

THS Connections



May 2022

MENTAL HEALTH AWARENESS

FROM THE DIRECTOR

THS Family, it's **MENTAL HEALTH AWARENESS MONTH!** Mental health is extremely important to all of us. Take time to LOVE yourself and give yourself permission to put your mental health first. When your mind feels good, you feel good and that will propel you to thrive. Don't be afraid to schedule a mental health screening regularly.

Let's stay connected with one another and our community--You're Not Alone. Talk to a professional about how you're feeling, join a virtual seminar, listen to your body, support one another, ask for help, shake the need to be alone, take a walk and connect with nature, ride a bike outside and laugh/have fun with friends. #teanekstrong

Hey Seniors! 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

Monday, May 2nd
DISTRICT CLOSED - Eid al Fitr

Tuesday, May 3rd
DELAYED OPENING

Tuesday, May 3rd
NATIONAL TEACHER'S DAY

May 5-25th
SAT Test Registration Timeline
June 4th Test Date

Thursday, May 5th
CINCO DE MAYO

Thursday, May 5th
BERGEN COMMUNITY COLLEGE
SENIORS – On site admission

Friday, May 6th
ACT Test Registration Deadline

Saturday, May 7th
SAT Test Date

Sunday, May 8th
MOTHER'S DAY

Tuesday, May 9th
Qualified Senior Service Begins

Thursday, May 19th
MP4 Progress Report
(Available on Skyward)

Tuesday, May 24th
SENIOR PROM

Tuesday, May 24th–8:00AM - Delayed Opening for Grades 10 & 12
NJSLA Testing – Grades 9 (ELA Unit 1) & 11 (Science Unit 3)

Wednesday, May 25th–8:00AM - Delayed Opening for Grades 10 & 12

NJSLA Testing – Grades 9 (ELA Unit 2) & 11 (Science Unit 4)

Friday, May 27th–B-DAY (PERIODS 5-8)
8:30AM -12:30PM – ½ DAY SCHEDULE

WELLNESS EVENT DAY – ALL PHYSICAL ED CLASSES – BIG GYM

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!! 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

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

[Jamaican Organization of NJ Annual Scholarship](#)

Phi Beta Sigma Fraternity, Inc. - Chi Sigma Chapter (Northern NJ) - 5/6/22

[Phi Beta Sigma Fraternity-Chi Sigma Form](#) - www.sceifoundation.org

Teaneck High School Class of 1982 Scholarship - 5/6/22

[Scholarship application Teaneck High Class of 82.doc](#)

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

[The Thornton Sisters Foundation Scholarship](#)

Dar-ul-Islah annual THS Scholarship - 5/9/22

Submission: Please email the required essay along with your name, address, and contact phone number to:

Darulislahscholarship@gmail.com

ASCE North Jersey Branch Scholarship for Future Civil Engineering Professions - 5/13/22

[Scholarships Overview — ASCE North Jersey Branch](#)

Aiden's Light College Scholarship - 5/15/22

[COLLEGE SCHOLARSHIP APPLICATION - Aiden's Light](#)

MNJYSA Liesel Krehan Scholarship - 5/15/22

[League Documents](#)

Mail completed application to: MNJYSA; Liesel Krehan Scholarship, 6 Wilson Lane, Monmouth Junction, NJ 08852

The Columbians College Scholarship Program - 5/15/22

[The Columbians An Italian American Philanthropic Org. Scholarship.pdf](#)

Trotter Project Scholarships - 5/15/22

[The Trotter Project Scholarships](#)

The Disabled American Veterans Annual Scholarship Program for 2022 - 5/17/22

[DAV NJ 2021 Scholarship Applications](#)

PB&J Scholarship - 5/31/22

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

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 Fellowing Scholarship - 7/31/22

[SCHOLARSHIPS / SwingPhiSwingSFI](#)

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

BERGEN COMMUNITY COLLEGE ADMISSIONS DAY

ALL SENIORS

Thursday, May 5, 2022

9:00 - 11:00 am (B Day) - Periods 5 & 6

Student Center, 3rd Floor

Students can register here: [Bergen Community College Admissions Day](#)

Registration due by Wednesday, May 4th

 [join us!.pdf](#) – Flyer

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](#)

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



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

WELLNESS EVENT DAY

FRIDAY, MAY 27TH (B DAY)

