

# West Milford Township HS Guidance Newsletter

## 12/15/23



### *Captain's Log -*

1 week until our winter break!!! And it is SPIRIT WEEK next week - see the announcement at the end of the newsletter about what to wear each day - let's have a bit of fun!!! Did you know between today & January 7th there are many religious, cultural, and spiritual holidays? Here are a few - Hanukkah, Christmas, Kwanzaa, Omisoken, Posadas Navidenas, Winter Solstice, New Year's, Epiphany, Three Kings' Day. So from us to all of you - HAPPY HOLIDAYS & warm wishes for a happy, healthy New Year!

## NEWS FROM THE GUIDANCE/COUNSELING OFFICE



### ON SITE DECISION DAY SUCCESS

Our seniors had a very successful On Site Decision Day! 88 seniors participated - there were 235 acceptances that day! We anticipate that number will continue to rise as students are reviewed by committee or for special programs (like music). Many students also received scholarship offers - and that total too will rise significantly as students are reviewed back at the individual schools. CONGRATULATIONS!

Check out the slide show of some of our happy seniors on that day - [Click Here!](#)

### APPRENTICESHIP USA

Did you know that the US Dept of Labor maintains a website with apprenticeship opportunities? This includes paid apprenticeship jobs and apprenticeship programs. These listings can be searched by occupation, company, keyword, and location. Fields include manufacturing, agriculture, care, construction, cyber technology, energy, info technology, telecommunications, transportation, & more! Check it out here: [APPRENTICESHIP USA](#)



Your school counselor can work with you if you are interested in pursuing an apprenticeship option as a post-graduation path!

### ATTENDANCE



### **Parents must call in all absences on 973-697-1701 x7372**

- **Parents and Students-** please be sure to check attendance regularly on the portal. This will help to find differences quickly.
  - To find your **daily** attendance, go to the “Attendance” tab on the portal menu
  - To find your absences **per period**, go to “Period Attendance” on the portal menu. Change the month to see the full year so far.
- Doctor’s notes should be brought to the Guidance office or emailed to [pamela.fenning@wmtps.org](mailto:pamela.fenning@wmtps.org).
- Make sure your student emails their teachers and checks the Google Classrooms for any missed work.
- If you have been contacted by the attendance team for a meeting, please respond ASAP. Too many students are already in danger of losing credit for excessive absences. Work with us to turn this around & to help you improve your attendance if it has become a problem.

### **⇒ SENIORS - A FEW REMINDERS**

- WE WANT TO HEAR YOUR NEWS! Please share copies of acceptances with us! Also share deferrals, waitlists, and denials - we can help you navigate the next steps.
- Create a [Going Merry](#) account for **scholarship information**. You also can create an account at [FASTWEB](#).
- Seniors - **you can come at any time during a lunch/study period to the Guidance office & work on applications** - we are here to help.
- Athletes be reminded ADMISSIONS office ADMIT students - not coaches. Even if you are being recruited, you **MUST APPLY**, send transcripts/materials, & meet the college’s admission requirements.
- [Transcript request form](#). This is required to enable your school counselor to send your transcript and letters of recommendation to the requested colleges. You must submit one for EACH school to which you apply. This form is to be completed by the student.

### **SCHOLARSHIP OPPORTUNITY**



#### **FESTIVE HOLIDAY SCHOLARSHIPS!**

Fastweb has gathered together “festive holiday scholarship” links! Check out this list and see what you may be able to apply to! [FASTWEB FESTIVE SCHOLARSHIPS!](#)

### **NJ Emergency Preparedness Association Scholarships**

These scholarships are intended for a graduating high school senior interested in pursuing a career in the emergency management field of study. This includes emergency management, homeland security, fire

suppression, law enforcement, hazardous material, arson investigation, emergency medical services, planning, Health, Public Health, Social Services, etc.- in the public or private sector.

The applicant, applicant's parent(s) or grandparent(s) must be members in good standing in any emergency service department in the State of New Jersey. Emergency services agencies include any police, fire, rescue, EMS, or emergency management. Any other affiliations with an agency that performs emergency or disaster response, and recovery operations will be considered on a case-by-case basis.

The scholarship application will open on January 1, 2024. Deadline to apply is 03/10/24.

