

BHS School Counseling Newsletter

February 2024

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				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		

February Events

12 ~ SAT Digital Readiness Check (during ILT for Juniors)

16 ~ PLC Day - Early Dismissal

19 & 20 ~ President's Holiday (no school)

Message from your BHS School Counselors



Commissioner's Letter to Students Encouraging Participation in Rigorous Courses

Your child may have received a letter in the mail in regards to the "[Commissioner's Letter to Students Encouraging Participation in Rigorous Courses](#)." As School Counselors, our feedback on this information is as follows: The letter from the State of CT which you received is intended to increase awareness of the possibility of taking courses for college credit while in high school. The letter

is generated based on scores received on state testing and does not take into account our course rigor/requirements, student grades, or work habits.

Our best recommendation for families is to consider the course recommendations made by our teachers which will be completed in the month of March, and to review the [Program of Studies](#) for opportunities for your student to take AP or UCONN ECE credit courses in areas of their interest. Page 12 of the Program of Studies outlines all of the courses which offer potential college credit. Since we do have open enrollment (meaning, by student/family request), your student should plan to have conversations with their teachers about any of the courses listed on the attached and whether they feel they might benefit from taking one of them. We will be working with students in the month of March to make course selections once teachers have made their initial recommendations.

As always, we are happy to have individualized discussions about your child's academic planning.



BHS SAT SCHOOL DAY - March 19

Brookfield Learning Center - Digital SAT Prep Classes

Registration is now open for the Brookfield Learning Center award winning MaxPrep program. This small group class includes 22-hours of instruction by experienced, subject specific, teacher team. The BLC is again partnering with the BHS PTO, contributing a portion of tuition.

- **MaxPrep** small group (4:1) class. Begins **February 8** and runs for 5 weeks plus refresher sessions. 22 hours of instruction and two practice exams.
- **Free DSAT Practice exam** - Saturday, **February 10**.
- **Weekend Boot Camp - March 2 & 3**. 8 hours over two days for students taking the March 9 and School Day DSAT later in March.

Registration: Register directly with the Brookfield Learning Center

Online: [BrookfieldLearning.com](https://brookfieldlearning.com)

Phone: (203) 740-7000

Email: info@brookfieldlearning.com



Digital SAT Boot Camp

NEW!

Weekend Prep Class

Attention Juniors

March 2 & 3 – 10am-2pm

The Brookfield Learning Center, in partnership with the BHS PTO announces

The All-New Digital SAT

New Format – New Questions – New Strategies

The keys to posting high scores on the New Digital SAT exam

- ✓ **Understand New Digital Format:** Using your own PC
- ✓ **Three keys to success for new Reading / Writing Section**
 - Practice new, shorter, reading and writing questions
- ✓ **How to master the new, all-calculator, Math Section**
 - Practice new Math content while using Desmos calculator
- ✓ **New Scoring Strategies** for the New Digital exam

Instructors: Director-College Prep; Head Math and Lead English Tutor

**Class Schedule: Saturday, 3/1 & Sunday, 3/2
10am – 2pm both days**

**Place: Brookfield Learning Center
270 Federal Rd. Brookfield**

Cost: BHS Families - \$95

Register directly with the Brookfield Learning Center

Online: BrookfieldLearning.com **Phone:** (203) 740-7000



HAVE A MINDFUL MONDAY!

See and feel how paying attention to the sensations of everyday experiences can calm your mind every Monday and throughout the rest of the week.



SHOWERING

Get lost in the sound and steam. Let the pitter-patter of the water soothe your mind.

GETTING DRESSED

Take in the textures and colors of your clothing. Pay attention to how they feel on your skin.

BED MAKING

Notice how the sheets feel against your fingertips as you smooth out the wrinkles.



EATING

Appreciate the aroma of your food, and revel in the flavor and texture of each bite.



LISTENING

Close your eyes and focus on the sounds around you. Pick a specific noise, and follow it.



HAND-WASHING

Be aware of the warm water as it flows over your hands, and let the fragrance of the soap take you away.

