OCTOBER IS WELLNESS MONTH!

The theme of this month's newsletter is wellness. There are multiple programs taking place this month at the high school to support mental health and wellness.

NORTH SHORE HIGH SCHOOL HOSTS 56 COLLEGES!

On Wed. October 2nd the Counseling Department held a whole school college fair. Approximately 56 colleges were on-hand to answer questions and share an abundance of materials for students to take home and/or fill out. Universities and colleges represented included University at Albany, Alabama, Buffalo State, University of Bridgeport, UConn, Farmingdale State College, Geneseo, Hofstra University, Iona, John Jay, Marist College, Muhlenberg, Oswego, Quinnipiac, Penn State, Sacred Heart, Siena College, Stony Brook University, St. John's, and Tampa University – just to name a few! More will be visiting in smaller sessions throughout the school year.

College representatives were on-hand to answer questions about each school including the number of students, size of campus, academic courses and majors, dorm life, fraternities and sororities, SAT scores and expectations, athletic teams/sporting events, college essays and early enrollment etc.,

RED RIBBON WEEK - 10/21-10/25

The Red Ribbon Campaign is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon week.
North Shore will be raising awareness for drug prevention. This year’s theme is:

“Send a Message”

Monday Oct 21
- Distribution of red bracelets

Tuesday Oct 22
- Ty Sells “Clear the Air” Presentation during the day for students
- Ty Sells “Making Connections” Parent Presentation - 7pm - HS Auditorium
- Provider Fair 6:30-8:30 HS lobby with:
  - Long Island Council on Alcoholism and Drug Depend (LICADD)
  - Seafield Manhasset
  - Long Island Crisis Center
  - Kenneth Peters Center
  - plus other providers

Wednesday Oct 23
- Ty Sells “Clear the Air” Presentation during the day for students

Thursday Oct 24
- Wear Red

Friday October 25
- NSCASA Context Winners Announced
- Acoustic Cafe - 7pm HS Cafeteria
TY SELLS "MAKING CONNECTIONS" PARENT PRESENTATION

WHEN
TUESDAY, OCT. 22ND, 7PM

WHERE
450 GLEN COVE AVENUE
GLEN HEAD, NY

MORE INFORMATION
Recognized as an individual who cares deeply for the well being of youth, Ty is known for his charisma and leadership. Not just a speaker, Ty brings over twenty two years of experience in drug prevention and community service, and youth development. Ty is an Ohio Certified Prevention Specialist II. He received his BA in Communication from The Ohio State University and is currently the Director of Training for Youth to Youth International in Columbus, Ohio. In 2012, Ty was awarded the “Prevention Innovator of the Year” Award by the Ohio Department of Mental Health and Addiction Services (formerly ODADAS) for his development of creative prevention trainings and consultation with schools and organizations across the state. While working closely with the youth, he has gained first-hand knowledge of the joys and challenges of being young today. Ty has developed a number of trainings, workshops, and presentations for both youth and adults to address the many complex issues that confront today's young people.

There will also be a provider fair from 6:30-8:30 with local support services.

BREAK THE CYCLE: PUTTING A STOP TO DATING VIOLENCE

On Wednesday October 16th from 11:15-12:15 the senior class will see the 'Break the Cycle' healthy vs. unhealthy relationship presentation. This is a powerful presentation that should not be missed. As we prepare to send our seniors off to college it is paramount that they learn what healthy relationships look like.

Caryn Krucher delivers a riveting firsthand account of her horrifying experience of what it was like to be trapped in a relationship that turned abusive and violent. She recaps the warning signs she missed that eventually led to a tumultuous breakup. The play-by-play of her 911 call, kidnapping, and survival of attempted murder, captures the
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Caryn’s survivor story, and description of the ordeal she faced, brings the discussion of Dating Violence to the forefront.

In addition to Caryn’s incredible survivor story, topics covered during the seminar include:

- Defining what Dating Violence means
- Identifying the patterns of violence in relationship
- Discussing who is affected by Dating Violence
- Covering the increasing national statistics of Dating Violence
- Most importantly, clearly understanding the warning signs of an unhealthy relationship

TIME OUT! PREPARING FOR LIFE AFTER HIGH SCHOOL

Hey Seniors!
Are you dreaming of some down-time to work on your college and career prep? Do you wish you had experts available to coach you through? Well, we have good news for you! We've cleared your calendar, carved out a few hours, and given you the gift of time with experts in the field.

The North Shore High School Counseling and English Departments are happy to present a series of college and career workshops during our special half-day program – Time Out! Preparing for Life After High School.

**Acing the Interview**
- Georgetown Alumni Interviewer, Dan Doherty, and Sacred Heart Admissions Officer, Evan Miller, will discuss interview Do's and Don't's and the students will participate in mock interviews

**College Essay/Resume Workshop**
- Adelphi Admissions Counselors and North Shore English teachers will be available to review your college essays
- Director of Secondary ELA, Julie Ritter, will help you create a resume that stands out

**Common Application/Naviance Workshop**
- High School Counselors will assist students with any Common Application assistance they may need
- Counselors will also assist with Naviance support in terms of inviting teachers, adding schools and linking applications

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**ARTICLES**

**HEALTHY MENTAL AND EMOTIONAL DEVELOPMENT**

Healthy Mental and Emotional Development
https://www.mhanational.org/healthy-mental-and-emotional-development

Tips for Talking About Mental Health
https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health

**WHY PARENTS SHOULD BE CONCERNED ABOUT THEIR KIDS EQ NOT JUST THEIR IQ**

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<thead>
<tr>
<th>Service</th>
<th>Description</th>
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<tbody>
<tr>
<td>450 Glen Cove Avenue, Glen H...</td>
<td>northshoreschools.org</td>
</tr>
<tr>
<td>dohertyd@northshoreschools...</td>
<td>(516) 277-7030</td>
</tr>
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@NoShCounselor