



SEPTEMBER 2022

# JOHN F. KENNEDY MEMORIAL HIGH SCHOOL COUNSELING NEWS

VOL 3 ISSUE 1

## MEET YOUR COUNSELORS



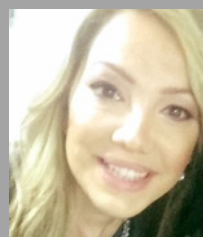
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We would like to welcome our new Vice Principal  
Ms. Suzana Roque Zeitz

Ms. Zeitz grew up in Kearny, New Jersey where she attended public schools and graduated from Kearny High School! She enrolled at Montclair State University as a French/Education major and Rutgers, New Brunswick, where she earned her bachelor's and master's degrees. During this time, she also studied abroad in both Paris, France and Quebec, Canada. Ms. Zeitz was a World Language teacher at Woodbridge High School. She taught French I, II, III, IV and AP for many years, and is also fluent in Portuguese and Spanish. Ms. Zeitz is married and has one son who just started middle school. Ms. Zeitz loves to travel and spend time with her family! "I am super excited to be the new Vice Principal at John F. Kennedy Memorial High School! It is my pleasure to work with such incredible students and faculty! Go Mustangs!!!"

Welcome to the 2022 -2023 school year!

We are excited to begin the 2022-2023 school year. The JFK Counseling department will communicate with our families through a bi-monthly newsletter sharing upcoming college events, significant dates and any other important information. You can also check our Google sites for frequently updated information and resources.

### Counselor Assignments

#### **Grade 9 - Freshmen**

A-D Tara Pasquale  
E-L Alison Kirk  
M-P Tracy Blauvelt  
R-S Beth Short  
T-Z Bryan Wilson

#### **Grade 10 - Sophomore**

A - Ca Tara Pasquale  
Cb-Gr Alison Kirk  
Gs- Par Tracy Blauvelt  
Pas-S Beth Short  
T- Z Bryan Wilson

#### **Grade 11 - Junior**

A - F Tara Pasquale  
G- K Alison Kirk  
L- N Tracy Blauvelt  
O- R Beth Short  
S- Z Bryan Wilson

#### **Grade 12 - Senior**

A - C Tara Pasquale  
D- K Alison Kirk  
L-Q Tracy Blauvelt  
R- Si Beth Short  
Sj- Z Bryan Wilson

### Counselors Google Classroom Codes

#### **Ms. Blauvelt:**

Class of 2023 (Seniors) y3uqs5g  
Class of 2024 (Juniors) hxrajee  
Class of 2025 (Sophomores) muinx7r  
Class of 2026 (Freshmen) sok7kvc

#### **Ms. Kirk:**

Class of 2023 (Seniors) jtxabnv  
Class of 2024 (Juniors) 2t77ybo  
Class of 2025 (Sophomores) tq27kpx  
Class of 2026 (Freshmen) v6trur2

#### **Ms. Pasquale:**

Class of 2023 (Seniors) c7r7gpa  
Class of 2024 (Juniors) rseckth  
Class of 2025 - (Sophomores) 22dsbku  
Class of 2026 (Freshmen) mf7h34r

#### **Ms. Short:**

Class of 2023 (Seniors) fykhbd7  
Class of 2024 (Juniors) kwbj7rz  
Class of 2025 (Sophomores) w3hnrwss  
Class of 2026 (Freshmen) xdlyzb5

#### **Mr. Wilson:**

Class of 2023 (Seniors) agx35fk  
Class of 2024 (Juniors) r23pap3  
Class of 2025 (Sophomores) o2dwfgq  
Class of 2026 (Freshmen) n3xxrme

#### **Ms. Paloti**

(Student Assistance Counselor)  
Google Classroom- ik2f4oz



# COLLEGE INFO

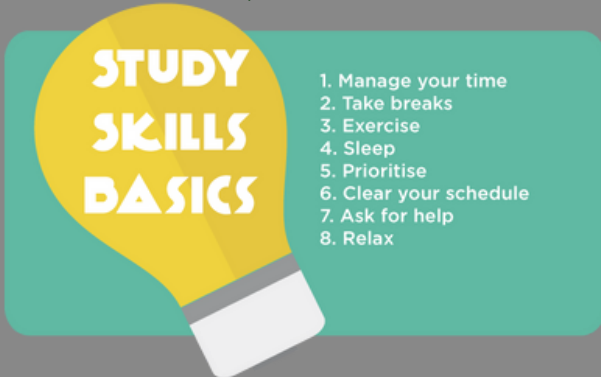
## Important Dates for Seniors!

- Complete your financial aid forms! FAFSA opens October 1st. [FAFSA](#)
- Come to a free Financial Aid Night @ CHS Wednesday, October 27th 6-8pm [Click here for flyer](#)
- Applying to Rutgers: Priority deadline is November 1st! [Apply here](#)
- [Available scholarships](#)
- [Scholarships](#)
- [JFK Collège visits](#)- If a student is interested in being a part of a college visit they must get a pass from their counselor prior.

# HELPFUL TIPS

## Quick Ways to Reduce Stress

- Breathe. Slow, deep breaths
- Listen to Music
- Take a Quick Walk
- Find the Sun
- Give Yourself a Hand Massage
- Count Backward
- Stretch
- Rub Your Feet Over a Golf Ball



New this school year we will have Feel Good Fridays. Students will report to AM homeroom every Friday, where as a class they will complete activities which build a sense of class cohesion and community and teach social emotional skills.

DON'T MISS OUT ON OUR SCHOOL YOUTUBE CHANNEL FOR WEEKLY UPDATES, SCHOOL EVENTS AND MUCH MORE.



Talk with us.

988 SUICIDE & CRISIS LIFELINE

There is hope

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

988 SUICIDE & CRISIS LIFELINE

PEP22-08-03-002

Need Coping skills, or community resources? Go to [Ms. Paloti's Google Site](#)