

COUNSELING CENTER NEWSLETTER



Alumni spotlight! Erline Pharius



This current alumni is attending Suffolk Community College at the Associate Nursing Program. Erline is on her first semester of school and has shared that she is enjoying learning and the new routine that comes with taking college courses. A piece of advice from Erline: "ask your professors for help no matter how scary it may be. Get adequate sleep, create study groups and make sure all assignments are handed in on time, they do not play!"

Message from the Principal



To my amazing Blue Devils! As we embark on another school year together, I just wanted to remind you that you are capable of achieving greatness. Stay focused! Stay strong! Stay positive! Keep your eyes on the prize; the race is not given to the swift but the one that endures. I am looking forward to the journey ahead! Let's have a wonderful year together.



Academic Spotlight

Learning Together, Growing Stronger

At Huntington, collaboration fosters academic and personal growth. Students consistently support each other in classrooms, clubs, and group projects, building essential skills, growing confidence, and forming lasting, meaningful friendships. Our encouraging and inclusive culture ensures every student feels seen, heard, and empowered to succeed.

Every collective challenge offers a significant opportunity for growth and connection. By fostering teamwork and embracing diverse perspectives, our community cultivates enduring resilience and empathy. Students not only learn to excel individually but also as a cohesive unit, tackling real-world issues and celebrating meaningful accomplishments together.

Evidence- based effective study habits

- Get your study materials ready
- Use flashcards or note outlines
- Group tasks that go together
- Manage time by time boxing
- Plan your day out, can use theming or other techniques
- Schedule breaks and social time
- Stay focused by cutting distractions



Click [here](#) to see the full article

Healthy Social Media Use



- ♥ Set a timer - so you don't scroll for hours
- ♥ Use social media to connect with friends.
- ♥ Only post kind comments.
- ♥ Create real content.
- ♥ Don't compare yourself to others.
- ♥ Follow positive, uplifting accounts.
- ♥ Unfollow or hide accounts that don't make you feel good about yourself.

www.teentoolkit.net

Sleep Hygiene for Teens

Incorporate Exercise Into Your Daily Routine

Stop Using Technology An Hour Before Bed

Maintain A Consistent Sleep Routine and Schedule

Create a Sleep-Friendly Physical Environment

Ensure the Bed is For Sleeping

@AMANDANSHARP.PHD



Get Involved!



Interested in joining a club or trying something new? Check out the full list of clubs and extracurricular activities on our Guidance Google site.

UPCOMING EVENTS

* AP 101 Unlocking the Benefits of Advanced Placement

October 9th - 7PM

Join this presentation on the benefits of taking AP courses in high school.

* PSAT 11 NMSQT

October 15th

All 11th grade students will be taking the PSAT NMSQT exam. Please be sure to be on time and have your chromebooks charged.

* Elective Fair

November 6th

Make sure to stop by at the Elective Fair. This is a great opportunity to learn about all the elective classes offered at HHS. This can help you make informed decisions about which classes to take next year.

* HHS MP 1 Report Cards Posted

November 17th

Check your portals to see your final grades for the first Marking Period.

* PSAT NMSQT Scores, "Now What?" Virtual Presentation

December 1st

You are invited to attend this virtual presentation to learn what your scores mean and how your students can use them.

The BEST VIEW
comes after
the hardest climb.



WHAT IS STRESS?

Stress is the body's physical and/or mental response to an external cause. Stressors come in all shapes and sizes. They may be a one-time event (causing acute stress), or a recurring situation (causing chronic stress). Common causes of stress are job pressures, financial concerns, and family issues. Traumatic stress can occur as a result of family loss, violence, and/or natural disasters, among others.

HOW DOES STRESS AFFECT ME?

Stress triggers our "fight-or-flight" response, increasing our heart rate and raising our blood pressure.

EFFECTS OF STRESS ON YOUR BODY

- Headaches
- Muscle pain and tension
- Chest pain
- Fatigue
- Upset stomach
- Sleep problems

EFFECTS OF STRESS ON YOUR MOOD

- Anxiety
- Restlessness
- Difficulty focusing
- Feeling overwhelmed
- Irritability and anger
- Sadness and depression

HEALTHY WAYS TO COPE WITH STRESS

- Take care of your body; get enough sleep, eat healthy meals, and exercise.
- Talk to others, share your problems with a friend, family member, counselor, doctor, or pastor.

HEALTHY WAYS TO COPE WITH STRESS

- ✓ Take care of your body. get enough sleep, eat healthy meals, and exercise.
- ☰ Talk to others: Share your problems with a friend, family member, counselor, doctor, or pastor.
- 🕒 Take time to unwind: Do activities you enjoy (watch a movie, play a game, spend time in nature, etc.).
- 📵 Unplug: limit the time you spend on the news and social media,
- 🚫 Avoid drugs, alcohol, and caffeine.

