

Haverhill Public Schools

Dr. A. B. Consentino Guidance Department News

WINTER EDITION

JANUARY, FEBRUARY, &
MARCH 2015

In this issue:

- News and upcoming important dates for January, February, and March
- Test-taking tips and strategies
- Important reminders for students and parents

Happy Holidays and welcome back from your School Counselors! We hope everyone had a fun and relaxing break. Our students are already back into the swing of things and working hard in Trimester 2.



Your Consentino School Counselors

Your School Guidance Counselors are best reached through email but can also be reached by phone. Please feel free to contact us with any questions or concerns, as well as to schedule appointments or meetings.

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Mrs. Prochilo: Grades 6-8 School Counselor

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January News

During the month of January, Mrs. Prochilo will be accepting applications from 8th grade students for private and technical high schools. Please make sure your child has met with Mrs. Prochilo if he or she is applying to a private or technical high school. A two week window is required to process applications before the schools' deadlines.

Mrs. Prochilo will also be meeting with 7th grade Technology classes during the week of January 26 to continue delivering "The 7 Habits of Highly Effective Teens" lessons.

Elementary News from Mrs. Lord



We will be continuing small groups throughout the winter months. Students in 3rd grade are continuing to learn about social thinking through the use of a fun, new curriculum using a social-thinking superhero named Superflex!

The goal of this curriculum is to provide a fun, motivating way to improve the child's social and behavioral flexibility and to ultimately develop better self-monitoring and self-feedback loops for their social behavior.

Typically, groups meet over the lunch/recess or specials period, once a week, for 6 weeks. Students will not miss any instructional time during our meetings. Parents will be informed when their child is being asked to participate in a group via a parent permission letter and/or a phone call from the counselor.

Parents of 8th graders:

Please make sure your child has met with Mrs. Prochilo if he or she is applying to a private or technical high school!

Important January Dates

Monday, January 5 - back to school

Wednesday, January 14 - early release

Monday, January 19 - Martin Luther King, Jr. Day; no school

Wednesday, January 21 - 2nd Trimester progress reports issued

Friday, January 23 - Essex Tech applications due to Mrs. Prochilo

Week of January 26 - Mrs. Prochilo visits 7th grade Technology classes

February News

February is a very busy month for our students! Mrs. Prochilo will be processing Whittier Tech applications this month. Applications for Whittier Tech must be turned in to Mrs. Prochilo by Monday, February 2 at the latest. During the week of February 9, Mrs. Prochilo will be meeting with 8th grade students during their Library periods to discuss and prepare for the Whittier interviews as well as schedule individual interview times. Interviews will be on February 25 and 26.

The deadline for Essex Tech applications is Friday, February 6. Applications must be turned in to Mrs. Prochilo by Friday, January 23.



Important February Dates

Monday, February 2 - deadline to turn in Whittier applications to Mrs. Prochilo

Friday, February 6 - deadline for Essex Tech applications (Turn applications in to Mrs. Prochilo by Friday, January 23)

Week of February 9 - Mrs. Prochilo visits 8th grade Library classes

Week of February 16 - Winter vacation

Wednesday, February 25 - Whittier Tech interviews

Thursday, February 26 - Whittier Tech interviews



Elementary News from Mrs. Lord

In today's society, girls are often forced to grow up too quickly. Unfortunately, girls often begin struggling with issues relating to self-esteem, friendship, decision making, and isolation beginning in elementary school.

In February, I am going to start working in small groups with girls in 3rd-5th grade using a proactive group counseling curriculum. The curriculum is titled, *Girls in Real-Life Situations (G.I.R.L.S.)*, and it is designed to give girls the an opportunity to feel empowered, gain self-awareness, develop positive coping mechanisms, improve daily problem-solving skills, feel connected with other girls, and make healthy decision as they grow.

Typically, groups meet over the lunch/recess or specials period, once a week, for 6 weeks. Students will not miss any instructional time during our meetings. Parents will be informed when their child is being asked to participate in a group via a parent permission letter and/or a phone call from the counselor.

March News



During the month of March, our students will be preparing for and taking the PARCC PBA test. It is important for students to be present and on time during testing days to ensure that they are relaxed and ready for testing. Keep a look out for a detailed testing calendar to be released soon.

8th grade students who have applied to Essex Technical High School will be interviewed at Consentino on Monday, March 2. Students' individual interview times will be scheduled soon. Mrs. Prochilo will be meeting with these students in the weeks prior to the interview date to prepare.

Mrs. Prochilo will be visiting 7th grade Technology classes to deliver the final "The 7 Habits of Highly Effective Teens" lesson during the week of March 2.

Important March Dates



Monday, March 2 - Essex Tech interviews

Week of March 2 - Mrs. Prochilo visits 7th grade Technology classes

Wednesday, March 4 - early release day; NAEP assessment with selected 8th graders

Friday, March 13 - 2nd Trimester marks close

Monday, March 16 - PARCC testing begins

Wednesday, March 25 - 2nd Trimester report cards issued

Thursday, March 26 - early release day; Parent Teacher Conferences

ABC Students: Test Taking Tips from Your School Counselors

- Make sure to get plenty of sleep the night before your test
- Have a filling and nutritious breakfast
- Arrive to school on time; being late and feeling rushed may cause extra stress!
- Wear comfortable clothing and sit comfortably in your seat
- Pace yourself and stay focused, but try not to rush
- Read and listen to the directions carefully
- Take slow, deep breaths if you're feeling nervous

For more great tips, visit:

<http://pbskids.org/itsmylife/school/teststress/article10.html>

