

Patchogue-Medford Guidance Newsletter

Editor: Amanda Nieto

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This Month's Highlights

- New SEL Theme Announced (p.2)
- Register for the Fall SAT! (p.2)
- Important FAFSA Updates (p.2)
- NCAA Info for College-Bound Athletes (p.3)
- Fall Mini College Fair (p.4)
- Get Back Into the School Routine (p. 6)



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

Middle School Counselors



Oregon Middle School	Saxton Middle School	South Ocean Middle School
<u>Ms. Carpluk</u>	<u>Ms. Verdecchia</u>	<u>Ms. Hughes</u>
<u>Ms. Owen</u>	<u>Ms. Giliberto</u>	<u>Ms. Ramos</u>

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

Special Announcements

Our new Social Emotional Learning (SEL) theme has been announced!

Your Journey Matters



REGISTRATION IS OPEN FOR THE FALL SAT & ACT EXAMS!

[Register Here](#)

Upcoming SAT, PSAT & ACT Exams

Exam	Date	Location
SAT	October 7	PMHS
PSAT	October 14	PMHS
ACT	October 28	PMHS
SAT	November 4	PMHS
SAT	December 2	PMHS

SAT vs ACT, What's the Difference?

[Read More : The Princeton Review](#)



Important FAFSA Updates for the 2023-2024 School Year



Federal Student Aid (FSA) is changing the Free Application for Federal Student Aid (FAFSA) for the 2024-25 academic year. The FAFSA is a student's ticket to obtaining grants, work-study, low-interest student loans, and some scholarships. If you're wondering if these changes will affect you and your family, the answer is: absolutely! The changes will impact everyone, including both current and future college students.

Here are the five most important things to know as of now.

- The FAFSA won't open until December 2023.
- Both students and parents must create a Student Aid Account to get an FSA ID before completing the form. Allow at least three days.
- If parents are divorced or separated, the parent who provided the most financial support in the last calendar year will now complete the FAFSA.
- The number of students a family has enrolled in college will no longer factor into the FAFSA calculation.
- The net worth of family farms and small businesses will now be required as part of the application.

Read more by clicking [here](#).



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](#).

MACAULAY HONORS COLLEGE

Applications are open!
Students interested in learning more about the Macaulay experience can now sign up for a virtual Open House on October 15th from 2-4PM.

[Learn more about Macaulay Honors College here.](#)



SUNY SCHOOLS: Activities and Events
Attend virtual information sessions to learn more about SUNY Schools.
[Register Here](#)

Attention College-Bound Athletes



[Learn about NCAA Eligibility
by watching these videos!](#)



September Scholarship Highlights



Title	Amount	Deadline
US Senate Youth Program Scholarships	\$10,000	September 29, 2023
Builders' Association Scholarships	\$3,000	October 31, 2023
Entrepreneurship and Biology Scholarship	\$1,500	November 1, 2023
Odenza Marketing Group Scholarship	\$500	November 15, 2023
Sallimae.com - Scholarships	Varies	Varies
BigFutureScholarships	Varies	Varies

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!

[Click HERE!](#)

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. [Check it out HERE!](#)

College Connections

THE COLLEGE ADMISSIONS PROCESS PODCAST



Let's Talk About It

Spotlight on Long Island Schools
Listen to podcast interviews with admissions representatives:

[Adelphi University](#)



[Long Island University](#)



[Stony Brook University](#)



Stony Brook University

[NYIT](#)



New York Institute of Technology

For High School Juniors | 2024 SUNY Viewbook

The 2024 SUNY Viewbook is here! If high school juniors or seniors would like a copy mailed to their home, they can complete the form found here: [Request Information](#)



SENIORS,
SAVE THE DATE!
FALL MINI COLLEGE FAIR
OCTOBER 12TH

Organized by our PMHS Counseling Department, we are happy to partner with colleges, universities, and technical institutes for our second annual fall mini fair!

This is open to seniors only.
Ask your English teacher how to sign up!

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

Did you know that you can register for the 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](#).



College Connections



**Stony Brook
University**

Introducing Early Action for Stony Brook University

Stony Brook University has launched the 2024 application cycle with the introduction of an **Early Action** application deadline of **October 15**. Students who apply by this date will receive priority consideration for honors programs, select academic programs (Engineering and Creative Writing), and will receive a decision by the end of January.



Juniors: Ask Your Counselor about QuestBridge!

The **QuestBridge** College Prep Scholars Program equips high-achieving high school juniors from low-income backgrounds with the knowledge, confidence, and resources to apply to top colleges. **Awards for College Prep Scholars may include:**

- A full scholarship to a college summer program hosted by Yale, Emory, UChicago, and more.
- Quest for Excellence Awards, such as \$1,000 for a new laptop or other resources to help the student enhance their college application.

[Learn more about QuestBridge Eligibility Here.](#)

Upcoming Events



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

- 9 /22 Support our troops football game @ 6:00pm
- 9 /28 Raider bowl @ 6:00 pm
- 10/7 SAT @ PMHS
- 10/12 Mini College Fair (In-school event; seniors only)
- 10/14 PSAT @ PMHS
- 10/14 Homecoming



Mental Health Matters

emPowering Minds Club

23-24 Overall Theme:

YOUR JOURNEY MATTERS

Check out the most recent posts

[@empowerminds_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



NY Project Hope

Monday-Friday from 9am-7pm
Calls are free, confidential, and anonymous, 631-471-7242, ext. 1800

NY Project Hope

Coping with COVID



8 Evidence-Based Tips to Help Teenagers Get Back in the School Routine

Retrieved from: Newport Academy

Tip #1: Create a Schedule and Share It

Managing time can be stressful, work with your child on creating a schedule both during and after school.

Tip #2: Wake Up and Go to Bed at Set Times

Teenagers with a set bedtime schedule are more likely to get adequate rest.

Tip #3: Limit Teens' Screen Time

Encourage teens to turn off blue-light emitting devices. Less time online encourages teens to read, journal and rest.

Tip #4: Eat Regular Meals as a Family

Blocking off time to connect as a family around the dinner table can be beneficial.

Tip #5: Work Downtime into the Routine

Taking time to rest, relax, and recharge is important!

Tip #6: Make Sure There's Time to Move

Try to incorporate some movement into your day.

Tip #7: Help Teens Get Organized

Utilize organization strategies with your teen.

Tip #8: Practice Gratitude

Try introducing a gratitude practice with your family.



**NEWPORT
INSTITUTE**

Article: [A Back-to-School Teen Mental Health Checklist](#)

Child Mind Institute

Resources to Help Our Kids Thrive- Weekly newsletter of content from [childmind.org](#) featuring parenting advice, in-depth articles, and the latest thinking on children's mental health and learning disorders.

Article: [Talking to Kids About Back to School Worries](#)

Article: [How Using Social Media Affects Teenagers](#)



Community Resources



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/>
888-843-4564

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

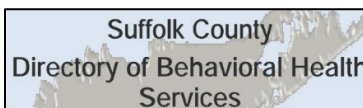


Stony Brook Medicine

The Suffolk County Directory of Behavioral Health Services

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

[Access here.](#)



NEW CRISIS & SUICIDE HOTLINE NUMBER

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.

