

THS Connections



December, 2020

FROM THE DIRECTOR

As we close out 2020, I want to extend a sincere thank you to all the students, parents/guardians, teachers, administrators, support staff and community stakeholders for continuing to make the "Castle on the Hill" an environment of education and support. Please take time during the winter break to relax and recharge. Think of all that has been accomplished in 2020 and consider goals for 2021. As Mr. Book shares in his email signature, "a goal is a dream with a deadline."

COUNSELOR CORNER ~ MEET MR. DOUGLAS BOOK

My name is Douglas Bradley Book and My Hebrew Name is Raphael Baruch- I am a proud member of THS and the Teaneck community. I am the son of Amy Ann Book who was a decorated school teacher in the East Ramapo Central School district for 28 years. I am the Son of Robert H, Book who is a dynamic entrepreneur and mind blowing philanthropist .My parents had one rule in our household growing-up which was we were not allowed to use the word "Can't". This instilled determination and self belief within myself and within my two brothers Neil and Scott Book - who are two fine gentlemen and my best friends.

I am a grateful person and have tremendous faith. I suffer from a degenerative disease called Becker Muscular Dystrophy. BMD has given me an incredible perspective on life and living. I want to share this perspective with our student body whether you are in my caseload or not. My counseling philosophy is simple; provide love, mentorship and consistency to a student and this will breed success. My reality has pushed me in wanting to help people and teach others to know it's alright to play the cards you are dealt and build a life for yourself. Having the privilege of being an educator gives me the ability to let students know you CAN do anything

you want- if you want in - just believe in it. I love my students very deeply and only want the best for them in their life journeys.

To my department colleagues I value being in the trenches with you everyday and to the teachers we appreciate how you bring it everyday inside and outside of the classroom.

THS students - My heart is with you during this global pandemic but know this the school counseling department is available to help everyday. We implore you do not give up and stay positive during these harsh times.

Love,
Book

THS School Counseling Department



"One mark of a great educator is the ability to lead students out to new places where even the educator has never been" - Thomas Groome

From the F.O.R.U.M

The holidays are a time of celebration and joy, but also can take an emotional toll on many. Undoubtedly the COVID 19 Pandemic will add additional stress to an already difficult time. There are some practical tips that can help minimize the stress and help to make the holidays more enjoyable.

Acknowledge your feelings. If a loss has been experienced, or loved ones can't be together, realize that it's normal to feel sadness and grief. Let children know It's OK to take time to cry or express their feelings.

Stay Connected. Encourage those that are feeling isolated to talk to friends, family members and other supportive people. Tell them to reach out with a text, phone or video call. Stay involved in activities during the holiday break.

Be realistic. The holidays don't have to be perfect and if it isn't possible to be together in person, find new ways to celebrate. Try sharing pictures, or videos and meet virtually on a video call. Even though holiday plans may look different this year, there are ways to celebrate.

Maintain Healthy Habits.

Remember to:

- Eat healthy meals.
- Get plenty of sleep.
- Engage in physical activity
- Try deep-breathing exercises, meditation or yoga.
- Do not use tobacco, alcohol and drugs.
- Be aware of how much time is spent on social media and adjust accordingly.

Seek professional help if needed. If feelings of sadness or anxiety don't go away, talk to a doctor or mental health professional.

The following resources can be used to access support:

For a life-threatening emergency, always dial 911
Bergen County's Designated Psychiatric Emergency Screening Program 201-262-HELP/4357

2nd Floor Youth Helpline: 1-888-222-2228 (call or text)

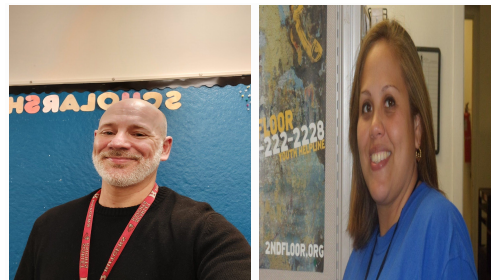
2ND FLOOR is a confidential helpline for New Jersey's youth that helps find solutions to problems they face at home, at school, or at play

National Suicide Prevention Lifeline:

1-800-273-8255

para español 1-888-628-9454 Prevención del Suicidio Nacional)

Full list of resources available can be found on the [School Counseling page](#) "Helpful Links"



Nick Campestre, Coordinator,
ncampestre@teaneckschools.org

Yris Acevedo, Counselor,
yacevedo@teaneckschools.org

Gianni Hidalgo, Counselor,
ghidalgo@teaneckschools.org

Victoria Alexander, Counselor,
valexander@teaneckschools.org

Yvonne Witter, Employment Counselor,
ywitter@teaneckschools.org

Owen Barnes, Admin. Assistant,
obarnes@teaneckschools.org

THS SCHOLARSHIP CORNER

SCHOLARSHIP SEASON IS UPON US

Hey Seniors!! Thinking about the cost of college and how you can help reduce the expenses? Scholarships are a great way to alleviate some of the worries about affording college.

Over the break, start exploring the scholarships that are available. Check out your Class of 2021 Google Classroom for the most recent scholarships posted.

Here are some tips for finding College Scholarships:

1. Check out your prospective schools

- a) *go to their website or call the financial aid office.*

2. Ask your School Counselor

- a) *You have access to Naviance and Google Classroom to keep you up to date with the latest scholarships that are available both nationally and locally. Take advantage of it.*

3. Dig into your Network

- a) *Do you belong to a church group or a local chapter of some national club?*
- b) *Are either of your parents or guardians a member of a union or civic groups? Does either of them work for a large corporation? Many of these types of organizations offer scholarships to members and their children.*

4. Try Online - *The best websites to apply for Scholarships*

- a) *Cappex*
- b) *The College Board*
- c) *FastWeb*
- d) *Niche*
- e) *Scholarships.com*
- f) *CollegeNet.com*
- g) *ScholarshipMonkey.com*

Stay tuned.... next month we will provide you with tips on how to write scholarships essays!!



