

Counseling News

Ewing High School Counseling Department

Welcome back!

Important Dates 2022-23

Suicide Prevention Day 9/10/22

Week of Respect 9/19 - 9/23

Red Ribbon Week 10/23 - 10/31

9/15/22 5-6 PM	Freshman and Sophomore Night
10/3/22 6:30-8:30 PM	EHS Financial Aid Night
11/3/22 6:30-8 PM	AP Parent Night
11/30/22 6:30-8 PM	EHS Financial Aid Parent Workshop
12/8/22 6:30-8 PM	Keeping our Students Safe Online (K-12)
12/22/22 6:30-8 PM	Understanding the PSAT
2/1/23 6:30-8 PM	EHS Naviance Night
3/30/23 6:30-8 PM	Substance Use & Youth (K-12)
4/13/23 6:30-8 PM	Supporting Our Children with Anxiety (K-12)



Upcoming Assessments

9/16 - 9/22/22

Start Strong Assessment

- ELA: 9 & 10
- Math: TBD
- Science: 9 & 12

10/12/22

PSAT @ EHS

11/5/22

SAT @ EHS



Meet the Counselors

Ms. Collins (G-K)

I am a lover of books, soccer, and movies whenever I'm not enjoying time with family and friends. Fun fact— my favorite writer of all time is James Baldwin. Super excited to meet you all!



Mrs. Krajunas (A-B, U-Z)

I'm so excited to be joining EHS as a counselor this year and to meet you all when you're back in school! I love helping students work towards their goals. Outside of the counseling office, I love spending time outside and I'm always in search of my next cup of coffee and good book recommendations.



Mr. Stokum (C-F)

I am excited to join the Guidance Department at Ewing High School as a School Counselor. I will be working closely with and advocating for students and families so that students can achieve their full potential! In my free time, I enjoy running, listening to music, watching movies, and spending time with family and friends. I am looking forward to meeting you! Go, Bue Devils!!



Ms. Tonelli (Student Assistance Counselor)

Outside of work I love to go to the beach and travel. I'm looking forward to this school year and serving EHS students by providing a safe space and the skills to be successful!



Ms. Signore (L-O)

This is Ms. Signore. She is a TCNJ graduate (Go Lions). It is year number two for her at Ewing High School! Her favorite part about being a school counselor is seeing the growth of her students from the beginning of the school year to the end. Ewing High students are her favorite students she has worked with!



Mrs. Fadel (P-T)

This is Mrs. Fadel's second year at EHS. She enjoys seeing students grow and succeed!



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



This summer, ten Ewing High School students completed The Early College Experience at The College of New Jersey! This experience included a readiness-building writing course and an array of social and emotional and academic learning activities, culminating in original action research completed by each EHS student.

Research inquiries included exploration into sociocultural identity, issues of racism, the dynamics of the immigration experience and much more.

Summer at TCNJ

Start your year strong!

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.

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](#)

