

# THS Connections



**December 2021**  
**HAPPY HOLIDAYS!**  
Celebrate the  of the Season  
*Love \* Hope \* Joy*

## FROM THE DIRECTOR

THS Family, in **DECEMBER** we celebrate the heart of the season, the people we love, the hope of a promising tomorrow/new year and the joy of self-care. The twinkling of lights, the smell of Spruce trees in the air, the savory taste of treats and more... As we close out 2021, grateful we've persevered as a community through the height of the pandemic, 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 reflect, relax and recharge. Let's think of all that has been accomplished in 2021 and consider goals for 2022. Stay safe and well! #teaneckstrong

Remember to join the "Guidance Info" Google Classroom for your grade. Join codes:

Class of 2022 - fwzm5z2

Class of 2023 - ia3aqne

Class of 2024 - ydbc3eh

Class of 2025 - iu7nmza

*"Reset, Reestablish, Reconnect"*

## DATES TO REMEMBER

**Monday, December 6th (B Day)**  
Four Hour Session-Half Day

**Wednesday, December 8th (4:00-5:30pm)**

THE FORUM'S Virtual Event:

Cosmetology Career Fair

 [Cosmetology Career Fair Flyer](#)

**Thursday, December 23rd (A Day)**  
Four Hour Session-Half Day

**Friday, December 24th**  
District Closed-Holiday Recess

**Monday, December 27th**  
District Closed-Holiday Recess

**Tuesday, December 28th-Thursday, 30th**  
School Closed-Holiday Recess

**Friday, December 31st**  
District Closed-New Year's Eve

### **Important Links:**

[Teaneck Public Schools 2021 - 2022 District Calendar](#)

[THS Counseling Website](#)

Click [HERE](#) for a full list of scholarships

## COLLEGE/UNIVERSITY REP VISITS



College/University Representatives, the people who will read your application, will be coming to THS. If you are interested in a school, it is **STRONGLY** suggested that you attend. These sessions will provide you with information about a particular school and allow you “facetime” with an admissions rep to answer any questions. **Prepare for college representative visits by signing up on Naviance, meeting with your counselor, and have questions ready!**

**Here are the schools for Virtual Visits in December:**

- Iona College - Wednesday, December 8th - 1:40 PM (B Day-8th Period)

**Seniors and Juniors are encouraged to attend**

## COLLEGE HELP?

### YOU NEED TO DO THIS TODAY!

Student feedback has proven that procrastination with the college application process has resulted in much higher stress levels for both students and parents! Completing most of your college applications workload over the summer will result in a smoother start to your senior year...and a much happier household. This month please take a moment to.....

1. Create a Common Application Account. This preparation is required for this step so you can create your account as early as you'd like. All you'll need is some basic profile information--like your name, date of birth, address and phone number. And of course, you'll need to provide a valid email address. Click here to create your account: [Common App Login](#). If your college does not appear under the Common Application, go directly to their website and click admissions for their own online application. Here are the step-by-step directions on how to complete the Common App: [How To Complete The Common Application.pdf](#)
2. Begin drafting your college essay. JUST GET STARTED! Click here for some help: [Essay Help Tips](#) Here's some more [Essay Help](#)! The basic premise is to focus on ONE idea. If you could sit down with an admissions representative, what is the ONE thing you would want them to know about you? Be genuine and limit your essay to 1 ½ to 2 pages MAXIMUM! Common Application Essay Prompts 2021- 2022. Here are some websites to give you some inspiration: • [John Hopkins Essays That Work](#)
3. Narrow down your school list in Naviance. The **MOST important** part of this entire process is applying to appropriate colleges! Summer was the ideal time to continue researching colleges, visiting colleges, and narrowing down your final list to include roughly 10 colleges. You want this process to be successful! A healthy guideline to follow consists of:  
**2 reach colleges      6 target colleges      2 likely colleges**
4. Complete your “Junior Questionnaire” (About Me>>>My Surveys>>>Surveys Not Started) in Naviance, and, encourage your parent/guardian to complete the “Parent Questionnaire” (About Me>>>My

Surveys>>>Surveys Not Started). The more information the counselor has, the better letter of recommendation he/she can write. If you need help with your Naviance login, please reach out to your counselor.

5. Start preparing your FAFSA: Financial Aid and think about how you plan to pay for college. [Preparing for FAFSA Applications](#)

## REQUESTING LETTERS OF RECOMMENDATION

**Step 1:** If you haven't already done so, ask your teacher(s) if they will write a letter for you. Once they say "yes"....

**Step 2:** Login to your Naviance Account

**Step 3:** Click on "Colleges"

**Step 4:** Click on "Letters of Recommendation"

**Step 5:** Click "Add Request" and complete the form.

- If you haven't added any colleges to your active list, you will need to do so as soon as possible.
- When asked: "Select which colleges this request is for?" **Select: "All current and future colleges"**  
**Please reach out to your counselor with any questions.**

## FINANCING YOUR FUTURE

### How Financial Aid Works

For most students planning to attend college or career school, financial aid is essential. The U.S. Department of Education's office of Federal Student Aid provides more than \$120 billion in financial aid to help pay for college or career school each year.

