

Counseling Newsletter

NEW BRIGHTON HIGH SCHOOL/APRIL 2024

TRENDING

Understanding World Autism Day - Embracing Differences and Practicing Kindness

Every year on April 2nd, people around the globe come together to observe World Autism Day. This day is dedicated to raising awareness about autism spectrum disorder (ASD) and promoting acceptance, understanding, and inclusion for individuals living with autism. As high school students, it's important for us to recognize the significance of this day and understand how we can contribute to creating a more compassionate and supportive community for everyone, regardless of their differences.



Autism is a developmental disorder that affects how a person communicates, interacts with others, and experiences the world around them. It's crucial to remember that autism is a spectrum, meaning that individuals with autism can have a wide range of strengths, challenges, and abilities. While some individuals may have difficulties with social interaction and communication, others may excel in areas such as problem-solving, creativity, and attention to detail.

One of the most important messages of World Autism Day is that just because someone may not exhibit outward signs of a disability, it doesn't mean that they're not facing challenges. Autism is often referred to as an "invisible" disability because it's not always immediately apparent to others. This is why it's essential to practice empathy, understanding, and kindness towards everyone we encounter.

We all have our struggles and difficulties, whether they're visible to others or not. By fostering a culture of acceptance and kindness, we can create a more inclusive and supportive environment

where everyone feels valued and respected. Small acts of kindness, such as offering a helping hand, being patient, and showing empathy, can make a world of difference to someone living with autism or any other challenge.

As we commemorate World Autism Day, let's take this opportunity to reflect on the importance of embracing differences and celebrating the unique strengths and talents of every individual. Let's pledge to be advocates for inclusion, understanding, and kindness in our schools, communities, and beyond. Together, we can make a positive impact and create a more compassionate world for all.



2024 Total Eclipse - NASA Science

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. The sky will darken as if it were dawn or dusk.

science.nasa.gov



Earth Day - April 22nd

Earth Day is an annual event celebrated worldwide on April 22nd to demonstrate support for environmental protection. First established in 1970, Earth Day aims to raise awareness about environmental issues such as pollution, climate change, deforestation, and habitat destruction. It serves as a reminder of the importance of preserving and conserving our planet's natural resources for current and future generations. Earth Day activities typically include tree planting, clean-up campaigns, educational events, and advocacy for sustainable practices. It serves as a platform for individuals, communities, businesses, and governments to come together and take action towards creating a more sustainable and environmentally-friendly world. Check the Beaver County Department of Sustainability and Waste Management Programs [HERE](#).

How We Can Help!



River Clean Up

Find resources for Adopt a River Toolkit [here](#), and a great video [here](#).



2024 Tire Collection Event

Get involved with [Beaver County Conservation District](#).



Native Pollinators

Discover pollinators & building a butterfly garden [here](#).

April 22nd through April 25th



Prom



Spirit Week

Monday - Happy Earth Day
Wear your green 🌍

Tuesday - Dress like your bitmoji

Wednesday - Switch it up!
Teachers dress like students/students dress like teachers

Thursday - Rhyme without a reason 🍴🌙
Groups 2 or more

Capture Your Memories: Order Your NBHS Yearbook Today!

Attention all New Brighton High School students! Time is running out to secure your piece of school year memories. The deadline to purchase your New Brighton High School yearbook is rapidly approaching, with April 30th marking the final day to reserve your copy.

Whether you want to cherish moments with friends, relive unforgettable events, or simply flip through the pages of nostalgia in the years to come, the yearbook captures it all. From spirited pep

rallies to heartwarming graduation ceremonies, every page is filled with the essence of our school community.

Ordering your yearbook is a breeze. Simply visit yearbookforever.com to place your order online. If you prefer to pay offline, you can send a payment of \$70 via cash, check, or money order payable to NBASD. Address your payment to Linda Runatz, our dedicated Yearbook Advisor, at New Brighton High School, 3202 43rd Street, New Brighton, PA 15066.

Don't let this opportunity slip away! Reserve your copy today and ensure you have a piece of New Brighton High School history to treasure forever. Whether you are a freshman just beginning your journey or a senior preparing to embark on new adventures, your yearbook will serve as a timeless reminder of the memories and friendships formed during your time at NBHS.

