

BHS School Counseling Newsletter

September 2020

Welcome Back!

Hello BHS community!

We hope you've enjoyed a restful summer. We are excited to be back in school and especially looking forward to welcoming our new students to BHS!



In an effort to keep our area as safe as possible for you, we have adjusted how we will conduct our office this year. Please take note of these changes:

- Besides emergency situations, counselors will see students by appointment only. This will help us to ensure the waiting area and our offices are cleaned between appointments and allow us to minimize the amount of people in the suite at one time.
- We have created a QR code for scheduling appointments, (which will be posted on our website, posted on the outside of the counseling office door and included here for your reference.
- Students will not be allowed to eat lunch in the counseling office. Our general school policy indicates that food should only be consumed in the cafeteria, and this is especially important during this time.



Mrs. Gioglio (A-Di)

Welcome, new students and faculty! I am one of our five School Counselors and I work with students whose last name begins with the letters A-Di. I am originally from Danbury and have lived in this general area my whole life. Brookfield has a special place in my heart, having worked in the town at various jobs since I was 15 years old! I am an avid Dallas Cowboys fan, a mother to a three and five year old, and dream of the day when I can return to my favorite vacation spot, Taormina, in Sicily. Please stop in and see me, even if it's just to say hi!



Mrs. Cintron-Henry (Do-K)

Welcome back BHS! I am one of the School Counselors. My students have last names that begin with Do-K. I love yoga, being active- especially outdoors, traveling and reading. I'm always looking for good books so lmk if you have any recommendations! I have two kids - my son is going into 4th grade and my daughter into 7th. I'm so excited to be back this year and see you all! Equally as excited to meet our incoming freshmen and new students. Please pop in and say hi :)



Mrs. Burch (L-Q)

Welcome to the new school year at BHS! I am happy to be back for my 18th year as a School Counselor and am excited to see you all again as we start this new year. I work with students whose last names begin with the letters L-Q. I love to travel and have a cool collection of shells in my office from some of the tropical places I have visited. I also have a daily morning yoga practice that brings a little peace and joy to my day. I love to read, listen to music and play games with my family and friends. Most everyone who has met me once knows I am a loyal and enthusiastic fan of the Georgia Bulldogs. How Bout them Dawgs?! Stop on by my office to say hello or connect with me through email. I am here for you!



Ms. McCabe (R-Z)

Hello and welcome back! I am one of our School Counselors, and I work with students whose last names begin with R-Z. Although so many pieces of this year are different, I'm excited to be back and see you all! I grew up in CT and am a proud UConn alum (Go Huskies!). I enjoy spending time with family and friends, and love being outside in the summer, at the beach, kayaking, and paddle boarding as much as possible. Looking forward to a great year ahead!



Mrs. Lungariello (College & Career)

Hello, Bobcats! I am the College & Career Counselor, and I love my role helping all students with their future planning. I am originally from Ohio and worked as an English teacher for 7 years before becoming a counselor. In my free time I enjoy reading, traveling, being outside, and spending time with my family. I live in Woodbury with my husband, daughter (1 ½), and dog, Charlie. I am looking forward to a great, albeit unusual, school year! :-)



Mrs. Hopcroft Counseling Secretary

Hello! I am the School Counseling Secretary and BHS Registrar. I've had the pleasure meeting new families over the summer with registration and I welcome you all to Brookfield High School! While I am originally from Toronto Canada, our family has called Brookfield home for the last 15 years. My two boys attended Brookfield Public Schools from the start and are both now attending college. When you come to the Counseling Office, stop by my desk. I'll get you signed in and offer any assistance you might need.



Mrs. Hughes Social Worker

Hello, and welcome back! I am one of the school social workers here at the high school. I know this year will be a little different, but stay positive and know that we are here to support you with whatever you need help with. You can find my office in the counseling suite.

I love to run and stay active by skiing, hiking, and biking. I have 3 boys, ages 2, 4, and 6 who also keep me pretty busy. When we are not here in Connecticut we spend a lot of time on the weekends, during vacations, and in the summers in Vermont enjoying the mountains and lakes in any ways we can!



Mrs. Debiase Social Worker

Hi! Welcome back BHS. I am one of the social workers at the high school. My office is across from the Culinary room (on your way to the gyms), though this year I will be floating around more. I have two little girls, a 2 year old and a 3 year old. I also have two 8 year old pups, Maya and Tanner. Outside of school, I spend a lot of time with my family swimming in the pool, blowing bubbles, and taking walks. I look forward to traveling again! Despite a very different year than we hoped, I am excited to be here and know we will have a fantastic year!



Mr. Gemmell Psychologist

Hi and welcome back (or welcome for the first time to ninth graders). I am the school psychologist at the high school. Some of you may have known me years ago, as I was at Huckleberry Hill for many years. I have three children, ages 33, 29, and 14. I spend a lot of my free time running (sadly all of the road races have been cancelled) and practicing piano. I also love to go to live music shows, especially jazz. I am excited to see everyone in person again. Feel free to stop in!



