

BHS School Counseling Newsletter

January 2023

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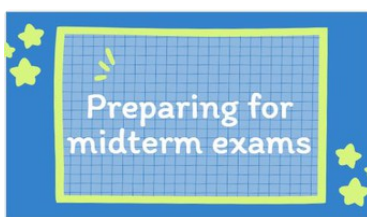


January Events

- 10 to 13 - BHS Counselors host Executive Functioning Skills Workshops
- 13 - PLC Day - Early Dismissal for Students
- 16 - Martin Luther King Day - No School for Students
- 19 to 24 - Mid-Year Exams
- 24 - End of Quarter 2
- 25 - Start of 2nd Semester

BHS Counselors to host Executive Functioning Skills Workshops - January 10 through January 13

The Brookfield School Counselors are hosting Executive Functioning Skills workshops. Executive Functioning skills are the processes in our brains that control how we complete tasks in our everyday lives! Students were all sent this [Google form](#) to complete if interested in attending.



Preparing For Midterms

As you're likely well aware, midterms begin exactly two weeks from today! We recognize that exams can be stressful, especially for those of you that have never taken them before. Your counselors have put together a [few tips and suggestions](#) that we hope you'll consider when preparing for exams this semester. Best of luck - you've got this!

Senator Chris Murphy's 2023 Martin Luther King Jr. Essay Contest

In honoring the legacy of Martin Luther King Jr., Senator Murphy is seeking student essays that reflect on Dr. King's dream, your own aspirations, and the importance of what Dr. King means to you. Submissions are open and must be received by **Saturday, January 7th at 11:59pm**. Essays can be submitted [online](#). Essay instructions can be found via this [link](#). Once you click the link, you will need to download the files. If you have any further questions, please contact Erin McBride at 860-549-8463 or email at MLK_Essay@murphy.senate.gov.

College and Career Corner

SENIORS!

Confused about your application results? Are you unsure of what deferred and waitlisted mean and what the next steps are? Check out [this](#) presentation on admissions decisions, and please reach out to Mrs. Usher if you would like to schedule an individual meeting to discuss your options. ushern@brookfieldps.org



Scholarships!

Our [Scholarship Spreadsheet](#) has been updated for you to view! All of these local scholarships and more are also found in Naviance. More *BHS Scholarships* will be added in the new year, so set a notification to let you know when new scholarships have been added.

Financial Aid

In order to be eligible for federal financial aid, students must complete a [FAFSA – the Free Application for Federal Student Aid](#). Students should also refer to two Connecticut resources, the [FAFSA Family Guide](#) and the [Virtual FAFSA Completion Sessions](#).

The [deadline for completion](#) of the FAFSA is June 30, 2023, but students are strongly encouraged to complete the form by the Connecticut priority deadline, February 15, 2023. Colleges and universities will use the information from this form to help determine the amounts and kinds of financial aid to award. Total aid may include grants and/or loans.



Considering a Gap Year?

Fairfield Warde High School will be hosting a **Gap Year Fair** on January 12, 2023 from 6:00-8:30. This

event is open to the public! Register today!



STUDENTS • PARENTS • EDUCATORS
**ARE YOU CONSIDERING A
GAP YEAR?**

Join our gap year fairs!
Connect in-person or virtually with gap year experts, programs & alumni for the latest gap year information.

Gap Year Scholarships
Learn about our newest scholarships & tips for funding your gap year.

Register today!
Don't wait to reserve your spot, as space is limited at the event.
Learn more at usagapyearfairs.org

**FAIRFIELD
USA GAP YEAR FAIR**
Thursday, January 12, 2023
6:00 PM – 8:30 PM EST

Public event hosted by:
Fairfield Warde High School
755 Melville Ave
Fairfield, CT 06825

USA GAP YEAR FAIRS
Powered by GO OVERSEAS

College Campus Resources

Did you know that Amazon Prime has a show dedicated to various college campus tours? [The College Tour](#) is a great way to explore colleges if you are unable to visit a campus in person. [Here](#) is another great resource to access virtual and video tours of college campus in the US AND abroad.

Save the date! April 25 - Southern CT State University College & Career Fair

Southern Connecticut State University will be hosting a [College and Career Fair](#) on April 25, 2023 at the Hartford HealthCare Amphitheatre in Bridgeport. This event is designed for high schools students and their families from Fairfield County and New Haven County and is the largest college & career fair in the area. It is a free event and open to all high school students. Meet admissions counselors and representatives from colleges, universities and businesses from Connecticut and all over the country and international programs as well.



