

NOVEMBER 2021

SHHS SCHOOL COUNSELING NEWSLETTER

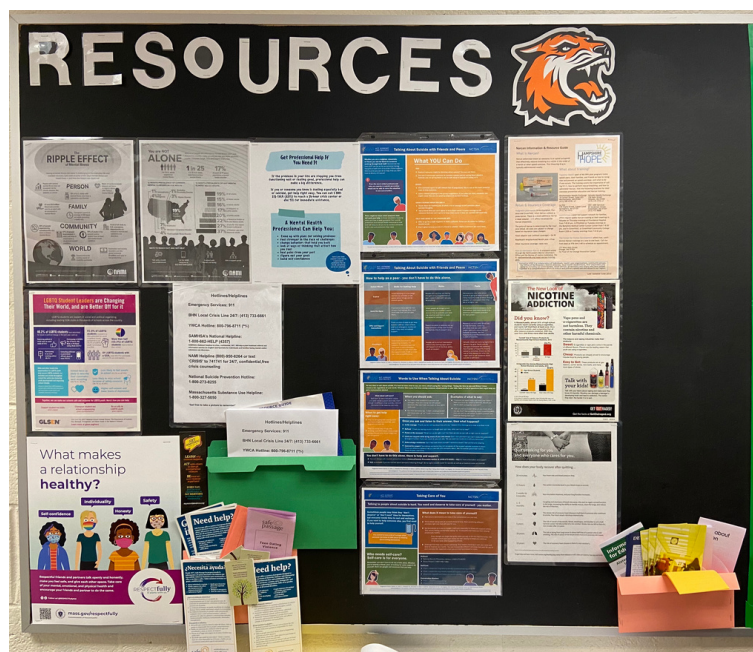


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Welcome!

It's been another great month at South Hadley High School. We had a bustling student activities fair and an open house that allowed us to engage with so many students and families. This month's issue is really about taking the time to consider career options post-high school and to feature our amazing support staff. Flip through for upcoming events, social emotional resources, and some information on who's hiring in the area!



This is just one half of the amazing mental health & social emotional resource board in the Guidance Office. Stop down for resources!

Meeting with Your Counselor:

We're here to help! Don't hesitate to email your counselor if you'd like to meet or drop down to the Counseling Office to make an appointment.

Grade 9

Ms. Austin - Last Names A-G
Mr. Meeker - Last Names H-Q
Ms. Esemplio - Last Names R-Z

Grade 11

Ms. Austin - Last Names A-H
Mr. Meeker - Last Names I-Q
Ms. Esemplio - Last Names R-Z

Grade 10

Ms. Austin - Last Names A-G
Mr. Meeker - Last Names H-Q
Ms. Esemplio - Last Names R-Z

Grade 12

Ms. Austin - Last Names A-E
Mr. Meeker - Last Names F-O
Ms. Esemplio - Last Names P-Z

Adjustment Counselors:

Ms. Scully - Grades 9 & 12
Ms. Mazzulli - Grades 10 & 11

Contact Information

The guidance suite is located in the 300 hallway across from the Library.

Guidance Counselors

Ms. Austin - jaustin@shschools.com
Ms. Esemplio - kesemplio@shschools.com
Mr. Meeker - ameecker@shschools.com

Adjustment Counselors

Ms. Scully - ascully@shschools.com
Ms. Mazzulli - amazzulli@shschools.com

Guidance Admin

Mrs. Pronovost - dprovonost@shschools.com

Counseling Interns

Mr. Waselik - rcwaselik@shschools.com
Ms. Low-Chappell - jlow-chappell@shschools.com
Ms. Shaye - kshaye@shschools.com

Tell Us About Yourself!

We recognize that what's listed in PowerSchool doesn't always reflect how a student prefers to be addressed. Please fill out the following [form](#) so we know your preferred name and pronouns.

Upcoming Events:

Early Action/Decision Deadlines!
Nov. 1, Nov. 5 (UMass-Amherst), Nov. 15, Dec. 1

Progress Reports
Nov. 6th - grades close Nov. 5th!