Mrs. Reinhardt Speech-Language Pathologist

Welcome back! I am the Speech-Language Pathologist here at BHS. My office is in the back of the counseling office. I am also one of the advisors for Best Buddies. I actually was a Best Buddies member in high school and then worked for Best Buddies Massachusetts for a year after I graduated from college. I have two children, my daughter is 3 and my son is 1. We love to go to the beach, travel around, and go out to eat! Even with everything being so different, I'm sure that this year will be a great one! Please don't hesitate to stop by, if you need anything or just to say hi!



Mrs. Mazzari Pupil Services Secretary

Hi, welcome back! I am the pupil services secretary at the high school. My desk is at the opposite end in the counseling office. I live in Brookfield with my family. I actually graduated from Brookfield High School (a long time ago). I have three daughters who also graduated from Brookfield and they had some of the same teachers that I did. I enjoy hiking with my two dogs Teddy and Charlie and spending time with my family and friends. If I can help you with anything, please don't hesitate to come and see me. I hope that you have a great year!

Happiness Homeroom: Science-Backed Strategies for Well-Being

When

Wednesday, Sep. 2nd, 7pm

Where

This is an online event.

More information

To support the return to learning in the fall, the Connecticut State Department of Education (CSDE) and Yale University are offering a free livestream event on well-being and mental health for students in grades 9-12 and their families: **Happiness Homeroom: Science-Backed Strategies for Well-Being**. Led by Yale psychology professor Dr. Laurie Santos on YouTube Live, the session will provide students and families with evidence-based strategies for increasing their own well-being and building more productive habits. Dr. Santos will include tips from her course Psychology and the Good Life, which became the most popular class in Yale's 300 year history. She will also be available to answer audience questions at the end.

Happiness Homeroom: Science-Backed Strategies for Well-Being

September 2, 2020, 7:00 p.m. – 8:00 p.m.

Learn new ways to become mentally healthier and more resilient this school year! Tips include how to:

- Reduce the stress of social isolation
- Navigate changes in new learning environments such as more family interaction, less in-person time with friends, and reduced involvement with extra-curriculars
- Use social media to feel happier rather than anxious
- Recognize the power of healthy habits like sleep and exercise habits
- Stay content even when life is feeling uncertain and stressful
- Plus: Tips to experience compassion, gratitude, mindfulness, and healthier social connection.

Dr. Laurie Santos is Professor of Psychology and Head of Silliman College at Yale University. She's an expert on human cognition and the biases that impede better choices. Her course, Psychology and the Good Life, became Yale's most popular course in over 300 years, with almost one of our four students at Yale enrolled. Her course has been featured in numerous news outlets including the New York Times, NBC Nightly News, The Today Show, GQ Magazine, Slate and O! Magazine. A winner of numerous awards both for her science and teaching, she was recently voted as one of Popular Science Magazine's "Brilliant 10" young minds, and was named in Time Magazine as a "Leading Campus Celebrity." Her podcast, The Happiness Lab, is a top 10 Apple Podcast and has had over 20 million downloads. To learn more, visit [Dr. Laurie Santos on YouTube](https://www.youtube.com/channel/UC0G81W18X1vY1111111111).

<http://cglink.me/r742566>

NACAC National College Fairs

When

Sunday, Sep. 13th, 12-8pm

Where

This is an online event.

More information

Sign Up for NACAC Virtual College Fairs!

Thinking about college? Here's your chance to hear firsthand from those-in-the-know at hundreds of colleges and universities nearby, across the country, and around the world.

How? Attend a NACAC Virtual College Fair!

More than 600 colleges and universities will be online to talk with high school juniors and seniors on each of these dates this fall:

- Sunday, Sept. 13 from 12 - 8 p.m. ET
- Monday, Oct. 12 from 1 - 9 p.m. ET
- Sunday, Oct. 18 from 12 - 8 p.m. ET
- Sunday, Nov. 8 from 2 - 10 p.m. ET

Each virtual fair is a free, one-day event. Attend as often as you like. Parents invited, too.

Register at virtualcollegefairs.org and then log in on the fair dates using your phone or computer. It's totally easy to get around. Create your itinerary by selecting which colleges you're interested in and attend their live and interactive Zoom sessions. Also available are NACAC Meet-Ups on finding your best college fit, paying for college, and more.

Sessions cover topics such as how to apply, financial aid, student life, and more. Watch, learn, and get your questions answered about academics, athletics, diversity, study abroad, and other topics. You can also meet one-on-one with a college's admission counselor by choosing a convenient virtual meeting date and time.

Parents invited, too. Don't miss this opportunity to learn, connect, ask questions, and discover your best college fit!



About us

 Facebook  @CounselorBobcat

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