

# BHS School Counseling Newsletter

September 2022

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## WELCOME BACK!

We hope everyone enjoyed a restful and rejuvenating summer! We are ready to kick off this new school year and look forward to working with each of our students! Please check out our [Back to School](#) letter for important departmental information.

## Support For Families

Parent Connection is a local organization whose mission is *to educate and empower our communities in the prevention of substance abuse and to embrace the families affected by this crisis*. Visit the Parent Connection [website](#) to learn more about support groups in Newtown, and their bereavement groups.



Guide to Coping with Teen's Back-to-School  
Anxiety

*September*  
2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			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		

## September Events

### September

5-12 - Natl Suicide Prevention Week

19-23 - Start With Hello Week

26 - Rosh Hashanah (No School)

#### Start With Hello Week (September 19-23)

Loneliness is the overwhelming feeling of being left out and social isolation is not having frequent interactions with friends. Young people who feel this way may pull away from society, struggle with learning and social development, or choose to hurt themselves or others. Due to COVID-19, all students can empathize with the feelings of isolation due to physical and social distancing. **Start With Hello** is an important social and emotional learning program to reintroduce students to the power of connecting and helping one another.

**#StartWithHello #StartWithHelloWeek**

National Self Care Awareness Month

Use the month of September to make self-care a part of your daily routine – practice being good to yourself. It can be as simple as a conscious breath in the morning or as luxurious as time away from the pressures of everyday life. The kindness we show towards ourselves will manifest into a kinder world.  
**#SelfCareAwarenessMonth #selflove #selfcarechallenge #evoltolive**

#### Student Sleep Health Week (September 18-24)

According to the [American Academy of Sleep Medicine](#):

#### **Benefits of Healthy Sleep**

Research shows that students who get healthy sleep experience better outcomes, including improved attention, behavior, learning, memory, emotional regulation, and mental and physical health. The benefits of establishing healthy sleep habits now can benefit students long into the future. A [recent study published in the Journal of Clinical Sleep Medicine](#) shows that poor sleep habits in adolescence contributed to poor health outcomes in adulthood.

“Prioritizing healthy sleep throughout the year allows students to flourish at school and in life,” said Martin.

#### **How Much Sleep is Needed?**

The AASM recommends children 6-12 years of age should sleep nine to 12 hours on a regular basis to promote optimal health, while teenagers 13-18 years of age should obtain eight to 10 hours of sleep per night. The benefits of healthy sleep require not only adequate sleep duration, but also appropriate timing, daily regularity, good sleep quality, and the absence of sleep disorders.

#### National Suicide Prevention Month

Learning about suicide prevention during the month of September is a great way to educate yourself and others. If you or someone you know needs emergency assistance, contact the National Suicide Prevention Hotline at 1-800-273-8255. Find more help at [www.nami.org/Find-Support](http://www.nami.org/Find-Support).

#### **#NationalSuicidePreventionMonth**

#### **September 10: World Suicide Prevention Day**

With suicide prevention in mind, here are some tips on how to reach out to a friend if you are worried about their mental health.



# HOW TO REACH OUT TO A FRIEND ABOUT MENTAL HEALTH

*Having a conversation about mental health might be uncomfortable, but it can make all the difference. Try one of these opening lines to help make starting the conversation easier.*

- ★ Seems like something's up. Do you wanna talk about what's going on?
- ★ I've noticed you've been down lately. What's going on?
- ★ Hey, we haven't talked in a while. How are you?



The Jed Foundation

## *College and Career Corner*

### *College Rep Visits are Starting Soon!*

Calling all college-bound juniors and seniors! Our virtual college representative visits begin this week. These visits are valuable opportunities for juniors and seniors to learn about different colleges/universities, ask any questions they have, and demonstrate their interest in the institution. Students are encouraged to view [this presentation](#) for more information, including how to register, what to expect during visits, and how to prepare. The **Fairfield University** visit is Thursday, and other upcoming visits include **Boston University, UConn, Quinnipiac, Sacred Heart, Seton Hall, Rensselaer, and more!**

### *College Application Information*

Seniors - Below you will find many resources to assist you with the college application process. You should also bookmark the [College Application page on the School Counseling Website](#) which includes all of the resources listed below.

