

THS Connections



April 2022



Spring Into Your Future



FROM THE DIRECTOR

THS Family, Let's **SPRING Into The New Season!** It's that time to touch base with your School Counselor on your plans for next year! **SPRING Into Action** – Make sure you're available and attend course scheduling meetings; NJ Statewide tests are happening–stay alert.

SPRING Into Self-Care – Take a moment and think about the things you want to accomplish this month and the remainder of the school year. June is around the corner and approaching quickly. Go outside and embrace the atmosphere. **You Got This!!!** #Worldhealthday4.7

Hey Seniors! A few important reminders: **Scholarship Season is still Going Strong!** Now is the time to seize the opportunity as you plan your next steps. Be sure to check the **"Scholarships Tab"** regularly. **DON'T DELAY!** Take the initiative and apply. Plenty of FUNDS are still available for the taking! **Accuplacer** is for seniors needing to fulfill the state graduation assessment requirements. Seniors will receive a pass from the School Counseling Office. Be sure to attend and arrive at your scheduled time. **Post all College/University Acceptances in Naviance.**

Whatever the plans, please know that the school counseling department is here to support you. If you need assistance, reach out to your counselor.

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

Saturday, April 2th
ACT Test Date

Friday, April 8th
SAT Test Registration Deadline
Test Date - May 7th

Monday, April 11th-Friday, April 15th
SPRING RECESS - SCHOOL CLOSED

Friday, April 15th
DISTRICT CLOSED - Good Friday

Sunday, April 17th
EASTER

Tuesday, April 19th
MP3 Grade Report Card Distribution
(Available on Skyward)

Tuesday, April 26th–8:00AM - Delayed Opening for Grades 10 & 12
NJSLA Testing – Grades 9 (Math Unit 1) & 11 (Science Unit 1)

Wednesday, April 27th–8:00AM- Delayed Opening for Grades 10 & 12

NJSLA Testing – Grades 9 (Math Unit 2) & 11 (Science Unit 2)

Important Links:

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

[THS Counseling Website](#)

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

POST SECONDARY PLANNING

Seniors!! A few reminders:

1. Update [Naviance](#)
2. Apply for scholarships
3. Stay focused.
4. [Can Colleges Make the COVID-19 Vaccine Mandatory?](#)
5. Resources

Reach out to your school counselor

College Board - ["After You've Applied"](#)

Juniors! It's never too early to get started! Below are a few resources to get you started:

1. Explore [Naviance](#) career exploration via the Career Interest Profiler & other tools. Check out [Roadtrip Nation](#)
2. [National Association for College Admissions Counseling- PREPARING FOR COLLEGE:JUNIOR CHECKLIST](#)
3. [Neumann University - College Checklist: 6 Things for High School Juniors to Do NOW](#)
4. [Federal Student Aid - 11th Grade College Prep Checklist](#)
5. [College Board - Big Future](#)

Sophomores & Freshmen! There are some steps you can take as a 9th and 10th grader to get you ready for life after THS!

1. Explore [Naviance](#) career exploration via the Career Interest Profiler & other tools. Check out [Roadtrip Nation](#)
2. [College Board - College Planning: 9th/10th Grade](#)
3. [Federal Student Aid -10th Grade College Prep Checklists](#)
4. [Federal Student Aid -9th Grade College Prep Checklists](#)

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 – SENIORS ACT NOW!!

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 – **ACT NOW BY APPLYING!!**

Scholarships

Alpha Zeta Gamma Society Grant-in-Aid - 4/1/22

[Delta Kappa Gamma Society Grant-in-Aid - Due 4/1/22.pdf](#)

BANNJ- The Donald Van Natta Scholarship & The Alex Sands & Jeffrey C. Mathieu Memorial Scholarship - 4/1/22

[Bannj Scholarship Foundation](#)

Builders Association of Northern NJ-John & Helen Durante & Family Scholarship - 4/1/22

[Scholarship Foundation - Builders Association of Northern New Jersey](#)

Flavorful Futures Scholarship - 4/1/22

[Flavorful Futures Scholarship 2021-2022](#)

Janet Logan Daily Foundation - 4/1/22

[Janet Logan Daily Foundation](#)

Men's College Scholarship - Foundation For Fraternity Excellence - 4/1/22

[Men's College Scholarship-FFFE](#)

Orchard's Scholarship for Women of Color in STEM - 4/1/22

[Orchard's Scholarship for Women of Color in STEM](#)

The Helping Angels, Inc. Scholarship - 4/1/22

[The Helping Angels, Inc. Scholarship - Due 4/1/22](#)

The Mickey Corcoran Scholarship Fund - 4/1/22

[The Mickey Corcoran Scholarship Fund Application 2022.docx](#)

Bergen County School Counselor Association Annual Scholarship - 4/2/22

[BCSCA-Annual Scholarship](#)

