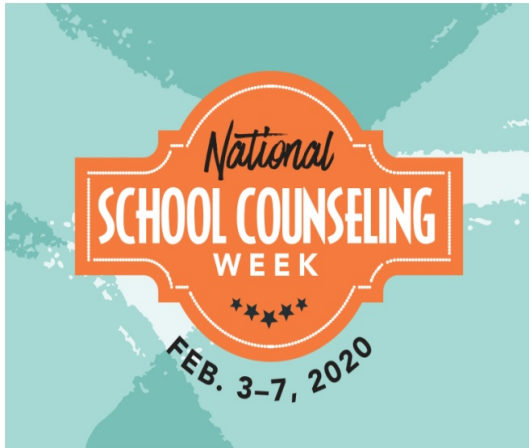


# School Counseling News

February 2020

What we've been up to.....

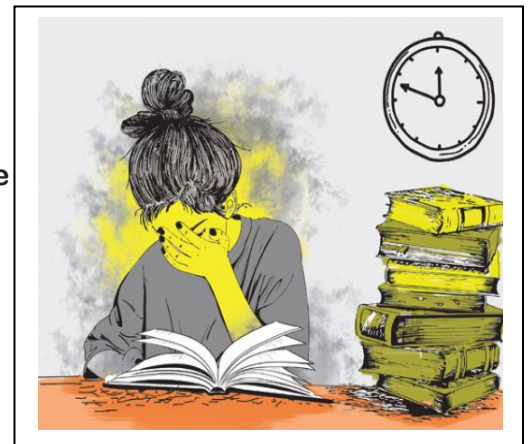


## School Counselors: Helping Build Better Humans

National School Counseling Week 2020, "School Counselors: Helping Build Better Humans," will be celebrated from Feb. 3–7, 2020, to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. To learn more about National School Counseling Week, visit <http://www.schoolcounselor.org/nscw>

## Midterm Stress Buster

Thank you to all students who took a chance on us and themselves by trying out one or both sessions of our Self-Care Series: Mid-Term Stress Busters. We hope that your experience was a good one and that you came away with some tools to help keep your mind under control so you could perform your best on exams and feel good about yourself off the mat. Here are some of the resources that we tapped into. We encourage each of you to try one ... any one ... before you go to bed each night, and when you wake up in the morning. Start off with a good intention, and you will already be on the road to success!



Tapping: To experience the tapping sequence that we tried, you may check out [www.thetappingsolution.com/free-tapping-meditations](http://www.thetappingsolution.com/free-tapping-meditations). Give it a try guided by BHS alumni Jessica Ortner. Meditation with Sharon Salzburg and Dan Harris: [https://youtu.be/mtsdz\\_jhB7c](https://youtu.be/mtsdz_jhB7c) Liked the yoga? Check out Yoga with Adriene and her dog Benji: <https://youtu.be/LGEMzfXfj-g> Namaste! You are all awesome. Thank you for being yogis with us!

## Annual Alumni Panel

The counselors were excited to welcome back several BHS alumni on Friday, January 10th for an Alumni Panel. These former students spoke to juniors and seniors about their experiences since graduating and gave advice about how to successfully plan for and transition to life after BHS.

BHS Counselors

## College/Career Corner

### Junior Meetings

Mrs. Lungariello has begun meeting with juniors and families for post high school planning. So far 69 students have completed the Google form to request a meeting, and any students who haven't should do so ASAP! Parents are welcome to attend these meetings, but it is not required. To request a meeting, complete this [Google form](#).



The Brookfield High School & New Milford High School College & Post Secondary Options Fair will be **Monday, March 30th, from 6:30 to 8:00 PM at New Milford High School**. All BHS students and families are invited to attend and learn more about the various colleges and programs in attendance.



### Sending Midyear Grades to Colleges

Seniors who would like to send midyear grades to colleges should complete [this Google form](#). This grade report will include first quarter, second quarter, and first semester grades. Midterm exam grades will not be included. **If any colleges have a SPECIFIC deadline for midyear grades prior to February 14th, students should email Mrs. Lungariello ([lungariellos@brookfieldps.org](mailto:lungariellos@brookfieldps.org)) with the name of the college/university and the specific deadline.** If you are unsure if a college requires midyear grades or if there is a specific deadline, you can always reach out to the Admissions Office at the college to get that information.

### Senior Flex Visits

Mrs. Lungariello is in the process of visiting all senior flex classes to give [this presentation](#) about financial aid, scholarships, and next steps for students. Students should reach out to Mrs. Lungariello with any questions or if they'd like to set up an individual appointment.

### Haven't done the FAFSA? Do so by February 15th!

Connecticut's Priority Filing Deadline for the FAFSA (Free Application for Federal Student Aid) is February 15th. Visit the [Financial Aid section of the School Counseling website](#) for helpful information and links.

## Scholarships

Now is the time for seniors to be applying for outside scholarships! The *Scholarships* section of the BHS School Counseling website features a list of local scholarships and a list of websites students can use to search for national scholarships. Students should check the list of local scholarships regularly, as many more will be added in the next few months. Students should contact or see Mrs. Hopcroft in the Counseling Office if they need a transcript for a scholarship application, and students should seek out teachers and/or counselors in advance for letters of recommendation.

## Mindful Minute

Magnetic Hands!     Breathe in deeply through  
   Your nose (1-2-3-4).  
   Breathe out fully through  
   Your mouth (1-2-3-4)

Put your hands in front of  
You shoulder width apart and  
Palms facing each other.

Pretend there is a magnet  
That is slowly drawing  
Your palms together.

Bring your palms very, very  
Close until they almost touch.  
Then slowly bring your palms  
Back out again.  
Keep breathing. Repeat.

[www.GOZEN.com](http://www.GOZEN.com)

## Upcoming Events

- ♥ Friday, February 14 – PD Day – No School
- ♥ Friday, February 14 – Valentine’s Day
- ♥ Monday, February 17 – President’s Holiday  
– No School
- ♥ Tuesday, February 18 – President’s Holiday  
– No School

february

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March 2020						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- ♣ Thursday, March 12 – Spring Conferences  
(Early Dismissal)
- ♣ Tuesday, March 17 – St Patrick’s Day
- ♣ Wednesday, March 25 – School Day SAT

SAT

CollegeBoard

**The mandatory School Day SAT will be administered to all 11th grade students on Wednesday March 25, 2020.** This will be a full day of school for all students with a modified bell schedule. More information will be shared with students and families in late February.