**[BHS College Application Process Checklist](#)** - This step-by-step checklist simplifies the application process into a two-page guide. All students who are applying to college **MUST** review this guide to ensure your school documents are sent to the necessary colleges in time.

**[Detailed Guide to the College Application Process](#)** - This guide breaks down each step of the college application process and provides explanations and screenshots. **If you have any**

questions about the college application process, consult the **Table of Contents** to find the topic you need.

**[Completing College Applications](#)** - Most of this presentation focuses on how to complete the Common Application, including many helpful tips for completing the Activities list.

**[Senior Year Timeline for Applying to College](#)** - Bookmark or print out this two-page timeline to keep yourself on track throughout the year. Included are standardized test dates and registration deadlines, financial aid deadlines, reminders about the college application process, and more!

**[Letters of Recommendation and the College Essay](#)** - View the presentation (or watch the [recorded webinar](#)) for information about letters of recommendation, the main college essay, and supplemental essays.

**[Resumes](#)** - View the presentation (or watch the [recorded webinar](#)) for information about how to create a resume and what information to include. You can also view several different templates and make a copy of one to use for your own resume.

**[Requesting Transcripts & Letters of Recommendation](#)** - The link to request transcripts and information about requesting letters of recommendation are included within the checklist. Ensure you have completed all of the necessary steps prior to requesting transcripts or letters, and request transcripts at least 10 school days prior to an application deadline.

<b>COLLEGE APPLICATION DEADLINE</b>	<b>TRANSCRIPT REQUEST FORM DEADLINE</b>
October 15	September 30
November 1	October 17
November 15	October 31
December 1	November 15
December 15	December 1
January 1	December 9
January 15	January 3
February 1	January 18

## *UConn Early College Experience (ECE)*

Are you taking any of the following courses this year? If so, you could earn high school credit AND college credit through the University of Connecticut's Early College Experience Program!

**AP Biology AP English Literature AP European History AP US History**

**EMT Training Introduction to Human Rights Music Appreciation II**

If you're not familiar with the ECE program, these courses are taught by BHS staff who are also certified UConn instructors, so students have the potential to earn high school credit AND college credit. As outlined on the [UConn ECE website](#) and in the [Student Guide](#), there

are [many benefits](#) to participating in this program. The cost is \$150 for a 3-credit course and \$200 for a 4-credit course.

If you choose to enroll as an ECE eligible student, you will need to use [this guide](#) and follow the instructions in order to:

1. Create your account or login if you are a returning student
2. Activate/confirm your account
3. Complete the application (Returning students must review and confirm application data.)
4. Register for courses (See chart above.)

All student registration requests once submitted must be approved by the high school Site Representative, approved by a parent/guardian, and payment information collected (if applicable) to be processed. Parents can use [this guide](#) to assist with the consent and payment steps of the process. **All steps in the registration process must be completed by Thursday, October 6.**

## NACAC College Fairs

Registration is now open for the Fall 2022 NACAC In-Person & Virtual College Fairs!



### [In-Person National College Fairs](#)

NACAC is offering 17 in-person National College Fairs this fall, including a STEM & Performing and Visual Arts College Fair. You can find our schedule below as well as [here](#). If your state isn't on this list, we may be headed your way in the spring of 2023!

### [Virtual College Fairs](#)

NACAC Virtual College Fairs are a great opportunity to connect with colleges and pursue your college dreams all from the comfort of your own home. Have a quick video chat with a rep, drop in on a virtual presentation, send a question through chat - make a connection YOUR way! Check out our schedule below.

You can also check out a [quick video](#) on how it all works!

## 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)





- 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.
- [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



## About Us

Facebook @CounselorBobcat

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— WELCOME —  
 BACK TO SCHOOL

