



BHS School Counseling Newsletter

December 2023

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December Events

- 8 ~ PJ Day for Connecticut Children's Medical Center
- 19 ~ BHS Winter Concert
- 21~ Winter Solstice
- 22~ Early Dismissal
- 23 - January 1 ~ Holiday Recess

December is a great month to offer your time to a good cause and receive community service hours!. Please access the [Community Service Handbook](#) for ideas of locations to complete your hours, as well as the form for documenting your hours.

Total community service hours needed for graduation:

Class of 2026 & 2027 ~ 50 hours

Class of 2025 ~ 38 hours

Class of 2024 ~ 25 hours

What We've Been Up To

Wellness Wednesdays

Last month, counselors hosted Wellness Wednesday activities geared around Mindfulness. Specifically, they had an opportunity to practice a few different mindfulness techniques such as: a [Loving Kindness meditation](#), a [chocolate meditation](#), and a [Box Breathing exercise](#). How can you follow up at home? You and your students can make a commitment to practice mindfulness for a few weeks! Around the busy holiday season, we could all use a bit more mindfulness. Try some, or all, of these [One Minute Mindfulness](#) activities.

For our Challenging Negative Thoughts activity, students were affirmed that when negative thoughts enter our minds, it can feel very real, and true! It's hard to believe our own mind would lie



to us. Counselors provided guidance on how to challenge negative thoughts we have: Is this thought based on facts? What evidence do I have to support this thought? What evidence do I have against the thought?

THE SECRET OF THE APPS

AN EDUCATIONAL WORKSHOP
FOR PARENTS AND CAREGIVERS

SPONSORED BY
**THE DRUG FREE SCHOOLS COMMITTEE
AND GAMBLING AWARENESS TEAM**

Tuesday 12/5/23
7:00-9:00 p.m.
at The Black Box Theater,
Danbury High School

With Guest Speaker
Officer Rich Marsh, Woodbury Police Department

This educational opportunity, designed for parents and caregivers will include:

- an overview of the different social media apps and websites kids tend to use
- parental controls for some apps
- cell phone and internet safety
- an introduction to the free Powered Up program focused on keeping video gaming healthy

CLICK HERE TO REGISTER OR USE THE QR CODE

Visit wctcoalition.org to learn more about the Drug Free Schools Committee and Regional Gambling Awareness Team

WCTC

College and Career Corner

Dual Enrollment Opportunity

CT State Community College at Naugatuck Valley is pleased to extend the High School Partnership Scholarship to junior and senior year students for the Spring 2024 Semester. BHS is able to nominate 5 students and two alternates. Priority will be given to seniors, and interested students should review the [NVCC website](#) to determine if there is a class of interest. Students cannot enroll in a class during the school day, and are responsible for transportation to campus. Interested students should contact Mrs. Usher for more details.

Community Service Opportunities!

- New Fairfield Social Services would be happy to have student volunteers assist them with their food pantry. The holiday season is always a busy season with many donations made to

the pantry. Any student willing to come in and clean the pantry, check for expired items and put newly donated items on the shelf would be most welcome. Please call either of these numbers below to set up an appointment, or with any questions.

- Director of Social Services - Cindy White - 203-312-5669
 - Assistant to the Director - Jennifer Hudson - 203-312-5686
 - Morris Street Elementary School in Danbury is looking for volunteers to help with the following tasks:
 - Sort through books to distinguish new vs old
 - Go through closets and take out items that are holiday/winter decorations
 - If you are interested, please reach out to the Principal, asmank@danbury.k12.ct.us
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Scholarships!

[15 Scholarships due between December 1st and April 1st.](#)

Are you eligible? Examples of some of the requirements:

- Demonstrate academic achievement, exhibit leadership ability, and have a demonstrated financial need.
- Have a GPA of at least 2.5.
- Have demonstrated on-going commitment to their community by performing unpaid volunteer services.
- Be a high school sophomore, junior, or first semester senior.
- Be involved in extracurricular activities outside of school.

More scholarships are being added to Naviance daily. Check them out!