The Jessie Banks Foundation Scholarship - 4/8/22

[The Jessie Banks Foundation Scholarship - Due 4/8/22](#)

National Council of Jewish Women BCS Scholarship Program - 4/8/22

[Scholarships « NCJWBCS](#)

The American Legion Legacy Scholarship - 4/15/22

[The American Legion Legacy Scholarship | The American Legion](#)

The Teaneck HS Class of 1959 Scholarship Fund - 4/18/22

[The THS Class of 1959 Scholarship](#)

The Council of Irish Associations of Greater Bergen County, Inc. - 4/20/22

[The Council of Irish Association of Greater Bergen County](#)

NJSEAA Annual Stephen Gold Scholarship Program - 4/25/22

[Stephen Gold Scholarship](#)

(NJSEA SCC) Special Children's Scholarship Award - 4/25/22

[NJSEA Special Children's Scholarship Award](#)

The Jannie Smith Legacy Fund - 4/29/22

[The Jannie Smith Legacy Fund](#)

Armenian Relief Society of Bergen County Scholarship - 4/30/22

[Armenian Relief Society of Bergen County Scholarship - Due 4/30/22](#)

The George F. Axt Memorial Fund Nurses Scholarship - 4/30/22

[George F Axt Memorial Fund Scholarship Application](#)

Jamaica Organization of NJ Bergen County Chapter Annual Scholarship - 5/6/22

[Jamaican Organization of NJ Annual Scholarship](#)

The Thornton Sisters Foundation - The Donald and Itasker Thornton Memorial Scholarship - 5/7/22

[The Thornton Sisters Foundation 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

UPCOMING COLLEGES/UNIVERSITIES EVENTS & NEWS

NACAC Virtual & In-Person College Fairs

January 30 - April 26, 2022

Students can register for free, additional information and times at www.nacacattend.org/fairs

NEW JERSEY STATE VOTER REGISTRATION

Voter Registration & Voting Information:

Students register to vote in New Jersey by following the standard application process: every prospective voter must submit a voter registration application. Registration applications are located in the School Counseling office. You can also register online <https://nj.gov/state/elections/voter-registration.shtml>

To register in New Jersey, you must be:

- A United States citizen
- At least 17 years old, though you may not vote until you have reached the age of 18
- A resident of the county for 30 days before the election
- The registration deadline to vote is 21 days prior to Election Day

For more information on voter registration eligibility requirement, the role of a citizen and the importance of voting:

USA.gov

NJ Division of Elections

Bergen County Office of Elections

Vote.org

FROM THE FORUM

Remember the staff at the Teaneck High School FORUM is here to listen to parent and student's concerns. If you would like to speak to someone at the FORUM please call: (201) 833-5136 or email: Nick Campestre at ncampestre@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"

For employment Opportunities, please see Ms. Witter in the FORUM in room 127 or email ywitter@teaneckschools.org

MENTAL HEALTH & WELLNESS

Bergen County LGBTQ + Alliance – Youth Programs

For more information, here's the flyer —> [LGBTQ Youth Programs](#)

NEWSLETTER

Whole School. Whole Community.

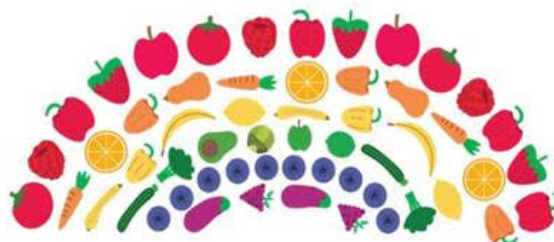
Whole Child.

#3 | March | 2022

National Nutrition Month

Eating healthy can sometimes be easier said than done! However, with these few tips below you can easily adopt healthy eating habits and become the best version of yourself!

Tip #1: Eat more of a variety of nutritious foods— Our bodies require an immense amount of minerals, nutrients and vitamins to properly function. Check out [Start Simple with My Plate](#) to read more about the different food groups and their serving sizes.



Tip #2: Take the time to learn how to read the Nutrition Facts labels— Reading nutrition labels may be tricky, but once you get the hang of it it's like riding a bike! Check out this quick guide to the [Basics of Reading a Nutrition Label](#).

Tip #3: Visit your local Registered Dietitian Nutritionist

— There are so many places you can find a local RDN! [Here](#) is a list of the most common. Find an RDN who specializes in your unique dietary needs to make sure you receive the personalized nutrition information that will help you meet those health goals! Can't find an RDN in your area? Click to [Find a Nutrition Expert](#) that you can meet with in person or via telehealth!

Tip #4: Plan your meals and snacks

— It is much easier to grab that pre-made zero work meal or snack when you're hungry. Stock up and prep easy-to-go meals, that way you always have a nutritious meal ready to go! Curious about meal prepping? Check out [How to Meal Prep— A Beginner's Guide](#).



What should your plate look like?

It's important to include healthy food from all the different food groups at each meal. Check out some of the foods you can incorporate on your plate below!

