



# TRUMAN HIGH SCHOOL SCHOOL COUNSELING NEWSLETTER



January/February  
2023

NEWSLETTER



## What's In This Issue:

- Happy New Year
- Reminders
- College Counseling Update
- Regents Exams
- Test Taking Tips
- Respect for all Week
- Bullying
- Black History Month
- Teen Dating Violence Awareness Month

Happy New Year! The Counseling Department was excited to welcome all students back into the building to get 2023 off to a great start! Students quickly got back into the routine of attending classes and are working hard to complete coursework as semester 1 comes to a close.

Happy Lunar New Year:

January 22- February 5

Lunar New Year is a celebration of the arrival of spring and the beginning of a new year on the lunisolar calendar. It is the most important holiday in China, and it is also widely celebrated in South Korea, Vietnam, and countries with a significant overseas Chinese population.

Black History Month

February 1 - March 1

is a celebration of the contributions and achievements that Black men and women have made throughout U.S. and world history.

Black History Month serves as an inclusive month-long call to action for all Americans to remember, discover, understand, and honor the key contributions that Black men and women have made to our country, our society, and to the world.

(<https://www.schools.nyc.gov/learning/subjects/civics-for-all/black-history-month>)

## A few reminders:

**Marking Period 3 ends January 23rd.**

Regents Week is January 24th to January 27th

Monday 30th - no students in attendance

**Semester 2 starts January 31st- students will pick up their schedules as they enter the building after entry.**

**February 13 - 17th Respect for All Week**

February 20th - 24th No School for Presidents Day/February Break

# College Counseling Updates:

**Seniors worked hard on their college applications. Many students are finding out where they have been accepted. Don't forget to share acceptances with counselors. Congratulations!**

**Students should attend college advisory if they would like to complete applications. There is still time to apply to some schools.**

## How to handle rejection with your Senior:

Give your students the space to be upset about rejection letters. Now is the time to lean on community and a supportive environment. It's okay to feel their feelings. Just don't let them get stuck there.

The word "rejection" can feel heavy. Rejection is not exactly what is happening when students receive a "no" from a college. It's more of a denial of admittance letter than a rejection letter because the college is not rejecting them personally, they are simply denying the student admittance to their campus.

To the senior who was "not accepted" remember...

"Applying to college is a big deal, and there are a lot of people who love you for who you are. They hope it all works out for you when college decisions are announced. Whether it works out or not, they'll still love you for who you are."

([https://www.huffpost.com/entry/what-your-college-applica\\_b\\_6309996](https://www.huffpost.com/entry/what-your-college-applica_b_6309996))



### Did You Complete The FAFSA?



**If you have not, please see your counselor or attend college advisory to get started.**



**January Regents Exams are available for select students. Students will receive an invitation for the exam they are registered for. If students do not have exams they DO NOT report to school**

THE STATE EDUCATION DEPARTMENT  
Office of State Assessment  
Albany, NY 12234

## EXAMINATION SCHEDULE: JANUARY 2023

*Students must verify with their schools the exact times that they are to report for their State examinations.*

JANUARY 24 TUESDAY	JANUARY 25 WEDNESDAY	JANUARY 26 THURSDAY	JANUARY 27 FRIDAY
9:15 a.m.	9:15 a.m.	9:15 a.m.	9:15 a.m.
English Language Arts	Geometry	Global History & Geography II	Physical Setting/Earth Science Physical Setting/Chemistry
1:15 p.m.	1:15 p.m.	1:15 p.m.	<b>Uniform Admission Deadlines</b>
Living Environment	Algebra I Physical Setting/Physics*	Algebra II	Morning Examinations – 10:00 a.m. Afternoon Examinations – 2:00 p.m.

\* Available in Restricted Form only. Each copy of a restricted test is numbered and sealed in its own envelope and must be returned, whether used or unused, to the Department at the end of the examination period.

**The possession or use of any communications device is strictly prohibited when taking a Regents examination. If students have or use any communications device, no matter how briefly, the examination will be invalidated.**

## Test Taking Tips:

**\* Read and follow all directions and questions carefully.**

**\* Before responding, be sure to look at all of the answer choices.**

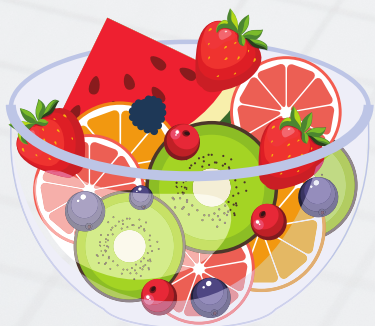
**\* Eliminate answers that don't make sense.**