Scholarship Opportunity! Roberta B Willis Merit-Need Scholarship:

The Roberta B. Willis Need-Merit Scholarship Program requires eligible high school students to rank in the top 20 percent of their junior year class (GPA of 4.185 or higher) and/or have a combined score of 1200 or better on the SAT or have an ACT score of 25 or better.

- To qualify for the need-based requirement, students must have a federal Student Aid Index (SAI) equal to or below our annual maximum SAI cutoff of 10,999 to be considered for an award. The Office of Higher Education will determine eligibility based the student's FAFSA.
 - All applicants must submit a 2024-25 FAFSA (FAFSA® Application | Federal Student Aid) no later than February 15, 2024. Students must list an eligible Connecticut institution on the FAFSA for award consideration. The Office of Higher Education gets FAFSA information automatically.
 - In order to qualify for an award, students must ultimately attend an eligible Connecticut four-year public or private, not-for-profit institution of higher education with the exception of Wesleyan University and Yale University. Please see Ms. Usher for more information!
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No Application Fee - Jacksonville University

Senior students applying to Jacksonville University can use the code **BEAPHIN** to waive the



Webinar: PSAT, Now What?: Wednesday, December 20, 2023 | 8:00 – 9:00 pm ET | Live Online

Webinar: PSAT, Now What?

In the presentation you will learn that National Merit Scholarships aren't the only things that make PSAT scores valuable. A student's performance on the PSAT/NMSQT® is a powerful indicator of ACT/SAT readiness, and PSAT results can be a valuable tool to inform ACT/SAT preparations – if you know how to use them. So instead of throwing that score report away, bring it to this session where we will cover how to use your PSAT/NMSQT® results to identify not only whether to take the ACT or SAT, but also how to build your child's best plan for success.

PSAT, Now What?: Wednesday, December 20, 2023 | 8:00 – 9:00 pm ET | Live Online

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

Practice Exams:

ACT Practice Exam:

When: Saturday, December 16, 2023

Time: 9:00 am - 1:00 pm ET

Where: Proctored online via Zoom

Digital SAT Practice Exam:

When: Saturday, January 6, 2024

Time: 9:00 am - 12:00 pm ET

Where: Proctored online via Zoom

Revolution Prep is excited to support us by offering a digital SAT experience that most accurately reflects the official College Board test in format, user experience, adaptivity, and content. Students will learn how to navigate the new digital testing format and practice using the exact tools available to them on the real test, such as the graphing calculator, digital annotations, answer elimination, and much more!

Step 1: Register here: <https://www.revolutionprep.com/partners/3309>

Step 2: Schedule a free 30-minute score report review with a Revolution Prep testing expert to help you interpret the results and develop a customized plan to prepare. Please schedule this appointment for the few days after the exam. You can pre-schedule this Score Report Review here: www.revolutionprep.com/rich-saperstein

Step 3: Your scores will be available immediately upon completing the test!

Questions? If you have questions or want to learn more about Revolution Prep, you can reach out to Rich Saperstein at (201) 241-2031 or by email at rich.saperstein@revolutionprep.com.



Don't miss the opportunity for you and your students to connect with hundreds of colleges and universities all in one place.

[2024 Schedule and Registration Information](#)

All of our fairs will feature College MatchMaking™! At the time of registration, students will select the attributes that are most important to them in a college. They will receive an email that best matches them to specific colleges and universities based on the criteria they provided. Students will then reference their email on the day of the fair to connect with their best matches. Make sure to encourage your students to register early so they can take advantage of this great, free feature.

In-Person National College Fairs

NACAC is offering 22 in-person National College Fairs this spring, with hundreds of colleges and universities from across the globe already signed up to exhibit. Have students interested in studying STEM or the performing and visual arts? NACAC will be offering special areas focused on STEM and performing and visual arts at our college fairs in greater Los Angeles, New Jersey, Houston, and Boston.

Virtual College Fairs

NACAC Virtual College Fairs are a great opportunity to connect with colleges and universities 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 the chat – make a connection your way.

