

LITTLE FERRY GUIDANCE NEWSLETTER

A Time for Reflection

By Ms. Anderson



School is in full swing and we are nearing the end of the first marking period. At this point in the school year it is a good time to pause and reflect. Reflect on what, you might wonder. For parents or students alike this is an excellent time to assess where you are and where you want to be. Consider things like academic performance, behavior and attitude, peer to peer interactions and student to teacher interactions. Taking the time to think, "Am I performing or interacting in a way that makes me proud of who I am?". If not, take a step back and assess what needs to change. The beginning of the school year is an opportune time to assess problems, identify solutions and implement a plan to make necessary changes. This is not always an easy process, so stop in to the School Counseling Office if you need some help!

FALL ISSUE, 2018

College Spotlight: New Jersey Institute of Technology

New Jersey Institute of Technology is the state's public polytechnic university. It offers 125 undergraduate and graduate degrees. Forbes recently ranked NJIT nationally as #1 in Student Upward Mobility due to students increased financial status after the completion of college.

- Location: Urban, large city
- Size: Medium – 8,483 total undergrads
- 64% graduate within six years
- 84% return their sophomore year
- Popular majors: Engineering (40%), Computer and Information Sciences (18%), Engineering Technologies (13%), Architecture (9%) & Biology (7%)
- 78% Men, 22% Women
- Division I sports
- Nickname: Highlanders
- 43% have a 3.75 or higher GPA
- Median SAT is 1190-1370
- Median ACT is 24-29
- Tuition and fees: \$37,738



Source:
CollegeBoard

Week of Respect

Each year schools throughout New Jersey recognize the Week of Respect in accordance with the Anti-Bullying Bill of Rights Act (P.L.2010, c.122). During the first week in October Washington Elementary School and Memorial Middle School recognized the week with various activities.

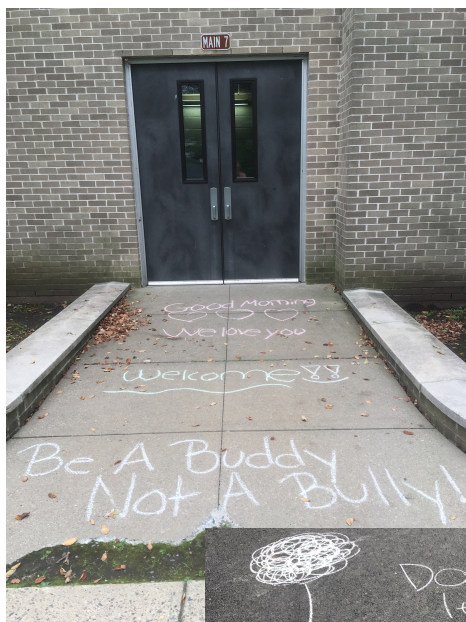
School wide activities included wearing specific spirit attire to denounce bullying and support respect. Daily reminders also included anti-bullying quotes that were read on the morning announcements. Students had the opportunity to pledge to join together to stop bullying. This was done by writing your name on a paper

[Continued on page 2...](#)

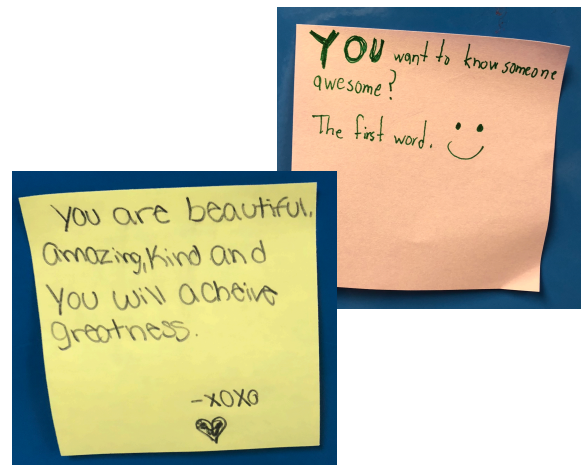
heart, that became part of a larger collage. The heart is now hung in the main entryway of the building to serve as a reminder of the importance to stand up against bullying.



The students also participated in activities to enhance the welcoming atmosphere of our building. Student government members dedicated time after school to write welcoming messages with chalk on the walkways.



Middle school students wrote positive sayings on Post-it Notes, which were hung after school by student government members on each locker. The purpose of this was to welcome each student with kind words to start their day.



Middle school students also had the opportunity to enter an anti-bullying poster contest, where they created their own anti-bullying slogans to stand up against bullying. In the elementary school, individual classrooms participated in a door decorating contest, with their own messages to denounce bullying.

Overall The Week of Respect was a great success and we are very proud of our students!

Meet the School Counselors

The new school year started off with two new additions to the School Counseling Department.