For more details and the application - click here [NJEPa SCHOLARSHIPS](#)

## ⇒ SCHOLARSHIP SERVICES

[FAST WEB](#)

[GOING MERRY](#)

**All students** (not just seniors!) should have accounts with these two free scholarship services - these organizations will seek out scholarships you may qualify for. Going Merry actually allows you to do one application that can be applied to multiple scholarships. Check them out & register for a free account!



brainfuse  
**HelpNow**

## BRAINFUSE TUTORING AT THE WEST MILFORD PUBLIC LIBRARY

rainfuse is brought to you by the generous sponsorship of [The Friends of the West Milford Township Library](#). Brainfuse is an on demand, anytime, anywhere eLearning for all ages and levels. Brainfuse HelpNow offers personalized homework help in core subjects (math, reading, writing, science and social studies) including SAT preparation. Live tutors are available everyday 2:00 p.m. until 11:00 p.m. (except holidays). All you need is your library card to get started.

For more information on Brainfuse Tutoring - [Brainfuse Tutoring at the WM library](#)

To access Brainfuse - click here: [BRAINFUSE TUTORING](#)

## ⇒ REMINDERS

- **ATTENDANCE COUNTS!**



*Just a friendly  
reminder...*

- **Make sure you are following our Guidance Google Classrooms!** A Classroom has been set up for each grade level and all students have been invited. Please be sure to accept the invitation. We regularly post information, FAQs, documents, and opportunities!
- All students must have a parking pass to park at WMHS during the school day. If you need a parking pass, please go to the assistant principals' office.
- Working papers are now done online - here is the link to get working papers: [NJ WORKING PAPERS](#)
- **CHECK YOUR EMAIL EVERY DAY!** Students should check email at minimum daily - and RESPOND when asked questions.

## Follow us on social media!

@wmguidance on Twitter

@wmhsguidance on Instagram

@GerischMrs on Twitter

@Ms\_Csengeto\_WM on Twitter

## UPCOMING EVENTS



### NJIT ACADEMY - College Courses for High School Students

NJIT offers on campus classes on Saturdays for high school students to earn college credit. These are courses taught by college faculty designed for 11th & 12th grades eager to get a jump start on their college careers. The courses earn college credit. This spring's course offerings are:

- Computer Science - Roadmap to Computing (3 credits)
- Engineering - Fundamentals of Engineering Design (2 credits)
- Mathematics - Precalculus (4 credits)

Students must apply. For more information (including cost) and a link to register click the link below:

[NJIT ACADEMY COLLEGE CREDIT for HS Students](#)



⇒ **NATIONAL PORTFOLIO DAYS**

Visit with counselors, admissions team members, and faculty from art & design schools for review of your portfolio before applying to colleges & universities. Registration required! Links include details about schools attending & location (in person) & virtual (online)

January 7	Virtual	12 pm - 4 pm	<a href="#">Link to Register</a>
May 4	Virtual	12 pm - 4 pm	<a href="#">Link to Register</a>



### CONSTRUCTION INDUSTRY FAIR

The Construction Industry Career Fair will be held on May 28, 2024, from 3pm to 7pm. Interested families may register at [www.cicdnj.org](http://www.cicdnj.org) (registration is required) starting 1/3/24. For more details see the flier at the end of this newsletter.



### PRINCETON REVIEW WEBINARS

The Princeton review offers free webinars to parents and students about the college and career search process. The webinars are posted afterwards - so there is a large library of topics for parents and students to access on demand. Topics include: interview tips, essay tips, test prep, finding a good match, and much more. Check them out [PRINCETON REVIEW WEBINARS](#)

## INFORMATION & RESOURCES FOR FAMILIES

### LOCAL FOOD PANTRY INFORMATION

Click the links below for information

- [West Milford Presbyterian Church Pantry](#)
- [St. Joseph's Church Food Pantry](#)
- [Our Lady Queen of Peace - \(contact Linda Ziemba on 973-728-8211 for more information\)](#)
- [Living Word Church Food Pantry](#)
- [Crossroads Community Food Pantry at Holy Faith Lutheran Church](#)
- [Center for Food Action \(Ringwood\)](#)

#### Other resources

- [NJ SNAP \(Supplemental Nutrition Assistance Program\)](#)
- [NJ WIC \(Women, Infants & Children\)](#)



The poster features a photograph of a young man and a woman with curly hair looking at a laptop screen. Above the photo is a small logo of an open book with a graduation cap. Below the photo, the text is as follows:

**NHS TUTORING AFTER SCHOOL**

**MONDAYS IN ROOM 124**  
**WEDNESDAYS IN ROOM 123**

Please see Mrs. LoRe in room 124 or Mrs. Petrosillo in room 123  
 to sign up to BE tutored. NO Drop-ins this year.