Order now and make sure your school year memories are preserved for years to come!

Introducing Lotus: New Brighton High School's Newest Member

We are thrilled to announce a heartwarming addition to our school community at New Brighton - Lotus, our very own therapy dog! Lotus made her debut here at the High School on March 7th, and the response from both students and staff was nothing short of incredible.

But what exactly is a therapy dog, and how does Lotus fit into our school environment?

Understanding Therapy Dogs

A therapy dog is not your typical pet. These special canines are trained to provide affection, comfort, and support to people in various settings. From hospitals and nursing homes to schools and disaster areas, therapy dogs like Lotus play a vital role in lifting spirits and spreading joy wherever they go.

The Impact of Lotus

From the moment Lotus set foot in our halls, it was clear that she was here to make a difference. Students and staff alike instantly took to her warm presence and friendly demeanor. Whether it's offering a comforting paw during stressful exam periods or simply brightening up someone's day with a wag of her tail, Lotus has already become an integral part of our school community.

Different Types of Service Dogs

While Lotus is a therapy dog, it's essential to understand that there are various types of service dogs, each with its own unique role and training:

Guide Dogs: These dogs assist individuals who are blind or visually impaired by guiding them safely through their daily activities.



Service Dogs: Trained to assist individuals with physical disabilities, service dogs can perform tasks such as fetching items, opening doors, or even calling for help in emergencies.

Emotional Support Animals (ESAs): Unlike therapy dogs, emotional support animals provide comfort and companionship to individuals struggling with emotional or mental health issues. They may not have specialized training but offer essential support to their owners.

Therapy Dogs: As mentioned, therapy dogs like Lotus are trained to provide emotional support and comfort to people in various settings. Their primary role is to uplift spirits and offer a sense of calm and reassurance to those they interact with.

Conclusion

Lotus's arrival at New Brighton High School marks a significant milestone in our ongoing commitment to supporting the well-being of our students and staff. As she continues to make her rounds through our halls, we look forward to the positive impact she will undoubtedly have on our school community.

So, the next time you see Lotus trotting down the hallway or lounging in Ms. Young's room, be sure to give her a warm welcome and a gentle pat on the head. After all, her presence reminds us all that sometimes, a little canine companionship is just what we need to brighten our day.

Student Council Hosts Blood Drive

In an effort to give back to the community, the New Brighton High School Student Council is organizing a Blood Drive set to take place on May 3, 2024, in the high school's main gymnasium. This event not only serves as a demonstration of the student body's commitment to humanitarian causes but also offers an opportunity for students, staff, and the wider community to make a tangible difference in the lives of others.



Blood donation remains a critical need across the nation, with countless lives depending on the generosity of donors. The New Brighton High School Student Council, recognizing this ongoing need, has collaborated with the American Red Cross to facilitate this event.

Students, staff, and community members alike are encouraged to participate in this noble cause by registering to donate blood on May 3rd. Registration can be completed online at [redcrossblood.org](https://www.redcrossblood.org). Registration will open up for this event on April 19th, interested donors will be able to sign up to secure their spot in contributing to this vital cause.

Participating in a blood drive is more than just a gesture of goodwill; it is an opportunity to directly impact and potentially save lives. Every donation has the potential to make a significant difference in the lives of individuals facing medical challenges, accidents, or emergencies.

The New Brighton High School Student Council is proud to spearhead this initiative, fostering a sense of community spirit and compassion among students and residents alike. By coming together for events such as this Blood Drive, the school community demonstrates its commitment to making a positive impact beyond the classroom.

We encourage everyone in the New Brighton area to mark their calendars for May 3, 2024, and consider joining us in this life-saving endeavor. Together, we can make a difference, one donation at a time.

For more information and updates on registration, please visit redcrossblood.org or stay tuned for announcements from the New Brighton High School Student Council.

Let's unite to give the gift of life!

