

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 Updates

Greetings from the Counseling Office!

The month of October is always busy as we celebrate Unity Day, Red Ribbon Week, and Homecoming.

November is a wonderful time to express gratitude. Included in this newsletter are some articles and images to help you learn more about the impact being grateful can have on your overall wellness.

Important Dates:

November 27th - Financial Aid Night - 7pm

January 4th - Mindful Schools Introduction to Mindfulness Presentation 7pm

January 9th - Alumni Roundtable - 6:30pm HS Cafeteria

January 17th - Junior College Night - 7pm HS Theatre

January 24th - 9th Grade Orientation - 7pm HS Theatre

March 9th - SAT at North Shore High School (Registration information will be sent out in Jan.)

April 6th - SAT at North Shore High School

RESEARCH SHOWS CULTIVATING GRATITUDE CAN HELP YOU AND OTHERS:

BE HAPPIER

- Experience greater life satisfaction
- Have less symptoms of depression & anxiety

HAVE MORE ENERGY

- Engage in healthier activities
- Sleep longer & wake up refreshed

BE MORE RESILIENT

- Grow from trauma
- Protect against burnout

HAVE STRONGER RELATIONSHIPS

- Feel more loved, supported, committed & satisfied
- Feel more valued

BOOST MOTIVATION AND PERFORMANCE

- Work harder & feel more fulfilled
- Identify & solve problems

BUILD CHARACTER

- Be more likely to offer help
- Be more trusting & trustworthy



Gratitude

THE SCIENTIFIC BENEFITS OF CULTIVATING AND EXPRESSING



CHAMP

Consortium for Health and Military Performance

HUMAN PERFORMANCE RESOURCES by CHAMP | HPRC-online.org



How Gratitude Changes You and Your Brain

New research is starting to explore how gratitude works to improve our mental health.

greatergood.berkeley.edu

1. SELF-CARE

2. NATURE

3. OPTIMISM

4. WORK

5. QUOTES

11. MEMORIES

12. BEAUTY

13. KINDNESS

14. LOVE

15. EMOTIONS

21. COLOR

22. TECHNOLOGY

23. HOME

24. INSPIRATION

25. COMFORT

The 13th Annual Gratitude Challenge! - Positively Present - Dani DiPirro

Practice gratitude in 2023 with 30 days of prompts from Positively Present created for the annual gratitude challenge each year in November.

positivelypresent.com

Event Information

Financial Aid Night

Molloy University Senior Financial Aid Counselor, Eugene Rogers, will present at 7pm on 11/27. Mr. Rogers will review all aspects of the financial aid process. This will be a virtual presentation and will be recorded.

The topics covered include:

- What is the FAFSA?
- What are the requirements to qualify for financial aid?
- What is the timeline to file?
- How do colleges determine financial need?
- How do I complete the FAFSA application?
- Frequently asked questions
- Special circumstances

When?

Monday, Nov 27, 2023, 07:00 PM

Completar La FAFSA - Encontrar dinero gratis para la universidad

<https://www.salliemae.com/content/dam/slm/writtencontent/Corporate/Webinar-Invite-Email-Spanish-SMcom.pdf>

🔗 [salliemae.com](https://www.salliemae.com)

NSHS VikingQuest Scholarship Search

Welcome to the VikingQuest Scholarship Search Site! This is an overview of local, regional and even national scholarship opportunities that can also be found in our North Shore Counseling Department's VikingQuest Scholarship Search Classroom. That Classroom and this Site are updated as we receive

🔗 sites.google.com

Higher Education Services Corporation

Governor Kathy Hochul Dr. Guillermo Linares - President

NYS Higher Education Services Corporation - NYS TAP

An applicant must: be a legal resident of NYS and have resided in NYS for 12 continuous months; be a U.S.

🔗 hesc.ny.gov



FAFSA Changes Are Coming: What You Need To Know

Each year, millions of students fill out the Free Application for Student Aid (FAFSA) to get help to pay for college. This help comes from federal and institutional aid, such as grants, scholarships and loans.

