

# THS Connections



February, 2021  
THE MONTH OF LOVE & HISTORY

## FROM THE DIRECTOR

THS Family, welcome to the month of love and history! Let's show love through kindness and support--being there for each other especially during this time. Share your favorite "kindness" moment that you received or shared with someone. Speaking of support, your School Counseling Team is always here to support you. Reach out!

Let's talk History! Who's your favorite historian, your favorite history class or history movie/tv show? Don't be shy, share! Can't wait to see you back at "The Castle on the Hill" real soon--February 22nd

## COUNSELOR CORNER ~ MEET MS. BETH FLEISCHER

My name is Beth Fleischer and I am proud to be a school counselor at Teaneck High School. I'm used to moving around. By sixth grade, I had already lived in Wisconsin, Georgia, New Jersey, and Minnesota. And by the time I started at Teaneck High School, I had the pleasure of teaching English at two different high schools and being a school counselor at three more.

Now I can say, after about four and half years of being part of the Teaneck community, I feel like I have found my home. I love how students from all different backgrounds come together to support each other; the tremendous spirit that comes alive at pep rallies; the talent on display at the musicals every year.

I miss seeing all of you in-person and can't wait until you can once again stop by my office to say hello. Until then, I'm just a Google Meet away.

## THS School Counseling Department



Ms. Keshia Golding-Cooper, Director	<a href="mailto:kcooper@teaneckschools.org">kcooper@teaneckschools.org</a>
<b>Counselors</b>	
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Ms. Kim Dockery	<a href="mailto:kdockery@teaneckschools.org">kdockery@teaneckschools.org</a>
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**Please check Skyward for you School Counselor Links to their appointment calendars are in College & Career Google Classroom.**

## **From the F.O.R.U.M**

Upcoming FORUM Events:

The FORUM will be hosting the following virtual workshops for students on Wednesday, February 24th and Thursday, February 25th from 3 pm - 4 pm. Miss Witter will present on the following topics:

### ***"Redefine Yourself - Strategies for Launching A Successful Job Search Campaign"***

Topics include:

- A WOW Cover Letter
- What's In A Resume
- What Are Keywords
- Where To Search for employment

+++++

### ***"Interviewing Skills - Increasing the Chances of Getting The Position You Want By Presenting A Professional, Prepared & Confident YOU!"***

***For more information please contact Yvonne Witter at:***  
[\*\*\*ywitter@teaneckschools.org\*\*\*](mailto:ywitter@teaneckschools.org)

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**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"**

## **ACE MENTORING PROGRAM AT THE FORUM**

For the 11th year The FORUM will be offering the **ACE Mentor Program**. (ACE stands for Architecture, Construction Management and Engineering.)

This year **ACE** will be a virtual afterschool program that gives students who are interested in careers in engineering, architecture and construction an opportunity to meet with design professionals from some of the top architecture, construction and engineering firms in the tri-state area.

Some of the benefits of the program are that students will

1. Have a unique opportunity to be exposed to the many areas that make up engineering, architecture and construction management,
2. Be able to build networks and relationships with industry professionals that can help them to apply for internships and summer employment.

Any senior participating in the program is eligible to apply for a partial scholarship through the **ACE Scholarship Program** as long as they pursue a career in Architecture, Construction Management or Engineering. Since 1995, **ACE** has awarded \$8.2 million in scholarship funds nationally to students to attend colleges including but not limited to: Columbia, NJIT, Harvard, Princeton, Spelman, Howard, University of Maryland – Eastern Shore, Wentworth Institute of Technology, Syracuse, and Texas A & M.

The first meeting will take place on Tuesday, January 26th. If you are interested in participating in the **ACE Mentor Program**, please contact Miss Witter in the FORUM via email at [\*\*ywitter@teaneckschools.org\*\*](mailto:ywitter@teaneckschools.org) or by calling 201-833-5400 Ext. 6283.