The flyer is titled "Free Application for Federal Student Aid (FAFSA®) Completion Workshop" and features the PHEAA logo (Pennsylvania Higher Education Assistance Agency). It offers one-on-one support for completing the 2024-25 FAFSA on March 18 or April 30. A registration button and QR code are provided. A note states that space is limited and registration is required. Below, it lists items to gather before filing the FAFSA, such as FSA ID, Social Security number, and tax returns. A blue arrow points to the list of items. At the bottom, there is a small disclaimer and the date 04/15/2024.

Free Application for Federal Student Aid (FAFSA®) Completion Workshop

Do you want one-on-one support with completing the 2024-25 FAFSA?
Join us on March 18 or April 30
Virtual one-on-one assistance will be provided during our FAFSA Completion Workshop from 4 PM to 7 PM. Please register below for your forty-five minute session.

Register for one of our workshops

NOTE: Space is limited. Registration is required. A Microsoft TEAMS link will be sent prior to the event.

The FAFSA asks for information about you and your financial situation. If you're married, you will need the same information for your spouse. If you're considered a dependent student, you will need your contributor's information, too. Visit pheaa.org/resources/Students for more information.

Before filing the FAFSA, gather the following items:

- Your Federal Student Aid account username and password (FSA ID).
NOTE: This may take time to process, so we recommend creating your account 4 days prior to filing the FAFSA. Visit StudentAid.gov/fsa-id to create your account.
- Your Social Security number
- Your alien registration number, if you are not a U.S. citizen
- List of colleges or career schools you want to include on the FAFSA
- Name, date of birth, email address, and social security number of each contributor to the FAFSA
- Your 2022 federal income tax return 1040 and accompanying schedules
NOTE: If you complete your FAFSA online, you will automatically retrieve your income and tax data from the Internal Revenue Service (IRS) and have it transferred into your FAFSA. The Federal Student Aid Direct Data Exchange is the preferred method to complete the FAFSA.
- Your current bank statements and records of stocks, child support payments, bonds, 529 plans, business and farm assets, and other investments including real estate (but not including the home in which you live)
- A personal email address (not a school email address)

These materials have been developed and paid for by the Pennsylvania Higher Education Assistance Agency (PHEAA). The information contained in this document is believed to be accurate at the time of publication. Copyright © PHEAA, 2024. ALL RIGHTS RESERVED.

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CALENDAR

April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 31	1 NO SCHOOL - Spring Break 	2 WORLD AUSTISM AWARENESS DAY 2 APRIL	3	4	5	6
7	8 Total Solar Eclipse HS Early Dismissal @ 11:30 AM	9	10	11	12	13
14	15	16	17	18	19	20
21	 22	23	24	25	26	27
28	29	30	1	2	3	4
 5 Progress Reports Mailed Home	6 Notes	HS Yearbook End Sales		HS/MS Choral Concert - Auditorium	HS Blood Drive	Snow Make-Up Day #4 - NO SCHOOL Snow Make-Up Day #5 - NO SCHOOL PROM Community Service Opportunity - Fallston Park



SUMMER CAMPS



High School Summer Recording Camp

If your teen lives & loves music, check out our 3-day summer recording camps held at the legendary Blackbird Studio in Nashville, TN.

🔗 theblackbirdacademy.com

RxPLORE Camp at Pitt

RxPLORE Camp at Pitt is for rising high school juniors and seniors, RxPLORE is a professional summer camp that provides exposure to the critical role pharmacists play within healthcare. If you already have a passion for pharmacy or are just starting to explore career options within the healthcare field, RxPLOR\$E is right for you! Register [HERE](#).

Point Park University Announces Summer in the City Programs for Youth and High School Students

Youth and high school students can test academic and career waters through Summer in the City programs at Point Park University.

🔗 pointpark.edu



Penn State Architecture and Landscape Architecture Summer Camp

Penn State camp offers high school students an opportunity to immerse themselves in professional design programs in architecture and landscape architecture.

🔗 architecture-camps.outreach.psu.edu



STEAM Academy

Registration is now OPEN! Waynesburg University's STEAM Academy, powered by EQT, promotes learning in the fields of science, technology, engineering, art and mathematics and is open to high school students. Registration deadline: May 13 Cost: \$450 Check in: June 17 from 4:00 PM - 5:30 PM Check out: June 21 from 11:00 AM - 12:00 PM Register today!

