

Counseling Newsletter

New Brighton High School/March 2024

TRENDING

New Brighton High School Prom 2024

🌟 New Brighton High School Prom 2024 🌟

Mark your calendars for the event of the year!

📅 Prom Date: Friday, April 26, 2024

📍 Location: Shakespeare's Restaurant

🕒 Grand March Time: 6:00 PM

🕒 Prom Time: 7:15 PM - 11:00 PM



Get ready to dance the night away in style at Shakespeare's Ballroom! This year's prom promises to be an unforgettable evening filled with laughter, memories, and incredible music.

🎫 Prom Ticket Sale Dates: Tuesday, March 19 - Friday, March 22, 2024 During homeroom Location: Guidance Office in the locker area.

Don't miss your chance to attend the New Brighton High School Prom – get your tickets early and secure your spot for a magical night!

For more information, see Mrs. Kohan or Mrs. Cummins.

Let's make memories together at Prom 2024! ✨



Signs of Suicide Program

The Signs of Suicide (SOS) Program will take place at New Brighton High School on March 6, 2024 and has been used by thousands of schools over the past few decades. Studies have shown that it effectively teaches students about depression and suicide while reducing the number of students' self-reported suicide attempts.



Through the program, students learn:

- that depression is treatable, so they are encouraged to seek help
- how to identify depression and potential suicide risk in themselves or a friend
- to ACT (Acknowledge, Care and Tell a trusted adult) if concerned about themselves or a friend
- who they can turn to at school for help, if they need it

Students will watch age-appropriate video clips and participate in a guided discussion about depression, suicide, and what to do if they are concerned about a friend. Following the video, students will complete a response slip which asks whether they would like to talk to an adult about any concerns. School staff will conduct brief meetings with any student asking to talk. [Read More.](#)

Geneva College - The Engineering Experience

The Engineering Experience is a one-morning program for high school students interested in exploring the world of engineering. Students will participate in hands-on projects in an environment that mimics the experience of working with a team in an engineering firm. This event is hosted by Geneva's Engineering and STEM clubs and Geneva College's Engineering Department. Open to students currently in grades 9-12. Register [HERE!](#)



Mr. Beaver County

The Prevention Network's annual Mr. Beaver County Scholarship competition, which offers a cash prize of \$1000 for the first place winner, is now open! This scholarship - which is co-sponsored by Beaver County Behavioral Health - is open to Senior and Junior male students who currently attend Beaver County high schools. The deadline to register for Mr. Beaver County is April 12, 2024.

[Read More.](#)



Spring Forward

As spring approaches, it's time for families to remember the annual tradition of "springing forward" with the start of daylight saving time. On Saturday, March 9, 2024, households should set their clocks ahead by one hour before heading to bed. This small adjustment not only signifies the arrival of longer days but also serves as a reminder to families, especially those with high school students, to ensure they're prepared for the change. By setting their clocks forward, families can help their teenagers



smoothly transition to the new schedule, ensuring they wake up on time and are ready for the day ahead. It's essential for parents to remind their teens of the time change and encourage them to adjust their routines accordingly, emphasizing the importance of maintaining healthy sleep habits. This simple act of setting the clock forward not only helps families stay organized but also underscores the value of responsible time management for students as they navigate their academic and extracurricular commitments.

Work Permits

All minors between the ages of 14 and 17 are required by Pennsylvania School Law to secure a work permit. Students, who have reached 18, by state law, do not need a work permit. Students who are 17 and have officially graduated or have officially withdrawn from school are still required to have a work permit.



A work permit is only valid for employment within the State of Pennsylvania. Any student seeking employment in another state must secure a work permit from the school district in which the employer is located.

Work permits may be denied or revoked based on a student's ability to maintain adequate academic achievement.