Summer Programs

Ball State University is offering a Pre-College Summer Program for students interested in interior design. The Youth Interior Design Forum (YIDF) is a workshop open to high school students of any grade level and gives them the opportunity to experience interior design firsthand. The workshop blends tradition and innovation in creative learning, covering areas in applied critical thinking and exploration with materials. During the studio time, students explore the fundamentals of 2D and 3D concepts, learn basic drawing and illustration skills, play with color use and light effects, and learn how interior environments affect human behavior. Upon completion, students will have a portfolio of work (a required component for the application for many accredited college interior design programs) and an official certificate of completion. Forum participants explore the design process, concept development, graphic communication, lighting design, materials and furniture selections/specifications, perspective drawings, and much more. Professors and teaching assistants walk students through the process from the beginning to the end. Students also have the opportunity to learn from industry veterans representing design firms and organizations while creative industry leaders from around the country host guest lectures and Q+A sessions with students. Please click this [website](#) for more details and to apply!

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**Denison University**-Students can apply for **Summer TUTTI**, an 8-day residential summer high school intensive in **dance, music, musical theatre, and theatre**. At Summer TUTTI, students live and learn with peers from across the disciplines and across the country. They'll deepen their skills and talents in their chosen area while exploring new ways of making art, guided by Denison professors as well as nationally-acclaimed professional artists and ensembles, **Third Coast Percussion**, string quartet **ETHEL**, and members from **Available Light Theatre**.

Denison welcomes **dancers** (all styles), **instrumentalists** (strings, woodwinds, brass, piano, and percussion), **composers**, students interested in all aspects of **theatre-making** (acting, directing, designing) and **musical theatre!** Rising high school sophomores, juniors, and seniors (age 15-18 by the time of the program) are eligible to apply. Financial support is available for families with need. This year's program runs from **June 22-30, 2024**.

The application opens on December 1. For more information, please visit [summertutti.denison.edu](http://summertutti.denison.edu). The priority application deadline is March 1, 2024.

If you have any questions, please contact us at [summertutti@denison.edu](mailto:summertutti@denison.edu) or at 740-587-5761.

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University of Pennsylvania-Penn Medicine Summer Program- Spend four weeks at the University of Pennsylvania's Perelman School of Medicine intensive summer program designed for rising high school juniors and seniors interested in the medical field. Modeled after actual first year Penn Med classes, you'll gain exposure to the basics of medical training including practical experiences, simulations and live demonstrations. Plus, you'll live the life of a college student on Penn's campus, located in University City in Philadelphia, PA. Experience dorm life, campus living, attend incredible hands-on sessions, lectures and classes, and make life-long friends! Please visit the [website](#) for more information.

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**Columbia University-SHAPE** is a summer program for current high school students to experience college-level Columbia Engineering courses and life on Columbia's Morningside campus. SHAPE provides students who are curious about STEM an opportunity to explore different engineering disciplines and work in labs. All courses are taught by Columbia Engineering faculty. Summer 2024 consists of two sessions (Session 1: July 8-July 26; Session 2: July 29-August 16), and each day goes from 9:00 am to 5:00 pm. The cost per session is \$5500. Financial aid based on need is also available for students. Lunch is provided and so are all course materials. We are offering courses that were popular last year such as Biomedical Engineering, Electrical Engineering, and Robotics. We are also offering new courses in Civil Engineering, Competitive Computer Programming, and Data Science. Please visit the program [website](#) for more details.

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## Student Opportunity



### Join our local Energy Advisory Board!

Interested in environmental protection, air quality, global warming, macrobursts, land conservation, forest fires, habitat loss, wildlife protection, and floods? Want to help protect our air, water, land, human health... your future? [Click here to learn more about our local Energy Advisory Board!](#)

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## 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)
- National Alliance on Mental Illness
  - [Friends & Family Support Group](#): Brookfield meetings on the last Wednesday of the month at 7pm @ Brookfield Senior Center, 100 Pocono Road
  - 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.
- <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.
- [SAMHSA's](http://www.samhsa.gov) 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.
- 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
- [Local Community Counseling Resource](#)

Whether now, or in the future, you find yourself, or a loved one, needing support, please save [this document](#). It's lengthy, but it offers many different resources for you or your family to access.

\*Disclaimer: Please note that the BPS do not recommend or endorse any specific resources. This list is not inclusive of all community agencies, services or organizations that provide counseling, and the omission of an agency, service or organization from this list does not imply disapproval.

## BHS School Counselors

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Rosa is using Smore to create beautiful newsletters