## FORUM Staff



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## 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

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

#### 2. Ask your School Counselor

- 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

- Do you belong to a church group or a local chapter of some national club?
- 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

- Cappex
- The College Board
- FastWeb
- Niche
- Scholarships.com
- CollegeNet.com
- ScholarshipMonkey.com

### Check out Scholarship Opportunities

#### February/March Deadline Dates:

- NJ Mosquito Control Association - Feb 5, 2021  
<http://www.njmca.org/files/Scholarships/Educational.pdf>
- Hispanic Scholarship Fund Scholar Program - Feb 15, 2021 Link to apply: <https://www.hsf.net/scholarship>
- The Dream.US - February 25, 2021 Link to apply: <https://thedream.us/scholarships/national-scholarship/>
- The Community Scholarship Fund of Teaneck - February 28, 2021 Link to apply: <https://www.comunityscholarshipfund.org/apply>
- NJREA Scholarships - March 1, 2021 Link to apply: <https://www.njrea.org/membership/njrea-member/njrea-scholarships/>
- American Academy Of Art Scholarship Competition - March 1, 2021 Link to apply:

<https://www.aaart.edu/events/registration-scholarship-competition-2021/>

-Blacks At Microsoft Scholarships - March 31, 2021

Link to apply:

<https://www.microsoft.com/en-us/diversity/programs/black-s-scholarships.aspx>

### Tips on how to write scholarships essays!!

<b>Your Scholarship Essay</b>	
<b>DO'S</b>	<b>DON'TS</b>
<b>DO</b> <ul style="list-style-type: none"><li>• Follow the instructions</li><li>• Discuss 1 central point in each paragraph</li><li>• Research your audience</li><li>• Focus on strengths</li><li>• Turn weaknesses into success stories</li><li>• Use detailed, actual examples from your real life</li><li>• PROOFREAD, PROOFREAD, PROOFREAD</li><li>• Tell a story</li></ul>	<b>DON'T</b> <ul style="list-style-type: none"><li>• Open your essay with a quote</li><li>• Use sentences like: "In this essay I will"</li><li>• Use words that are new to you</li><li>• Achievement-stuff your essay</li><li>• Don't repeat your resume</li><li>• Say that you need money outright</li><li>• Have the EXACT same essay for every application -- tailor your essays</li></ul>



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!**

### 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](https://collegeboard.org) to register & find a location near you.

### ACT Test Dates

February 6, 2021 Test: Deadline

Regular Registration Deadline: 2/08/21

Late Registration Deadline: 1/29/21

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

### Important Dates

#### Grade Reporting Period 2

Report Card MP2 Grading Period:

11/13/20 - 1/28/21

**Distribution: 02/05/2021**

### QUOTE OF THE MONTH

**"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**





- **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.
  - [Parent Transcript Consent Form](#)
  - [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.**
  - **Class of 2021 – class code u3ycrf2**
  - **Class of 2022 – class code fwzm5x2**
  - **Class of 2023 - class code ia3aqne**
  - **Class of 2024 – class code ydbc3eh**

## **February Dates**

### **February 5**

REPORT CARDS (MP2) -- Available On Skyward

### **February 8, 9, 11 & 16**

Junior's Presentation - Google Meet Dates

### **February 10**

Lincoln Technical Institute Virtual Open House --  
1:00 pm [Lincoln Tech Virtual Open House.pdf](#)

### **February 12**

DISTRICT CLOSED-Mental Health "Snow Day"

### **February 14**

**VALENTINE'S DAY**

### **February 15**

DISTRICT CLOSED - PRESIDENTS' DAY

### **February 15**

FDU - Regional Center for Learning Disabilities  
Sign Up for Virtual Sessions - 10:00am  
Metro/Teaneck, email Barbara Byrnes:  
bbyrnes@fdu.edu

### **February 18**

Mental Health Initiative/Parent Night Webinar -  
Understanding Early Warning Signs in Children's  
Mental Health and When to Get Help  
6:00-7:00pm - Link to Join Webinar:  
<https://zoom.us/j/92240263245>

