

# BHS School Counseling Newsletter

December 2021

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## *December 2021*

November 28 through December 6 - Hanukkah

3 - PLC Day- **Early Dismissal (11:00AM)**

10 - Human Rights Day

17 - National Ugly Sweater Day

21 - Winter Solstice

23 - Festivus

23 - **Early Dismissal**

24-31 Holiday Recess - **No School**

26 - Kwanzaa

26 - Boxing Day

January 3 - **Back to School**

*December is Universal Human Rights Month.*

## *Universal Human Rights Month*

### *So what does this mean exactly?*

It's important to first understand how the Universal Month for Human Rights started. It began in 1948, when the United Nations wrote up a document called the ***Universal Declaration of Human Rights***.

This happened after the Second World War, because the U.N. wanted to prevent the atrocities that had occurred. They created the document as a way to properly define what human rights would be protected universally.

The very first article of this declaration makes it clear what the purpose is. It states:

***All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.***

The rest of the document lists out what these rights are. It emphasizes how important it is to work towards protecting freedom for all in order to keep peace.

### ***How can you observe the Universal Month for Human Rights?***

Take the time to learn about another culture that is different from yours – perhaps a culture that makes you nervous or uneasy. Research their history or perhaps make a new friend that is a member of that culture. You'll start to see quickly how similar all people really are. You'll start to see just how important it is that everyone be treated with dignity and respect.

## ***What We've Been Up To...***

We're about one month into quarter two. How are your grades looking? Are you satisfied, or happy with your progress so far? If so, way to go! If not, no need to panic! But it may be the time to start making some changes. The best way to start is by ensuring you're staying up to date on all assignments! It is NEVER too late to ask for help. Connect with your teacher for extra help and clarification. Or some see your counselor to find out how you can get connected with a peer tutor.

The earlier you communicate with your teacher, the less stressful your assignments will feel.

### **What can I do if I'm struggling in a class?**

- Talk with your teacher. Ask questions. Get extra help during ILT or after school. Consider your studying techniques - is it time to try something new?
- Are you missing assignments? Are you prepared for class? Stay up to date with your homework.
- Talk with your counselor about strategies to improve
- Ask your teacher or counselor about how to get a peer tutor!

## ***REMINDER!***

Just a reminder to our students eligible for Free/Reduced Lunch...  
Being eligible for Free/Reduced Lunch also makes you eligible to receive:

- ***College application fee waivers***
- ***Standardized test fee waivers***



Even though lunch is free for everyone this year, please be sure to apply for the program if you believe you will qualify. It is the only way you can ensure you receive the financial support on college applications and standardized testing. Please [click here](#) for more information.

## ***COLLEGE AND CAREER CORNER***

### ***SAT and ACT Preparation Resources***

We are working hard to support our families this school year with additional resources. Our friends at Revolution Prep are offering a practice SAT and ACT to all students, in addition to a presentation on Executive Functioning for all our parents. Please see below...

### ***How Executive Functioning Skills Improve Grades & Lower Stress: Parent Presentation***

In this session, we will identify 6 habits that separate the best students from the students who struggle, and how mastering these 6 habits will lead to lower stress, better grades, and an overall increase in quality of life.

### ***Executive Functioning Presentation (parents)***

**Date:** Wednesday, January 19th, 2022

**Time:** 7:00-8:00PM EST

**Where:** Live Online!

**Register here:** <https://www.revolutionprep.com/partners/3309/>



### ***Practice SAT and ACT Exams***

This is a great chance to get started on your testing plan, or if you have already started, it will provide additional practice. Taking practice tests under timed conditions is essential to being ready for the official test. A proctored practice exam will help your child build testing endurance and give a real-time snapshot of their testing performance.

#### **SAT Practice Exam**

**Date:** Saturday, January 15th, 2022

**Time:** 9:00AM-1:00PM EST

**Where:** Live Online!

**Register here:** <https://www.revolutionprep.com/partners/3309/>

#### **ACT Practice Exam**

**Date:** Saturday, January 22nd, 2022

**Time:** 9:00AM-1:00PM EST

**Where:** Live Online!

**Register here:** <https://www.revolutionprep.com/partners/3309/>

Materials will be emailed to students 24 hours before the exam.

Every exam comes with a free 30-minute score report review with a Revolution Prep testing expert to assess specific strengths and areas of improvement. We highly recommend taking advantage of this opportunity. Schedule your consultation to review the score report with a dedicated Revolution Prep team member, who will help you interpret the results and develop a customized plan to prepare for the official exam. You can pre-schedule this Score Report Review here:

<https://my.revolutionprep.com/s/newengland>

**Questions?** If you have additional questions or want to learn more about Revolution Prep, you can reach out to a dedicated Revolution Prep team member at (800) 878-1850 or by email at

[newengland@revolutionprep.com](mailto:newengland@revolutionprep.com)

**REvolution PREP**

## Take a free practice SAT® or ACT® with our friends at Revolution Prep

The SAT and ACT, which cover the entirety of your child's high school learning, can seem daunting and overwhelming, but if your child is prepared, they'll feel less overwhelmed. **The best way to prepare is to practice.**

Proctored practice tests are an opportunity for your child to work on pacing and endurance in a setting that best simulates the test day environment. Plus, you can see your child's score instantly in the Revolution Prep mobile app. So remember to pack a smartphone!

