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 181 Buffalo Avenue
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THIS MONTH'S HIGHLIGHTS

- **New Counselors** (pg. 2)
- **Course Weighting Adjustment** (pg. 2)
- **Senior Spotlight** (pg. 3)
- **Updated Club List** (pg. 4)
- **Upcoming Events** (pg. 4)
- **Back to School Tips for Parents** (pg. 6)

Edited by: Kerri Silsbe and Lauren Tirado

Patchogue Medford Guidance Department Counselors

For assistance, please call your individual buildings main line to be connected with the counseling office or use the links below.

High School Counselors

Counselor	Grades 9-11	Grade 12	ENL	Contact Information
Ms. Lieberman	A-CAP	A-CAL		631-687-6546 slieberman@pmschools.org
Mr. Matamoros		CAM-CUZ	A-G	631-687-6539 ematamoros@pmschools.org
Ms. Silsbe	CARR-FORR	D-FUENTES		631-687-6545 ksilsbe@pmschools.org
Ms. Rohme	FOX-JONES	FUR-JONES		631-687-6547 erohme@pmschools.org
Ms. Nieto	JU-MIR	MAR-MEJ		631-687-6537 anieto@pmschools.org
Ms. Ceballos		K-MAN	H-O	631-687-6634 cceballos@pmschools.org
Ms. Leon-Pineros		PAL-ROC	P-Z	631-687-6535 mleon-pineros@pmschools.org
Ms. Tirado	MIS-REY	MEN-PAD		631-687-6536 ltirado@pmschools.org
Ms. Romani	RIB-STEW	ROD-SUD		631-687-6543 gromani@pmschools.org
Ms. Space	STI-Z	TAC-Z		631-687-6538 mSPACE@pmschools.org

Middle School Counselors

Oregon Middle School	Saxton Middle School	South Ocean Middle School
Ms. Carpluk	Ms. Verdecchia	Ms. Hughes
Ms. Owen	Ms. Iammatteo	Ms. Ramos

Patchogue Medford High School Guidance Department

NAVY (SEAL) LT MICHAEL P. MURPHY CAMPUS

Special Announcements

- **Please Welcome our New Counselors!**

- **Ms. Ceballos** has joined the Guidance Team at the Patchogue-Medford High School this September 2022 as an additional Bilingual School Counselor.
- **Ms. Nieto** has joined the Guidance Team at the Patchogue-Medford High School this September 2022.
- **Ms. Verdecchia** has joined the Guidance Team at Saxton Middle School this September 2022.

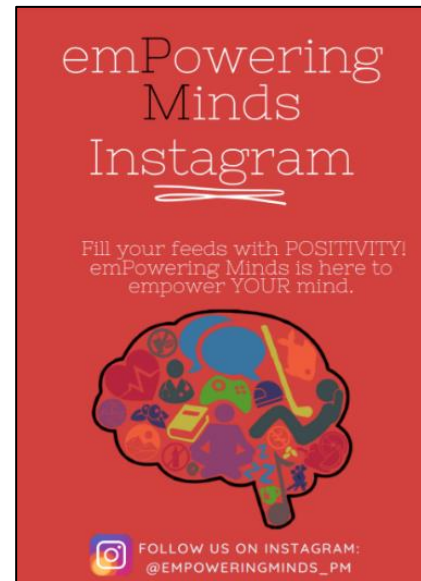
We are very happy to have them joining the Patchogue-Medford community and becoming a part of the incredible counseling and guidance team.

- **Course Weighting Adjustments**

- Because the degree of difficulty varies, a system of weighting the final course marks, when calculating class rank, will be constructed as follows:
 - Advanced placement courses - 1.10.
 - All courses with a college articulation agreement – 1.10
 - Honors - 1.05.
 - All upper-level music courses (Wind Ensemble, String Ensemble and Choral Ensemble) – 1.05
 - Regents courses - 1.00.