#DeStressMonday

DeStressMonday.org

DESTRESS
MONDAY

COLLEGE AND CAREER CORNER

SENIORS

Sending Mid-year Grades

Seniors who require mid-year grades should complete [this](#) Google form. Please make sure to update your Naviance with your admission decisions, and see Ms. Usher with any questions!

Remember to check Naviance for Scholarships!

Scholarship Opportunities

The UMHEF General Named Endowed Scholarship program includes awards of varying amounts from 130+ named scholarship funds established by various donors. These traditionally competitive awards consider GPA, income, leadership, etc. Strong preference is given to students attending United Methodist-related schools in the United States. In rare cases, a student attending a non-UM-related school may be awarded. Apply [HERE](#) January 1 – March 1, 2024 for the 2024-2025 academic year. A list of participating colleges can be found [here](#).



Submitting the one General Named Endowed application will consider you for all scholarship funds and will match you with the award for which you best qualify.

JUNIORS

Open House - Post University - February 10

Come join us February 10th from 8:30-noon for an Open House at Post University to see for yourself why so many students love it here. And why you will, too!

Tour the campus for a glimpse of the "Eagle Experience" for our students. Meet with faculty and staff to talk about the many ways we work to help you achieve your goals—in and out of the classroom. Your open house agenda includes:

- A meet & greet with your admissions advisors and support team
- A tour of the campus, from residential halls to "The Eagle's Nest"
- An academic showcase featuring Program Chairs

From there, we will finish up with a word from your admissions team, lunch in the dining hall, and the opportunity to win some Post gear or swag! Register [here!](#)

Johns Hopkins University Junior Visit Day - February 19

Junior Preview Day on Monday, February 19, 2024! Junior Preview Day offers students an opportunity to see what it's like to live and learn at Hopkins. In this half-day program, students will have the opportunity to tour our Homewood campus, learn about financial aid, connect with current Hopkins students, and attend application workshops that guide them through every stage of their college search process. To register or see the program for Junior Preview Day, students can visit our [website](#).

NACAC - National Association for College Admissions Counseling

College Application Guide

The National Association for College Admissions Counseling(NACAC) has published its [annual guide](#) to the college application process. This is a wonderful and comprehensive guide, and it's FREE!

Spring College Fair Schedule

College Fairs-NACAC has published their spring college fair schedule! There will be virtual fairs on February 18th, March 24th, and April 21st. There will be an in-person fair in Hartford on March 20th and 21st. Visit [the site](#) for more details and to register. NACAC is offering "[College Matchmaking](#)" this year to help match students with schools that are a good fit based on their reported preferences.

The Bonner Program

Did you know you can earn a generous scholarship by completing community service in college? The Bonner Program provides a scholarship to students in exchange for weekly commitment to intensive and meaningful service with a local community organization over the four years as an undergraduate student with our campus partners. In addition to their service, Bonner students engage in training on leadership development and social justice topics in an effort to encourage students to become aware of how the problems and issues of their communities influence their service work and public policy.

The Bonner Program is designed to transform not only the students who are directly supported by the program, but also the campus and community in which they serve and learn. Bonner students emerge from their college experience with a greater understanding of communities and the problems that exist within them, as well as the skills and commitment to be effective in community problem-solving efforts. Bonners make up a diverse community of passionate students ready to engage in the world through service. We have two different programs: Bonner Scholar Program and Bonner Leader Program. The Bonner Scholar Program supports individuals who otherwise could not afford to attend college because of financial need. Bonner Scholar Programs meet the full documented need of U.S. citizens and may need the full documented need of non-U.S. citizens. In return for the financial aid support, the Bonner Scholars are expected to engage in 10 hours a week of community service during the school year (140 hours per semester) and 280 hours in the summer. Visit the [website](#) to learn more!

