an important and timely conversation about supporting the mental health and well-being of our students in an ever-changing digital world.

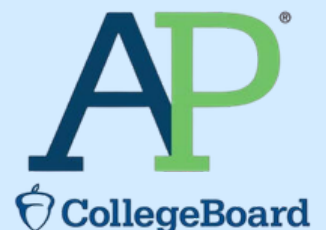
Registration is FREE but REQUIRED - flyer attached:

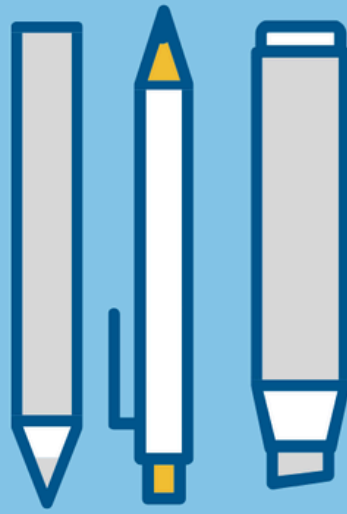
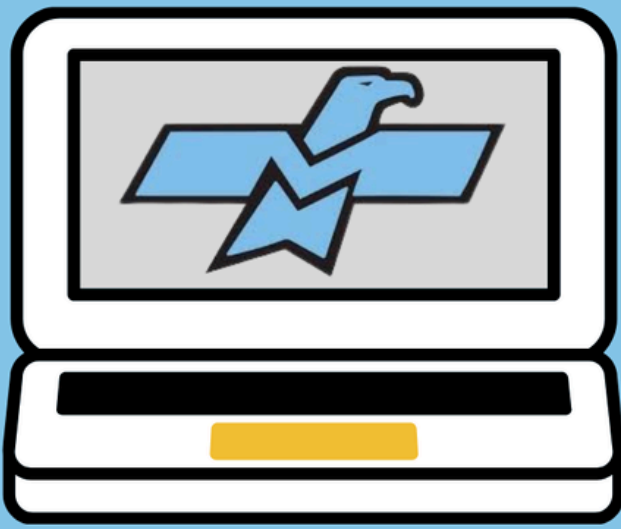
<https://www.valleyhealth.com/events/screenagers-next-chapter-addressing-youth-mental-health-digital-age>

ADDITIONAL REMINDER: AP EXAMS 2026

All students enrolled in an AP course at Mahwah High School must sit for the AP Exam in May. These exams are the culmination of the year long Advanced Placement course and when enrolled, students agree to take the corresponding exams. See below:

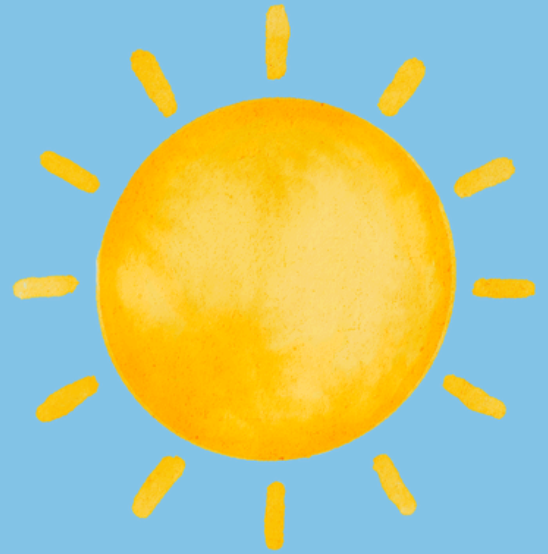
- **Payment Due in PAYSCHOOLS** - College Board sets the fee of \$99 per exam. Please login to Payschools and look under fees for the total amount owed for your child. Payment was due Feb. 27th.
- **Schedule of Exams** - May 4th to 15th - The schedule of exams can be found on the College Board website [here](#). Further information about locations will be shared with students later this Spring.





MAHWAH HIGH SCHOOL

SUMMER BOOSTER PROGRAM



**SAVE THE DATES:
MONDAY JUNE 29TH THROUGH FRIDAY JULY 24TH (CLOSED
JULY 3RD)**

New this year - our high school summer program will be located in our Media Learning Commons! More info will be released in April, but potential offerings include:

- **Summer remediation**
- **SAT Prep Class**
- **College Essay assistance**
- **College Application Boot Camps**
- **other enrichment opportunities**

Email Mr. O'Hara with any questions or to indicate interest:

johara@mahwah.k12.nj.us



Important Dates and Events

March:

- Friday March 13th - Single Session for Students - Staff Development
- Friday March 20th - Eid al-Fitr - Schools Closed
- March 30th - April 3rd - Spring Recess - Schools Closed
- Saturday April 11th - Free Practice SAT with Rev Prep - [register here](#)
- Thursday April 23rd - Parent Academy - "Screenagers" Movie Screening - 7pm

REGISTER
FOR THE
COLLEGE FAIR
AT
STRIVEFAIR.COM



Wednesday, March 18, 2026
6:00 PM to 8:30 PM
Ramapo College of New Jersey

**FILL OUT A SHORT REGISTRATION FORM
TO GET YOUR BARCODE**
**SHOW YOUR BARCODE TO COLLEGES TO
SHARE YOUR INFORMATION**

STRIVE  SCAN

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.

|  |  |  |  |  |
|--|--|--|--|--|
| | <i>Mahwah High School</i> | | | |
| ACT | Saturday, February 28, 2026 | 9:00 AM - 12:00 PM | Online | Free |
| SAT | Saturday, April 11, 2026 | 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/

SCREENAGERS NEXT CHAPTER



ADDRESSING YOUTH MENTAL HEALTH IN THE DIGITAL AGE

**JOIN US FOR THIS VIRTUAL EVENT &
SPECIAL SCREENING**

Millions of young people experience high stress, anxiety, and depression. In *Screenagers Next Chapter*, we follow physician and filmmaker Delaney Ruston as she discovers solutions for improved adolescent stress, anxiety, and depression in the digital age.

To learn more about the film visit:

REGISTRATION:
FREE, BUT REQUIRED
APPROPRIATE FOR:
AGES 13+



THURSDAY, APRIL 23RD 2026 7:00 PM-8:00 PM

To register, please visit
ValleyHealth.com/Events
or scan QR code above

THIS EVENT IS SPONSORED BY

