

THS Connections



June 2022



CELEBRATE GRADUATION MONTH



FROM THE DIRECTOR



PRIDE MONTH

JUNETEENTH-FREEDOM DAY

THS Family, it's the **MONTH OF GRADUATION, ELEVATION and CELEBRATION at The Castle On The Hill!** The students strived, worked hard, persevered and achieved goals with another year of so many uncertainties. They PUSHED through with GRIT AND POWER determined to thrive in this school year. Mind-sets focused on applying for colleges, looking at scholarships, taking the required NJ State exams, accepting many college offers, applying for summer jobs along with preparation and enjoyment of The Prom (an event they missed for two years). Class of 2022 is soaring like the eagles. The next chapter of their lives come Fall of 2022 will be filled with hope and amazing possibilities.

Let's **High-Five, Toss A Hat** and **Move The Tassel** from the right to the left after our students receive their diploma on that special day signifying years of academic studies that have been completed. Their future is Bright and filled with Promises for the next journey ahead. THS salutes the Class of 2022! Enjoy the summer with family and friends responsibly. Stay safe and well! #teaneckstrong

THS Graduation - June 16 - 10:00am

The Castle on the Hill—Teaneck High School
On the Field

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

May 31-June 3rd

SENIOR FINAL EXAMS (Only non-exempt seniors)

MANDATORY for GRADUATES

Seniors must submit google form "Plans After Graduation 2021" with the college/university you're attending. The form submitted secures your cap and gown distribution.

[Plans After Graduation 2022 Form](#)

Saturday, June 4th
SAT Test Date

Tuesday, June 7th-Friday, June 10th
HALF DAY Schedule for FINALS WEEK
(see schedule below)

Wednesday, June 8th
SENIOR Honors Convocation/Athletic Awards Luncheon
12:00-3:00pm

Tuesday, June 7th-Friday, June 10th
GRADES 9-11 FINAL EXAMS
(Students are Only to report to school for their exams)
Students may leave once they have completed all scheduled exams

June 6 – FULL DAY - A DAY
June 7 – Periods 1 and 2 - A Day
June 8 – Periods 3 and 4 - A Day
June 9 – Periods 5 and 6 - B Day
June 10 – Periods 7 and 8 - B Day

SCHEDULE:

8:10 am – WARNING BELL
8:15 am – TEST BEGINS
10:15 am – TEST ENDS
10:30 am – TEST BEGINS
12:30 pm – TEST ENDS

Thursday, June 16th - 10:00 AM
[THS Seniors Graduation Day](#)
Teaneck High School - Castle on the Hill

Friday, June 17th
Juneteenth-African American Freedom Day
Freedom Day, Jubilee Day, Liberation Day, and
Emancipation Day

Friday, June 17th
**LAST DAY of School/Students/Teachers,
10 Month Staff**

Friday, June 17th
MP4 Report Card Distribution (in Skyward)

Sunday, June 19th
Happy Father's Day



**TEANECK PUBLIC SCHOOLS SUMMER ENRICHMENT
PROGRAMS**, view details below under *“Upcoming
Colleges/Universities, Events & News”*

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 YOU CAN STILL ACT NOW!! THERE'S STILL TIME!

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

200 Club of Bergen County Scholarship Program for 2022 - 6/8/22

[Scholarship Program | The 200 Club of Bergen County](#)

Automotive Women's Alliance Foundation Education Scholarship - 6/10/22

[AWAF - Scholarships](#)

Abbott & Fenner Annual Scholarship Program - 6/12/22

[Scholarships - A&F Business Consultants](#)

National Office of Swing Phi Swing Social Fellowship Scholarship - 7/31/22

[SCHOLARSHIPS | SwingPhiSwingSFI](#)

UPCOMING COLLEGES/UNIVERSITIES, EVENTS & NEWS

SUMMER PROGRAMS

FREE High School Enrichment/Pre-College Program

August 15-25, 2022

Registration Deadline: July 15, 2022

Understanding And Preventing Child Abuse & Neglect

- 8 Virtual Live Sessions Monday - Thursday
- 3:30pm - 4:30pm (First Session will end 5:00pm)
- Receive certificate of completion

For more information, please attached flyer:

■ Pre-College Flyer Final.pdf

TEANECK PUBLIC SCHOOLS SUMMER ENRICHMENT PROGRAMS

Edmentum Credit Recovery Program – July 5-July 28, 2022

At Teaneck High – Monday through Thursday from 8:30am to 12:30pm

Information will be sent to the parents/guardians

Registration Deadline: Friday, June 10, 2022

Educere Virtual Education:

For more information – <https://www.educere.net/>

FDU Summer Middle College -- July 5 - July 29, 2022

(Pending Enrollment and Staffing)

Incoming 10-12th grade students will have the opportunity to:

- Earn 3 FDU College Credits with courses taught by THS Teachers
- Students who complete the course with a C or higher will receive three college credits through FDU
- All classes are available for THS elective credits
- Grades do not count towards THS GPA

Courses:

- Introduction to Creative Writing
- Financial Planning Management
- Introduction to Psychology
- World Cultures

Session Information:

Tuesday, July 5th to Friday, July 29th

Monday - Friday

1:30pm - 3pm

Important Information:

- Course open to THS Incoming 10-12th Grades
- 15 students per course
- Registration - First Come/First Serve
- Students cannot register for multiple courses
- Registration information- Students can start to register now to July 1, 2022. The link is www.fdu.edu/middle. Click on Register Now and search for Teaneck High School, then click on the class of their choice.
- Cost- \$267 per course

Summer College Prep Program -- July 5-July 28, 2022

(Pending Enrollment and Staffing)

Registration closes on June 24, 2022

[Registration Link](#)

Incoming Seniors will have the opportunity to:

- craft their college essay
- participate in advanced college search
- participate in workshops with College Admissions Reps

Session 1 - Tuesday - Friday - July 5- July 8

Session 2 - Monday - Thursday - July 11- July 14

Session 3 - Monday - Thursday - July 18- July 21

Session 4 - Monday - Thursday - July 25- July 28

After registration closes, students will receive a confirmation

Important Information:

- *The program is open to incoming 12th-grade students.
- *24 students per session
- *Registration - First Come/First Serve
- *Students cannot register for multiple sessions

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](#)

RUTGERS Division of Continuing Studies

Summer Reading & Writing Skills – Programs for Preschoolers through Entering 11th Graders

For More Information on Programs, Dates and Registration:

[Rutgers Summer Reading & Writing Skills](#)

BERGEN COMMUNITY COLLEGE Division of Continuing Education and Workforce Development

PLAN AHEAD. GET AHEAD.

July 6th - August 4th (Monday-Thursday only)

For more information on course offerings and registration:

 [CESummerHSPoster-0422.pdf](#)

BLOOMFIELD COLLEGE -Camp College-North

New Jersey Association of College Admission Counseling's (NJACAC) Camp College-North will have the privilege of hosting rising juniors and seniors on the campus of Bloomfield College, in beautiful Bloomfield, New Jersey. Students will arrive on Monday, July 25th and depart on Wednesday, July 27th. Camp College-North provides a unique opportunity for students who may be the first in their family to attend college or are from traditionally under-served populations.

Click [HERE](#) to apply

BERGEN COUNTY YOUTH POLICE ACADEMY 2022

The Bergen County Prosecutor's Office and the Bergen County Sheriff's Office are pleased to announce that applications are being accepted for the Bergen County Youth Police Academy – Class #16.

The Academy is an all-day program offered to students residing in Bergen County or attending high school in Bergen County. Preference will be given to students entering the 11th or 12th grade in September 2022. The Academy is free of Charge.

This year's Academy will be held July 11 – 22, 2022. Upon completion of the Academy, there will be an official graduation ceremony on Friday, July 22th. Details will be provided. Family members and friends are invited to attend.

For More Information, curriculum and application details, please review:

2022 Youth Academy Application.pdf

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** and community service, 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](#)

RISE-2022

Reflections InterACTIVE Summer

Experience a program of the Bergen County Division of Family Guidance

RISE program Summer 2022

RISE is the spinoff of the Reflections school year program, which addresses a variety of issues through the use of improvisational theatre.

This is a **FREE** program, funded by the County of Bergen.

Teens can earn volunteer hours and acquire leadership skills and have fun, all at the same time.

This Summer, RISE will be on Tuesday nights, starting on **July 19th** and will run until **August 30th**.

TIME: **5:30pm-8:00pm (In person)**

WHERE: 1 Bergen County Plaza – Hackensack, NJ 07601

THIS IS A DROP IN PROGRAM – THIS MEANS THAT RISE CAST MEMBERS ATTEND WHEN THEY ARE AVAILABLE. WE UNDERSTAND THAT THEY MAY NOT BE ABLE TO ATTEND EACH WEEK.

We will also have other opportunities for RISE participants to earn volunteer hours by attending workshops that we will be leading. This will all be explained at a later time, and again, it is on a “drop in” basis, in that cast members attend the events that meet their availability.

To be part of RISE 2022, one needs to have just finished 8th grade, all the way to just graduating high school.