TurnUp - Civic & Activism Remote Internship Opportunity

TurnUp, a non-partisan non-profit organization dedicated to increasing youth civic education, empowerment, and engagement, has reached out to share their Civic and Activism Remote Internship Opportunity. The program is free and has no costs. Here is the [application link](#). The program's format is tailored to accommodate the ever fluctuating commitments and responsibilities of a student's lifestyle. The program is fully remote, has rolling admission and has a flexible time frame and schedule. All students have access to grow into more capable and responsible citizens and to develop their professional skills for a successful future. Students join remote teams that are energized by diverse students from around the country who work on amplifying youth civic engagement. A unique curriculum, peer to peer learning and expert speakers deepen their experience. The program is free and has no costs. The internship has also been invaluable for bolstering resumes and widening your network. [The application link is here at bit.ly/tuinternship](#) and the deadline for applications is [rolling. Here](#) are a few links to learn more about the program: a [flyer](#), a [detailed description of the program](#), and [the website](#).



The flyer for TurnUp Youth Activism Remote Internship is a purple and white graphic. At the top, it says 'TURNUP Youth Activism Remote Internship'. Below this, there are sections for 'What is TurnUp?', 'About the Internship', 'Internship Structure', and 'Skills Developed'. The 'Benefits' section lists: 'Earn valuable letters of recommendation', 'Bolster your resume', 'Be eligible to win prizes and awards', and 'Widen your networking scope'. The 'Curriculum' section lists: 'Grassroots organizing', 'Media Engagement and Public Speaking', 'Professionalism', 'Critical thinking and writing', 'Leadership', 'Collaboration', 'Public speaking', and 'Grassroots organizing'. At the bottom, there is a call to action 'JOIN OUR INTERNSHIP AND BECOME A FORCE FOR CHANGE!' with a megaphone icon, and an 'Apply Here!' section with a QR code and the URL 'https://bit.ly/tuinternship'.



SUMMER PROGRAMS

2024-25 State Board of Education Student Member Search & Application

Since July 1998, two Grade 12 public school students have been seated on the Connecticut State Board of Education. The students, who are appointed by the Governor, serve a one-year term, beginning July 1 of each year. We are now beginning the search process for the 2024-25 student Board members. For additional information regarding the search process and student application, please see Connecticut State Board of Education Student Member Application<https://portal.ct.gov/-/media/SDE/Board/State_Board_of_Education_Student_Application_2024-25.pdf>.

College Credit Jumpstart for High Schoolers

[College Credit Jumpstart for High Schoolers](#) is a pre-college program designed for rising 11th and 12th graders who are interested in earning college credit and experiencing an academically challenging college course. Students enroll in a WPI undergraduate course, lasting 5-weeks and taught by WPI's world-renowned faculty. Upon completion, students receive an official WPI college transcript.

The Lexicon Ambassadors Program

The Lexicon Ambassadors Program is an online experiential learning initiative designed to equip high school students with the critical skills needed to excel as leaders both in and outside of the classroom. Our program is facilitated by U.S.-based faculty mentors and international experts in various fields. It offers intensive online leadership training and opportunities to engage in virtual international volunteer programs, enabling students to gain practical experience while making a positive impact on the world. We are committed to holistic development, fostering both personal and academic growth while empowering students to effect meaningful change. Visit the [website](#) for additional information and the application.

Lexicon Ambassadors Scholarship Program

[Lexicon Ambassadors Scholarship program](#)- In the Launch program for rising 9, 10, and 11th graders, students will leverage research and technology to find solutions to current problems in a variety of scientific fields alongside WPI's renowned faculty. Launch is offered as a commuter program where students will be able to step into the shoes of a videogame designer, computer programmer, crime scene investigator, robotics engineer, and more! Please see the program details for more information regarding format.

Boston University - Summer Journalism Academy

The Summer Journalism Academy at Boston University gives high school students the opportunity to expand their skills and prepare for college, either through a residential experience on campus or through remote instruction from home. Each academy instructor is also a working journalist, so what's taught is grounded in real-life experience. Each lesson is tied to its practical application, by giving students actual reporting assignments. Each day is a sample of life as a news reporter.

Apply by March 8 for the early bird discounts!

