

# Counseling News

Ewing High School Counseling Department

## *Welcome Back!*

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### **Important Dates:**

- 9/13/23 6:30 PM EHS Back to School Night for Sem I Classes
- 9/13/23 Picture Day
- 9/25/23 School Closed
- 9/26/23 Virtual Anti-Bullying Presentation
- 9/30/23 @ 2pm Homecoming football game



### **Upcoming Assessments:**

|                |                                   |
|----------------|-----------------------------------|
| 10/10-10/13/23 | NJGPA Fall (Gr 12 & Select Gr 11) |
| 10/17-10/20/23 | NJGPA Make-ups                    |
| 10/24-10/25/23 | PSAT @ EHS                        |
| 10/31/23       | PSAT @ EHS Make-ups               |
| 11/4/23        | SAT @ EHS                         |
| 12/5-12/13/23  | NJSLA Fall ELA & Math             |
| 12/18-12/22/23 | NJSLA Fall ELA & Math Make-up     |



# Meet the EHS Counselors

To make an appointment to see your counselor - stop by the Counseling Office, email your counselor, or call your counselor's extension.

**Mrs. Krajunas  
(A-BI, U-Z)**



**Mrs. Lippincott  
(BO-F)**



**Ms. Collins  
(G-K)**



**Ms. Signore  
(L-Ph)**



**Mrs. Fadel  
(Pi-T)**



**Ms. Tonelli, SAC  
(Substance Awareness  
Coordinator)**



Make sure to say hello to our awesome secretaries, Mrs. Everett & Ms. Stewart, when you stop by the counseling office!

# Suicide Prevention Month

September is National Suicide Prevention Month; where survivors, allies, mental health advocates, organizations, and communities work together to promote suicide prevention awareness. World Suicide Prevention Day is recognized on September 10 & is a time to remember those who have been affected by suicide, to raise awareness, and destigmatize seeking help or treatment related to mental health. **It's okay not to be okay!**

**"When I feel upset, bad, or no longer want to live while at school. who are the adults I can go to?"**

- Teacher
- Counselor/Case Manager
- Principal/VP/Dean
- Nurse
- Support Staff
- Coach

**If you know someone who might be suicidal...**

- Tell an adult IMMEDIATELY.
- Listen, let them talk.
- Don't promise to keep it a secret.
- Encourage them to get help.
- Tell them you care about them.
- Keep reaching out.



The 988 Hotline is a free, confidential 24/7 lifeline that connects individuals with crisis trained counselors.

You don't need to be suicidal or in crisis to call the Lifeline. People talk about substance use, relationships, sexual identity, & other related topics.

# All Grade Level Info.

The intent of this newsletter is to provide the EHS community with general, grade level information that's helpful for students & families. For continually updated information or questions stop by the Counseling Office.

## Graduation Requirements

4 credits of English  
3 credits of SS  
3 credits of Math  
4 credits of Science  
4 credits of PE/Health  
1 credit of World Language  
1 credit of Visual & Performing Arts  
1 credit of Career Edu/Fam & Consumer Sciences  
1 credit of Financial Literacy  
10 elective credits

**Total= 140  
credits**

## School Hours

**7:45am-2:30pm**

Breakfast is available every morning in the cafeteria from 7:15am-7:35am for \$2.05!

## Getting Involved

[Check out the EHS Clubs & Activities Webpage here!](#) 

To participate in extracurricular activities at EHS, you must have a 2.0 grade point average (GPA) based on 25 credits or 5 classes. You also must have passed 27 1/2 credits.

Students with 3+ In-School Detentions (ISD)/Out-of-School Suspensions (OSS) cannot participate.

## Attendance

- 8 absences per course per semester
- Be sure to be on time & prepared to each class, attendance is taken each block!



# Start Your Year Strong!

## *Tips for a successful year*

- Get organized - use a paper or digital agenda or calendar to keep track of assignments and commitments.
- Get involved - think about joining a sport or club at school this year.
- Use your resources - your counselors and teachers want to see you succeed! Reach out for help when you're feeling stuck.
- Stay healthy - Make sure you're sleeping at least 7 hours each night, eating nutritious meals, and drinking water!
- Show up - we love seeing your faces in the hallways and classrooms. Be sure to make attendance a priority.

### **Stressed during the school day?**

Breathing deeply sends a signal to our brain & body to relax. Try the breathing method below anywhere like the classroom, hallway, locker room, or nurse's office to help regulate your nervous system.

#### The 4-7-8 Method

1. Breathe in for 4 seconds
2. Hold the breath for 7 seconds.
3. Exhale for 8 seconds.

For more techniques, or if you're having a tough day, stop by to see your school counselor.

# NAMI NJ & Princeton HiTOPS

## NAMI NJ Resources



If you need support this year, please stop by to see your counselor. We can assist with getting you and your family connected with a variety of resources, including NAMI NJ:

[Free Online Counseling Support Groups](#) 

## HiTOPS Support Groups & Drop-Ins!

Applications are open for Youth Support Groups for the 2023-2024 Program Year. If interested, complete an application, [HERE](#), & schedule a meeting with a HiTOPS support staff. Groups meet weekly with a virtual option.

### Support Groups

TConnect: Tues., 5pm-6pm (14-18 y/o)

Social support group for trans, nonbinary, genderfluid, & gender expansive teens ages 14-18

First & Third: Weds., 5pm-6pm (14-18 y/o)

Social support group for LGBTQ+ teens ages 14-18 y/o


### After-School Drop Ins

Tues.-Thurs. 3pm-5pm

Drop-Ins for all youth ages 11-18. Stop by to say hello, have a snack, do HW, play games, & make friends!



# SAT Dates & Deadlines

Please see the below dates for the 2023-2024 SATs. You can also visit College Board's website [HERE](#) for more info. All deadlines expire at 11:59 p.m. ET. 

| SAT Test Date* | Registration Deadline | Change/Cancel, Late Registration Deadline |
|----------------|-----------------------|---|
| Oct 7, 2023    | Sep 7, 2023           | Sep 26, 2023                              |
| Nov 4, 2023    | Oct 5, 2023           | Oct 24, 2023                              |
| Dec 2, 2023    | Nov 2, 2023           | Nov 21, 2023                              |

[REGISTER NOW >](#)



Click the "Register Now" button above to visit College Board's website & register/sign in for the SAT.



# SAC Corner

## "What's the difference between a school counselor & a SAC?"

The Substance Awareness Coordinator (SAC) attends to non-academic needs of students. All students are assigned a school counselor at EHS, but not all students meet with the SAC.

## "Who Can Refer to the SAC?"

Students can self-refer or refer a friend  
A parent/guardian  
EHS teachers/staff  
Referral due to substance policy violation

\*Referrals and ensuing information provided to the SAC is confidential.

The primary goal of the SAC is to support the social emotional & mental health needs of students. This includes, but is not limited to:

substance misuse, mental health, social and family issues, anxiety, stress management, grief, decision making, disordered eating, sexual orientation & gender identity exploration



## Confidentiality



Per federal law 42 CFR Part 2, any student or family who receives services under the SAC/are receiving drug & alcohol treatment, are entitled to legal protections of confidentiality with limitations (harm to self or others).

This also means that students are able to seek support for drug & alcohol use without parental or guardian permission.