

PRINCETON PUBLIC SCHOOLS GUIDANCE NEWSLETTER

New School Year, New You!

Although the three words “back to school” can be daunting, it’s the perfect time to start from scratch. It’s a new school year, which leaves you open to so many new possibilities.

Starting a new school year is refreshing. You have a new wardrobe, new notebooks, new pencils, and your hair has never looked better! Getting into a healthy routine from the get-go will only help you to stay grounded for the rest of the year.

Developing a steady routine is a great way to stay healthy and focused all throughout the school year. A great tip is you can try keeping a journal or an agenda book to help keep track of your busy schedule both in and outside of school.

It’s so important to keep yourself active and healthy outside of the classroom. How can you do that? PHS offers so many different extra curricular activities that anyone can fit into. With over 100 clubs, several sports, school bands, newspapers, magazines, or your own start up – the PHS community is yours to discover.

School and life balance is crucial. We want all of you to succeed academically, but succeeding in life also includes taking care of your well-being. Making time for yourself, your hobbies, and your mental and psychical health are just as important as that AP English course.

Please see us with any questions!

- School Counseling Department



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**LIVE TO LEARN...
LEARN TO LIVE**

Important Dates

- **October 5th, 7th, 21st, 28th - #GetitDone Group**
- **October 14 - PSATs**
- **October 28 – Resume Writing Workshop**
- **November 15 - HBCU College Fair in NJ (Trenton, NJ)**

Brag Sheets & Letters of Recommendation

It's never too early to start! If you haven't already handed in your brag sheets, or asked your teachers for letters of recommendation – it's time to get on it!

You can find the senior brag sheet packet or senior teacher recommendation packet on PHS's website or in the guidance office.

You don't want to wait until last minute, and feel behind. Get yourself organized today, and start heading in the right direction for your future college plans!

Talk to your counselor today for more information!



TAKE TIME FOR YOU

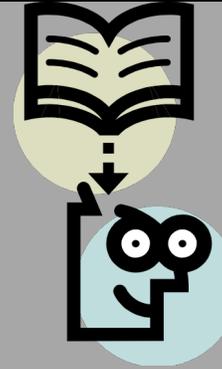
- **An apple a day... Having a healthy diet could truly aid to your wellbeing. Before heading to your classes make sure to eat a well balanced breakfast, and continue a healthy diet throughout the day.**
- **Plenty of sleep is the key... The average person should get 8 hours of sleep a night. Try to get a full nights rest when possible. Stick to a schedule, do not do schoolwork in bed, and create a bedtime routine to keep you centered.**
- **Give yourself a break... Don't let stress get the best of you. Develop a schoolwork routine, get the help you need, and always give yourself time to do the things you love!**
- **Take care of your mental health... Never be afraid to ask for help. Set yourself positive goals to keep you motivated and on track throughout the school year.**

Talk to your counselor today about other great ways that you can help your well-being.

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Reach out to your school counselor for more information about upcoming events!



Suggestions?

Want to see something in an upcoming edition? We welcome your feedback! Please email Kristina_donovan@princetonk12.org with your ideas.

www.princetonk12.org

**“LIVE TO LEARN
LEARN TO LIVE”**

“Strive not to be a success,
but rather to be of value.”
– Albert Einstein

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