Fruits: [Fruits](#) are naturally low in fat, sodium, calories and have no cholesterol. They are a source of essential nutrients such as potassium, dietary fiber, vitamin C and folate. Fruits are rich in potassium, which helps maintain a healthy blood pressure. Vitamin C helps heal cuts and wounds, keep teeth and gums healthy and helps your body absorb iron better.



Vegetables: [Vegetables](#), similar to fruit, are naturally low in fat and calories. They are an important source of many nutrients such as potassium, dietary fiber, folate, vitamin A and C. Vegetables help reduce blood cholesterol and may lower the risk of heart disease.



Grains: [Grains](#) are important, but half of the grains you consume should be whole grain! Grains are divided into two different groups: Whole Grains and Refined Grains. Overall, grains are an important source of carbohydrates, which gives our body the energy to hike, climb, run and skip.

Proteins: [Protein](#) consists of meat, poultry, eggs, seafood, beans, soy, nuts, and seeds. Nutrients found in protein consist of vitamin B, E, iron, zinc, and magnesium which can prevent anemia, build bones, support muscle function, and support your immune system.



Dairy: [Dairy](#) consumption provides numerous health benefits for our body. Some nutrients are calcium, potassium, vitamin D, phosphorus, vitamin B12 and protein. Calcium is necessary nutrient for strong bones and teeth. Many Americans do not receive enough potassium—dairy products such as milk, yogurt, and soy milk contain potassium.



Quick tips on how to incorporate all food groups:

1. Make half of your plate fruits or vegetables
2. Make half of your grains whole grains
3. Vary the different types of protein you consume
4. Consume low-fat or fat-free dairy

Cooking Corner

Not a fan of Corn Beef and Cabbage? Still want to celebrate St. Patrick's Day with a family meal? **Shamrock Pizza Pot Pies** are the dinner for you! [Read more](#) about these perfect pizza cups that will leave your family feeling full and festive!



Looking for a creative and easy breakfast? Check out these **Bacon and Egg Cups** that are perfect for an on-the-go quick meal! Click [here](#) to read more!



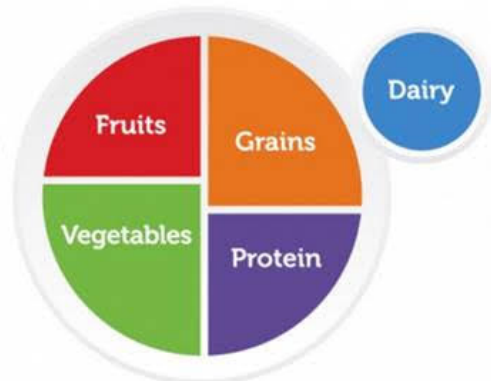
Smoothie bowls are another way to keep kids interested in breakfast. Check out this **Berry-Almond Smoothie Bowl** topped with delicious almonds. Read more about this recipe [here](#).



Salads shouldn't have to be boring. Check out this **Asian Chicken and Quinoa Salad**. This colorful salad will help introduce whole grains to children! Read more [here](#)!

Click the plate to visit the MyPlate.gov website!

MyPlate.gov offers the most helpful information when it comes to diversifying your plate. Remember— start simple!



As always, our [School Health Team](#) is available to provide additional resources regarding school health topics. Please feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Michaela](#) for assistance. We would love to hear from you!



MEET THE TEAM

THS Counseling Department

Ms. Keshia Golding-Cooper, Director	kcooper@teaneckschools.org
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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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[YouTube Channel](#)
[Past Presentations](#) are posted!



QUOTE OF THE MONTH & APRIL FUN THEMES



Are we able to reimagine a world where clean air, water and food are available to all?

Where economies are focused on health and well-being?

Where cities are livable, and people have control over their health and the health of the planet?

Spring into Community Service

APRIL 2022 FUN HOLIDAYS

National PB&J Day - 4.2
National Find A Rainbow Day - 4.3
National Burrito Day - 4.4
National Walking Day - 4.4
World Health Day - 4.7
National Siblings Day - 4.10
National Pet Day - 4.11
National Grilled Cheese Day - 4.12
National Tax Day - 4.15
National Laundry Day - 4.15
Wear Pajamas To Work Day - 4.16
National Haiku Poetry Day - 4.18
Husband Appreciation Day - 4.20
Earth Day - 4.22
National Jelly Bean Day - 4.22
National Picnic Day - 4.23
Administrative Professionals Day - 4.25
National Pretzel Day - 4.26
National Superhero Day - 4.28
National Honesty Day - 4.30

Spring into New Growth & Adventure
Spring into Community
Spring into Compassion

FOR THE SPORTS FANS -- NCAA TIME!

MARCH 13 - April 4, 2022



[Watch March Madness Live](#)
My Picks, Scores, Official Bracket
[NCAA Game Bracket for March Madness 2022](#)