DATES

On Campus: June 24 to July 12, 2024

Learn-from-Home: A: June 17 to 28, 2024; B: July 1 to 12, 2024; C: July 15 to 26, 2024

On Campus: High School students, rising juniors, rising seniors and current seniors, with journalism experience; Learn-from-Home: High School students, 14-18, with all experience levels

FEES

On Campus, residential: Three weeks, includes tuition, activity fees, room and board: \$6200. (\$400 discounts for Early Bird applicants by Mar. 8!) Learn-from-Home: Two weeks, tuition: \$1500. (\$200 discounts for Early Bird applicants by Mar. 8!) Visit the [website](#) for more details and to apply!

CSCU Schools - Summer Bridge Program

[Louis Stoke Alliance for Minority Participation](#): The goal of LSMAP is to increase the number of STEM degrees awarded to populations historically underrepresented (Hispanic/Latino, American Indian, Alaskan Native, Native Hawaiian or Pacific Islander) in these disciplines. Students will be provided with academic support, specialized advising, and peer mentoring in addition to participating in a 5 week, no cost, residential "Summer Bridge Program", prior to the start of their freshman year. The summer component will run from July 22, 2024 to August 23, 2024, fall classes begin on August 27, 2024. Students will receive a tuition and housing stipend along with a laptop for the duration of the program. All participating scholars are required to live on campus Monday - Friday during the summer program. There are also opportunities for students to get paid industry internships at the end of the first or second year.

Columbia University Science Honors Program

Now in its 66th year, the Science Honors Program (SHP) selects 150-200 students from the tri-state area to attend engaging classes on Saturdays at Columbia's Morningside campus. The Columbia University Science Honors Program (SHP) is a highly selective program for high school students who have a strong interest in the sciences and mathematics. The SHP holds classes at Columbia from 10:00 A.M. to 12:30 P.M. on Saturdays throughout the academic year. Courses are primarily in the physical, chemical, biological, behavioral, and computing sciences; and instructors are scientists and mathematicians who are actively engaged in research at the University. Visit the [website](#) for additional details.

Every summer for nearly three decades, talented high school juniors and seniors-to-be have been welcomed to Denison University in Granville, Ohio, for the acclaimed Reynolds Young Writers Workshop. The workshop is an eight-day residential program that incorporates small creative writing workshops, group sessions with Denison creative writing faculty and notable visiting writers, and much more.

Only 48 students get the chance to come to The Hill to participate each June. That means students experience small, intimate writing workshops and one-on-one interactions with people who have made writing their career. It's a great way to connect with a close-knit community of writing teachers, mentors, and peers from around the world. Visit the [website](#) for more information!

Marist College Pre-College Program

For over fifteen years, Marist has created a top Summer Pre-College program that gives students a sense of college life, provides a taste of a college major, and allows students to earn college credit all while still in high school. With our top-ranked Summer Pre-College program, you can experience life as a Red Fox, while earning college credits and test-driving your major. Marist's Summer Pre-College program is offering in-person and virtual sessions, packed with hands-on online learning opportunities. With more than 20 unique courses to choose from, this summer's in-person sessions will take place over a two-week period with start dates of June 30, 2024, and July 14, 2024. Our three-week virtual offering will begin on July 8.

Session I (in-person): June 30 - July 13, 2024

Session II (in-person): July 14 - 27, 2024

Virtual Session: July 8 - 26, 2024

Discounts are available to students who participate in multiple sessions. This is permissible provided dates do not overlap. Visit the [website](#) for more information.

New York University PreCollege

Through NYU Precollege, you can earn college credits, connect with NYU faculty and classmates, and explore interests that will shape your academic future. Precollege offers rising 11th and 12th graders the opportunity to experience life as an undergraduate, and take advantage of everything NYU has to offer. Whether you already know what you want to major in, or you want to try out a subject you've never studied before, NYU Precollege is the best way to develop your skills and prepare for college.

Gain first-hand experience in a college classroom and discover what it's like to live and learn at NYU's campus in New York City. Connect with students from around the world in and outside of class. Whether commuting or living on campus, Precollege students ARE NYU students, with full access to campus resources, including dining halls, the NYU library system, peer tutoring services, and more. Visit the [website](#) for more information!