🔗 waynesburg.edu



State Police Youth Week Program * The American Legion Department Of Pennsylvania

State Police Youth Week Program

🔗 pa-legion.com



Keystone Boys State

Keystone Boys State (KBS) is a week-long leadership development program that uses a state government simulation as the vehicle for instilling the principles of civic engagement, democracy, and patriotism in the students who attend. It is Pennsylvania's premier leadership program for young men. Keyst

🔗 paboysstate.org

SCHOLARSHIP OPPORTUNITIES



RaiseMe | Earn college scholarships as early as 9th grade

A new way to earn money for college. With RaiseMe, anyone can earn money for college starting in 9th grade based on their achievements in school and life.

🔗 raise.me



Point Park, Myron Cope Family Teaming up to Honor Best in High School Sports Communication

Point Park University's School of Communication is partnering with Myron Cope's family to recognize excellence in high school athletic communication in Western Pennsylvania. Any student who wins a Myron Cope High School Athletic Communication Award is eligible for a \$1,000 scholarship.

🔗 pointpark.edu



Vocational, Technical & Trade School Scholarships

Discover trade school scholarships that suit your career goals and apply for awards specific to your trade school or vocational school, today!

🔗 fastweb.com

Counseling Department Scholarship Announcement

🦁 Attention High School Seniors! 🦁

Don't miss out on valuable scholarship opportunities!

The Counseling Department Scholarship Announcement is your go-to resource for the latest scholarship updates. Updated monthly, this essential newsletter is distributed directly to all seniors via email and is conveniently accessible on our school website.



Mrs. Gentile ensures that seniors receive every application and necessary link to apply for these scholarships. With friendly reminders about due dates, you can stay on track to secure valuable financial aid for your future endeavors.

Access the Scholarship Announcement today by clicking on the school district logo to the right.

Don't let scholarship opportunities pass you by – seize them with the help of our counseling department! [Click on this link for the Scholarship Announcement](#)

LIBRARY NEWS

College & Career Resources

Did you know that our school library has a large collection of college & career resources available online?

Click [HERE](#) to visit the Library for 24/7 access. See Mrs. Berger or email kberger@nbasd.org for help getting started.

Library Schedule:

Open M/W/F during periods: 1 - 4, 6 - 8

STUDENT SURVEY

Choose a new name for our Newsletter...

The Lion's ROAR

Brighton Beacon

The NB Beat

New Brighton Buzz

The Lion Ledger

 Voting ends in 33 days

 Votes are anonymous but results are public

COLLEGE/TRADE SCHOOL



19 49
ROSEDALE
TECHNICAL COLLEGE

**ROSEDALE TECHNICAL COLLEGE'S
SPRING OPEN HOUSE**

April 13th, 2024
Beginning at 10:00 AM
Registration Open at 9:30 AM

EXPLORE OUR PROGRAMS:
AUTOMOTIVE
COLLISION REPAIR
CONSTRUCTION ELECTRICITY
DIESEL
HVAC
INDUSTRIAL ELECTRICITY
TRUCK DRIVING
WELDING

- o Tour the school
- o Meet current students and instructors
- o Speak with regional employers
- o Learn more about the admissions process, financial aid, and career services

REGISTER NOW >

or visit rosedaletech.edu/open-house/registration/

Questions?
Contact Cassidy Thornton at cassidy.thornton@rosedaletech.edu or (412) 515-3232

Rosedale Technical College is a non-profit Equal Opportunity Educational Institution and Employer, and an ACCSC Accredited College



Pa. state universities extend freshman commitment deadlines amid FAFSA delays

Pennsylvania's 10 state universities will extend their new-student commitment deadlines by at least two weeks amid delays associated with the revamped...

[post-gazette.com](https://www.post-gazette.com)

EMPLOYMENT OPPORTUNITY FOR STUDENTS

Summer Help Wanted at Al's Pizza!

🎯 Are you looking for an exciting opportunity to work with a fantastic team this summer? 🎯

Look no further than Al's Pizza!