# HOLIDAY spirit week

12/18 Long Winter Naps

(It's Monday – relax in your favorite comfy sleepwear/flannel and festive socks)

12/19 Santa & His Helpers

(Santa, elf, whatever your holiday accessories or hat.)

12/20 Bring out the Bling


(Fancy Attire for New Year – dress to impress)

12/21 Ugly Sweater

(Need we say more)

12/22 Red and Green Explosion


(Wear red, green or both)

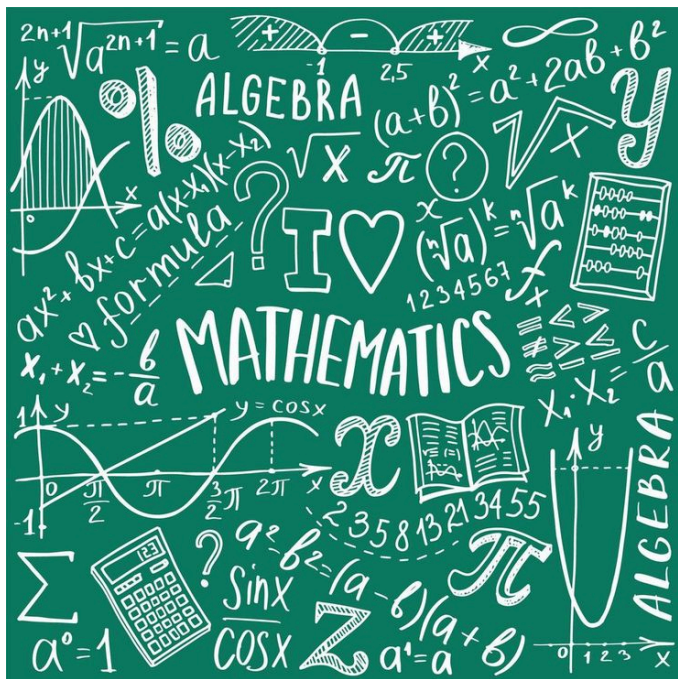


Don't miss  
the  
carolers!

Door  
Judging on  
12/22

We wish you a happy and peaceful  
winter break with your loved ones.





*Do YOU need help  
with your MATH ?*

**FREE MATH Help** is available here:

Per1 Mr. Heerschap *in HRC*

Per2 Ms. Gennett *in CAFE*

Per4 Mrs. Downs *in CAFE*

Per5 Mrs. Nikinas *in CAFE*

Per7 Mrs. Wojcik *in Lower Library*

Per8 Mrs. N *in Lower Library*



**Mark your Calendar & Save the Date...**

**CICD will be back in 2024!**

*As always, this hands-on, interactive day is free for all attendees.*



**Construction Industry Career Day**

**May 28, 2024- 3pm-7pm**

**May 29, 2024 - 8am-1pm**

***Location:***

**NJ Convention & Expo Center, Edison**

***Tuesday Night Showcase***

**May 28, 2024**

All are welcome to attend. This evening program is open to the public. We invite community groups, underemployed, unemployed and those looking for new career options to join us! Learn about rewarding career paths, stackable credentials, and financially stable opportunities.

*High School students accompanied by a parent/guardian will receive a gift (while supplies last!)*

***And, by popular demand...***

**HIGH SCHOOL STUDENTS**

**Wednesday, May 29, 2024**

Wednesday's program is open to high school students attending as part of an eligible school group.

Please keep in mind, this is a hands-on program, and we encourage you to bring students you believe would benefit from attending.

***Please encourage your Seniors to attend Tuesday Night with a parent/guardian.***

*Watch your mail for registration and program information  
or visit us on-line at [www.cicdnj.org](http://www.cicdnj.org). Registration Opens 1/3/2024*

**WEDNESDAY WILL CLOSE OUT AT 2,000 ATTENDEES OR BY MAY 1, 2024.**



**The New Jersey College Promise offers an affordable pathway to a college degree.**  
**Together, the Community College Opportunity Grant (CCOG) and the Garden State Guarantee (GSG) programs**  
**promise transparent, predictable pricing for up to four years of college here in New Jersey.**  
**Based on your income, your degree may be tuition-free!**



Community College Opportunity Grants make community colleges affordable for New Jerseyans. CCOG awards pay for the cost of tuition and approved educational fees for New Jersey residents with an annual adjusted gross income (AGI) between \$0 and \$65,000. New Jersey residents with AGIs between \$65,001 and \$80,000 will pay reduced tuition costs after up to one-half of the maximum CCOG award available at their community college is applied. New Jersey residents with AGIs between \$80,001 and \$100,000 will pay reduced tuition costs after up to one-third of the maximum CCOG award available at their community college is applied. The CCOG covers the cost of tuition and fees per year that are not already covered by federal and state financial aid or scholarships.