Before each year of college, apply for federal grants, work-study, and loans with the Free Application for Federal Student Aid (FAFSA®) form. Your college uses your FAFSA data to determine your federal aid eligibility. Many states and colleges use FAFSA data to award their own aid. After submission, you'll receive your Student Aid Report.

It's never too early—or too late—to explore your options for college or career school. Go to <https://studentaid.gov/> to learn more about key steps in preparing for college and resources that can help you along the way.

### SCHOLARSHIP OPPORTUNITIES

It's never too early to start thinking about how you are going to pay for college: In Naviance, go to Colleges...scroll to the bottom and click on "Scholarship List"...then change the Browse function by Category to "Search Engine." This will give you a list of places to begin your search. Looking for scholarships is very labor intensive, but worth it. **\*\*DO NOT pay for scholarship information or provide your Social Security number.\*\*** Also, always review the **Teaneck High School Counseling Website** periodically for updated information. Click [HERE](#) for a full list of scholarships

## Scholarships

The Bronfman Fellowship - 12/8/21

[2022 Bronfman Fellowship - Class of 2023](#)

Burger King Scholarship Program - 12/15/21

[BURGER KING<sup>SM</sup> Scholars : Scholarship Application - Commercial](#)

Foot Locker Scholars Athlete Scholarship - 12/17/21

[Foot Locker Scholar Athletes](#)

Equitable Excellence Scholarship - 12/17/21

[Equitable Excellence Scholarship](#)

GE-Regan Foundation Scholarship - 1/6/21

[GE-Regan Foundation Scholarship Program | The Ronald Reagan Presidential Foundation & Institute](#)

The Ron Brown Scholar Program - 1/6/21

[Ron Brown Scholarship](#)

## COLLEGE/UNIVERSITY APPLICATION WAIVER FEE CODES:

Curry College - APP Code CFW

Kean University - Go2Kean22i

Lincoln University - FREE App & FAFSA

NJIT - APP Code NJ22; Financial Aid FAFSA Code 002621

[application checklist](#)

Seton Hall University - APP Code XFW

## FROM THE F.O.R.U.M.

The ACE (Architecture, Construction Management and Engineering) Mentoring Program held its first meeting of the school year on **November 9th**. ACE is a national 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.

Students in the program:

1. Have a unique opportunity to be exposed to the many areas that make up engineering, architecture and construction management
2. Can build networks and relationships with industry professionals who can help them apply for internships and summer jobs
3. Can see what is like to work in an architecture, construction and engineering office, and
4. Any senior participating in the program is eligible to apply for a partial scholarship through the ACE scholarship program as long as he or she pursues a career in Architecture, Construction Management or Engineering. Since 1995 ACE has awarded over 8.2 million in scholarship funds to students to attend colleges including: Columbia, Harvard, Princeton, Spelman, Howard, University of Maryland – Eastern Shore, Wentworth Institute of Technology, Syracuse, Texas A & M

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In December, The FORUM will be hosting an after school virtual career fair for students who are interested in pursuing careers in Cosmetology and Real Estate.

For more information and to sign up, please contact Miss Witter at [ywitter@teaneckshools.org](mailto:ywitter@teaneckshools.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"**

## HOPE AND HEALING TV

### Hope and Healing Virtual Support for Post-COVID Patients

The Institute for Prevention and Recovery Hope and Healing program offers virtual classes in self-care and emotional support for patients recovering from COVID-19.

[Click here to download flyer.](#)

#### Virtual Support Group

Thursdays at 6pm

Topics include mindfulness, anticipation/anxiety, the middle space, re-entry and recovery.

<https://us06web.zoom.us/j/81948585734?pwd=SlcwSEZzck93OW5ldDBKk1ZLTm1pQT09>

+19292056099

Meeting ID: 819 4858 5734

Passcode: 486847

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#### Meditation and Chair Yoga

Tuesdays at 6pm

Learn how to calm your mind, reduce negative emotions and manage stress.

<https://us06web.zoom.us/j/86758591787?pwd=VitVVWVJN0pEZzNSZ3JhNTJaVjg2UT09>

+19292056099

Meeting ID: 867 5859 1787

Passcode: BHealthy

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### College Support Group

#### Mondays at 6pm

Share experiences, receive support, and enhance personal strengths together.

<https://us06web.zoom.us/j/89157850811?pwd=czhEcHowOWk2aG9kYU5lTDllbW9EUT09>

+19292056099

Meeting ID: 891 5785 0811

Passcode: 149209

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## Virtual Support

### Children and Families

#### Bored in the House: Youth Hangout (Ages 14-18)

##### Wednesdays at 4pm

[Zoom Link](#)

1 (929) 205-6099

Meeting ID: 947 3214 9652 Passcode: 726468

#### Drop-In Hours

##### Thursdays 1-2pm

[Zoom Link](#)

Meeting ID: 824 6742 5319 Passcode: 303363

##### Tuesdays 6-7pm

[Zoom Link](#)

Meeting ID: 844 0635 4514 Passcode: 364638



### Individuals in Recovery

#### Daily All Recovery Meetings

All Recovery virtual meetings provide social support for those seeking or maintaining recovery, as well as family members, friends and supporters of those who have been influenced by substance use.

