

Patchogue-Medford Guidance Newsletter

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 181 Buffalo Avenue
 Medford, NY 11763
 (631)-687-6530

Patchogue Medford High School Guidance Department NAVY (SEAL) LT MICHAEL P. MURPHY CAMPUS

Patchogue-Medford High School Guidance Department

For assistance, please call your individual buildings main line to be connected with the counseling office or use the links below.

Counselor	Grade 9	Grade 10-12	ENL	Contact Information
Ms. Lieberman Substitute: Ms. Goldfader	A-COL	A-CAP		631-687-6546 slieberman@pmschools.org ngoldfader@pmschools.org
Mr. Matamoros	A-G		GR. 9-12	631-687-6539 ematamoros@pmschools.org
Ms. Silsbe	CON-FERR	CAR-FORD		631-687-6545 ksilsbe@pmschools.org
Ms. Rohme	FISH-JOS	FOX-JONES		631-687-6547 erohme@pmschools.org
Ms. Nieto	JUN-MIR	JUN-MIR		631-687-6537 anieto@pmschools.org
Ms. Ceballos	H-O		GR. 9-12	631-687-6634 cceballos@pmschools.org
Ms. Leon-Pineros	P-Z		GR. 9-12	631-687-6535 mleon-pineros@pmschools.org
Ms. Tirado	MON-REY	MIS-REY		631-687-6536 ltirado@pmschools.org
Ms. Romani	RIC-STE	RIB-STEW		631-687-6543 gromani@pmschools.org
Ms. Space	STU-Z	STIT-Z		631-687-6538 mspace@pmschools.org

Middle School Counselors

Oregon Middle School	Saxton Middle School	South Ocean Middle School
Ms. Carpluk	Ms. Santarpia	Ms. Hughes
Ms. Owen	Ms. Giliberto	Ms. Ramos

Special Announcements

Upcoming SAT Test Dates

Test Date	Registration Deadline	Late Registration	Location
4-May-24	19-Apr-24	23-Apr-24	PMHS
1-Jun-24	16-May-24	21-May-24	Not held at PMHS

June 2024 Regents Schedule

June 4 TUES	June 14 FRI	June 17 MON	June 18 TUES	June 19 WED	June 20 THURS	June 21 FRI	June 24 MON	June 25 TUES	June 26 WED
8:45a Algebra I	8:00a English Language Arts	Eid al-Adha Observed Rating Day for schools Not Closed	8:00a U.S. History & Government	June- teenth Holiday Observed	8:00a Physical Setting / Earth Science	8:00a Geometry	8:00a Algebra II	8:00a Physical Settings / Physics	RATING DAY
	12:00p Living Environment		12:00p Global History & Geography II		12:00p Physical Setting / Chemistry		12:00p Checkpoint B Exams Spanish French Italian ONEIDA		

AP EXAMS

From May 6 to May 17, students in AP courses will be sitting for their AP exams. Exam schedules were distributed to students during homeroom, and teachers will assign room numbers on May 1st and May 2nd during class. Those with morning exams should arrive at their designated exam room by 7:15 a.m., while those with afternoon exams should arrive by 11:15 a.m. If you have any questions please call the guidance office at (631)-687-6530

College Fair Highlights

On April 9th, the Patchogue-Medford Guidance Department hosted 100 Colleges, Universities, and Trade Schools in our High School gymnasium. We were thrilled to see hundreds of parents and students attend this event, and the feedback we received was overwhelmingly positive.

Over the past two years, the Patchogue-Medford Guidance Department has taken the initiative to organize our spring event and introduced a fall event specifically tailored for seniors, providing them with another opportunity to meet with college representatives before their college application deadlines. As a result of these changes and the increased participation from our representatives, we have observed a noticeable uptick in students applying to 4-year colleges.

We are excited to continue our success! Our fall fair will be held during the school day in October 2024, followed by our spring fair in April 2025. We are confident that these events will further enhance opportunities for our students and continue their academic and career aspirations.

Practice Regents & Regents Review Schedule 2024

Practice Regents Dates			
Exam	Date	Time	RSVP by 5/1
US History Exam	8-May	2:30-5:00	https://forms.office.com/r/WTNR9auqEJ
Global 2 Exam	8-May	2:30-5:00	https://forms.office.com/r/kMWVvM3DpN
English 11	15-May	2:30-5:00	https://forms.office.com/r/DNvUxhCff7
Make-Up English 11, Global 2, and US History	29-May	2:40-5:00	https://forms.office.com/r/38wQCgTrxJ
Exam	Date	Time	RSVP by 4/19
Practice Math Regents	18-May	8:00 am - 10:00 am	https://forms.office.com/r/ddi3g75bvU
Practice Science Regents	18-May	10:30 am - 12:30 pm	https://forms.office.com/r/TmnXsFTiTe