Naval Academy Summer Seminar

The Naval Academy Summer Seminar offers an opportunity for rising high school seniors to experience the USNA for one week. Participants learn about life at the Academy, where academics, athletics, and professional training play equally important roles in developing our nation's future leaders. The Summer STEM Program is a great catalyst to initiate the pursuit of a future in science

and engineering, open to rising 9th graders, rising 10th graders, and rising 11th graders. Summer STEM is an opportunity for participants to create, build, and explore in world-class lab facilities, working alongside USNA's distinguished faculty and Midshipmen.

[Applications](#) for both the Naval Academy's Summer Seminar and Summer STEM program close on April 15th. If you or your students have any questions regarding the Naval Academy Summer Program, please contact the Academy directly at (410) 293-1858.

Pace University Pre-College Immersion Program

Pace University's 2024 Precollege Immersion Program for high school students will be held in-person this summer on our New York City campus from July 14-27.

The Precollege Immersion Program is a two-week program designed for rising high school juniors and seniors. Participants take classes with Pace faculty and explore NYC while living in our campus dorms just like a regular college student. Take classes in business, theater arts, film, psychology and experience our downtown NYC Campus at Pace this summer. Please visit the [website](#) for more information!

Pratt Pre-College Program

Pratt Pre-College is welcoming motivated high school students looking to gain new college-level skills during our Spring, Summer and Fall semesters.

Pratt Pre-College students explore creative careers and develop their artistic skills with support from experienced faculty. Courses allow students a unique opportunity to be immersed in the creative process and get a sneak peek into the undergraduate experience at Pratt Institute, during the summer on our gorgeous Brooklyn campus.

Pre-College Program Dates:

Spring 2024: February 10-April 13, 2024

Summer 2024: July 8th - August 2nd, 2024

Interested in having more information about the programs Pratt PreCollege offers year-round? Visit our [website](#) for a full list of courses offered through Summer 2024.

Questions? Email precollege@pratt.edu or schedule a 15-minute meeting with Von Hemert, Associate Director of the Pratt Pre-College Program.

Smith Summer Pre- College Program

Smith Precollege Programs are open to students entering 9th-12th grade in the fall of 2024. Smith is a residential women's college. Our Precollege Programs offer a Smith experience for high school students. College credit is not offered. For Summer Precollege Programs, enrollment is limited to ensure a quality academic experience. The selective admissions process is based on a student's academic performance, a written essay and a teacher recommendation. Students must have a strong record of academic achievement, a high level of motivation, and a willingness to explore. Applications are open from December to May, the last day to apply is May 15, 2024. We will accept applications until 11:59 p.m. EST or once they reach capacity, whichever comes first. Some exceptions apply. Visit [the website](#) for additional details!

St. John's College Great Books Summer Program

St. John's Summer Academy is a college summer program for high school students (ages 15 to

genuine introduction to college life, Summer Academy helps students hone their reading, critical thinking, and discussion skills in classes led by St. John's faculty. This summer, we are offering week-long programs on our campuses in Annapolis, Maryland, and Santa Fe, New Mexico, and online programs from your own home. Summer Academy is perfect for high school students who want to immerse themselves in books, ideas, and a community that loves learning as much as you do. And it is fun! Visit the [website](#) for more information and to apply!

Tufts University Pre-College Program

At Tufts, our Pre-College Programs offer ambitious high school students the opportunity to learn from renowned faculty, scholars, and researchers and to experience a rigorous academic environment at a leading higher education institution.

[Summer 2024 Applications are now open!](#)

Why Tufts Pre-College?

- Choose from 100+ Tufts courses
- Earn college credit in select programs
- Learn from renowned Tufts faculty
- Make meaningful connections with students from across the world
- Get a taste of the undergraduate academic experience, virtually

University of Delaware

Edge Pre-College Summer Program: The Edge summer college program offers academically talented and motivated rising high school juniors and seniors from around the world an opportunity to live and learn on one of the most engaging college campuses on the East Coast.

Why Edge?

