North Shore Counseling

February High School Newsletter

FAMILY wellness NIGHT

A K-12 PARENT + CHILD EVENT

Choose from a menu of wellness workshops and start a family conversation about:

- Anxiety Reduction
- Social Media Impact on Kids
- Transitioning to Middle School
- Coping Skills
- Substance Use
- Nutrition
- Yoga and Breathing Techniques
- Parenting

EXPERT SPEAKERS IN THEIR FIELDS!

WHEN
March 25, 2020, 7 - 9pm*

WHERE
North Shore High School

FREE TICKETS
must be reserved for TWO workshops at
www.nscasa.org/family-wellness-night.html

* Angst Movie to begin at 6:45pm
Family Wellness Night Descriptions

REGISTER HERE:
www.nscasa.org/family-wellness-night.html

Angst Movie:
Angst is an IndieFlix Original, documentary designed to raise awareness around anxiety. The film includes interviews with kids, teens, educators, experts, parents and a very special interview with Michael Phelps. The film helps people identify and understand the symptoms of anxiety and encourage them to reach out for help. A moderator will be available after the movie to facilitate discussion and answer questions.

Appropriate for ages 10 and up
Please see here for more information:
https://angstmovie.com

Yoga:
Kids and parents are invited to an introduction to the mind and body benefits of Yoga. Melissa of Yoga Life of Port Washington, a registered yoga alliance teacher and children's yoga teacher with a master's in education will lead our children into what we hope will be a life-long practice! Focus will be on breathing techniques, yoga games, partner poses and yoga techniques to calm the nerves and clear the mind. Bring a mat or a towel!

First session for grades K-5 with or without a parent
Second session for grades 6-12 with or without a parent

Using Good Nutrition to Achieve Optimal Mental and Physical Health:
Nutritionist with a certification in functional medicine, Lori Graham has been a health care professional for 35 years. Lori will take our parents and children through the process of re-framing the food pyramid for 2020 and ensuring proper nutrition for our kids to support a healthy mind and body! Takeaways will include resources for healthy snack options, label reading skills to find hidden dangers, and lists of clean foods and food sources.

Appropriate for all ages!

Enlightened Parenting:
If you missed very popular CASA Coffee, now is your opportunity to attend Enlightened Parenting. This is a coaching practice developed by Ellen F. Gottlieb intended to teach parents and caregivers how to raise their children more effectively. She teaches specific, counter-intuitive strategies about how to interact with children in each moment in order to foster deeper connections and help them to realize their authentic potential. The potential benefits can be measured as parents witness the growth of self-confident children who steer themselves toward wiser and safer choices, and who remain true to themselves as they navigate their developmental stages.

For Parents of kids of all ages.

Unique Anxiety for Overachievers:
This workshop will focus on providing families with strategies and support to skillfully manage stress and navigate life. Kay De Simone is a psychotherapist with a staff position at LIJ’s Zucker Hillside Hospital and in private practice. She has expertise in the treatment of high achieving scholars and their families.

For Parents of kids of all ages.

Substance Education for Teens and Parents:
Exposure to substances is an unfortunate reality in the life of teens. Starting a healthy conversation with your teen or tween is the key to helping your kids navigate the pressures they face to try a drink or a drug. Let Long Island Council on Alcohol and Drug Dependence help you to start that conversation with their workshop on teen substance use. You and your tween/teen will on the same page about the risks of substance use and helpful tools for developing refusal skills.

For parents and kids grades 7-12

**Mindfulness, Coping Skills and Making A Healthy and Happy Transition to Middle School!**
This talk for 3rd to 6th grade kids and parents to help students navigate the new road ahead in middle school. Leaders will teach what a goal is, how to set short term and long-term goals and how to adjust those goals along the way to accomplish desired outcomes. Focus will also be on self-esteem - working in groups to show how one negative can create a downward spiral and one positive can change someone’s life for the better! Healthy coping skills and breathing techniques to reduce anxiety will be reviewed to manage the challenges of new routines!

Parent and kids grades 3-6

**Student Focus Groups**

**Student Forum:**
Social Anxiety

Encourage your child to attend and share his or her thoughts on anxiety related to social situations.

**Friday March 6th**
Period 4 - room: H4
Led by: Mr. Bianco & Ms. Rogala

**Friday March 13th**
Period 5 - room: J18
Led by: Mr. Bianco

**Friday March 20th**
Period 6 - room: H4
Led by: Mrs. Soriano

**Friday March 27th**
Period 7 - room: H6
Led by: Ms. Rogala

**Junior Meetings**

Dear Junior Parents,
The counselors have started meeting with their juniors to discuss post high school planning. If you have not scheduled your appointment yet, please contact the Counseling Office at 277-7030. Your child’s counselor will review the student’s transcript, course requests, and discuss post high school options.
North Shore Community Scholarship General Application Now Available!

We are happy to announce the North Shore Community Scholarship General Application is now available. Apply for up to 13 scholarships under one cover!

We met with the seniors to give them information about the Community Scholarship General Application, and copies were given to all who attended. The application can be found on Naviance Family Connection's Scholarship section, and paper copies are in the Counseling Office.

The deadline for all 13 is March 13, 3 pm, no exceptions. Please note: emailed copies are not accepted. Students must submit their applications to a member of the guidance staff.
Any questions? Contact Mrs. Fawcett in the Counseling Department.

Method Test Prep SAT/ACT Course Starting Next Week!

Method Test Prep is offering an SAT/ACT Course at North Shore High School starting March 5th. You can register at the following website:


What Parents Need to Know About TikTok

4 Basic Human Needs for Engagement

5 Steps to Emotion Coaching

Looking for a fun and productive summer experience?
ARTICLES

Why Teenagers Reject Parents Solutions to their Problems

Research Finds Character Counts in College Admissions

Mindfulness for Big Feelings

4 Ways to Help Your College Student Grow Up

The Key to Raising a Happy Child

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