

BHS School Counseling Newsletter

NOVEMBER 2021

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NOVEMBER EVENTS

2 - PD Day - No School for Students

9 - **End of Quarter 1**

10 & 11 - Fall Conference/Early Dismissal (10th evening & 11th daytime)

11 - Veterans Day

13 - World Kindness Day

16 - International Day for Tolerance

17 - World Peace Day

24 - Early Dismissal

25 & 26 - No School for Students

25 - Thanksgiving Day

WORLD KINDNESS DAY 2021

World Kindness Day is a global day that promotes the importance of being kind to each other, to yourself, and to the world. This day, celebrated on November 13 of each year, has the purpose is to help everyone understand that compassion for others is what binds us all together. This understanding has the power to bridge the gap between nations.

Kindness: The World We Make - Inspire Kindness



WHAT WE'VE BEEN UP TO...

Throughout the months of September and October, we've been reconnecting with our 9th graders during ILT. They learned:

- Who their counselor is
- Where to find us
- How to connect with us in moments of urgency and for non-urgent support
- Where and what the Wellness Room is! Students took a "field trip" down to our Wellness Room to reflect on current involvements (clubs/sports, etc.) and their 'happiness rating' so far at BHS. They had a chance to play with Lego, color, or play a board game as a fun 'teaser' of what the room has to offer! In our future classroom lessons and self-care seminars, students will have the opportunity to come back to the room and enjoy all it has to offer.



Peer Counselors setting up the Wellness Room for the New Student Luncheon

KHAN ACADEMY

MISSED THE RECENT PSAT/NMSQT?

Khan Academy is offering a Full Length PSAT/NMSQT to Take On Paper

Take a practice PSAT/NMSQT test

There are many different ways to prepare. If you want to check out the test format and try a few questions, you can download an official practice PSAT/NMSQT exam and the scoring form. Once you score your test, you can also download the answer explanations for the test's questions.

Here are the two full-length, official practice tests to print, plus the paper [answer sheet](#).

[Practice PSAT 1](#)

- [Scoring](#)
- [Explanations](#)

BHS AFTER SCHOOL PROGRAM

Mon, Tues, Thurs, & Fri from 2:20pm-4:20pm

All BHS students are welcome!

Teachers are available to help with homework, paper revisions, PSAT/SAT work, to chat, or just provide a safe space to work or “hang” after school.

Math & Science:

Monday – Tuesday-Thursday-Friday: Mr. Dababneh (Room 213) – MATH

Monday: Mr. Tong (Room 215) – MATH

Thursday: Ms. Rozycki (Room 211) – MATH

Tuesday and Friday: Mr. McArdle (Room 114) – SCIENCE

English:

Monday & Friday: Ms. Hojnoksi (Room 304)

Monday & Thursday: Ms. Kozan (Room 309)

Tuesday & Friday: Ms. Moses (Room 310)

Tuesday & Thursday: Ms. Donovan (Room 109)

**ARTIFICIAL INTELLIGENCE,
HUMANITIES AND ETHICS
PROGRAM TAUGHT BY YALE
GRADUATES: WINTER '21**

OUR MISSION:

INSPIRE.

[Inspirit AI](#) is a 25-hour enrichment program that introduces middle and high school students to fundamental artificial intelligence concepts in order to work through socially impactful projects in areas including art, healthcare, education, law, and more. Developed and taught by our team of graduate students from Stanford and MIT, students receive a personalized, interdisciplinary learning experience with a student-instructor ratio of 5:1, and custom curriculum appropriate for complete beginners to more advanced students. Applications for our programs are now open and due October 15th. For our [high school program](#), you can find more [course information here](#) and our [HS application here](#). For our [middle school programs](#), you can find our [flyer here](#) and our [MS application here](#).

COLLEGE AND CAREER CORNER

DETAILED GUIDE TO THE COLLEGE APPLICATION PROCESS AND TRANSCRIPT REQUESTS

Students must complete all necessary tasks in Naviance and Common App before submitting this form, which is due at least 10 school days prior to the application deadline.