- **emPowering Minds Club**

- 22-23 Theme: BE INSPIRED
 - Be Motivated
 - Engage in Learning
 - Individuality
 - Navigate Emotions
 - Self-Care
 - Positivity
 - Increase Empathy
 - Resiliency
 - Evaluate Actions
 - Diversity
- Instagram [@EMPOWERINGMINDS_PM](https://www.instagram.com/EMPOWERINGMINDS_PM)
- Increasing student involvement in promoting Mental Health Awareness
- Students will have the opportunity to
 - Educate themselves and their peers about mental health issues
 - Take part in the creation of PSA videos
 - Help with monthly campaigns by contributing their own ideas for Instagram posts and videos
 - Collaborate with other School Clubs to promote awareness
- Want to join the club? See Ms. Rohme or Ms. Lieberman in the Counseling Office
 - Meetings twice a month on Fridays afterschool





College Connections



Monthly College Connections

Check out a host of information regarding college programs, virtual visits, financial aid programs, etc.

Students can find it in the "[College Connections](#)" folder in the Resources tab of [the Guidance Office Schoology Group](#). Parents can find it [here](#) on the High Schools website or on [Naviance](#).

September 2022

Macaulay Honors College Virtual Information Session

[Register Here](#)



October 18th @ 4:00pm

November 10th @ 4:00pm

CUNY SCHOOLS: Undergraduate Information Sessions

Learn more about different programs and schools within the CUNY system.

[Register Here](#)

How to Complete the FAFSA 22-23

[Check out a helpful instruction list here.](#)

Senior Spotlight

Article: [Important College Admission Terms](#): College admission can get confusing with so many school types, applications, deadlines, and faculty members to keep track of. This handy glossary can help!

Article: [How to Use Your Writing Toolbox for a Rich Admission Essay](#): Application essays hold more weight than ever as college admission changes. Here's how to use your writing skills to make an impact on the admission committee.

Article: [10 Important Things to Consider Before Applying to College](#): The college search and admission process gives you a lot to think about, but these 10 things are crucial to consider before you send in your applications.

Article: [College Xpress Our Best Advice for Tackling Your College Applications](#): Not sure where to start with the college admission process? Check out our favorite articles to help you work on your college applications from start to finish.

SUNY SCHOOLS: Activities and Events

Attend virtual information sessions to learn more about SUNY Schools.

[Register Here](#)



Scholarship Highlights

Title	Description	Due Date
StudentScholarships.org	An online resource with scholarships for the upcoming months.	Varies
Scholarship Guidance	15 Scholarship Programs that will give out more than 85 Individual Scholarship Awards during the 2021-2022 school year. Sign up for their weekly newsletter!	Varies
Fastweb.com	An online resource with information about scholarships & more.	Varies
Scholarships.com	An online resource that helps match you to potential scholarships.	Varies
Sallimae.com - Scholarships	An online loan resource with information about scholarships & more.	Varies
BigFutureScholarships	An online resource with information about scholarships & more.	Varies

VOICE OF DEMOCRACY



2022-2023 Theme

"Why Is The Veteran Important?"

Student Entry Deadline: October 31, 2022

Patriotic Audio Essay Competition Grand Prize: \$30,000 Award

VFW Essay Competition: "Why is The Veteran Important?"

Deadline: October 31, 2022

[Find out more here.](#)

[Voice of Democracy Rules and Eligibility](#)

SUNY Brockport

Free Application Days! [Apply for free here](#)

Coca-Cola Scholars Foundation Scholarship

Deadline: October 31st, 2022

[Check it out here!](#)



Financial Aid and Paying for College

Find helpful tips and advice offered by Southern Connecticut University:

<https://inside.southernct.edu/financial-advising>

If someone you know wants to sign-up for this newsletter they can [click here](#).

Did you know that you can register for the parent portal?

Instructions for registering for the parent portal can be found by clicking the [link here](#). The Portal contains student report cards, assessment data reports, attendance data, update guardian and emergency contact information, and view your child's course requests for next year and their schedule.



SAT/ACT Prep

Methodize Test Prep is available through your [Patchogue Medford Castle Learning Account!](#) Log in and click "Methodize"
[Study Point Free Resources](#)- Practice tests, test information

Updated Club List

There are so many clubs to join at PMHS!
[Check out the updated list](#) to find clubs, advisors, and meeting times/places.

PSAT Registration is OPEN!