We are currently hiring for various positions to join our team:

- Daytime Cooks: Shift starts at 11 am
- Daytime Drivers: Shift starts at 11 am
- Evening Cooks: Shift starts at 3:30 pm
- Evening Person to Cut & Box Pizzas: Shift starts at 3:30 pm
- Help on Our Mobile Food Trailer: Hours vary for this position



Students are welcome to stop in and pick up an application at our location:

Al's Pizza 400 9th Street New Brighton, PA 15066 (We are in the old Foodland Building!)

Alternatively, you can give us a call at 724-462-8600 to inquire about available positions or for more information.

Compensation will be discussed during the interview process.

Join us at Al's Pizza! Apply today and be a part of our amazing team.

We look forward to meeting you!

📍 Al's Pizza - Where Every Slice is a Delight! 📍

PARENTING



Children and Anxiety

Anxiety is on the rise among children and adolescents. Studies show that as many as one in eight children may experience significant anxiety. Knowledgeable observers offer a number of reasons.

🔗 psychologytoday.com



Underage Drinking: How To Talk With Your Child About Alcohol Use

The American Academy of Pediatrics (AAP) discusses why parents should talk to their kids about alcohol as early as age 9.

[healthychildren.org](https://www.healthychildren.org)



The Best Podcasts Teens Will Love & Parents Won't Hate

Here are our fave podcasts for teens - top programming with youthful vibes, intriguing topics, and smart attitude.

[sheknows.com](https://www.sheknows.com)

SHOW UP FOR TEENS WHEN BIG EMOTIONS ARISE

[Click to listen to the podcast](#)

CAREERS



More Students Are Turning Away From College and Toward Apprenticeships

Some white-collar training programs have become as selective as Ivy League universities.

[wsj.com](https://www.wsj.com)



High school student builds future through skilled trades

A pre-apprenticeship program is interesting teens in trades.



We Need to Start Talking About Trade Careers in High School

If students know there are more ways to find a fulfilling and well-paying job than they might realize, I believe more would do what I did.

🔗 newsweek.com

FAMILY RESOURCES

Drug & Alcohol Resources

[PA Get Help Now](#)

1-800-662-4357 Available 24/7

[Beaver County Drug & Alcohol](#)

(724) 891-2827

[Gateway Rehabilitation, Main Campus](#)

100 Moffett Run Road, Aliquippa

(412) 604-8900

[PA 211](#)

Grief Awareness

[Highmark Caring Place](#)

[Grieving Children](#)

[Grieving Adults & Families](#)

YOUTH RESOURCES

[Beaver County Behavioral Health](#)

**[Early Intervention Services for
Infants and Toddlers Ages 0-3](#)**

(724) 847-6220

[Head Start/Early Head Start](#)

For Children Ages 0-5 - (724) 728-2110

Western PA Psych Care

1607 Third Street, Beaver
(724) 728-8411

Wesley Family Services

(412) 342-2270
(888) 222-4200

Women Infant Children (WIC)

1-866-942-2778

Center for Hope

740 Park Road, Ambridge
(724) 251-4899

Franklin Center

Men and Boys Initiatives (ages 10-17)
(724) 378-2882

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New Brighton High School Counseling Department

Our Mission Statement:

Empowering students to achieve their full potential by providing comprehensive, personalized counseling services that foster academic success, personal growth, and social-emotional well-being. Through collaboration with students, families, educators, and the community, we strive to cultivate a supportive and inclusive environment that nurtures resilience, self-awareness, and lifelong learning. Our mission is to inspire and guide students as they navigate their academic and personal journeys, equipping them with the skills and resources necessary to thrive in an ever-changing world.



School Counselors are:

Aimee Young (A-L)
ayoung@nbasd.org
724-846-1050 ext. 305

Michelle Hubbard (M-Z)
mhubbard@nbasd.org

724-846-1050 ext. 306

School Social Worker

Kristen Antoline

kantoline@nbasd.org

724-846-1050 ext. 360

Counseling Department Secretary

Sundy Gentile

sgentile@nbasd.org

724-846-1050 ext. 392

NBHS Students, if you have read this newsletter send Mrs. Gentile an email (sgentile@nbasd.org) telling her what you liked or disliked about the newsletter. Or something you would like to see in an upcoming newsletter. You will have the chance to win a prize!



Smore

Beautiful class updates in a snap