[Click here for full schedule](#)

#### Mondays at 10am

##### Spiritual Healing in Recovery

[Zoom Link](#)

[1 \(929\) 205-6099](tel:19292056099)

Zoom Meeting ID: 949 3803 3159 Passcode: 934578

**Tuesdays at 10 am**

**Silver Lining for All Recovery Wellness**

Zoom Link

1 (929) 205-6099

Zoom Meeting ID: 921 8005 4325 Passcode: healing

**Wednesdays at 10am**

**Spiritual Dimensions of Recovery**

Zoom Link

1 (929) 205-6099

Meeting ID: 990 1725 3565 Passcode: 269916

**Wednesdays at 6pm**

**Bridges: Family Support Group**

Zoom Link

1 (929) 205-6099

Zoom Meeting ID: 928 5522 9552 Passcode: 797 941

**Thursdays at 10 am**

**Holistic Wellness for Physical and Emotional Well-being**

Zoom Link

1 (929) 205-6099

Zoom Meeting ID: 920 0511 0513 Passcode: healing

**Fridays at 10am**

**Wellness Toolbox**

Zoom Link

1 (929) 205-6099

Meeting ID: 995 2727 7514 Passcode: healing

**Fridays at 4pm**

**Spiritual Healing in Recovery**

Zoom Link

1 (929) 205-6099

Zoom Meeting ID: 949 3803 3159 Passcode: 934578

## **IFPR HOPE and HEALING**

BWJBarnabas Health Institute for Prevention and Recovery Hope and Healing Program offers emotional support services, education and community-based resources for individuals and families affected by the COVID-19 pandemic.

Through a variety of services, this program aims to assist those impacted by the pandemic to better adjust to their new reality, mitigate stress, review options, develop coping strategies, and, if needed, find linkages to agencies, programs, and other resources in their community.

**Call, click or email:**

**833-795- HOPE (833-795-4673)**

**7 days a week, 8am to 8pm**

**[rwjbh.org/hopeandhealing](http://rwjbh.org/hopeandhealing)**

# CDC HEALTHY SCHOOLS



## New Social and Emotional Climate and Learning Resources for Parents, Families, and Schools

In light of the COVID-19 pandemic, schools are increasing their focus on mental health and well-being. Many schools are working to create a positive social and emotional climate to support students' social and emotional learning. Parents and families play a critical role in this because they are often the first to help children develop skills to recognize and manage emotions, establish and maintain positive relationships, and make responsible decisions.

Because research suggests that evidence-based social and emotional learning programs are more effective when extended into the home, CDC Healthy Schools has created a [new tip sheet for parents and families](#) and a [new toolkit for schools](#) to heighten awareness of and improve communication about social and emotional climate and learning.

You can find more information on our updated [social and emotional climate and learning web page](#). Also check out more resources for mental health and other healthy schools topics in our [CDC Healthy Schools Partner Toolkit](#).

[cdchealthyschools@cdc.gov](mailto:cdchealthyschools@cdc.gov)

<https://www.cdc.gov/healthyschools/>



## Centers for Disease Control and Prevention

[1600 Clifton Rd](#) [Atlanta, GA 30329](#) 1-800-CDC-INFO (800-232-4636) TTY: 888-232-6348

[Questions or Problems](#) | [Unsubscribe](#)



## MEET THE TEAM

### THS Counseling Department

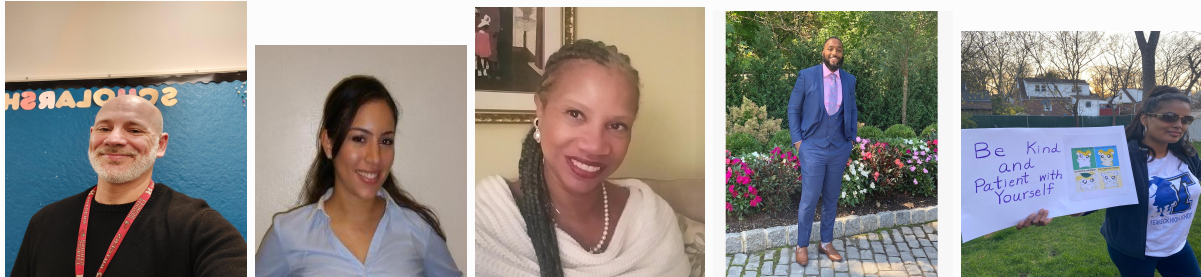
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Photo Credit: THS Student Ehsun Khan

*[Please check Skyward for you School Counselor](#)*

### The F.O.R.U.M.



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*[Links to appointment calendars are in College & Career Google Classroom.](#)*

#### Follow us on Social Media

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Subscribe to the THS Counselors  
[YouTube Channel](#)  
[Past Presentations](#) are posted!





November 28-December 6, 2021



December 26-January 1, 2022



December 25th & January 1, 2022

