

NORTH SHORE COUNSELING

APRIL NEWSLETTER

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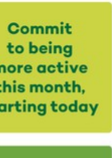


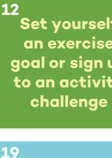


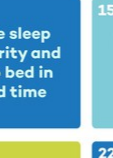
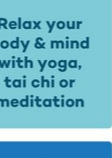
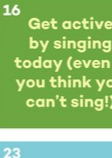

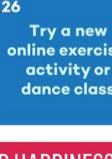
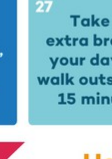


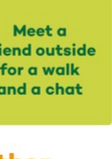









Dear NSHS Families,


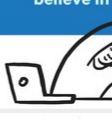

Spring has sprung and we are so excited to welcome back all of our students at the end of the month! We hope that seeing your teachers, counselors and support staff again on a daily basis will help you make it to the finish line. We also understand that this is another transition point and some of you may need some support. Please know that the counselors and social workers are here to support you should you need anything in your return to school or transition to remote. To help support parents, we are offering two sessions with David Hymowitz focused on Adapting to Change. Please see below for more information. This certainly has been a unique year, but we are almost there! Lastly, be on the lookout for more information on Regents exam policies in the coming week.

Sincerely,

The North Shore Counseling Department

Active April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5 Eat healthy and natural food today and drink lots of water	 6 Turn a regular activity into a playful game today	 7 Do a body-scan meditation and really notice how your body feels	 1 Commit to being more active this month, starting today	 2 Listen to your body and be grateful for what it can do	 3 Spend as much time as possible outdoors today	 4 Have a day free from TV or screens and get moving instead
 12 Set yourself an exercise goal or sign up to an activity challenge	 13 Move as much as possible, even if you're stuck inside	 14 Make sleep a priority and go to bed in good time	 8 Get natural light early in the day. Dim the lights in the evening	 9 Give your body a boost by laughing or making someone laugh	 10 Turn your housework or chores into a fun form of exercise	 11 Be active outside. Dig up weeds or plant some seeds
 19 Have a 'no screens' night and take time to recharge yourself	 20 Spend less time sitting today. Get up and move more often	 21 Focus on 'eating a rainbow' of multi-coloured vegetables today	 15 Relax your body & mind with yoga, tai chi or meditation	 16 Get active by singing today (even if you think you can't sing!)	 17 Go exploring around your local area and notice new things	 18 Make time to run, swim, dance, cycle or stretch today
 26 Try a new online exercise, activity or dance class	 27 Take an extra break in your day and walk outside for 15 minutes	 28 Find a fun exercise to do while waiting for the kettle to boil	 22 Regularly pause to stretch and breathe during the day	 23 Enjoy moving to your favourite music. Really go for it	 24 Go out and do an errand for a loved one or neighbour	 25 Get active in nature. Feed the birds or go wildlife-spotting

ACTION FOR HAPPINESS **Happier · Kinder · Together**

**NORTH SHORE CASA LIKE SCREENING
(CLICK TO REGISTER)**




For Parents *and* KIDS 10+:
Join us for a LIVE WEB EVENT
to understand the technology
behind our favorite social media
platforms, *how it can negatively*
impact your child's mental health
and what you can do about it.

iNDIEFLIX PRESENTS

LIKE

A DOCUMENTARY ABOUT THE IMPACT OF SOCIAL MEDIA ON OUR LIVES

TheLikeMovie.com



**Watch with
your teen or
tween!**

Date: Tuesday, April 13th

Time: 7:00 pm

[CLICK HERE TO REGISTER](#)
 Or go to www.NSCASA.org

LIVE PANEL DISCUSSION FOLLOWING THE FILM FOR Q&A

Our Panel Includes:

Dr. Andrew Barile, Psychologist | Anxiety Institute

Dr. Bill Kitay, North Shore Middle School Psychologist

Dan Doherty, Director of Counseling | North Shore School District



LIKE MOVIE.pdf



Download

209.3 KB

ATTENTION JUNIORS: TESTING INFORMATION

SAT School Day.

Registration is now open for the April 27th SAT School Day. Please click [HERE](#) to register. The price is \$68 for SAT w/ Essay and \$52 for SAT. Checks can be made out to the North Shore School District and handed into the guidance office. Please indicate that the payment is for the April exam when you drop the money off. Registration will close April 13th.

Unlisted ACT Exam - April 17th

If you have not registered for the April 17th ACT you may do so by using the code - **238770**. When registering you will need to pick a test center. North Shore will only appear as a test center if you search using the test center code. If you are already registered, no further action is required. If you are unsure if you are registered, please contact ACT.

AP AND IB UPDATES FROM DR. TITONE

The 2021 Advanced Placement & International Baccalaureate exams are just around the corner! Information regarding review sessions is forthcoming.

IB exams will be in person, on paper, at NSHS or St. Rocco's. Students taking an IB exam received a personal schedule from one of their IB teachers. If you did not receive a copy of your schedule, please email titonek@northshoreschools.org.

