

PRINCETON PUBLIC SCHOOLS GUIDANCE NEWSLETTER

Spring – A Time of Renewal

As the weather turns, and we start to open the windows and spend more time outside, I am often struck with the feeling of renewal. Flowers that have been hidden start to unfold, a cool breeze moves your hair as you face the sun... it is a perfect time to reflect on your past, and goal set for your future.

The School Counseling Department is playing with ways to try and increase both student and faculty wellness. We will be hosting a variety of events inspired by our recent wellness week. Some events include board games at break, walking groups, yoga, mindfulness, and visualization exercises. Be sure to check out twitter and website accounts for more information. Mr Velasco & I will be running some of these events, so stay tuned

As we are discussing wellness, eating and nutrition is a key component in healthy living. Please join the counseling department during our "EAT NOW" campaign where we will be spending our LUNCH break in the cafeteria modeling healthy eating. In addition to this, please see Ms. Shah or I to find out about our eating awareness seminar series. We have special guests who want to share their experiences and struggles with food and weight.

Happy Spring!

- Mrs Donovan, PHS Counselor



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

Important Dates

April 15: Schools Closed, Passover
April 16th – PHS Career Fair, 1:49 at the New Gym

April 16: Poetry Festival, presented by The Ivy; All day at the PHS PAC

April 18: Schools Closed, Good Friday

April 22nd & 23rd: PHS College Fair

April 25: PHS Art Show, 6:00 p.m.

April 30: PHS Spring Choral Concert, 7:30 p.m.

May 3: SAT Test Date

June 14: ACT Test Date

Course Selections

The course request deadline for changing classes was April 11th. Moving through the spring, the counseling department will start to receive placements for Peer Group, Big Brother / Big Sister, Band, Orchestra, and Chorale. Take a few minutes to speak with your counselor when you receive your placement to ensure that you have room in your schedule, and that you have the correct course request in the system. Furthermore, if you are looking to move into an advanced, accelerated, or AP class and did not have the grade during midyears – be sure to keep your grades up and request a re-evaluation at the end of the school year. As always remember to check your classes and ensure you are meeting all of your graduation requirements!

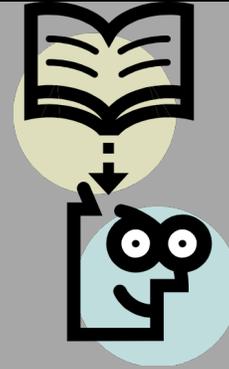
Eight Dimensions of Wellness*

- 1) Emotional
- 2) Environmental
- 3) Financial
- 4) Intellectual
- 5) Occupational
- 6) Physical
- 7) Social
- 8) Spiritual

We encourage you to incorporate each of the above aspects in your life, and take time to see where you may need some extra support. Is it emotionally? Come and speak with your counselor. Is it environmental? Take a walk during break and spend a few minutes outside enjoying the beautiful grounds. Is it physical? Carve out time to exercise. Take a few minutes to reflect where you can improve your wellbeing, as at the end of the day the most important thing is your overall wellness!

*Adapted from SAMHSA

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”**

Take 5 minutes to tell
someone you care

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