Students can obtain a work permit between the hours of 7:30am and 2:30pm Monday through Friday in the high school main office. A parent must be present and have the student's birth certificate with them. [Read More.](#)

POINT PARK ANNUAL HIGH SCHOOL MEDIA DAY

MARCH 15TH, 2024



When & Where:

- Join us at Point Park University's Downtown Pittsburgh campus on March 15, 2024, for an immersive experience in the world of communication.

What to Expect:

- **Interactive Workshops:** Dive into hands-on sessions led by our distinguished faculty and get a sneak peek into our innovative curriculum.
- **Meet & Greet:** Chat with our faculty and current students to get the inside scoop on life at Point Park.
- **Program Exploration:** Uncover the possibilities within our communication majors, from journalism to public relations, and everything in between.
- **Campus Tours:** See what life is like on our vibrant downtown campus, where creativity meets opportunity.

Who Should Attend?

- High school students interested in pursuing a career in communication, journalism, broadcasting, digital media, public relations, advertising, and more.

Don't Miss Out!

- Pre-registration is required for payment. Space is on a first-come, first-serve basis. Contact Tara Myers at tmyers@pointpark.edu with questions.

[REGISTER NOW](#)
[OR USE THE QR](#)
[CODE TO SIGN](#)
[UP TODAY!](#)



CCBC Showcase and Plan Your Future Event

What are your plans after you graduate from high school? Are you hearing this question a lot lately?

CCBC would love to show you what it would look like to stay here and continue with your associate's degree after you graduate! Come to our Showcases to plan your future!

CCBC hopes to see you on their campus after you graduate from high school and move out of the Academies. These showcases will be an opportunity for you and your family to learn more about the pathways you will move towards with those credits you have earned while in the Academies! Our hope is that you continue your journey here at CCBC.

CCBC will be hosting these showcases at the following days/times:

- **Aviation Academy and the School of Aviation Sciences (SAS)** -Showcase on **Saturday, April 6th from 9 am-2 pm at the Aviation Sciences Center.**
- **Career & Transfer Pathways Showcase for Business, Criminal Justice, Education, Health Sciences, Liberal Studies, Industrial Technology, and STEM programs and our Academies in Criminal Justice, Education, Health, Mascaro Construction, and STEM on Saturday, March 16th from 10 am-1 pm at the Monaca Campus.**

Senior students and their families should attend these showcases to have the opportunity to register for summer and fall classes for after high school graduation learn more about their

associate degree programs and articulation agreements with 4-year institutions for the bachelor's degree, and meet with their Financial Aid representatives with questions regarding filling out the FASFA for funding opportunities for your post high school college semesters. Students can visit their different programs and have experiences with their Flight simulator, MILO simulation lab, Crime Scene Room, STEM lab, Robotic Arm, and Nursing, Phlebotomy, and Radiology labs and simulators.

Freshman, Sophomore, and Junior students and families should attend these showcases to have the opportunity to learn more about the opportunities within the 6 High School Academies. These students will hear about each Academy and even have the opportunity to learn more about long term college planning towards an associate degree and articulation agreements that we have with 4-year institutions for the bachelor's degree. Students can visit their different programs and have experiences with CCBC's Flight Simulator, MILO simulation lab, Crime Scene Room, STEM lab, Robotic Arm, and Nursing, Phlebotomy, and Radiology labs and simulators. Their High School Academy team will be present to meet you and share important details about the CCBC High School Academies!

Please go to CCBC's [Showcases Website](#) to RSVP and learn more about the details of each showcase.



SAT @ NBHS

🌟 Attention New Brighton High School Juniors! 🌟

Are you considering college after graduation? Don't miss out on your opportunity to excel! The SAT exam is coming to New Brighton High School on June 1, 2024!

Why take the SAT?

- It's a crucial step for college admissions.
- Your SAT scores can significantly impact your college application.
- Many colleges and universities across the country require SAT scores for admissions.

Here's what you need to know:

📅 Date: June 1, 2024

🕒 Time: 7:30 AM

📍 Location: New Brighton High School

Registration Deadline: May 17th Seats fill up fast, so sign up ASAP!