Regents Review Sessions		
Class	Dates	Time
Algebra 1	Wednesday, May 15 - Thursday, May 16 Monday, May 20 - Wednesday, May 22, Tuesday, May 28-Thursday, May 30	2:30-4:00
Algebra 1	Wednesday, May 15 - Thursday, May 16 Monday, May 20 - Wednesday, May 22, Tuesday, May 28-Thursday, May 30	2:30-4:00
Algebra 1	Wednesday, May 15 - Thursday, May 16 Monday, May 20 - Wednesday, May 22, Tuesday, May 28-Thursday, May 30	2:30-4:00
Geometry	Thursday, May 30, Monday, June 3, Wednesday, June 5, Thursday, June 6 Monday, June 10 - Thursday, June 13	2:30-4:00
Earth Science	Thursday, May 30, Monday, June 3, Wednesday, June 5, Thursday, June 6 Monday, June 10 - Thursday, June 13	2:30-4:00
Living Environment	Thursday, May 30, Monday, June 3, Wednesday, June 5, Thursday, June 6 Monday, June 10 - Thursday, June 13	2:30-4:00
Living Environment	Thursday, May 30, Monday, June 3, Wednesday, June 5, Thursday, June 6 Monday, June 10 - Thursday, June 13	2:30-4:00

Regents Review Sessions (continued)

Class	Dates	Time
Living Environment	Thursday, May 30, Monday, June 3, Wednesday, June 5, Thursday, June 6 Monday, June 10 - Thursday, June 13	2:30-4:00
English 11	Thursday, May 30, Monday, June 3, Wednesday, June 5, Thursday, June 6 Monday, June 10 - Thursday, June 13	2:30-4:00
English 11	Thursday, May 30, Monday, June 3, Wednesday, June 5, Thursday, June 6 Monday, June 10 - Thursday, June 13	2:30-4:00
Global 2	Thursday, May 30, Monday, June 3, Wednesday, June 5, Thursday, June 6 Monday, June 10 - Thursday, June 13	2:30-4:00
Global 2	Thursday, May 30, Monday, June 3, Wednesday, June 5, Thursday, June 6 Monday, June 10 - Thursday, June 13	2:30-4:00
Global 2	Thursday, May 30, Monday, June 3, Wednesday, June 5, Thursday, June 6 Monday, June 10 - Thursday, June 13	2:30-4:00
US History	Thursday, May 30, Monday, June 3, Wednesday, June 5, Thursday, June 6 Monday, June 10 - Thursday, June 13	2:30-4:00

College Connections

Monthly College Connections

Updated Monthly!

Check out a host of information regarding college programs, virtual visits, financial aid programs, etc. Students can find it in the “[College Connections](#)” folder in the Resources tab of [the Guidance Office Schoology Group](#). Parents can find it [here](#) on the High Schools website or on [Naviance](#).

Summer College Programs

There are opportunities within New York, as well as all over the country for summer college programs. Check out our comprehensive list of summer programs for 2024 on the [College Connections tab](#) on our website.

Summer School Programs

[Pre-College Summer Program | Stony Brook University](#)

(Program Cost: \$2,200, Last day to Apply: May 15th)

Stony Brook is offering a pre-college summer program to rising juniors and seniors to gain skills for academic success in college preparation workshops, connect with Stony Brook faculty, and discover academic interests through challenging and stimulating courses.

[Summer Leaders Academy](#) | Fordham (Last Day to Apply: April 15th)

The College Tour

The College Tour is a TV series. Each episode of The College Tour tells the story of a single college through the lens of its students.

Join us for a truly one-of-a-kind series featuring colleges and universities in a way they have never been seen before!

[The College Tour](#)

The College Tour website also features a tour page for EVERY 4-year and community college in the USA. Some pages feature videos and virtual tours.

April Scholarship Highlights

Title	Amount	Deadline
<u>Brookhaven National Laboratory Hispanic Heritage Group Scholarship</u>	\$250-\$1000 Several Awards Available	May 17, 2024
<u>NYS Memorial Scholarship for Families of Deceased Firefighters, Volunteer Firefighters, Police Officers, Peace Officers, and Emergency Medical Service Workers</u>	Up to \$24,000 Multiple Recipients	May 1, 2024
<u>ERASE Racism</u>	\$500 Four Scholarships Available	May 15, 2024
<u>Young Women in STEM Scholarship</u>	\$5,000 Three Awards Available	May 23, 2024

The Career Center is open at PMHS in room 278!

Students can explore job opportunities from a job board, apply for jobs, write a resume, and explore careers. The Career Center is open daily Periods 2,8,9 and after school.

High School Juniors & Seniors: Register for the Early College Program at Suffolk Community College!