8:30 am - 12:30 pm

½ DAY SCHEDULE

TEANECK HIGH SCHOOL

BIG GYM (ON CRANFORD PLACE)

ALL PHYSICAL ED STUDENTS (PERIODS 5-8)



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

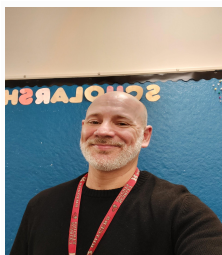
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Ms. Jennifer Taylor	jtaylor@teaneckschools.org
Student Assistance Coordinator	
Ms. Adrienne Williams-	awilliams@teaneckschools.org
Support Staff	
Ms. Kim Dockery	kdockery@teaneckschools.org
Ms. Sheila Moore	smoore@teaneckschools.org



Photo Credit: THS Student Ehsun Khan

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

The F.O.R.U.M.



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Follow us on Social Media

Facebook & Instagram
 @Teaneck School Counseling
 Subscribe to the THS Counselors
[YouTube Channel](#)

[Past Presentations](#) are posted!



MENTAL HEALTH AWARENESS MONTH!

CELEBRATE YOU, LOVE YOU


● My #endthestigma
story
isn't
over

MENTAL
HEALTH
matters

Just as you are
you are more than
Enough

YOU ARE
not
alone

YOU MATTER

It's okay
not to be
okay 

HAPPY TEACHER'S DAY APPRECIATION



TEACHERS
encourage,
minds to *Think*
hands to *Create*
& *Hearts*
to love



MAY 2022 FUN HOLIDAYS

Brothers & Sisters Day - 5.2
Teacher's Appreciation Day - 5.3
Bike To School Day - 5.4
Bird Day - 5.4
Star Wars Day - 5.4
Cinco de Mayo - 5.4
National Hoagie Day - 5.4
Beverage Day - 5.6
Child Care Provider Day - 5.6
Military Spouses Day - 5.6
National Nurses Day - 5.6
Mother's Day - 5.8
Kentucky Derby Day - 5.7
National Babysitters Day - 5.7
National Day of Prayer - 5.7
National Fitness Day - 5.7
National Tourism Day - 5.7
No Socks Day - 5.8
Clean Up Your Room Day - 5.10
National Receptionist Day - 5.11
School Nurses Day - 5.11
International Nurses Day - 5.12
Friday the 13th Day - 5.13
International Hummus Day - 5.13
Dance Like a Chicken Day - 5.14
National Windmill Day - 5.14
National Chocolate Chip Day - 5.15
National Slider Day - 5.15
Wear Purple for Peace Day - 5.16
International Museum Day - 5.18
Visit Your Relatives Day - 5.18
Boy's Club Day - 5.19
World Plant a Vegetable Garden Day - 5.19
Be a Millionaire Day - 5.20
National Bike to Work Day - 5.20
Pick Strawberries Day - 5.20
Armed Forces Day - 5.21
National Waiters and Waitresses Day - 5.21
Lucky Penny Day - 5.23
World Turtle Day - 5.23
National Missing Children's Day - 5.25
Tap Dance Day - 5.25
Sun Screen Day - 5.27
International Jazz Day - 5.28
National Hamburger Day - 5.28

Memorial Day - 5.30
Water a Flower Day - 5.30
National Macaroon Day - 5.31
Save Your Hearing Day - 5.31
World No Tobacco Day - 5.31

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

Mental Health Awareness Month

MAY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1  Start a Journal	2 Call a Friend 	3  Watch the Clouds	4 Take a Walk Wednesday	5 Take time to Stretch	6  Try Meditation	7  Listen to Music
8 Set 3 Goals this Week	9 Draw a Picture	10 Screen Free Day	11  Take a Walk Wednesday	12 Do Something Kind	13  Read a Book	14 Have a Dance Party 
15 Remember to Laugh	16 Learn something New	17  Have Dessert	18 Take a Walk Wednesday	19 Listen to a Podcast	20 Make a gift for Someone	21 Play a Board Game 
22  Watch a TV Show	23 Motivate Yourself with Positive Talk	24 Write 3 Things you Like about Yourself	25  Take a Walk Wednesday	26 Take a Break from Social Media	27 Dress up for the Day	28 Movie Night 
29  Eat your Favorite Food	30 Reflect on the Good Things this Month	31  Celebrate Yourself				