**\* For questions you're not sure about reread the question and try to find the best answer.**

**\* Go back and make sure you've answered all of the questions.**

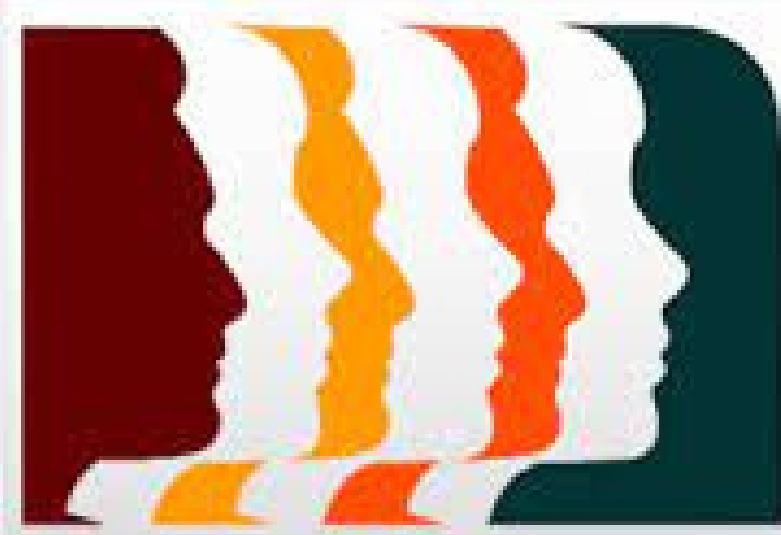
**\* For ELA questions, remember to go back into the text to verify your answers.**

**\* Use your scratch paper to your advantage. Work out math problems on your scrap paper first. Create organizers before responding to open-ended questions.**



- Get plenty of sleep
- Eat a healthy breakfast. A breakfast that includes protein is recommended as opposed to a sugary breakfast.
- Give yourself enough time to get to the exams early





New York City Department  
of Education

# Respect for All

## Respect for All Week

Monday, February 13 to Friday, February 17, 2023

During this week, schools across the city will have the opportunity to highlight and build upon ongoing programs to help students, staff and communities gain a better understanding of diversity. Schools may also start new initiatives that promote respect for diversity and focus on preventing bullying, intimidation, and bias-based harassment.

At Truman the School Counselors will be visiting English classes across all grades to review Bullying and promote Respect for All.

**[This Frequently Asked Questions](#)** (Click or Scan QR) is a resource for students and parents about how to report incidents, the investigation process, and supports and interventions to prevent and address student-to-student sexual harassment and student-to-student gender-based harassment, bullying, intimidation, and/or discrimination.



\*Truman's RFA Liaison is Mrs. Mourino - [kmourino@schools.nyc.gov](mailto:kmourino@schools.nyc.gov)\*





# Types of Bullying

## Physical Bullying

Intentionally injuring or intimidating another person by striking, pinching, pushing, kicking, or damaging their property.

## Verbal Bullying

The use of abusive language or name calling, including remarks that are racist and homophobic.

## Psychological Bullying

Intimidation or humiliation that negatively affects one's mental health and wellbeing.

## Cyberbullying

#HATE

#BULLY

Repeatedly sending hurtful messages through social media, gaming platforms or chat rooms.



HARRY S. TRUMAN HIGH SCHOOL CELEBRATES

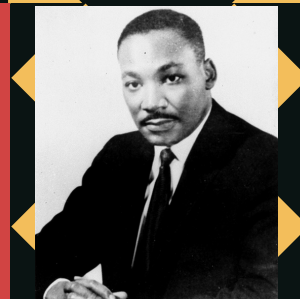
# BLACK HISTORY MONTH



CELEBRATION OF AFRICAN AMERICAN  
LEADERS OF PAST, PRESENT AND FUTURE



Select classes will have the opportunity to watch performances by their peers during an in-school show.



Scan the QR code or [\(click this link\)](#) for Black History Month resources and to learn more about influential leaders.

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**Teen Dating Violence Awareness Month (TDVAM) is a campaign to amplify the needs of youth and their experiences with dating abuse. In 2010, Congress declared Teen Dating Violence Awareness Month each February. Teens, young adults and their loved ones join together to spotlight this pervasive and harmful issue, and how prevention and education can change the outcomes for those impacted by it.**

**This is an issue that impacts everyone – not just teens – but their parents, teachers, friends and communities as well. Together, we can raise the nation’s awareness about teen dating violence and promote safe, healthy relationships. To learn more [click here](#) or scan the QR code**



## **Tips For Building a Healthy Relationship**

**Mutual Trust in  
Couples**

**Solving Problems  
Well**

**Maintain  
Communication**

**Respect each  
other's opinion**

**Respect Couples  
Privacy**

**Be a Supportive  
Partner**