

Boyertown Senior High School Counseling Department Newsletter

NOTE FROM YOUR SCHOOL COUNSELORS

We miss you! We hope this newsletter finds you safe, healthy, and in good physical and mental health. We think about you daily. Please make sure to reach out if you need anything. Feel free to email us to arrange other times, outside of our office hours, to communicate. Below are the times we can be immediately reached.

COUNSELOR OFFICE HOURS

Ms. Frymoyer, students with the last name A-Crou
8am-10am, Monday-Friday
E-mail address: afrymoyer@boyertownasd.org

Mrs. Shive, students with the last name Crow-Go
8am-10am, Monday-Friday
E-mail address: bshive@boyertownasd.org

Ms. Virtue, students with the last name Gp-Lat
8am-10am, Monday-Friday
E-mail address: kvirtue@boyertownasd.org

Ms. Gallagher, students with the last name Lau-Oc
10am-12pm, Monday-Friday
E-mail address: sgallagher@boyertownasd.org

Mrs. Mazzie, students with the last name Od-Sh
10am-12pm, Monday-Friday
E-mail address: cmazzie@boyertownasd.org

Mrs. Greener, students with the last name Si-Z
8am-10am, Monday-Friday
E-mail address: cgreener@boyertownasd.org

Tracy Ali, School Counseling Secretary
tali@boyertownasd.org

Michelle Bright, Career Assistant
mbright@boyertownasd.org

Ms. Frymoyer, students with the last name A-Crou
8am-10am, Monday-Friday
E-mail address: afrymoyer@bovertownasd.org

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MINDFULNESS FOR EMOTIONAL WELLBEING

Mindfulness is about focusing attention on the present, rather than focusing on the future. Research shows that mindfulness:

- Increases self-awareness, social awareness, and self-confidence
- Increases emotional self-regulation
- Reduces the severity of depression, anxiety, and ADHD
- Builds resilience

Here are three free mindfulness apps to download on your phone:

- Calm App
- Aura Health
- Down Dog

Coping skill activities to try at home:

Headspace- Stress less. Move more. Sleep soundly. Headspace is offering free support during the current global crisis.

Free Printable Coloring Pages- Coloring can relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind.



April 2020

REMINDERS

SENIOR REMINDERS

-Complete any missing assignments you owe. This is a perfect opportunity to get caught up!

-If you are college-bound, have you completed your FAFSA and PHEAA applications? Don't miss this chance at financial aid!

- If you registered for and took dual enrollment courses with us, don't forget to order a Montco or Harrisburg transcript to be sent to your college in June or July.

-If you are taking an AP course, please check Mrs. Greener's AP google classroom for updated information!

JUNIOR REMINDERS

-Use this time to get caught up on schoolwork you are behind on

-Course requests deadline is May 15!

-**Career Portfolio Information:** 3rd Quarter Uploading of documents to SmartFutures is the only component required. You are no longer required to complete/upload a Job Shadow- you are exempt. If you did complete this activity, you should upload your assignment to SmartFutures so you do not lose it.

-If you are taking an AP course, please check Mrs. Greener's AP google classroom for updated information!

-Practice for the SAT / ACT

-The Khan Academy is a free tool to help prepare you for the SAT. Link your College Board account with the Khan Academy to get personalized test prep!

-The ACT Academy is a free tool to help prepare you for the ACT!

FRESHMAN AND SOPHMORE REMINDERS

- Get caught up on your schoolwork! This is the perfect opportunity to complete missing assignments and keep current!
- Course request deadline is May 15!
- **Career Portfolio Information:** 3rd Quarter Uploading of documents to SmartFutures is the only component required.
- Look online for summer employment or enrichment activities

Crisis Services

We want to make sure that you have resources if you or someone you know is in a crisis situation, as we may not be immediately available.

Berks County Residents:

- SAM (Service Access & Management), contact number is 610-236-0530
- Local Emergency Room

Montgomery County Resident:

- Montgomery County Mobile Crisis, contact number is 1-855-634-4673
- Local Emergency Room

If you have concerns about another individual who may be in crisis, you can also access Safe to Say 1-844-723-2729, or <http://safe2saypa.org>.



