

N O V E M B E R 2 0 1 8

Student Center Newsletter

Bayonne High School



STUDENT CENTER CONTACT INFORMATION

Mrs. Renae M. Bush
Director of Student Personnel Services

201-858-5925

Mrs. Patricia Smith x7885
psmith@bboed.org

Ms. Maura Cangiano x5827
mgalano@bboed.org

Mrs. Narlin Bates x5591
krice@bboed.org

Ms. Christy Glock x5823
Freshman Transition Coordinator
cglock@bboed.org

Thanksgiving & Gratitude

Thanksgiving is a day to give thanks. However, at times for some it can feel like there is not much for which to be thankful. One suggestion to consider is a gratitude diary, which can sometimes help shift a negative mindset. Sure, a diary can be used to offload lots of emotions and negative thoughts (that we aren't brave enough to share with someone). However a dedicated gratitude diary helps them to identify something that helps them feel good. This feeling is generated by the mental thought, brings about a positive feeling that they can register in their body. They can write down 3 to 10 things they feel grateful for each night for a few weeks and notice the difference in how they feel.

2nd Floor Youth

For some, the holidays can be a stressful time. Please be aware 2nd Floor is a helpful support hotline available to all students 24 Hours per Day, 7 Days per Week.

888-222-2228 www.2ndfloor.org Search 2nd Floor in the App Store

In all emergency situations, please call 911.

HELPFUL INFO & EVENTS

Election Day – Nov. 6th



Elections are based on the concept of individual empowerment, and everyone having a “voice” to help influence the world around them. We encourage all our students to use their voice for positive change, and to foster personal growth. Students are always welcome in our Student Center to use their voice to make positive change in their own lives, and potentially the lives of others.

BHS College & Career Counseling

In lieu of the Teen Center, the Student Center and the Guidance Department are pleased to announce **College and Career Counseling**-- a new after-school program designed to assist high school students in planning for their futures. Contact Mrs. Smith in the Student Center or Mr. Vazquez in Guidance to learn more!

WHEN: Monday-Thursday 6pm-8pm
Friday 3pm-6pm

WHERE: BHS Guidance Department

Need help applying to college and planning for your future?

College and Career Counseling
now available
Monday - Thursday (6pm - 8pm)
and
Friday (3pm - 6pm)
in the
BHS Guidance Department

Please contact:
Mrs. Smith in the Student Center or
Mr. Vazquez in the Guidance Department.

NAViance
College & Career
PLANNING

SAT
CollegeBoard

HMM

**COLLEGE
PLANNING
CHECKLIST**

fastweb!

RaiseMe!

SCHOLARSHIPS.COM
You Find Money. Colleges Find You.

Success 101

Additionally, we will again be offering our **Success 101** program, run by Csilla Caputo, BHS Mathematics teacher. The educational, interactive program is based on the popular book, “The 7 Habits of Highly Effective Teens.”

Where: BHS Student Center (House 6, 1st Floor, Room 124)

When: Tuesday – 3:00PM to 5:00PM

Who: All Bayonne high school aged teens. Must bring ID.

If interested, students should stop by Room 218 to talk to Mrs. Caputo. Also, the Google Classroom code is: **s18sv6**.

Patricia Smith
SBYSP – Manager/Counselor