All college rep visits will be posted on Naviance. Make sure you are logging on to Naviance. Need help, contact your School Counselor.

What type of school are you interested in?

Two Year Schools (e.g. BCC)

- Apply in February (ideal)
- No transcript until after graduation
- No SAT/ACT
- No letters of recommendation
- Qualifying students can apply for NJ STARS Program (Student Tuition Assistance Reward Scholarship)

Four Year School (e.g. FDU)

- Apply by deadline (October - January, mostly)
- THS needs to send information- transcripts, letters of recommendation
- Students send materials - essay(s), SAT/ACT scores, etc.

NOTE:

Some Colleges are TEST OPTIONAL for the Class of 2021

If you plan to apply Early Action or Early Decision contact your School Counselor ASAP!

PSAT Test Date

January 26, 2021

For 10th and 11th grade students who completed the interest survey. More information forthcoming.

SAT Test Dates

March 13, 2021 Test:

Regular Registration Deadline: 2/12/21

Late Registration Deadline: 3/02/21

THS is a Test Center for the March Test.

Go to collegeboard.org to register & find a location near you.

ACT Test Dates

February 6, 2021 Test: Deadline

Regular Registration Deadline: 2/08/2021

Late Registration Deadline: 1/29/2021

Register at [ACT.ORG](https://act.org)

Important Dates

Progress Report MP2

Progress Report MP2 Ends: 12/17/2020

Distribution: 01/06/2021

Grade Reporting Period 2

Report Card MP2 Grading Period:

11/13/20 - 1/28/20

Distribution: 02/05/2021



QUOTE OF THE MONTH

*Success is not final, Failure is not fatal
It is the courage to continue that counts.*

- Winston Churchill



- **SENIORS!** You must request your transcript at least 10 school days prior to your Application Deadline. * Common Deadlines: Nov. 1st & 15th, Dec. 1st & 15th, Jan. 1st & 15th. Parent Consent Form must be completed first.
 - o [Parent Transcript Consent Form](#)
 - o [Student Transcript Request Form](#)
- **SENIORS & JUNIORS!** Your counselors often make suggestions for colleges/schools for you to consider that match your interests. Be sure to frequently check your Naviance "Schools I am Interested in" for updates. Continue to update it by adding schools you like too!
- **SENIORS, JUNIORS & SOPHOMORES-** if you have any interest in pursuing college athletics you must register with the NCAA and create an account. Here is the link: [NCAA Eligibility Center](#)
- **FRESHMAN-** Stay connected! Join the class of 2024 Classroom! Upcoming webinars will be posted soon..
- Join your College and Career Google Classroom.
 - o Class of 2021 – class code u3ycrf2
 - o Class of 2022 – class code fwzm5x2
 - o Class of 2023 - class code ia3aqne
 - o Class of 2024 – class code ydbc3eh

JUNIORS!!!

FDU Python STEM Scholars Program

Teaneck High School 11th grade students have the opportunity to apply for the Gildart Haase School, 3-credit, college Python computer language course, FOR FREE, the same course that is a requirement for our Computer Science Major.

This is a new pilot program initiative, called the Gildart Haase School/Picatinny Arsenal Python STEM Scholars Program, and it is scheduled to launch in Spring Semester 2021, for qualifying, high school, 11th graders (Juniors), only. This program is made possible by the primary sponsorship of Picatinny Arsenal and the supporting sponsorships of the companies, UPS and 3M.

The deadline for students to submit applications to their school counselor is **December 17, 2020**. Teaneck High School will recommend 10 students to FDU's selection committee by December 21. The selection criteria are based primarily on the STEM GPA, and the number of Computer Science (CS) courses with a "B" grade or higher, as well as AP CS course grades and test score. Applications are in the 2021 Google Classroom

UPCOMING EVENTS

December 17

THS VIRTUAL BACK TO SCHOOL NIGHT

Zoom link <https://zoom.us/j/96902380063>

December 23

4 HOUR SESSION FOR STUDENTS & STAFF

December 24 - 25

DISTRICT CLOSED - HOLIDAY RECESS

December 28-31

SCHOOL CLOSED - HOLIDAY RECESS

January 7- SAVE THE DATE

Counseling Support Night

5-6pm - Mental Health Forum

6-7pm- Meet the District Counseling Support Team

More details to follow....

Follow us on Social Media

Facebook & Instagram

@Teaneck School Counseling

Subscribe to the THS Counselors

[YouTube Channel](#)

[Past Presentations](#) are posted!

Class 2024 Freshman Parent Night

Class of 2021 Senior Meeting

Class of 2021 Senior Parent Meeting

2021 Financial Aid Presentation



THS School Counseling Department

Ms. Keshia Golding-Cooper, Director	kcooper@teaneckschools.org
Counselors	
Mr. Douglas Book	dbook@teaneckschools.org
Ms. Beth Fleischer	bfleischer@teaneckschools.org
Ms. Lillian Garcia	lgarcia@teaneckschools.org
Ms. Kharisma Mitchell	kmitchell@teaneckschools.org
Mr. Kelvin Reese	kreese@teaneckschools.org
Ms. Jennifer Taylor	jtaylor@teaneckschools.org
Student Assistance/HIB Coordinator- Ms. Adrienne Williams awilliams@teaneckschools.org	
Support Staff	
Ms. Kim Dockery	kdockery@teaneckschools.org
Mr. Chuck Hollis	chollis@teaneckschools.org



Happy Holidays