How to register: Visit the [College Board](#) website to secure your spot.

Questions or Need a Fee Waiver? See your school counselor for assistance.

Don't miss this chance to showcase your academic potential and open doors to your future!

Prepare. Perform. Succeed. Take the SAT and seize your opportunities! 🌟

CALENDAR

March 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
3	4	5	6 National Honor Society Induction 7pm High School Auditorium	7	8	9
10	11	12	13	14 	15 Snow Make-Up Day #1 - NO SCHOOL	16
17 	18	19 First Day of Spring	20	21	22	23
24	25	26	27 Snow Make-Up Day #2 - NO SCHOOL	28 Snow Make-Up Day #3 - NO SCHOOL	29 No School - SPRING BREAK	30
31 	1 No School - SPRING BREAK	Notes				

SUMMER CAMPS

Waynesburg University Mock Crime Scene



**WAYNESBURG
UNIVERSITY.**

At Waynesburg University Mock Crime Scene students will have the opportunity to learn from crime scene professionals and field experts how to investigate a crime scene, properly collect and document evidence, and interview witnesses. No experience is needed to attend this event, and it is open to current high school sophomores, juniors, or seniors. The day is of no cost to students, and lunch will be provided.



Summer Sessions at Pitt

Hundreds of classes are available at the University of Pittsburgh during the summer to select high school students serious about gaining an edge in the college admissions process. Summer at Pitt is the perfect time for rising high school juniors and seniors to explore their academic potential or pursue advanced study on a topic that interests them. Flexible 4-week, 6-week and 12-week schedules and convenient day and evening courses enable students to take a class or two without sacrificing summer jobs or family vacations.



Point Park University Radio/TV Broadcast Camp

Point Park University is hosting a Radio/TV Broadcast Camp in the summer of 2024. Students will examine, interpret, and study the highest standards of broadcast media including radio, television, sales, and promotion. Structured, experimental work will occur during the first part of the day and on-location tours/field trips will occur in the afternoon. Classroom learning will be utilized at their award winning, student-operated radio station, WPPJ.



Kidsburgh Summer Camps

Kidsburgh's 2024 Summer Camp Guide for the Pittsburgh Region has been released. They are offering over 60 camps to students of all ages. There is something for everyone!

Waynesburg University Sports Announcing & Sports Journalism Camp

In June, former voice of the Pittsburgh Pirates, Lanny Frattare, will host Waynesburg University's Sports Announcing & Sports Journalism Camp. Its purpose is to allow students interested in those fields to learn the philosophies and techniques of the profession. Attendees receive practical experience in reporting sports, interviewing, doing play-by-play and more. Current high school sophomores, juniors and seniors are eligible to attend. Deadline to register is April 29th



WAYNESBURG
UNIVERSITY

LETTERMAN JACKETS



Wool/Leather Letterman Jacket

starting at ... \$280.00 Sm- Xlg

Add \$10.00 per additional X

PRICE INCLUDES:

NAME/GRAD YEAR ON RIGHT CHEST

LETTER SEWN ON LEFT CHEST

SCHOOL NAME ON BACK OF JACKET WITH ONE (1) SPORT BELOW SCHOOL

SCHOLARSHIP OPPORTUNITIES

Counseling Department Scholarship Announcement

🌻 Attention High School Seniors! 🌻

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](#)

UPMC School of Nursing Tuition Loan Forgiveness Program



UPMC offers a tuition loan forgiveness Program. New enrollees can qualify for up to \$21,000 in tuition loan forgiveness with UPMC Schools of Nursing. [Read More.](#)

FOOD FOR THOUGHT/STUDENT SURVEY

Which item is your NBHS Cafeteria favorite?