They also must be Bergen County residents.



Gift Cards
& Prizes
for
Graduates!

Strengthening Families Program

We are strong families who care about each other and have fun together!

Free 14 Week Family Program for Parents & Kids Ages 6-11

Program Dates: Tuesdays - 03/08, 03/15, 03/22, 03/29, 04/05, 04/19, 04/26, 05/03, 05/10, 05/17, 05/24, 05/31, 06/07, 06/14

6:00pm-8:30pm

Free Dinner Provided

**Thomas Jefferson Middle School
655 Teaneck Road, Teaneck NJ 07666**

Join us for fun interactive activities that help families build on strengths, help parents to show love and set limits, and help kids develop skills for a positive future.



Registration Required

Contact: Adrienne Williams

Phone: 201-833-5468

email:

awilliams@teaneckschools.org

Funded through a grant provided by the State of New Jersey, Department of Mental Health & Addiction Services.

MEET THE TEAM

THS 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 Bettis	kbettis@teaneckschools.org
Mr. Kelvin Reese	kreese@teaneckschools.org
Ms. Jennifer Taylor	jtaylor@teaneckschools.org
Student Assistance Coordinator	
Ms. Adrienne Williams-	awilliams@teaneckschools.org
Support Staff	
Ms. Kim Dockery	kdockery@teaneckschools.org
Ms. Sheila Moore	smoore@teaneckschools.org



Photo Credit: THS Student Ehsun Khan

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

The F.O.R.U.M.



Nick Campestre, Coordinator, ncampestre@teaneckschools.org
 Victoria Alexander, Counselor, valexander@teaneckschools.org
 Yvonne Witter, Employment Counselor, ywitter@teaneckschools.org
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Follow us on Social Media

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



QUOTE OF THE MONTH & MAY FUN THEMES

PRIDE MONTH!
CELEBRATE YOU, LOVE YOU
JUNE 1-30, 2022





JUNETEENTH - FREEDOM DAY
Sunday, June 19, 2022



JUNE 2022 FUN HOLIDAYS

Dare Day - 6.1
Flip a Coin Day - 6.1
National Rocky Road Day - 6.2
National Doughnut Day - 6.3
World Bicycle Day - 6.3
Repeat Day - 6.3
Applesauce Cake Day - 6.4
Hug Your Cat Day - 6.4
National Cheese Day - 6.4
National Trails Day - 6.4
Hot Air Balloon Day - 6.5
National Frozen Yogurt Day - 6.5
World Environment Day - 6.5
D-Day, WWII - 6.6
National YoYo Day - 6.6
National Chocolate Ice Cream Day - 6.7
Best Friends Day - 6.8
World Ocean Day - 6.8
Donald Duck Day - 6.9
Ball Point Pen Day - 6.10
Herb & Spices Day - 6.10
Iced Tea Day - 6.10
National Flip Flop Day - 6.10
National Corn on The Cob Day - 6.11
National Jerky Day - 6.12
National Peanut Butter Cookie Day - 6.12
Red Rose Day - 6.12
Sewing Machine Day - 6.13
Flag Day - 6.14
Monkey Around Day - 6.14
Smile Power Day - 6.15
Global Wind Day - 6.15
Fresh Veggies Day - 6.16
International Waterfall Day - 6.16
Nursing Assistants Day - 6.16
Eat Your Vegetables Day - 6.17
Take A Road Trip Day - 6.17
Go Fishing Day - 6.18

International Picnic Day - 6.18
International Sushi Day - 6.18
National Splurge Day - 6.18
World Juggler's Day - 6.18
Father's Day - 6.19
Juneteenth Day - 6.19
National Kissing Day - 6.19
National Turkey Lovers Day - 6.19
Ice Cream Soda Day - 6.20
National Bald Eagle Day - 6.20
Finally Summer Day - 6.21
Go Skateboarding Day - 6.21
International Yoga Day - 6.21
National Selfie Day - 6.21
National Onion Ring Day - 6.22
World Rainforest Day - 6.22
Let It Go Day - 6.23
National Pink Day - 6.23
National Food Truck Day - 6.24
Take Your Dog to Work Day - 6.24
Swim A Lap Day - 6.24
Beautician's Day - 6.26
Forgiveness Day - 6.26
National Canoe Day - 6.26
National Onion Day - 6.27
Sunglasses Day - 6.27
Insurance Awareness Day - 6.28
Camera Day - 6.29
Hug Holiday - 6.29
International Mud Day - 6.29
Meteor Day - 6.30
National Handshake Day - 6.30

Spring into New Growth & Adventure

Spring into Community

Spring into Compassion