Ms. Leone

K - 8 School Counselor

Ms. Leone earned her Bachelor’s Degree from Rutgers University – Newark, where she double majored in Psychology and Sociology. She earned her Master’s Degree in Clinical Mental Health & School Counseling at New Jersey City University.

After serving as a school counseling intern last year in the Little Ferry School District, Ms. Leone is excited to take on the role of full time school counselor. She looks forward to continuing the relationships she established last year with students and beginning new ones!

Ms. Anderson

8th Grade School Counselor

Tuesdays & Thursdays Only

Ms. Anderson attended Montclair State University where she earned her Bachelor’s Degree in Family and Child Studies and then her Master’s Degree in Counseling with a concentration in School Counseling.

Ms. Anderson is passionate about assisting students in their growth and development into young adults and looks forward to getting to know the 8th graders. Throughout the year Ms. Anderson will be assisting with the transition from 8th grade to high school.

What is the role of a school counselor?

A school counselor supports students in various ways throughout the school year. The three main areas of focus for school counselors include academic achievement, career exploration and social emotional development. Within these areas this includes, but is not limited to, identifying study strategies for academically struggling students, assisting with organization skills, counseling on personal challenges, peer mediation and problem solving. Students are always welcome to stop in the school counseling office whenever need be!



8th Grade - High School Information

Throughout the year there will be various transition activities to prepare 8th grade students for high school. Upcoming in November and December, 8th grade students will have the opportunity to participate in the Shadowing Program. The Shadowing Program pairs Memorial Middle School 8th grade students with Ridgefield Park High School students for a full day high school experience. This is a great opportunity to experience different classes at RPHS, interact with teachers and faculty and engage with other students! This is an optional program. Please see Ms. Anderson with any questions. Extra permission forms can be found on the School Counseling website or in the School Counseling Office.

Turn in your permission forms ASAP to be scheduled for your shadowing date!



Let us make our future now, and let us make our dreams tomorrow's reality.

- Malala Yousafzai

Career Spotlight

Dieticians and Nutritionists

This profession has a bright outlook☀️
Bright outlook professions are expected to grow rapidly in the near future.

Tasks:

- Assess nutritional needs, diet restrictions and current health plans to develop and implement dietary-care plans and provide nutritional counseling.
- Advise patients and their families on nutritional principles, dietary plans, diet modifications and food selection and preparation.
- Counsel individuals and groups on basic rules of good nutrition, healthy eating habits, and nutrition monitoring to improve their quality of life.
- Consult with physicians and health care personnel to determine nutritional needs restrictions of patient or client.

Education:

- Bachelor or Master's Degree

Skill Areas Required

- Reading Comprehension, Active Listening, Critical Thinking, Monitoring & Speaking

Income:


- \$28.56 hourly, \$59,410 annually

Visit the O*Net Online for more information on this career! O*Net also has information on hundreds of other careers as well.







Red Ribbon Week serves as a time to highlight the importance of drug prevention. The national Red Ribbon Campaign was first established in 1985 by the National Family Partnership in response to the destruction drug use can have on individuals, families and communities.




RED RIBBON WEEK®




BY THE NUMBERS

1985
 Year That Special Agent Kiki Camarena of the DEA was kidnapped, tortured and murdered by a drug cartel in Mexico.



80 MILLION
 The estimated number of people participating in Red Ribbon Week activities each year.




\$18
 Amount saved per \$1 invested in effective school-based prevention.²




The **THREE** most widely used drugs by youth and adults: alcohol, prescription drugs and marijuana¹.

4,300
 Children under the age of 21 who die each year from underage drinking-related causes.³




2018
 Life Is Your Journey. Travel Drug Free.™




38
 Years since the founding of the National Family Partnership (formerly the National Federation of Parents For Drug Free Youth), sponsors of the annual Red Ribbon Campaign®. Nancy Reagan was once an honorary chair.

30,000
 Votes cast in support of entries from 50 states in the 2017 National Red Ribbon Photo Contest: "Your Future Is Key, So Stay Drug Free.®"



ONE
 The number of people required to make a difference. Each one of us has the power to help kids grow up safe, healthy and drug free. Get involved in Red Ribbon Week.



WWW.REDRIBBON.ORG

1. <http://www.samhsa.gov/data/sites/default/files/NSDUHresusPFWHTML2013/WebNSDUHresults2013.pdf> 2. <http://www.samhsa.gov/sites/default/files/cost-benefits-prevention.pdf> 3. <http://www.edc.gov/alcohol/fact-sheets/underage-drinking.htm>

County Resource Spotlight

Bergen County Prevention Coalition

The BCPC was created to bring together individuals and organizations that are committed to, and passionate about, reducing the prevalent rates of alcohol and drug use among youth and young adults in Bergen County and preventing the problems that often result.

General Membership Meetings are held on the third Thursday of every month from 10:00am – 11:30am and 5:30pm – 7:00pm at the Ciarco Learning Center in Hackensack.