-
-
-
-
-

Voting ends in 15 days
 Votes are anonymous and results are private

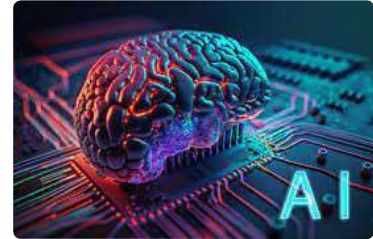
ChatGPT in Classrooms: What to Know

Through ChatGPT is still in its infancy and limited in some ways, it has the attention of school administrators, teachers, parents, and students, and its presence has garnered mixed responses, experts say. It's brought ethical questions about how AI fits in education, and the potential for plagiarism and cheating is cause enough for some to shun the website altogether. [Read More](#). Source: [USNews.com](#)



AI Written College Essays Pose a Problem

Forbes is reporting that many College Admissions Officers are concerned with new AI Technology that is on the market and would allow for students to use it to write their college essays. ChatGPT, OpenAI's new natural language tool, can write clear essays, but it can also conjure up its own personal details and embellishments that could up a students' chance of acceptance and would be difficult to verify. [Read More](#). Source: [Forbes.com](#)



HEALTH



Quick Facts on the Risks of E-cigarettes for Young People

Learn quick facts on the risks of e-cigarettes for kids, teens, and young adults, including how they work, why nicotine is unsafe, what is in e-cigarette aerosol, and resources for parents to prevent their child from using e-cigarettes or help them stop.

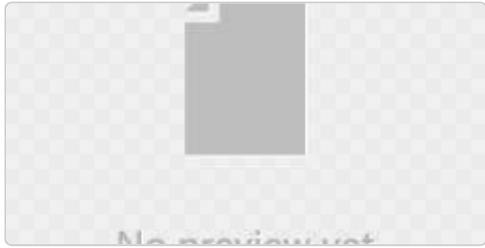
🔗 [cdc.gov](#)



How to Fight Senioritis and Get to Graduation

Change things up but keep your end goal in mind, experts say.

🔗 [usnews.com](#)



Your Stanley Tumbler Is Probably Filled With Bacteria and Mold-Here's How To Clean It Quickly and Effectively

Find out what experts recommend.

jacksonprogress-argus.com

COLLEGE



Playing the Waiting Game: Life on the Waitlist

Students who are wait-listed at a college should first focus on their acceptances. For many seniors, April marks the end of a long period of uncertainty. Emails and envelopes

educationaladvocates.com



How Many AP Classes Should I Take?

Students should prioritize chances for success in Advanced Placement courses over padding a transcript.

usnews.com



Direct Admissions: How Students Can Be Accepted To College Without Ever Applying

More colleges are experimenting with a new admissions strategy to boost enrollments and increase student diversity. It's called direct admissions, where colleges make offers of admission, often with financial aid, to students without requiring them to first complete a lengthy admissions process.

🔗 forbes.com

PARENTING

5 Reasons Your Mental Health Matters a Lot to Your Children

In these hectic and stressful times, it's easy for parents to get so busy with the activities of parenting, with their jobs, and with all the other demands of life that they forget to take care of their own emotional well-being. [Read More](#). Source: [Psychologytoday.com](https://psychologytoday.com)



Teens are popping cannabis edibles in the middle of their school day. Here's why - and what makes it such risky business.

Compared to the immediate high of smoking cannabis, the high of edibles can take several hours, leading some impatient teens to take more - and causing intense and unpredictable highs.

🔗 yahoo.com



Vandalism at School

Picture this, a student is sitting at their desk struggling to finish her classwork before the bell rings. Let's call her Anna. So while Anna is reading a passage from a story, she...



Teen Vaping: What You Need to Know - Child Mind Institute

Why do teens vape? What are the effects of vaping? Learn what are the dangers of e-cigarettes, why parents should be concerned, and get guidance on how to talk to kids about it.

☑ childmind.org

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:

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Sundy Gentile

Sundy is using Smore to create beautiful newsletters