### **February 22**

Beacon College Virtual Visit - Time TBD  
possible 7:00pm

### **February 23**

BACK TO SCHOOL - Phase II THS Hybrid Begins

### **February 24**

FDU - Regional Center for Learning Disabilities  
Sign Up for Virtual Sessions - 10:00am  
Metro/Teaneck, email Barbara Byrnes:  
bbyrnes@fdu.edu

### **February 25**

HBCU Panel Discussion - 7:30-9:00pm

### 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



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<b>Student Assistance/HIB Coordinator-</b> Ms. Adrienne Williams <a href="mailto:awilliams@teaneckschools.org">awilliams@teaneckschools.org</a>	
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Ms. Kim Dockery	<a href="mailto:kdockery@teaneckschools.org">kdockery@teaneckschools.org</a>
Ms. Sheila Moore	<a href="mailto:smoore@teaneckschools.org">smoore@teaneckschools.org</a>

### Excerpt from Amanda Gorman's Inaugural Poem

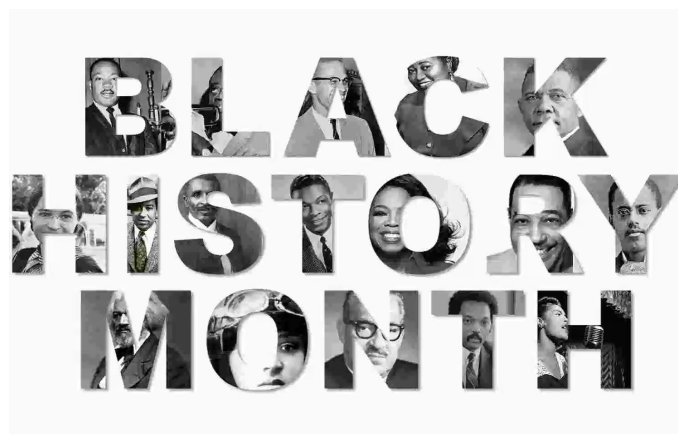
#### "The Hill We Climb"

We the successors of a country and a time  
Where a skinny Black girl  
descended from slaves and raised by a single  
mother  
can dream of becoming president  
only to find herself reciting for one  
And yes we are far from polished  
far from pristine  
but that doesn't mean we are  
striving for a union that is perfect  
We are striving to forge a union with purpose

♥HAPPY  
Valentine's  
DAY♥



#LOVE #KINDNESS #VIRTUALHUG



The School Counseling Department honors BHM by singing this song "Lift Every Voice and Sing" written by African-American Poet James Weldon Johnson in 1900. It was written to celebrate Lincoln's birthday.

Afterall, he was the man who helped African-Americans achieve freedom from slavery. Johnson's brother set the poem to music. In 1919, the National Association of the Advancement of Colored People (NAACP) dubbed it "the Negro national hymn" for it's power in voicing a cry for liberation and affirmation for African-American people

#### LIFT EVERY VOICE AND SING (Lyrics)

By James Weldon Johnson

Lift every voice and sing  
Till earth and heaven ring,  
Ring with the harmonies of Liberty;  
Let our rejoicing rise  
High as the listening skies,  
Let it resound loud as the rolling sea.  
Sing a song full of the faith that the dark  
past has taught us,  
Sing a song full of the hope that the

present has brought us,  
Facing the rising sun of our new day begun  
Let us march on till victory is won.  
Stony the road we trod,  
Bitter the chastening rod,  
Felt in the days when hope unborn had died;  
Yet with a steady beat,  
Have not our weary feet  
Come to the place for which our fathers sighed?  
We have come over a way that with  
tears has been watered,  
We have come, treading our path  
through the blood of the slaughtered,  
Out from the gloomy past,  
Till now we stand at last  
Where the white gleam of our bright star is cast.  
God of our weary years,  
God of our silent tears,  
Thou who has brought us thus far on the way;  
Thou who has by Thy might Led us into the light,  
Keep us forever in the path, we pray.  
Lest our feet stray from the places, our God, where  
we meet Thee,  
Lest, our hearts drunk with the wine of the world,  
we forget Thee;  
Shadowed beneath Thy hand,  
May we forever stand.  
True to our God,  
True to our native land.