Exam: Saturday October 15th, 2022
Time: Students must arrive at 7:15am

Cost: \$23.00, Money Order ONLY

Deadline to Register: Friday, October 7th in the Counseling Office

More information has been posted on Parent Square



High School Upcoming Events

- **October 12th and 13th:** Senior Class Visits
- **October 15th:** PSAT Exam
- **October 22nd:** Homecoming
 - Parade: 9:30am, Skits: 11:45am, Football Game: 2:00pm
- **November 5th:** SAT
- **October 26th:** College and Post-Secondary Mini Fair for Senior students

Any January Graduate looking to apply for PM Scholarships should see their counselor.

MIDDLE SCHOOL NEWS

Middle School Support Staff Information

School Counselors:			Psychologists:			Deans:		
Ms. Carpluk	Oregon	631-687-6823	Ms. Marghoob	Oregon	631-687-6831	Mr. Dortonne	Oregon	631-687-6809
Ms. Owen	Oregon	631-687-6825	Ms. Volk	Saxton	631-687-6747	Mr. Krawczyk	Saxton	631-687-6775
Ms. Verdecchia	Saxton	631-687-6725	Ms. Salinas	South Ocean	631-687-6647	Mrs. Mroczkowski	South Ocean	(631) 687-6617
Ms. Iammatteo	Saxton	631-687-6724	Social Workers:			Nurse's Office:		
Ms. Hughes	South Ocean	631-687-6624	Ms. Gonzaga	Oregon	631-687-6824	Ms. Kilndworth	Oregon	631-687-6811
Ms. Ramos	South Ocean	631-687-6623	Mr. Tricoche	Saxton	631-687-6723	Ms. Flynn	Saxton	631-687-6710
			Ms. Pagan	South Ocean	631-687-6622	Ms. DuPlessis	South Ocean	631-687-6610

Upcoming Events:

Oregon

- **Spirit Week:** Oct. 17th- Oct. 21st
- **Oregon Day:** Oct. 19th
- **G.O. Harvest Dance:** Oct. 27th 5:30pm-7:30pm

Saxton

- **Fall Club Fair:** Oct. 7th, 2022
- **Spirit Week:** Oct. 17th- Oct. 21st

South Ocean

- **Spirit Week:** Oct. 17th- Oct. 21st
- **G.O. Harvest Dance:** Oct. 28th, 6:00-8:00pm

Community Resources



Community Resources

Al-Anon / Al-Ateen

www.al-anon-suffolk-ny.org

631-669-2827

Association for Mental Health and Wellness

www.mhaw.org

631-226-3900

Eating Disorders Council (NEDA)

www.nationaleatingdisorders.org

1-800-931-2237

EOC Suffolk Youth & Adolescent Services

www.eoc-suffolk.com

631-447-0698

Family Service League - Bereavement, Counseling, Crisis

www.fsl-li.org

631-427-3700

L.I. LGBT Community Center

www.lgbtnetwork.org

631-665-2300

Narcotics Anonymous

www.na.org

631-884-9500

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

1-800-273-8255

Patchogue Medford Youth and Community Services

<https://www.pmycs.org/>

631-758-4100

Town of Brookhaven Youth Bureau

<https://www.brookhavenny.gov/327/Youth>

631-451-8011

National Alliance of Mental Illness

<https://nami.org/Home>

1-800-950-NAMI (6264)

Your Life, Your Voice

<https://www.yourlifeyourvoice.org>

1-800-448-3000 OR Text VOICE to 20121

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

1-800-273-8255 OR Text to 741741

LGBT National Help Center

<https://www.lgbthotline.org/>

888-843-4564

[CLICK HERE FOR MORE](#)

High School Support Staff Information

Please see the Schoology Guidance Group for the complete list

Ms. Beltrami	Social Worker	Room 132B	hbeltrami@pmschools.org
Ms. Fuggetta	Social Worker	Room 132	afuggetta@pmschools.org
Ms. Gorman	Social Worker	Room 278	fgorman@pmschools.org
Ms. Rosario	Social Worker	Guidance Office	wrosario@pmschools.org
Ms. Wood	Attendance Officer	Attendance Office	lhockney@pmschools.org
Ms. Walsh	Psychologist	Psychology Office	cwalsh@pmschools.org
Ms. Scott	Psychologist	Psychology Office	fscott@pmschool.org
Mrs. Salinas	Psychologist	Psychology Office	ZSalinas@pmschools.org