Daylight Savings Time
Nov. 7th - set clocks backward 1 hr

Connecting Inventory Results with Career Options - MEFA Webinar
Nov. 10th 12-12:15

No School - Veteran's Day
Nov. 11th

College Financing - MEFA Webinar
Nov. 15th 6:30-7:30

Athletics in College Admissions - MEFA Webinar
Nov. 17th 6:30-7:30

Picture Make-Up Day
Nov. 19th

Transgender Day of Remembrance
Nov. 20th

Thanksgiving Break
Nov. 24 (1/2 day) - Nov. 26

Upcoming Scholarship Deadlines

VFW Voice of Democracy -
Apply by 10/31/21

Coca-Cola Scholars Program Scholarship -
Apply by 10/31/21

Elks National Foundation Scholarship Program -
Apply by 11/15/21

Visit Departments --> Guidance --> College Planning --> Scholarships on the SHHS website for a [list](#) of scholarships and more information!

CAREER EXPLORATION

Whether you're a first year or a post-grad, it's never too late to start thinking about what you want to do when you leave South Hadley High School. In Junior and senior meetings with your counselor, you will discuss, or have discussed, your post-secondary plans be they direct to the [workforce](#), the [military](#), college or the unknown! No matter what path you choose to take, it's important to think about your interests, your values, and your goals so that you pursue a career that will be fulfilling and suit your adult needs. The first step to thinking about this process can often take the form of a career inventory. These quizzes help you understand what matters to you personally and how that translates to a professional environment. Here are a few examples:

CareerOneStop Skills, Values and Interests Assessments

<https://www.careeronestop.org/ExploreCareers/Assessments/self-assessments.aspx>

CollegeBoard Big Future (log in to your CollegeBoard account)

<https://roadtripnation.com/edu/careerfinder>

MassCIS Assessments

<https://portal.masscis.intocareers.org/>

Naviance Self Discovery Assessments (log in to your Naviance account)

<https://naviance.com/>

O*Net Interest Profiler

<https://www.mynextmove.org/explore/ip>

There are also great online resources out there that can provide information about different careers you may never have considered. Here are a few examples:

Bureau of Labor Statistics Occupational Outlook Handbook

<https://www.bls.gov/ooh/>

Provides information on career outlook, education needed, and average earnings, in addition to many other useful tips.

RoadTrip Nation

<https://roadtripnation.com/who-were-for/learners>

Offers a series of documentary videos that showcase different occupations - it's career exploration through storytelling.

Who's Hiring?

If you're looking for a part-time job while attending school, here are a few of the many local places that are actively looking to hire! Remember you'll need to get a [work permit](#). Page 5 of the work permit outlines how many hours you're allowed to work a week and when, depending on how old you are.

Atkins Farms - Amherst, MA

<https://www.atkinsfarms.com/about-us/employment/>

Big Y - South Hadley, MA

https://cta.cadienttalent.com/index.jsp?locale=en_US&APPLICATIONNAME=BigYNonReqExt

The Boathouse - South Hadley, MA

<https://boathousedining.isolvedhire.com/jobs/>

Holyoke Mall - Holyoke, MA

Many stores in the Holyoke Mall are actively hiring. The link below showcases the different postings from individual stores.

<https://www.holyokemall.com/jobs/>

Marshalls & TJ Maxx - Hadley, MA

<https://jobs.tjx.com/>

UMass-Dining - Amherst, MA

[Click here for their flyer!](#)

The Yarde Tavern - South Hadley, MA

<https://www.yardetavernsouthhadley.com/Home>



SOCIAL EMOTIONAL SUPPORT

Every month we will have a new bulletin board. This month's theme is mental health matters. Feel free to stop in and check out our information on why mental health matters, affirmations you can be practicing, ways to build self-esteem, and making healthy choices.

Self Care Tips of the Month

Self care should be an essential part of everyone's daily routine. Balancing school, work, extracurriculars, and many other things can be draining. So we are encouraging you to take time for yourself and explore some of these tips:

- Develop a consistent personal hygiene routine
 - *shower, brush hair, brush teeth, fresh clothing
- Develop a consistent bed and wake up time
- Spend time with people you enjoy
- Practice mindfulness - visit the Meditation Station in Room 301
- Access your community resources - reach out for help!

