

North Shore Counseling

Fall High School Newsletter

North Shore K-12 Wellness Website

The district mental health professionals compiled wellness resources for students and families. The website includes calming rooms, mental health for all ages, parent resources, RULER information, and substance prevention resources.

Counseling Department Updates

Welcome back from the Counseling Department! We hope you had a wonderful summer and are ready for a great school year. Remember that the counselors and social workers are here for you should you need any support throughout the year.

Every student was sent an invite to join your Counseling grade level google classroom. Please remember to accept the invite so that you may receive updates from the department.

Seniors: Remember to see your counselor for your individual college appointment sometime over the next couple of weeks and to take advantage of the colleges that are visiting North Shore over the next month.

Juniors/Sophomores: If you are interested in taking the Digital PSAT on 10/14 please sign up below. If you want to learn more about the Digital PSAT and SAT attend the Curvebreakers presentation on 10/3.

Freshman: We hope your transition is going well and we look forward to seeing you on 9/26 or 9/27 for our 9th grade groups.

Upcoming events:

Sept 18th - Mini-College Fair - 1-2:30pm

Sept 26 and 27 - 9th Grade Groups with counselors

- Sept 27th - Senior Parent College Night - NSHS Theatre - 7pm
- Oct 2nd - Mini-College Fair - 1-2:30pm
- Oct 3rd - Curvebreakers Digital PSAT and SAT Presentation - virtual - 7pm
- Oct. 3rd. - Fall College Expo - Adelphi University - 5-8:30pm
- Oct. 5th - HS Back to School Night/HS Club Fair
- Oct 7th - SAT @ NSHS - 8am
- Oct. 14th - Digital PSAT @ NSHS - 8am
- Oct. 18th - Unity Day - wear Orange
- Oct. 23rd - Keeping You Safe Online MS Presentation for Students
- Oct. 23rd - Keeping You Safe Online Community Presentation - NSHS Theatre - 7pm
- Oct. 24th - Keeping You Safe Online HS Presentation for Students
- Oct 23-27 - Red Ribbon Week
- Oct. 30th - Homecoming
- Nov. 27th - Financial Aid Night - 7pm - NSHS Theatre

Senior College Resources

2023/24 College Visits

North Shore Seniors Road to College 2023-24.pdf

[Download](#)

1.6 MB

Senior Year Timeline 23-24.pdf

[Download](#)

63.4 KB

Fall 2023 Flyer.pdf

Nassau Counselors Association Fall College Expo at Adelphi

[Download](#)

157.1 KB

9th Grade Orientation



:: North Shore School ::

NORTH SHORE HIGH SCHOOL 9TH GRADE ORIENTATION Incoming 9th Graders Welcomed at North Shore High School On Wednesday, August 30, 2023, the high school principals along with guidance counselors, faculty, and staff warmly welcomed the Freshman Class of 2023-24 and their parents and guardians to North Shore High School.

northshoreschools.org

On August 30th the counseling department and high school administration coordinated an orientation program for the Class of 2027. It was extremely well attended by parents and students alike. The high school administration held a parent program while the students met with their school counselor to learn about their schedule, availability of academic supports, how to best utilize their counselor, and extracurricular opportunities. The students then met with senior peer leaders to ask questions and tour the high school. The event culminated with ices courtesy of the PTO. The next step in the transition process is the school counselors will meet with the freshman in small groups during the week of Sept. 25th to get to know them better and answer any questions.

PSAT Registration

The PSAT/NSMQT exam will be offered on Saturday October 14th at 8am at North Shore High School. The PSAT is a practice exam offered through the College Board to help students prepare for the SAT. The score is not reported to colleges. It was designed to be taken in 11th grade, though 10th graders can take it. For more detailed information on the PSAT click [HERE](#). If you are unsure if your child should take the PSAT, please contact your school counselor.

Please complete [THIS FORM](#) to register for the exam. The cost is \$30 made payable by check to North Shore Schools. Please write PSAT in the memo section of the check. Checks can be submitted to Ms. Sinski or Ms. Fusco in the guidance office. The registration deadline is Friday September 22.

The October PSAT will be digital and administered on College Board's Bluebook App, which has been uploaded to every students' school-issued Chromebook. To explore the Bluebook App, click [HERE](#). For more information on the digital PSAT click [HERE](#).

The first official digital SAT will be offered in March 2024. The last paper-and-pencil SAT exam will be this December.

Should you have any questions or concerns about the digital PSAT, please do not hesitate to reach out to your counselor. We value your partnership in your child's education and appreciate your continued support.

Event Information

What You Need to Know About The Digital PSAT and SAT

Join us for an informative evening with Nicholas LaPoma, owner of Curvebreakers Test Prep. Curvebreakers is a renowned local test preparation and tutoring company and a valued partner of North Shore Schools. Get ahead of the curve as Nicholas delves into the transformative shift in standardized testing. Discover how the PSAT and SAT are embracing digitalization, and gain invaluable insights into what this means for your student's future success. Plus, hear about details on upcoming SAT preparation classes with Curvebreakers, hosted right here at North Shore High School! Don't miss this opportunity to stay informed and empowered!