🔗 forbes.com

What You Need to Know About the Digital SAT

Nicholas LaPoma, owner of Curvebreakers Test Prep spoke to North Shore families about the new digital PSAT and SAT. Curvebreakers is a renowned local test preparation and tutoring company and a valued partner of North Shore Schools. You may access the video below:

It may ask you to put in a passcode to view the video, which is: q7As\$D0h

The Zoom logo, consisting of the word "zoom" in a white, lowercase, sans-serif font, centered on a solid blue rectangular background.

Video Conferencing, Web Conferencing, Webinars, Screen Sharing

Zoom is the leader in modern enterprise video communications, with an easy, reliable cloud platform for video and audio conferencing, chat, and webinars across mobile, desktop, and room systems. Zoom Rooms is the original software-based conference room solution used around the

world in board, conference, huddle, and training rooms, as well as executive offices and classrooms. Founded in 2011, Zoom helps businesses and organizations bring their teams together in a frictionless environment to get more done.

us02web.zoom.us



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

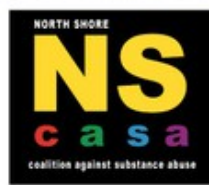
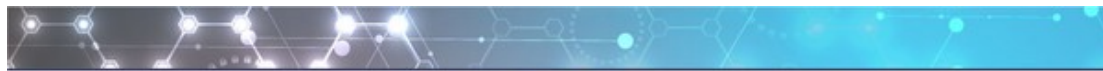
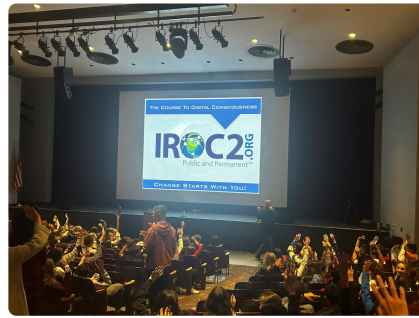
Digital Safety Presentation

In honor of Red Ribbon Week NS-CASA sponsored presentations for students in grades 6-12 from the Executive Director of the Institute for Responsible Online and Cell Phone Communication (IROC2), Richard Guerry. The title of the presentation was Public and Permanent and the focus was on students being mindful of what they post online and understanding the permanent nature of those posts. Additionally, the students learned how to navigate the digital space safely and with empathy and kindness for others. Monday night, Mr. Guerry shared a similar presentation with parents and answered questions.

The following website was created as a resource for the North Shore School District. It includes the IROC2 presentation that your students heard along with additional video clips, information on parental controls, and much more. Please consider watching the video and engaging in a conversation with your student about the content. This site will be accessible for the next three months.

IROC Workshop Replay:

- Visit: <https://www.iroc2.org/548.html>
- Username: NSCASA
- Password: Students



Digital Safety & Mindfulness®

Motivate Responsible Use of Technology & Prevent Digital Abuse!

Thank you to Richard Guerry of IROC2 for your excellent presentations to 6-12 graders and community parents on digital safety and mindfulness!

North Shore CASA members will be receiving access to all of the information that was shared! If you're not a member, sign up today at www.nscasa.org for full access!



Trauma 101 Presentation to Families

On Thursday November 2nd St. John's University Professor of Psychology, Dr. Elyssa Brown, spoke with families about trauma, active listening, and coping skills. If you were not able to attend the presentation, the slides are below.



Trauma 101 North Shore Schools 11 2 2023.pptx.pdf

[Download](#)

2.4 MB

Wellness Resources

Cohen Children's Medical Center Flyer.pdf

Cohen Children's Medical Center's outreach education programs are offering webinars for families on various wellness topics.

[Download](#)

311.0 KB

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

Nassau Boces Programs

Special Education / Transition Expo Registration

The webinars listed below are on topics that are important as students prepare to leave school and enter adulthood. Review the descriptions to see which ones relate best to your child. You may attend as many webinars as you choose. All webinars will begin at 7 p.m.

🔗 nassauboces.org



Barry Tech / Overview

For high school students in Nassau, a year or two at Barry Tech can help you to enter the world of work after graduation, continue advanced career studies, or attend a two- or four-year college.

🔗 nassauboces.org

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



ACT/SAT Optional List - Fairtest

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

📄 fairtest.org



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Dan Doherty

Dan is using Smore to create beautiful newsletters