BE A GOOD DIGITAL CITIZEN

Be considerate and kind in discussions or on social media.

Remember that everything you post online is permanent.

Create a strong password and keep it private.

GIVE PROPER CREDIT TO SOURCES.

USE CAUTION WHEN CLICKING LINKS OR DOWNLOADING FILES.

Never agree to meet an online friend in person—ask your parents first.

Report cyberbullies to parents or teachers.

Don't share your personal information online.

GET PERMISSION BEFORE SHARING INFORMATION ABOUT OTHERS.

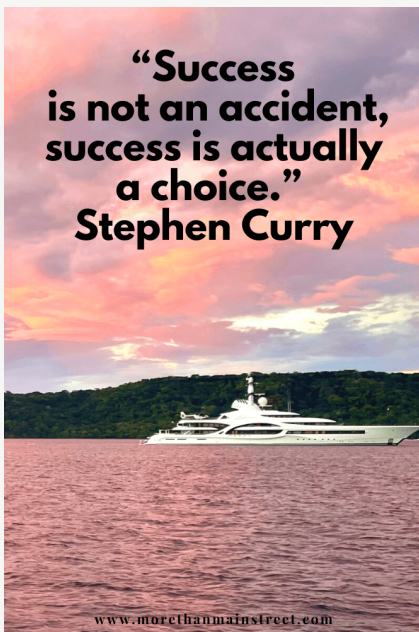


It is better to be
YOURSELF
and have no friends
than to be like your
friends and have no
SELF.

QUOTEDIARY.ME

<https://nyccbf.org/great-tips-for-managing-stress-and-anxiety/>

"Success is not an accident, success is actually a choice."
Stephen Curry



www.morethanmainstreet.com

ACT® 2026 NATIONAL TEST DATES SCHEDULE

Test Date	Regular Registration Deadline	Late Fee Applies After This Date	Late Registration Deadline
September 6, 2025	August 1	August 19	August 29
October 18, 2025	September 12	September 30	October 10
December 13, 2025	November 7	November 24	December 5
February 14, 2026	January 9	January 23	February 6
April 11, 2026	March 6	March 24	April 3
June 13, 2026	May 8	May 29	June 5

NOTICIAS DEL CENTRO DE CONSEJERÍA



Foco de estudiante graduada! Erline Pharius



Esta reciente graduada asiste al Programa de Enfermería de Suffolk Community College. Erline cursa su primer semestre y ha comentado que disfruta del aprendizaje y de la nueva rutina que conlleva cursar estudios universitarios. Un consejo de Erline: "Pide ayuda a tus profesores, por muy intimidante que sea. Duerme lo suficiente, crea grupos de estudio y asegúrate de entregar todas las tareas a tiempo."

Mensaje de la Directora



¡A mis increíbles Blue Devils! Al comenzar otro año escolar juntos, solo quería recordarles que son capaces de alcanzar la grandeza. ¡Manténganse enfocados! ¡Sigán fuertes! ¡Manténganse positivos! No se desvíen del objetivo; la carrera no se da al veloz, sino al que persevera. ¡Estoy deseando que llegue el viaje! ¡Que tengamos un año maravilloso juntos!



Foco Académico

Aprendiendo juntos, creciendo más fuertes.

En Huntington, la colaboración fomenta el crecimiento académico y personal. Los estudiantes se apoyan constantemente en las aulas, clubes y proyectos grupales, desarrollando habilidades esenciales, aumentando su confianza y forjando amistades duraderas y significativas. Nuestra cultura motivadora e inclusiva garantiza que cada estudiante se sienta reconocido, escuchado y empoderado para alcanzar el éxito.

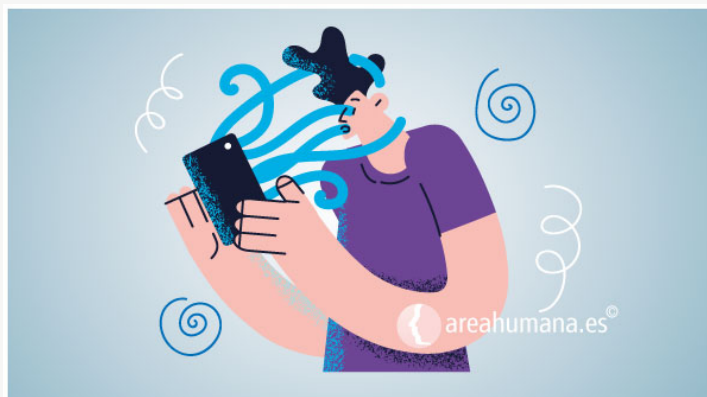
Cada desafío colectivo ofrece una oportunidad significativa de crecimiento y conexión. Al fomentar el trabajo en equipo y aceptar diversas perspectivas, nuestra comunidad cultiva la resiliencia y la empatía duraderas. Los estudiantes no solo aprenden a sobresalir individualmente, sino también como un equipo cohesionado, abordando problemas reales y celebrando juntos logros significativos.

