



# TRUMAN HIGH SCHOOL SCHOOL COUNSELING NEWSLETTER



September/ October  
2022

MONTHLY NEWSLETTER

Welcome Back Edition



## What's In This Month's Issue:

- Attendance Matters
- Meet the school Counseling team
- Hispanic Heritage Month
- National Suicide Prevention
- Bullying Prevention
- College Corner
- Upcoming College Related Events

## WELCOME BACK School Year 2022-2023

We hope you all enjoyed a restful and rejuvenating summer! This year the School Counseling Department at Truman High School will be sharing a monthly newsletter with families. We are excited to fill you in on all the happenings at Truman, from mental health resources, academic supports and career and college updates. Please subscribe: Scan the QR code to complete the form ->



## A few reminders:

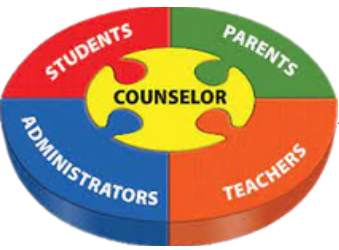
- 1st Period starts at 8:00am.
- Please make sure to have your student at school before the start of their first class.
- Student entry opens at 7:10AM and closes at 10:15AM
- Late arrivals have to scan in main entry and will be asked for a parent note or doctors note.

## Attendance Matters: (how can Truman help families increase attendance)

- Ask the school counselor to set up a "contract" with your student with goals for attendance, and rewards and consequences.
- Set up a time to talk with the school counselor about attendance and any concerns.
- Ask about counseling services or a mentor for your student.
- Are there after school or extra-curricular programs to help keep your student interested in school.

# COUNSELOR

## Meet the School Counseling Team



The Counseling department at Harry S. Truman High School strives to meet the educational, social, and emotional needs of students at each grade level. A counselor is a primary support person who works with students and parents, both separately and together, on developmental issues, course planning, college selection, and problem-solving. Counselors work with all stakeholders to make the High School experience rewarding.

## CONTACT US

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# Hispanic Heritage Month

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. (<https://www.hispanicheritagemonth.gov/about/>)



“Unidos: Inclusivity for a Stronger Nation,” which recognizes the diversity within the Hispanic community and encourages all voices to be recognized. During Hispanic Heritage Month, we celebrate the countless contributions that Hispanic Americans have made to our nation, and especially to New York City. We also take this time to recognize the trailblazing individuals who fought for progress and equity for their communities.

## National Suicide Prevention Month

Suicide is the second leading cause of death among school age youth. However, suicide is preventable. Youth who are contemplating suicide frequently give warning signs of their distress. Parents, teachers, and friends are in a key position to pick up on these signs and get help. Most important is to never take these warning signs lightly or promise to keep them secret. When all adults and students in the school community are committed to making suicide prevention a priority, and are empowered to take the correct actions, we can help youth before they engage in behavior with irreversible consequences.

### For Parents - What Can You Do to Help a Youth?

Parents/ Guardians should always take any reference to suicide or warning signs of suicide seriously. Never ignore these signs. If your child is in immediate risk parents should take them immediately to an emergency room for evaluation.

If your child is aware of a friend expressing or exhibiting warnings signs that indicate immediate risk, parents can contact their local law enforcement agency and ask for a welfare check on that student, or reach out to the school.



If you or someone you know is thinking about suicide, call the **National Suicide Prevention Lifeline**.

# October is National Bullying Prevention Month

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. Bullying can also take place through technology, known as cyberbullying. Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

There are many other types of aggressive behavior that don't fit the definition of bullying. This does not mean that they are any less serious or require less attention than bullying. Rather, these behaviors require different prevention and response strategies. Please reach out to Ms. Mourino or your child's counselor if you are concerned about bullying.

## College Counseling Updates:

### SCOIR

Scoir is a customized, secure website that supports post-secondary, college and career planning. This online resource allows Juniors and Seniors the ability to research colleges, build a resume, take a career interest inventory, upload documents, apply for colleges and much more.

to learn more visit:  
<https://www.scoir.com/>

### Important dates

**October 1st:** National Black College Expo- @ CUNY Medgar Evers College

**October 13 and Oct 19th:** SUNY Virtual College Expo

**October 17th- 28th:** Truman HS College Week

**October 18th:** Southern Westchester College Fair- @ Galleria White Plains

**October 21st:** UFT COLLEGE & CAREER FAIR- @ UFT LEARNING CENTER - Bronx, NY

**PLEASE VISIT: (or scan QR Code)**  
**<https://sites.google.com/bxtrumanhighschool.com/collegecareercentral/home> to stay up to date on all important college admissions information**



# Grade-Level College Counseling

Did you know that college and career planning should start in 9th grade?

## **9TH AND 10TH GRADE:**

- **FOCUS ON YOUR CLASSES**
- **MEET YOUR COUNSELORS**
- **START MEANINGFUL RELATIONSHIPS WITH TEACHERS.**
- **GET INVOLVED IN EXTRACURRICULAR ACTIVITIES**
- **TAKE A CAREER APTITUDE TEST**

## **11TH GRADE:**

- **FOCUS ON YOUR CLASSES**
- **TAKE CHALLENGING CLASSES**
- **PREPARE FOR THE SAT'S**
- **START TO COLLEGE RESEARCH**
- **VISIT SCHOOLS AND ATTEND COLLEGE FAIRS**

## **12TH GRADE:**

- **FINALIZING COLLEGE ESSAY**
- **FINALIZE YOUR COLLEGE LIST**
- **ATTEND COLLEGE FAIRS AND TOURS**
- **APPLY TO COLLEGES**
- **APPLY FOR FINANCIAL AID**

## **What is happening in COLLEGE ADVISORY?**



Thus far in college advisory, seniors have taken a career assessment using SCOIR and started to build their college lists. They have visited the SUNY college fair and look forward to welcoming a number of colleges as well as our alumni into Truman. We hope they learn more about how to prepare for college or a career. They will be starting their college applications in mid-October while working to complete their college essays and visiting college advisory during 1st, 7th, or 8th period as well as most days after school.

# PTA Meeting

## Harry S. Truman High School PTA MEETING DATES

**2022-2023**



Join our monthly virtual PTA meetings  
via Google Meet:

Dial-in: (US)+1 413-893-3293

PIN: 540 236 576#

<https://meet.google.com/nfk-gbv-nrgk>

**Add our meeting dates to your calendar.**

**Time from 6:50pm - 8pm**

September 15, 2022 (Thursday)

October 20, 2022 (Thursday)

November 15, 2022 (Tuesday)

December 15, 2022 (Thursday)

January 19, 2023 (Thursday)

February 16, 2023 (Thursday)

March 16, 2023 (Thursday)

April 20, 2023 (Thursday)

May 18, 2023 (Thursday)

June 13, 2023 (Tuesday)

**This sign-on link and phone number  
will be the same monthly.  
We look forward to seeing you.**



Scan with your  
phone to join us