Save
the
Date

NACAC 2023 Spring In-Person College Fair - March 30 & 31

NACAC will be hosting an in person college fair in Hartford on March 30th and 31st, and New York City on April 23rd. **Registration for these events is open.** There will be virtual college fairs on February 19th, March 19th, and April 23rd. **REGISTER NOW!** nacacfairs.org



2023 Spring In-Person College Fairs

Cleveland Sunday, February 5	Atlanta Wednesday, March 22
Pittsburgh Wednesday, February 8 & Thursday, February 9	Hartford Thursday, March 30 & Friday, March 31
Columbus Saturday, February 11	Metro Detroit Tuesday, April 18
Long Island Saturday, March 4	Montgomery County (MD) Tuesday, April 18 & Wednesday, April 19
Miami Sunday, March 5	New York City Sunday, April 23
New Jersey Wednesday, March 8	Inland Empire (CA) Tuesday, April 25
Rochester Sunday, March 12 & Monday, March 13	Greater Los Angeles Thursday, April 27 & Friday, April 28
Providence Tuesday, March 14	Vancouver (BC, Canada) Saturday, April 29
Buffalo Wednesday, March 15 & Thursday, March 16	Boston Tuesday, May 2 & Wednesday, May 3
Charlotte Sunday, March 19	

REGISTER NOW!
nacacfairs.org

NACAC
National Association for
College Admission Counseling
Connect with hundreds of
colleges and universities
in one place!



2023 Spring Virtual College Fairs

February Virtual College Fair
February 19

March Virtual College Fair
March 19

April Virtual College Fair
April 23

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Pre-College Summer Programs

Denison University Tutti Program- Denison University is proud to introduce a new 8-day residential summer high school intensive in dance, music, 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. We welcome dancers (all styles), instrumentalists (strings, woodwinds, brass, piano, and percussion), composers, and students interested in all aspects of theatre-making (acting, directing, designing). Current 9th, 10th, and 11th graders are eligible to apply. Financial support is available for families with need. This year's program runs from June 24 to July 1, 2023. Please visit the program website for more details and to submit your application.

Mindful Minute

Mindfulness for exam stress tip: notice five things

1 Pause for a moment.



2 Look around and notice five things you can see.



3 Listen carefully and notice five things you can hear.



4 Notice five things you can feel in contact with your body.



5 Finally, do all of the above at the same time.

Mood Tracker - Helpful Student Wellness Apps

Check out the helpful Wellness Apps!

Helping Parents Talk About Mental Health

Mental health is an important topic but starting a conversation about it with a young adult or teen can be difficult. Use this link to access a digital deck of 30 conversation starters that can help get past one-word answers.

Parent and Caregiver Resource Guide For Substance Use

Do you want to learn about potential signs of alcohol or substance misuse in your teen? Use this link to access a family resource playbook which describes signs, risk factors, resources, and recovery support.

School Attendance & Effects of Chronic Absenteeism

Why is School Attendance so important? Check out this article to learn more about the effects of chronic absenteeism.

Local Community Counseling Resources

Resources for you or your family to access. *Disclaimer: Please note that the BPS do not recommend or endorse any specific resources and is not inclusive of all community agencies, services or organizations.

Resources For Families and Students - CSDE

A document that provides information concerning educational, safety, mental health, and food security resources and programs. CT Department of Education will continue to update this document as additional resources are identified.

GIRLS EMPOWERMENT GROUP

Holly Benedetto Licensed Professional Counselor
Head Up: A New Direction In Healing LLC
755 Main Street Monroe Ct 06468

This program is about taking a journey of self-discovery. It is a journey where you and a group of other girls will share your hopes, your struggles and your stories in a safe non judgmental environment. Staying connected to who you are-your true self-can be challenging in a world that does not always support girls. Finding support from those you trust and respect is an important part of feeling connected. **IT'S TIME TO FEEL CONNECTED WITH SELF AND OTHERS.**

WHEN: March 8 2023-June 28 2023
Every Wednesday

WHERE: 755 Main Street Monroe Ct, 06468
Building 1, second floor

TIME: 3:15pm-4:45pm

Please contact Holly Benedetto for more information

203 868 1467

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*
 - 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/*
 - 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.
- **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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 brookfield.k12.ct.us/brookfield...

“Life’s most persistent and urgent question is, ‘What are you doing for others?’”

MARTIN LUTHER KING JR