[Ask your Guidance Counselor for more information.](#)

Sign Up: If someone you know wants to sign-up for this newsletter they can [click here.](#)

Registering for Parent Portal:

Instructions for registering for the parent portal can be found by clicking the [link here.](#) The Portal contains student report cards, assessment data reports, schedules, and attendance data.

NCAA Eligibility Resources for Students and their Families

Interested in playing sports at the collegiate level? Please check out the below resources from the NCAA Eligibility Center. Below, you will find helpful guides, videos, fact-sheets, and checklists.

[Student-Athlete Survey](#)

[Initial Eligibility](#)

[2023-2024 Guide](#)

[Registration Checklist](#)

[Fall 2023 Webinar](#)

[Division I Facts](#)

[Division II Facts](#)

[Division III Facts](#)

Mental Health Matters

emPowering Minds Club

23-24 Overall Theme: YOUR JOURNEY MATTERS

April Theme: Relationships

Check out the most recent posts [@empoweringminds_pm](#)

- Increasing student involvement in promoting Mental Health Awareness
- Students will have the opportunity to:
 - Educate themselves and their peers about mental health issues
 - Take part in the creation of PSA videos
 - Help with monthly campaigns by contributing their own ideas for Instagram posts and videos
 - Collaborate with other School Clubs to promote awareness

Looking Ahead to May (Mental Health Awareness Month)

May is Mental Health Awareness Month, a time dedicated to increasing awareness and understanding of the importance of mental health. Throughout this month, we'll be sharing different activities to promote mental well-being and provide resources for support. Let's come together as a community to break the stigma surrounding mental health and prioritize self-care. Stay tuned for more details on how you can get involved and make a positive impact during Mental Health Awareness Month!

SEL Articles on Healthy Relationships:

[How to Help Your Teen Through a Breakup - Child Mind Institute](#)

[How to Support a Friend With Mental Health Challenges - Child Mind Institute](#)

[How to Help Children Build Healthy Friendships - Positive Parenting, Thriving Kids](#)

Mental Health Community Resources

NY Project Hope

Monday-Friday from 9am-7pm

Calls are free, confidential, and anonymous, 631-471-7242, ext. 1800

Patchogue-Medford Family Center- Saxton Middle School

- (631) 687-6750
- Hours: Monday through Friday 8:00 a.m. - 4:30 p.m.
- Food Distribution Tuesday - Friday.
- Please text @pmfc2020 to 81010 for information and times.
- Community Advocacy, Informational, and Referral Program provides information, referrals, and access to assistance with electric, oil, food, etc.
- Crisis Intervention and Short-term Counseling - Free counseling for students
- Free Parent Support and Educational Workshops
- All services offered in English & Spanish

DASH- Huntington, NY

- (631)-952-3333- [Crisis Hotline](#)
- (631)-427-3700- Non-Crisis
- 24/7 Voluntary Program for individuals in a crisis
- Mobile response team of licensed professional experts
- Conduct assessments, develop safety plans, and recommend outpatient services

CPEP- Stony Brook, NY

- (631)-444-6050- Psychiatric Emergency Line
- (631)444-2990- General Line
- 24/7 Psychiatric Emergency Room
- Conduct evaluation, determine necessary care, refer to mental health services.

Community Resources

Al-Anon / Al-Ateen

www.al-anon-suffolk-ny.org

631-669-2827

Association for Mental Health and Wellness

www.mhaw.org

631-226-3900

Eating Disorders Council (NEDA)

www.nationaleatingdisorders.org

1-800-931-2237

EOC Suffolk Youth & Adolescent Services

www.eoc-suffolk.com

631-447-0698

Family Service League - Bereavement, Counseling, Crisis

www.fsl-li.org

631-427-3700

L.I. LGBT Community Center

www.lgbtnetwork.org

631-665-2300

Narcotics Anonymous

www.na.org

631-884-9500

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

1-800-273-8255

Patchogue Medford Youth and Community Services

<https://www.pmycs.org/>

631-758-4100

Town of Brookhaven Youth Bureau

<https://www.brookhavenny.gov/327/Youth>

631-451-8011

National Alliance of Mental Illness

<https://nami.org/Home>

1-800-950-NAMI (6264)

Your Life, Your Voice

<https://www.yourlifeyourvoice.org>

1-800-448-3000 OR Text VOICE to 20121

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

1-800-273-8255 OR Text to 741741

LGBT National Help Center

<https://www.lgbthotline.org/>

The Suffolk County Directory of Behavioral Health Services

This is a directory of behavioral health prevention, education, treatment, recovery services and supports.

[Access here.](#)

988 Lifeline

988 New Number to Call for Mental Health Assistance. Anyone facing a mental health crisis can call 988 and get connected to the National Suicide Prevention Lifeline (also called the Lifeline).

The line is:

- Staffed with trained crisis counselors 24/7
 - Free and confidential
- Unlike 911, counselors will be at the other end of the Lifeline when you dial 988.