AP exams will be in person at NSHS or St. Rocco's, or digitally at home. Students should check myap.collegeboard.org to know which date, time, and format they will have for their AP exams. Digital exams must be administered on a school issued Chromebook, or personal laptop or desktop computer. No other devices are acceptable for testing. Students will need to download exam specific preparation for **each** AP exam they are taking 3 days before their exam. Please continue to monitor your school email to learn of important updates.

Tests will begin on 4/29, students should report to testing locations at 7:30am for a morning exam, and 11:30am for an afternoon exam. Students must wear a mask and socially distance during exams, and complete the attestation form each day to ensure everyone's safety.

The full schedule of dates, times, locations can be accessed through the "Hot Links" section of the HS webpage, or here:

https://drive.google.com/file/d/1T2gkV_qOKRRdCT_UIm0RiMWcdAbkrJZc/view

[May 2021 AP and IB Exam schedule posted online.docx](#)

drive.google.com

□

In preparation for exams, please view the recording and slides from the March 2021 webinar, which are on our website:

<http://northshoreschools.org/highschool/ib.html>

For any and all questions, please contact our Teacher Leader for IB and AP, Dr. Kerri Titone:

titonek@northshoreschools.org.

Good luck!

ADAPTING TO CHANGE PARENT PRESENTATION

WHEN

THURSDAY, APRIL 22ND, 10-11AM

WHERE

THIS IS AN ONLINE EVENT.

MORE INFORMATION

Throughout the pandemic there has been one constant, Change. How we respond and adapt to change directly impacts how we feel and function. Social worker, David Hymowitz, will discuss positive ways to cope with change. With our high schoolers returning to in-person learning and some shifting to fully remote, this presentation can help families work through the schedule changes that will take place.

There will be a second session on:
Tues 4/27 at 7pm virtually.

Links to follow.

VIRTUAL COLLEGE PLANNING WEEK

Virtual College Planning Week 2021

April 19th - April 22nd

Zoom through College Prep this year, Virtually!

Monday, April 19th

Virtual College Essay Writing Workshop
7-8PM

PRESENTED BY SENIOR ASSOCIATE DIRECTOR
OF ADMISSION MELISSA BELLANTONIO
ADELPHI UNIVERSITY

ZOOM Link:

<https://adelphiuniversity.zoom.us/j/2932621689>

Tuesday, April 20th

Virtual College Fair EXPO

5-8PM

Hosted by Nassau Counselors Association

[HTTPS://NCA.EDUCATIONCONNECTLIVE.COM/](https://nca.educationconnectlive.com/)

OVER 90
DIFFERENT
COLLEGES
ATTENDING

Wednesday, April 21st

Virtual Financial Aid Night

7-8PM

Presented by Director of Financial Aid
Stephen Kudzin, University at Albany

ZOOM Link:

<https://albany.zoom.us/j/91082540306>

Thursday, April 22nd

SUNY VIRTUAL COLLEGE FAIR

6-8PM

WWW.SUNY.EDU/ATTEND/EVENTS/VIRTUAL-COLLEGE-FAIR/

OVER 60
AFFORDABLE
CAMPUSES

FOR MORE INFO:

Caitlin Maceno
cmaceno@albany.edu



PlanningWeekFlyer.pdf



Download

94.0 KB

VIRTUAL SPRING COLLEGE EXPO - APRIL 20TH 5-8PM

Over 300 representatives from domestic and international colleges and universities are available to meet with students one-on-one! Visit www.nassaucounselors.org for more information. This event is free.

SPRING SELF-CARE



GEORGIA TECH BLOG

13 EFFECTIVE STUDY HABITS TO HELP STUDENTS

TIME MANAGEMENT TIPS FROM DARTMOUTH COLLEGE

PREVENTION CORNER: ALCOHOL AWARENESS MONTH


Alcohol Awareness Month


Alcohol Awareness Month is an annual campaign and public health program organized by the National Council on Alcoholism and Drug Dependence as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. A big part of this month is to point out the stigma that still surrounds alcoholism and substance abuse in general. This campaign gives public health bodies, community centers, and treatment facilities the chance to increase their efforts to reach people who may not fully understand the dangers of unhealthy alcohol consumption.

Life-threatening signs of alcohol poisoning include:


 Inability to wake up

 Vomiting

 Slow breathing
(fewer than 8 breaths per minute)

 Irregular breathing
(10 seconds or more between breaths)

 Seizures

 Hypothermia
(low body temperature),
bluish skin color, paleness

What is a “standard drink” in the US?



SOURCE: National Institute for Alcohol Abuse and Alcoholism.

STUDY TIPS AND RESOURCES FROM THE PEER LEADERS



Peer Leader Flyer.pdf

[Download](#)
201.8 KB

NORTH SHORE COUNSELING DEPARTMENT



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 northshoreschools.org