The UD Edge summer college program prepares high school students moving into their junior or senior year for a future as a successful college student. By emphasizing academic excellence, practical skill building and student leadership, Edge offers you the challenge, independence and excitement of a learning experience that can only be found at a top national university. From July 7 – 27, 2024 you will:

- Live with other talented Edge students from around the world in a residence hall located on UD's beautiful Newark campus
- Take 1–2 college-level courses of your choice, taught by UD faculty members, for up to six transferable credits
- Participate in a college readiness workshop led by experienced college admissions professionals, where you will gain insight into the college application process, including how to create a competitive college essay

[Visit the website for more information and to apply!](#)

UMass - Amherst Pre-College Summer Program

Rising 10th - 12th graders in high school are eligible to apply. Applications are done through our website and consist of:

- A statement of interest from the applicant describing their interest in the program
- An unofficial high school transcript including grades from the current school year
- A letter of recommendation from a teacher or school counselor
- Admissions decisions are made on a rolling basis, with deadlines as outlined below for each session. We recommend applying early as programs may fill up.

Session 1 (Programs starting June 30): May 1st, 2024

Session 2 (Programs starting July 14): May 15th, 2024

Session 3 (Programs starting July 28): May 31st, 2024

Apply by March 15th and waive the \$35 application fee. Use code: EarlyBird24

With courses taught by UMass faculty and graduate students, award-winning dining, modern residence halls, and fun co-curriculars, our programs offer hands-on experience in college coursework and college life. Programs are available in 25+ topics, ranging from Anthropology to Veterinary & Animal Sciences and everything in between. Whether you're looking for hands-on lab sciences, computer programming, business, or architecture & design, UMass has a pre-college program to fit your interests. Visit our [website](#) to learn more and check out the full list of programs for Summer 2024.

UC - Irvine Summer Program

CardioStart High School Summer Program:

Experience the world of cells and tissue biology beyond the textbook through hands-on benchtop and highly-valued research skills. Students will learn how to design and conduct experiments, collect and analyze data, and maintain laboratory records.

Summer Online Research Program:

Online Research Program at UCI School of Medicine is a three-week, mentor-led experience offering high school students a closer look into research methods in biomedical research. The instructor is a member of the UCI School of Medicine faculty with coaches selected from UCI undergraduates or postgraduates majoring in areas related to biomedical research. All the activities will be held online, and the schedule is flexible to allow students work on assignments at their own pace. The students will get instruction via email, zoom meetings and/or podcast on how to complete the projects. At the completion of the program the students will be able to:

- Understand the core concepts for responsible conduct of research involving human subjects
- Understand the importance of evidence-based medicine
- Learn how to critically evaluate the medical literature on a given topic
- Write an organized research report
- Submit an abstract to a national meeting where, if accepted, the student's name will be listed as a co-author

Network with undergraduate and postgraduate coaches and get advice about college. Please visit the [website](#) for more information and the application process.

Worcester Polytechnic Institute : Girls Talk Math

Worcester Polytechnic Institute: Girls Talk Math (GTM) is a FREE 2-week mathematics and media day camp for rising 9th-12th grade girls and nonbinary students who are interested in exploring challenging problems that go beyond the high school curriculum. GTM meets every weekday from 9 am to 4 pm. Students work in groups on STEM problem sets and research the life and work of scientists from marginalized groups. Each student group produces a blog post about the STEM topics learned and writes and records a podcast about the scientist researched. For more information and to apply to GTM, please visit: [Girls Talk Math](#)

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
- [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.

Our BHS School Counselors

Jen Gioglio (A-Di) Extn # 4023

Bianca Nesello(Do-K) Extn # 4026

Debbie Burch (L-Q) Extn # 4022

Kaitlyn McCabe (R-Z) Extn # 4025

Nicole Usher - College & Career Counselor Extn # 4027

NEW New Counseling Office Fax Number - 203-740-3169 📠

Note Our extensions have changed...To Reach a Counselor...Call
203-775-7725, then #1, then the extension number.



Welcome **FEBRUARY** *New beginnings*

New **month**
New **start**
New **focus**
New **blessings.**

looking forward to
more **lessons,**
more **laughter** and
more



Rosa Hopcroft

Rosa is using Smore to create beautiful newsletters