Upcoming Deadline

Application deadline of December 1 = **TRANSCRIPT REQUEST FORM DUE NOVEMBER 15**

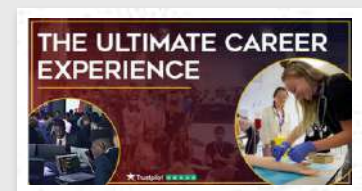
As explained in the [Detailed Guide to the College Application Process](#), you must complete several steps before requesting transcripts.

THE ULTIMATE CAREER EXPERIENCE

[The Ultimate Career Experience](#)

What do I do if I need help?

- Talk to your teacher! Let them know if you are struggling - they may not know!
- Sign up for a [peer tutor](#)
- Visit the Writing Center
- Take advantage of the BHS After School Program



Be sure to speak up and seek help if you are struggling. There are many support options available to you. Remember, YOU are your best advocate!



VIRTUAL COLLEGE VISITS

Saint Anselm College 11/1/2021 2:30 PM

Husson University 11/1/2021 3:30 PM

Thomas College 11/3/2021 2:30 PM

US Army Recruiting Station 11/3//2021 3:00 PM

University of New Hampshire 11/3/2021 4:00 PM

The Landing School 11/3/2021 5:00 PM

Springfield College 11/4/2021 2:30 PM

Bryant University 11/4/2021 3:00 PM

University of Colorado Denver 11/4/2021 4:00 PM

Monmouth University 11/5/2021 2:30 PM

Southern Connecticut State University 11/8/2021 2:30 PM

Ramapo College of New Jersey 11/8/2021 3:00 PM

US Coast Guard 11/18/2021 3:00 PM

NACAC VIRTUAL COLLEGE FAIRS

There is no cost to sign up. Registering ahead of time allows students to communicate with college reps on the day of the events. Many colleges will also hold information sessions and allow students to set up an appointment or one-on-one conversations.

COLLEGE FAIR GUIDE

Click on the **College Fair Guide** above to view a digital edition of the newspaper. Copies are also available in the School Counseling Office.

SCHOLARSHIPS

Wondering how you will pay for college? Check out the Scholarships available in Naviance!

Many more local scholarships will become available in the coming months, so it is important for students to check these scholarship lists regularly!



MINDFUL MINUTE

Everyday mindfulness



Looking to better understand mindfulness? [Check out this video!](#) Mindfulness is a helpful strategy to keep your thoughts in the present, rather than replaying the past or worrying about the future. We recognize that stress and anxiety are on the rise in many of us, teens and adults alike. We hope these resources will help you in taking care of your mental health while we still live through a pandemic.

HELPFUL ARTICLES FOR PARENTS

HOW TEENAGERS CAN PROTECT THEIR MENTAL HEALTH

HOW FAMILIES CAN PROTECT THEIR CHILD'S MENTAL HEALTH

TEENS AND STRESS

SOCIAL EMOTIONAL RESOURCES

- [211 Mobile Crisis Intervention](#)
- 911 Emergency Services
- [Brookfield C.A.R.E.S. Hope & Support Group](#)
 - [2020 Parent Guide](#)
- [Parent Support Network](#) (Brookfield meetings available)
- <https://www.crisistextline.org/> text 741741
- LGBTQ+
 - [Resources](#)
 - Triangle Community Center (Norwalk)
 - [The Trevor Project](#) 24 Hour TrevorLifeline 1-866-488-7386
- Crisis Text Line - Text "Talk" to: 741-741 Connect with a crisis counselor (24/7)
- [Substance Use Resources](#)
- National Suicide Prevention Lifeline *Call: 800-273-8255 (24/7)*
- IMALive Chat Line *Website: www.imalive.org/online/*
 - Online instant messaging providing support to those in crisis or considering suicide.
- Crisis Text Line *Text "TALK" to: 741-741 (24/7)*
- [SAMHSA's](#) National Helpline *Call: 800-662-4357*
 - This helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.
- The NAMI HelpLine *Call: 800-950-NAMI (6264) Or Text: info@nami.org/help*
 - The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. Monday through Friday, 10am-8pm ET.
- Opioid and Substance Use Disorders Resources *Call: 800-563-4086*
 - *Website: <https://liveloud.org>*
 - Provides options to talk to a peer, call for treatment options, connect on social media, or search for 12 step or other support groups in your community.





ABOUT US

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