

# Patchogue-Medford Guidance Newsletter

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 Medford, NY 11763  
 (631)-687-6530

## 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
<a href="#">Ms. Lieberman</a>	A-COL	A-CAP		631-687-6546 <a href="mailto:slieberman@pmschools.org">slieberman@pmschools.org</a>
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<a href="#">Ms. Space</a>	STU-Z	STIT-Z		631-687-6538 <a href="mailto:mSPACE@pmschools.org">mSPACE@pmschools.org</a>

## Middle School Counselors

Oregon Middle School	Saxton Middle School	South Ocean Middle School
<a href="#">Ms. Carpluk</a>	<a href="#">Ms. Verdecchia</a>	<a href="#">Ms. Hughes</a>
<a href="#">Ms. Owen</a>	<a href="#">Ms. Giliberto</a>	<a href="#">Ms. Ramos</a>

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

## **Special Announcements**

### **PMHS College Fair Success**

On Thursday, October 12th, 2023, the Patchogue-Medford High School Counseling Department hosted over 60 colleges and post-secondary institutions for their Fall College Fair in the High School Library. The fair was coordinated and lead by High School Counselors Ms. Lieberman and Ms. Nieto, and almost 500 seniors were in attendance! The feedback from both students and representatives was overwhelmingly positive.

Ms. Lieberman, Ms. Nieto, and the entire High School Counseling Department are also looking forward to the Spring College and Post-Secondary fair that will be held on the evening of April 9th in the high school gym and will be open for all high school students and their families to attend.

### **Resources from College Board:**

[Understanding Your Digital PSAT/NMSQT Score Report](#)

[Understanding PSAT/NMSQT Scores for Students and Families](#)

# 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](#).

### Free CollegeWise Webinar: Extracurricular Masterclass

SUNY is offering free virtual webinars on the following topics:

[EOP Workshop](#)

[Applying to SUNY Workshop](#)

## 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.

**Article:** [College Planning Guide by Johns Hopkins University - Resources to build your strongest application.](#)

**Blog Post:** [Igniting the Conversation on Career Possibilities](#)

**Article:** [How Many AP Classes are Enough? What Researchers \(and College hopefuls\) Say](#)

**College Open House:** Interested in LIU? Several [Open House](#) dates are coming up.

**Scholarship Opportunity:** [Jackie Robinson Foundation Scholarship](#)

**Scholarship Opportunity** November is National Scholarship Month! Use the [Scholly](#) Search by SallieMae to find scholarship opportunities.

## November Scholarship Highlights

Title	Amount	Deadline
<a href="#">Frito Lay Community Builder Scholarship</a>	\$25,000	November 20, 2023
<a href="#">Barbara Lotze Scholarships for Future Teachers</a>	\$3,000	December 1, 2023
<a href="#">Niche \$50,000 Scholarship</a>	\$50,000	December 14, 2023
<a href="#">Youth Scholarship Program</a>	\$850	December 31, 2023
<a href="#">Sallimae.com- Scholarships</a>	Varies	Varies
<a href="#">BigFutureScholarships</a>	Varies	Varies

### Need Help with Common App?

[Download your FREE step-by-step Guide Here!](#)

### L. I. Superintendent's Scholarship

***Five Towns College is accepting nominations for the 2024-25 academic year.***

*"Five Towns College is committed to helping Long Islanders through these difficult times. Our campus offers students an outstanding and personalized education that is close to home. U.S. News & World Report recognized Five Towns College as a Best College for Social Mobility in the Northern Region in 2020. 2021 & 2022."*

The prestigious L.I. Superintendents Scholarship (LISS) provides an annual award of **\$10,350** and is renewable for up to three years.

Please contact your Guidance Counselor to receive more information.

[www.ftc.edu](http://www.ftc.edu)

### College On-Site Visits

College Admissions Representatives are coming to PMHS! Please have your applications submitted prior to your appointment.

What happens at a College On-Site Visit?

You will meet with an admissions representative on-site at PMHS and be provided with an admissions decision on the spot!

[Sign Up](#)

### Upcoming On-Site Admissions Events

November 20- Long Island University

November 28<sup>th</sup> - Mercy University

November 30<sup>th</sup>- Iona University

**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.

**Upcoming Events:**

November 20- BOCES Informational Meeting at PMHS

November 29- Parent Teacher Conference Night at PMHS

**Free Webinar: Everything You Need to Know About FAFSA®**

Date: Wednesday, November 29, 2023

Time: 2:00-3:00 PM PT/ 5:00-6:00 PM ET

[Registration Link](#)

**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.

**Registering for ParentSquare**

ParentSquare is designed to keep parents and guardians informed and encourage greater engagement and connection.

Get signed up and find out more [here](#).

# **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

November Theme: Gratitude

November Activity : [Gratitude Prompts for Teens](#)

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

Article: [Daily Affirmations for Mental Health](#)

The Three C's of Conflict Resolution retrieved from [CounselorChelsey.com](#)

## Step 1: Calm Down

- Conflict with others can bring up some intense emotions. When this happens, it's hard to think clearly or make good choices. That's why the first step is to calm down. Taking a break, doing some deep breathing, or talking to someone can help kids (and adults) feel more calm so they are ready to handle the issue at hand.

## Step 2: Communicate

- This is the part of conflict resolution where the two parties calmly talk about the problem. Each person can share their perspective and listen to what the other person has to say. This is also a great time to apologize if needed.

## Step 3: Choose A Solution

- Once everyone has had a chance to share their perspective, and to listen to others, it's time to figure out how to solve the problem. The solution will depend on the problem, but some examples include taking turns, finding a compromise, or sharing.

## **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](http://www.al-anon-suffolk-ny.org)

631-669-2827

### **Association for Mental Health and Wellness**

[www.mhaw.org](http://www.mhaw.org)

631-226-3900

### **Eating Disorders Council (NEDA)**

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

1-800-931-2237

### **EOC Suffolk Youth & Adolescent Services**

[www.eoc-suffolk.com](http://www.eoc-suffolk.com)

631-447-0698

### **Family Service League - Bereavement, Counseling, Crisis**

[www.fsl-li.org](http://www.fsl-li.org)

631-427-3700

### **L.I. LGBT Community Center**

[www.lgbtnetwork.org](http://www.lgbtnetwork.org)

631-665-2300

### **Narcotics Anonymous**

[www.na.org](http://www.na.org)

631-884-9500

### **National Suicide Prevention Lifeline**

[www.suicidepreventionlifeline.org](http://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/>

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### **The Suffolk County Directory of Behavioral Health Services**

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

[Access here.](#)

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### **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.