Calming Skill of the Month

The 54321 Technique

- Look for **5** things you can see around you
- Find **4** things you can feel around you
- Name **3** things you can hear around you
- Notice **2** things you can smell around you
 - *If you can't smell anything, name two smells you really enjoy.
 - like freshly baked bread or fall leaves
- Focus on **1** thing you can taste



We wanted to take a moment to thank each and every one of you who completed the SEL Survey. The information that was provided to us is invaluable and greatly appreciated. In the coming weeks, as we look over the information provided, we will be reaching out to those who indicated that they would like to to receive follow up from an Adjustment Counselor. Please feel free to reach out with any questions or concerns.

Thank you again for taking the time to complete such an important document.
Sincerely,
Ms. Scully and Ms. Mazzulli

Hotlines/Helplines

Emergency Services: 911

BHN Local Crisis Line 24/7:
(413) 733-6661

YWCA Hotline 24/7:
800-796-8711

SAMHSA's National Helpline:
1-800-662-HELP (4357)
SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

NAMI Helpline 24/7
(800)-950-6264 or text 'CRISIS' to 741741
for confidential, free crisis counseling

National Suicide Prevention Hotline:
1-800-273-8255

Massachusetts Substance Use Helpline:
1-800-327-5050

Daylight Savings Time!

November 7th is daylight savings time and we set our clocks backward. This transition can be difficult as your body and internal clock adjust to the change. You may become groggy and irritable and the time it takes to adjust to the change is different for everyone! Here are some tips for a smoother transition:

- 1.Stick to your routine - maintain your eating, bed and social schedules
- 2.Avoid caffeine 4-6 hours before sleep
- 3.Resist the urge to take long naps - long daytime naps can make it harder to get a full night's sleep. Stick to 20 minute or less if necessary

SHOUT OUT TO OUR SUPPORT STAFF!

South Hadley High School could not run without the amazing paraprofessionals that support students and staff alike on a daily basis. They wear many hats, some that include serving as classroom support, one-to-ones for individual students, and managers of different student support offices. Due to the ever-changing nature of special education and student support, you may see one of these dedicated educators in your classroom at some point this year, if you haven't already. We wanted to recognize them for all that they do for our school and community. Here's to you!

Paraeducators

Ms. Geraghty - kgeraghty@shschools.com

Ms. Nelson - jnelson@shschools.com

*Ms. Nelson is also co-teaching this year!

Ms. Gjylapi - mgjylapi@shschools.com

Ms. Smith - lsmith@shschools.com

Ms. Holmes - sbholmes@shschools.com

Ms. Counter - ecounter@shschools.com

Mr. Morales - mmorales@shschools.com

Ms. Doerpholz - ldoerpholz@shschools.com

Ms. Mathieu - mmathieu@shschools.com

Mr. Wojtowicz - ewojtowicz@shschools.com

Ms. Kubic - skubis@shschools.com

Ms. Stratton - sstratton@shschools.com

*Check out the Restorative Practices Room #304

Mr. Vardakis - cvardakis@shschools.com

Educational Therapy Assistants

Ms. Richard - crichard@shschools.com

Ms. Loman - crloman@shschools.com

Ms. Gagne - igagne@shschools.com

*Check out the Meditation Station in Room 301!

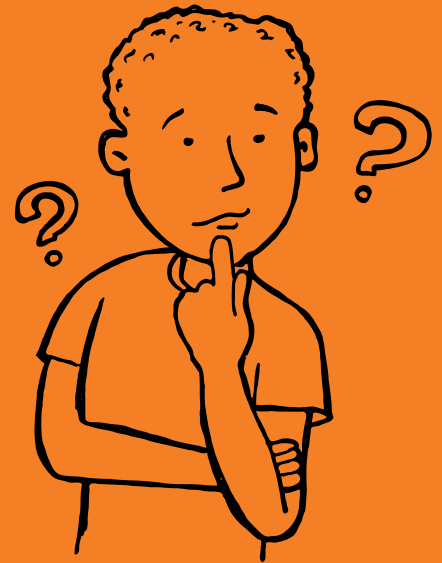
Ms. Kappenman - hlkappenman@shschools.com

Happy November and Go Tigers!



Any Questions?

Feel free to contact the counseling department if you have questions, comments, concerns, or suggestions on what could be included in next month's edition of the newsletter!



Look out for more class-specific information and student spotlights in next month's newsletter!