DASH- Huntington, NY

- (631)-952-3333- Crisis Hotline
- (631)-427-3700- Non-Crisis
- 24/7 Voluntary Program for individuals in a crisis
- Mobile response team of licensed professional experts
- Conduct assessments, develop safety plans, and recommend outpatient services

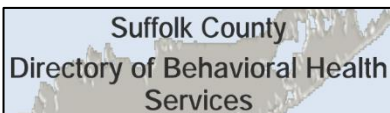
Patchogue-Medford Family Center- Saxton Middle School

- (631) 687-6750
- Hours: Monday through Friday 8:00 a.m. - 4:30 p.m.
- Food Distribution Tuesday - Friday.
- Please text @pmfc2020 to 81010 for information and times.
- Community Advocacy, Informational, and Referral Program provides information, referrals, and access to assistance with electric, oil, food, etc.
- Crisis Intervention and Short-term Counseling - Free counseling for students
- Free Parent Support and Educational Workshops
- All services offered in English & Spanish



The Suffolk County Directory of Behavioral Health Services

This is a directory of behavioral health prevention, education, treatment, recovery services and supports.



NEW CRISIS AND SUICIDE HOTLINE NUMBER

988 Coming Soon: New Number to Call for Mental Health Assistance. Starting on July 16, 2022, anyone facing a mental health crisis can call 988 and get connected to the National Suicide Prevention Lifeline (also called the Lifeline).

The line will be:

- Staffed with trained crisis counselors
- 24/7 and is free and confidential
- Unlike 911, counselors will be at the other end of the Lifeline when you dial 988.



Mental Health Matters

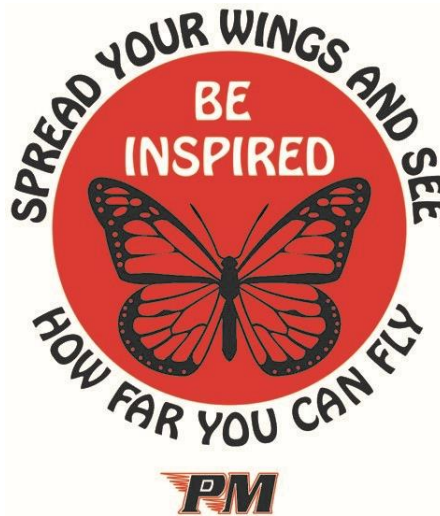


emPowering Minds Club

22-23 Overall Theme: BE INSPIRED

September Theme: Motivation

Check out the most recent posts [@empoweringminds_pm](https://www.instagram.com/empoweringminds_pm)



Be Motivated
Engage in learning
Individuality
Navigate Emotions
Self Care
Positivity
Increase Empathy
Resiliency
Evaluate Actions
Diversity

Mental Health Awareness

Article: [988 Suicide Prevention Hotline Helps Create Easier Access to Crisis Support](#): Learn more about the new 988 hotline.

Article: [15 Risk Factors for Suicidal Behavior](#): People considering suicide might show signs early on. Here's what to watch for.

Article: [2022 Statistics on Teen Suicide](#): Teen Suicide Prevention: What Everyone Should Know.

Article: [Social Media and Self Doubt](#): How parents can help kids resist the pressure created by artfully curated social media feeds.

Article: [How to Help Kids Who Are Too Hard on Themselves](#): Bolstering self-critical children who tend to talk themselves down

[NY Project Hope](#)

Monday-Friday from 9am-7pm

Calls are free, confidential, and

anonymous, 631-471-7242, ext. 1800

Child Mind Institute- [Back to School Tips for Parents](#)

“This week on childmind.org, we’ve got new advice for helping kids handle back-to-school worries and dos and don’ts for helping ease the transition. Plus, expert guidance on helping kids who struggle with executive functions, tips for managing mental health, and ideas for tackling teacher troubles.”