Hábitos de estudio efectivos basados en evidencia

- Ten los materiales necesarios listos.
- Usa tarjetas index para estudiar.
- Engrupa cosas de hacer por categorías.
- Maneja tu tiempo con calendario.
- Planea tu día con anticipación.
- Haz tiempo para tomar descanso o socializar.
- Manten focus cortando distracciones.



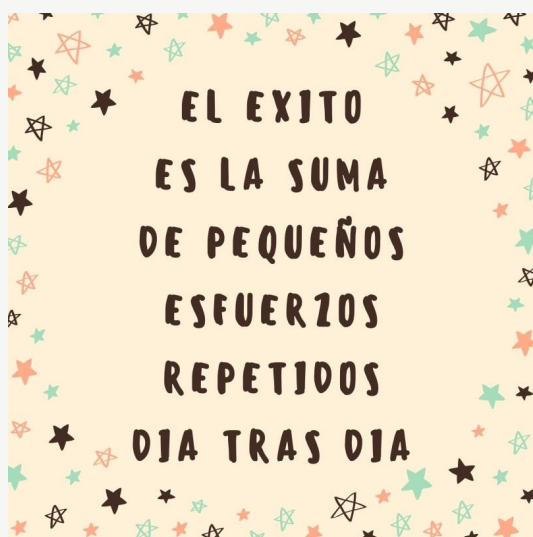
Haga [clic aquí](#) para ver el artículo entero.



REDES SOCIALES

CONSEJOS para un USO SALUDABLE

- 1 Limita tu tiempo en las Redes Sociales
- 2 Sé selectivo o selectiva en las Redes Sociales
- 3 Desconéctate de vez en cuando
- 4 Accede a la información también a través de fuentes no digitales
- 5 No compares tu vida con la de los demás
- 6 Sé consciente de cómo te hacen sentir las Redes Sociales
- 7 Cuida tu privacidad y confidencialidad
- 8 Mantén una perspectiva equilibrada



PROXIMOS EVENTOS

* **Presentación sobre los beneficios de tomar clases AP**

9 de Octubre - 7PM

Presentación sobre cuales son los beneficios de tomar clases AP en la secundaria.

* **Examen PSAT 11 NMSQT**

15 de Octubre

Los estudiantes del onceavo grado estarán tomando el examen PSAT NMSQT. Por favor lleguen a tiempo y traigan sus chromebooks cargados.

* **Feria de clases electivas**

6 de Noviembre

Asegurense de asistir a la feria de clases electivas para obtener más información sobre las clases ofrecidas en su escuela. Así se les hará más fácil escoger sus clases para el próximo año.

* **HHS MP 1 Notas posteadas al portal**

17 de Noviembre

Chequeen sus portales para ver sus notas de la primera quarter.

* **Calificaciones PSAT NMSQT Presentación Virtual - Y Ahora que?**

1ero de Diciembre

Les invitamos a que se unan a esta presentación para aprender sobre lo que significan sus calificaciones y cómo pueden usar la información los estudiantes.

Envuélvete en la escuela!



Si estás interesado(a) en unirse a un club o probar algo nuevo, mira la página de consejería donde está la lista de todas las actividades extracurriculares disponibles para ustedes!



Estrés y ansiedad en adolescentes

El estrés y la ansiedad son experiencias normales, incluso en adolescentes, pero si son frecuentes o intensos pueden convertirse en un problema clínico

Diferencia entre estrés y ansiedad



Estrés: respuesta física del cuerpo ante un evento (positivo o negativo).



Ansiedad: preocupación excesiva, incluso sin un motivo inmediato

Estrategias de afrontamiento en casa



dormir bien (8-10 horas), hacer ejercicio, comer sano, hidratarse, practicar respiración/meditación

Síntomas comunes



dolores de cabeza, problemas de sueño, irritabilidad y dificultad para concentrarse

Señales de alarma en adolescentes



antecedentes familiares, biología del cerebro, problemas físicos (come tiroides) o experiencias traumáticas



Haz clic [aquí](#) para ver el artículo entero y mas información y recursos.

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