

BHS School Counseling Newsletter

January 2021

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January 2021

- January 13 - Self-Care Seminar-Setting New Year Intentions
- January 15 - PLC Day - Early Dismissal
- January 18 - Martin Luther King Jr. Day - No School for Students
- January 19 - Return to Hybrid Schedule
- January 26 - PSAT/NMSQT for Grade 11 Students Only

PSAT/NMSQT - Juniors Only - January 26, 2021

Brookfield High School will be hosting the PSAT for all eleventh-grade students on Tuesday, January 26. This test will be available at no cost to families, and the school will register students. Students are not required to take this test, but they will be excused from classes for the day if they choose to test. In order for us to plan appropriately and arrange busing, we are asking **ALL JUNIORS TO SUBMIT [THIS FORM](#) BY MONDAY, JANUARY 11.**

The PSAT prepares students to take the SAT, one of the exams accepted by colleges for admission purposes, with the other being the ACT. BHS plans to host the SAT for juniors on March 24, and students will have the opportunity to submit these scores to colleges if they choose to do so. Additionally, the PSAT for eleventh graders is used to determine National Merit Scholarship eligibility.

What We've Been Up To

In the month of December, Counselors hosted three self-care seminars focused on self-care, holiday stressors and strategies to cope. Our next self-care seminar is scheduled for January 13 and will be focused on setting an intention for the New Year and how we can hold ourselves accountable to them. Check your email for your invite!

On January 8, Mrs. Lungariello hosted an Alumni Panel in which we heard from recent BHS graduates about their college journey from applying to attending.

Communicating with Colleges

If you have questions regarding your application, we encourage you to reach out to the college/university directly via phone or email. If you have the name and contact information of the specific admissions counselor to our region, you can reach out to this person, and if not, you can contact the admissions office. **We encourage students to be the ones to communicate with colleges regarding their applications.** Although it may be necessary for parents to reach out regarding financial aid matters, in all other instances, generally colleges appreciate when students reach out regarding their applications.

Have you submitted the FAFSA? CT's deadline is Feb. 15th!

Connecticut seniors must submit the FAFSA by **February 15, 2021 in order to be considered for state aid.** For more information and assistance, please see the [Financial Aid Presentation slides](#), [Financial Aid Presentation recording](#), and/or [Financial Aid section of the School Counseling website](#). If you have questions while completing the FAFSA, the [Federal Student Aid Information Center](#) lists several ways to contact the office for help, including a phone number, email address, and **live chat feature**. Also, you can always reach out to the Financial Aid Offices of colleges for assistance.



Reminder: Transcript Requests due 10 Days prior to an Application Deadline

As explained on the [BHS College Application Checklist](#), students must complete steps 1-7 on the checklist (and 10-11 if requesting letters of recommendation) **BEFORE** requesting transcripts.

College Application Process Resources

- [BHS College Application Checklist](#) (<- Review this checklist if you don't know where to start.)
- [Detailed Guide to the College Application Process](#) (<- If you have specific questions, such as about decile, consult this detailed guide.)
- [Tips for the Activities List, Resume, and Essays](#)
- [Senior Year Timeline for Applying to College](#)
- [Senior College Presentation](#) and [recording](#)

***These resources are also posted on the [School Counseling website](#) under College Application Process, the Class of 2021 Counselors' Corner Google classroom, and the homepage of Naviance.*

Western CT Coalition Presents: The Power of Exercise

WESTERN CT COALITION
Presents:

"THE POWER OF EXERCISE"

CALLING ALL TEENS AND PARENTS:

Come Join our discussion on "The Power of Exercise!"
Hear from local experts about how working out can support
and change your life!

Wednesday,
January 20, 2021
7pm-8pm



Karen Pierce
Yoga Teacher/Trainer
Therapist & Medicine Woman



MJ Lui
Personal Trainer

Moderated by
Joyce Sixsmith, M.A., L.A.D.C
Counselor/Prevention Specialist

[Register Here](#)

203-743-7741

Admin@wctcoalition.org



**Embrace Hope
and Expect Change**

It is human to feel a wide range of emotions now. These are very difficult times.

Some of us are going through challenging circumstances, such as the loss of a loved one, unemployment, isolation or the need to return to work in the face of uncertainty.

Many of us are experiencing changes in sleep patterns and appetite, having difficulty concentrating, and having increased levels of concern for ourselves and others.

We will react to our specific circumstances in different ways. There is no "right" way, no recipe for how to go through challenging situations. The important message is that there is no shame in the feelings we are experiencing or in reaching out for support.

Here are some things we can do:

- **Stay socially connected.** Staying in touch with family and friends is important. We can find support and support others by talking about our feelings and experiences and listening to what others have to say.
- **Help others, if you can.** Finding creative ways to help others can be a powerful way to give back to our communities. By staying home and safe, we are protecting ourselves and others in the community.
- **Find a routine that works for you.** Having some structure in our days can be helpful, such as waking up at the same time every day, separating job tasks from personal time, eating at regular intervals and exercising. Taking breaks is important.
- **Find support.** Talk about your worries. These are difficult times for everyone, you may find that many others are going through similar experiences. Sharing can help us build connections and support each other.
- **Ask for help.** Seeking help is important when the emotional distress or worry are such that we feel unable to cope with daily life, relationships, work, caregiving or other responsibilities, think about hurting ourselves or someone else, or have other extreme or unusual experiences that are distressing. In that case, it is important to seek immediate help.

To access a variety of resources and services, turn over the page (or scroll down)

To seek immediate help or for more information, call **211**.

Taking Care of your Behavioral Health



Taking Care of Your Behavioral Health: TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

What Is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

What Is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Introduction

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about **social distancing, quarantine, and isolation**. The government has the right to enforce federal and state laws related to public health if people

within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics.

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care for your behavioral health during these experiences and provides resources for more help.

What To Expect: Typical Reactions

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

- **Anxiety, worry, or fear** related to:
 - Your own health status
 - The health status of others whom you may have exposed to the disease
 - The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you
 - The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
 - Time taken off from work and the potential loss of income and job security
 - The challenges of securing things you need, such as groceries and personal care items



Social Emotional Resources

Social Emotional Resources

- [211 Mobile Crisis Intervention](#)
- 911 Emergency Services
- [Substance Use Resources](#)
- [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)
 - [The Trevor Project](#) 24 Hour TrevorLifeline 1-866-488-7386



About Us.

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*Happy
New Year*

**New is the year,
new are the hopes,
new is the resolution,
new are the spirits,
and new are
my warm wishes
just for you.
Have a promising
and fulfilling New Year!**