### How it works

1. Register for the practice test at [www.revolutionprep.com/partners/3309](http://www.revolutionprep.com/partners/3309)
2. Turn your child's goals into a plan. Schedule a time to go over your score report with a Revolution Prep team member at [my.revolutionprep.com/newengland](http://my.revolutionprep.com/newengland)

### About Revolution Prep

- 10+** years of experience in live online learning
- 1 million+** hours of online instruction delivered
- Get help in more than 100 subjects

### Contact a Revolution Prep team member

**(800) 878-1850**  
[newengland@revolutionprep.com](mailto:newengland@revolutionprep.com)

SAT Saturday January 15th, 2022	9:00AM - 1:00PM EST	Live Online
ACT Saturday January 22nd, 2022	9:00AM - 1:00PM EST	Live Online

Remember to register for the practice test by the Thursday prior to exam.

## *The Detailed Guide to the College Application Process*

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 15 = **TRANSCRIPT REQUEST FORM DUE December 1**

Application deadline of January 1 = **TRANSCRIPT REQUEST FORM DUE December 10**

Application deadline of January 15 = **TRANSCRIPT REQUEST FORM DUE January 3 \*\***

**\*\*School Counselors will not be available to send transcripts over the Holiday Recess\*\***

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

## *MINDFUL MOMENT*

With the holidays upon us, this can be a joyous time for some and a period of heightened anxiety for others. Try to remember to take the time to manage your anxiety. Here are some basic strategies to keep in mind.



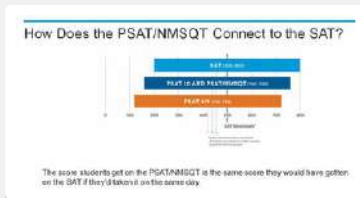
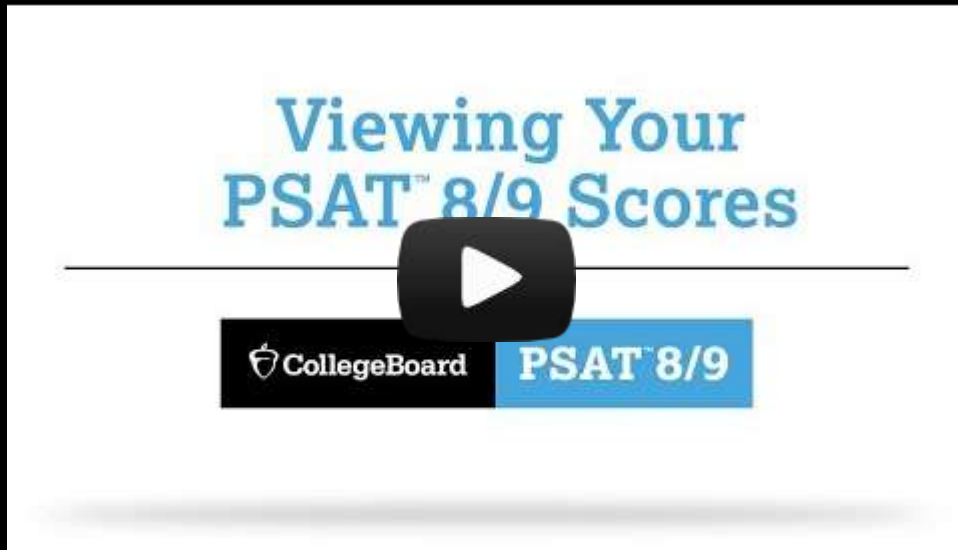
## *PSAT/NMSQT Scores Available Beginning December 7*

On December 8th, during ILT, students will receive their PSAT/NMSQT test books plus a copy of their scores. Please see videos below to understand the score reports.

### Understanding Your PSAT/NMSQT Score Report



## Viewing Your PSAT 8/9 Scores



*How Does the PSAT/NMSQT Connect to the SAT?*



*Upcoming SAT School Day - March 23-25, 2022*



*SAT Resources*

## *6th Annual Martin Luther King Jr. Day Essay Contest*

Senator Murphy invites you to participate in his Office's annual Martin Luther King Jr. Essay Contest. We ask students from high schools from across Connecticut to participate in honoring the legacy of Martin Luther King Jr. by submitting essays that reflect on Dr. King's dream, their own aspirations, and the importance of what Dr. King means to them.

Submissions are now open and must be received by January 12th. Essays can be mailed to:

Kay Munoz - Office of Senator Murphy

120 Huyshope Avenue, Suite 401

Hartford, CT 06106

If you have any further questions, please contact Kay Muñoz at 860-549-8468 or email at

[MLK\\_Essay@murphy.senate.gov](mailto:MLK_Essay@murphy.senate.gov).

*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/](http://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](mailto: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.
- Family Helpline 1-800-THE-KIDS
  - If you're feeling stressed out, call to speak to a trained volunteer of Parent's Anonymous, who can provide support and refer you to resources in your community

Whether it's your friends,  
family, or community,  
everyone needs  
someone to lean on.



If you don't know where to turn,  
you can text **HOME** to **741741**.

A volunteer Crisis Counselor with  
Crisis Text Line will be there for you.  
It's free and 24/7.



### About Us

 Facebook     @CounselorBobcat

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DECEMBER,  
BEING THE LAST  
MONTH OF THE  
YEAR, CANNOT  
HELP BUT MAKE  
US THINK OF  
WHAT IS TO  
COME.

Fennel Hudson



[PureHappyLife.com](http://PureHappyLife.com)