

SCHOOL COUNSELING

NEWSLETTER

Important Dates:

December 6th:

6th grade Parent Guidance Night, 7pm
FMS LGI

December 12th:

Evening Parent/Teacher Conferences
4-8pm

December 22nd:

2nd Quarter Progress Reports posted

December 25th-January 1st:

Schools Closed for Winter Recess

January 10th:

8th Grade Orientation, 6:30pm @ HHS

January 26th:

2nd Quarter Marking Period Ends

February 5th:

2nd Quarter Report Cards Posted

February 19th-23rd:

Schools Closed for Mid-Winter Recess

Extra help is available Tuesdays and
Thursdays after school from 3:00 – 3:30;
late buses are available.

Counseling Office Contacts:

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Bilingual counselor

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Alison Logan

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COLLEGE WEEK WAS A HUGE SUCCESS!

College Awareness Week at Finley was a huge success! Each day there were engaging activities for students to learn about post-secondary schools. Some highlights included: daily fact announcements on colleges and universities, conversations in homerooms about teachers' alma maters, banner making, and a photo booth during the lunch periods. There were also fun college swag giveaways! Students enjoyed the events and learned so much. Feel free to stop by the Guidance Office to view our student-made 'College Banners' during Parent Teacher Conferences on Dec. 12th!



NAVIANCE IS HERE!!

Naviance is our online communication platform that assists students with college and career readiness. This program also helps students align their strengths and interests with future goals. Currently, school counselors are registering our 8th grade students through the Family and Consumer Science classes (FACS). Once accounts have been set up, students will be able to build resumes, conduct career exploration and college searches, and keep track of tasks and assignments due (through the 'My Planner' tab). Want to know what's even better? Students will maintain their Naviance accounts throughout high school until they graduate and go off to college!

START THINKING ABOUT SUMMER!

Cradle of Aviation STEM & Space Summer Camp — Garden City

The STEM & Space Summer Camp consists of five-day mini-camps, led by experienced museum educators. Campers will explore, interact, experiment and create. Topics include everything from outer space and different scientific fields to Minecraft creations and engineer investigators.

iD Tech at Adelphi University — Garden City

At Adelphi University, iD Tech offers programs for kids ages 7-17. Campers learn code, game design, application development, web design, film, photography and more. There is also a two-week, pre-college iD Tech Academy for teens ages 13-18, and the Alexa Café (an all-girls program for ages 10-15).

Stop into Guidance for additional information or to learn about other programs!

Career Spotlight

Health Care



Some Career Choices: Dentist,
Nurse Practitioner, Physician
Assistant, Orthodontist, Nurse
Anesthetist, Pediatrician, Surgeon,
Physical Therapist, Registered Nurse

Why Health Care?

What other profession can you touch lives the way you can in the Healthcare industry? Not many!!!

Not only do you impact individuals, you also make an impact in many communities, provide health care in a variety of ways, and treat diseases and ailments of all kinds.

Job Outlook:

Your chances of finding employment and staying employed are much greater than other fields, thanks to the advances in medicine, and the country's aging and growing population (which is continually increasing the demand for medical professionals).

Personality:

People interested in this work like to help others and make a difference in their community.

Education: Between 4-8 years of college, ranging from a Bachelor's Degree all the way to a Doctorate.

Median Salary: \$127,000/year

DECEMBER CAREER CAFÉ

This month we are excited to introduce you to Ms. Christina Bono. Ms. Bono is a Physician's Assistant (PA) and long-time Greenlawn resident. Ms. Bono is scheduled to visit us on December 18th and will be talking about careers in the Health Care profession, as well as what a day in the life of a PA is like! Sign-ups are available in your homeroom and in guidance. You don't want to miss this!



Stressed? Try these relaxing techniques with your child!

Many of the techniques on this list are effective for individuals of any age. Do not hesitate to modify any of the techniques to make them age appropriate for your child, and feel free to participate yourself. Reducing your own stress and relaxing more might just have a trickle-down effect for your child as well.

Deep Breathing

Deep breathing is an effective way of slowing down the body's natural response to stress. It slows down the heart rate, lowers blood pressure and provides a feeling of being in control.

Listening to Music

Listening to calming music can help a child regain focus. Even young children may enjoy listening to relaxing classical music or the music of artists, like Enya or Josh Groban.

Visualization

1. Ask your child to imagine a favorite color that makes him/her feel peaceful and safe.
2. Have your child imagine taking in that color with each breath and sending it throughout his/her entire body as he/she exhales.
3. Have your child continue until he/she visualizes being filled with his/her special relaxing color.

Exercise

Exercise is a great form of relaxation. Walking, running, swimming and playing all provide the kind of exercise that children love. And, do not overlook exercising to music. There are many excellent exercise CDs and DVDs for all age groups.