When?

Tuesday, Oct 3, 2023, 07:00 PM

Where?

Zoom



The New Digital SAT

The move from a paper-and-pencil SAT to a digital, adaptive SAT is one of the biggest changes the test has seen in its 100-year history. As of the March 2024 SAT, bubble sheets will be a thing of the past. Compass is leading the adoption of digital testing in the test preparation space.

🔗 compassprep.com

Curvebreakers SAT Prep Course for March Exam

Discounted SAT course held at North Shore HS run by Curvebreakers

Event Information

Keeping You Safe Online: What Every Person Should Know

KEEPING YOU SAFE ONLINE: WHAT EVERY PERSON SHOULD KNOW

All attendees will obtain information about:

- Preventing Cyber Cruelty
- Safe Communication in Gaming
- Public Databases & Digital Transparency
- Preventing Abuse of Current & Future Apps
- Poor Social Media & Oversharing Behaviors
- Many Other Current & Future Cyber Issues

NS-CASA is sponsoring this multi-award-winning program that will eliminate the myths that Anonymity, Social Privacy and Disappearing Digital Content is possible with digital tools & apps. The audience will gain knowledge to promote responsible use of digital tools while also obtaining the wisdom to prevent negative, irresponsible, and malicious digital behaviors and trends. Richard Guerry is the author of multiple cyber safety books and has been a featured speaker at numerous national & international conferences. He has also appeared as an expert on Radio Disney, CNN, FOX, CBS, MTV's Thin Line Campaign, as well as in Parade Magazine and many local, regional, and international publications.

When?

Monday, Oct 23, 2023, 07:00 PM

Where?

North Shore High School, Glen Cove Avenue, Glen Head, NY, USA

Keeping You Safe Online Flyer

Please Note the evening presentation will be 7pm not 6pm

Wellness Resources

Resilience: A Guide for



Embracing Resilience: A Mental Health Guide for Parents Navigating the Back-to-School Transition

Parenting towards resilience as we return to school. As the summer sun gradually starts to set earlier each day, our thoughts as parents turn to the approaching school year. This season of transition, while thrilling and full of new beginnings, can also stir up a whirlwind of emotions and anxiety for our children.

🔗 goodingwellness.com

No matter why you need support, the #988Lifeline is there for you. #MentalHealth support anytime – day or night. Call or text: 988. Chat: 988lifeline.org.



<https://www.samhsa.gov/sites/default/files/reasons-to-connect-video-1.mp4>

🔗 samhsa.gov

College Resources

Georgia Tech Admission Blog

A dialogue on college admission

🔗 sites.gatech.edu



Brennan Barnard

Brennan Barnard's stories. I write about an intentional approach to college admission.

🔗 forbes.com



ACT/SAT Optional List - Fairtest

The official List of Test Free and Test Optional colleges and Universities

🔗 fairtest.org

Substance Prevention Corner

Social Host Law

What is Social Hosting?

In Nassau County, it is illegal for anyone over age 18 who owns or rents a home to knowingly allow the consumption of alcohol or alcoholic beverages by any minor on the premises.

A Social Host Law violation is a misdemeanor – a criminal conviction punishable by progressive fines and penalties.

What YOU can do!

- Familiarize yourself with the Social Host law. You can find the law here:
 - o <http://www.nassauda.org/DocumentCenter/View/856/Social-Host-Local-Law-2018>
- Start a dialogue with your child to discuss the ground rules and expectations for having friends/guests over, especially for the instances you are not home.
 - o Have clear and consistent rules and consequences about the use of alcohol or other drugs in your home.
 - o For tips on how to start this conversation, please visit:
§ <https://www.samhsa.gov/underage-drinking/parent-resources/family-agreement-form-avoiding-alcohol>
- Do not tolerate the use of alcohol by anyone under the age of 21 in your home
 - o If you find an underage guest in your home consuming alcohol, demand it stop and ensure they leave the premises. Do not let someone who has been consuming alcohol drive- call that child's parent or guardian.

· Consider signing the North Shore Coalition Against Substance Use (NSCASA) parent pledge about maintaining an Alcohol Free Environment here:

o <https://www.nscasa.org/parent-pledge.html>

· If you are aware of a house party, you can call 1-866-UNDER21 to report underage drinking.



North Shore Counseling Department

Email: dohertyd@northshoreschools.org

Website: www.northshoreschools.org/guidance/

Location: [450 Glen Cove Avenue, Glen Head, NY, USA](#)

Phone: [516-277-7030](tel:516-277-7030)

Twitter: [@NoShCounselor](https://twitter.com/NoShCounselor)

Instagram: [@nshscounseling](https://www.instagram.com/nshscounseling)



Dan Doherty

Dan is using Smore to create beautiful newsletters