**To be eligible for a Community College Opportunity Grant, students must:**

- ✓ Be a New Jersey resident with an AGI between \$0 - \$100,000
- ✓ Complete the FAFSA or NJ Alternative Financial Aid Application by applicable state deadlines
- ✓ Enroll in at least six (6) credits per semester at one of New Jersey's community colleges
- ✓ Have not yet earned a college degree
- ✓ Make satisfactory academic progress



New Jersey residents who attend a New Jersey four-year public institution of higher education and have an annual AGI between \$0 and \$65,000 will attend tuition-free during their third (60-89 credits) and fourth (90-128 credits) years of study, because the Garden State Guarantee provides a net price of \$0 for tuition and fees during those years. Students in their third and fourth years at one of New Jersey's four-year public colleges or universities with AGIs between \$65,001 and \$80,000 will pay a discounted net price of no more than \$7,500 for tuition and fees per year and those with AGIs between \$80,001 and \$100,000 will pay a discounted net price of no more than \$10,000 for tuition and fees per year. The GSG covers the cost of tuition and fees that are not already covered by federal and state financial aid or scholarships.

**To be eligible for the Garden State Guarantee, students must:**

- ✓ Be a New Jersey resident with an AGI between \$0 - \$100,000
- ✓ Complete the FAFSA or NJ Alternative Financial Aid Application by applicable state deadlines
- ✓ Enroll full-time (at least 12 credits per semester) at a New Jersey public four-year college or university
- ✓ Have not yet earned a Bachelor's degree
- ✓ Make satisfactory academic progress

## How to Apply

You will automatically be considered for CCOG and GSG when you complete the Free Application for Federal Student Aid (FAFSA) or, if you qualify as an NJ Dreamer, the NJ Alternative Financial Aid Application.  
Get started here: <https://www.hesaa.org/Pages/financialaidhub.aspx>

### Application Filing Deadlines for Academic Year 2024-2025

Current Academic Year State Aid Recipients: Renewal Deadline for 2024-25	<b>April 15, 2024</b>
New College Students Applying for Academic Year 2024-25	<b>September 15, 2024</b>
New College Students Applying for Spring 2025 ONLY	<b>February 15, 2025</b>



# Winter Break Self-Care

@EverEducating

## MENTAL

- 01 Guided Meditation for 5 Minutes
- 02 Deep Breathing for 5 Minutes
- 03 Brain Dump My To-Do List
- 04 Read an Affirmation & Say It Aloud
- 05 Journal for 5 Minutes Before Bed

## PHYSICAL

- 06 Take a 15 Minute Walk
- 07 Do 15 Minutes of Yoga
- 08 Play My Favorite Sport for 30 Minutes
- 09 Eat 3 Healthy Meals in One Day
- 10 Stretch for 5 Minutes in the AM & PM

## EMOTIONAL

- 01 Listen to an Inspirational Podcast
- 02 Listen to Soothing Music for 10 Minutes
- 03 List 5 Things I'm Grateful For
- 04 Talk Honestly with a Trusted Friend
- 05 Keep a Mood Log for a Week

## SOCIAL

- 01 Have Lunch with a Family Member
- 02 Have a Game Night with Friends
- 03 Call a Friend to Reconnect
- 04 Give Support & Cheer on Social Media
- 05 Send a Postcard to a Loved One

## ENVIRONMENTAL

- 01 Declutter My Work Space
- 02 Clean Out My Fridge & Pantry
- 03 Add a Cheerful Decoration to My Office
- 04 Attend a Fun Event
- 05 Create an Uplifting Music Playlist

POSITIVE  
VIBES

[www.evereducating.com](http://www.evereducating.com)

To our students, colleagues, parents, and WM family we wish you joy, peace, & happiness during this rich holiday filled season!

