



While being a student can be incredibly fun and enjoyable, it can also be stressful. Dealing with the current circumstances has caused many changes and obstacles in our lives. It is important that we provide support for each other and remember that self-care is important to help us cope with the daily pressure and worry. It is understandable that students may feel stress, and it's totally normal to feel sad, anxious, frightened, angry, or other emotions in light of what is happening in the world around us. The stress of the pandemic makes it extra important to practice self-care, and the tips and resources below can help you with this.



- Keep to your routines as much as possible.
- Try to maintain healthy habits for yourself.
- Seek support.
- Adopt mindfulness and relaxation techniques.
- Pause for mental breaks.
- Allow for moments of self-reflection.

Remember that your school counselors are here to help you! If you need support, please reach out to them!

Suzan Dincer & Tasha Mosconi, Curriculum Directors

- Don't underestimate your own resilience.



Credit: Day-Yi Katharina Wang

CJCP Race and Equity PLC is looking for submissions of pictures, recipes, short video clips, read aloud video stories to publish in the upcoming newsletters, or post on our school social accounts. We are open to celebrate our cultural diversity at CJCP all year long.

Please send in recipes of your favorite ethnic foods (try to make one with your child and don't forget to picture it), stories that tell about your culture, pictures of your family when you dressed up specific to your culture/heritage, etc.

CJCP stands united with our students, parents, faculty, staff, and volunteers against racism and injustice. Let us embrace each other's differences and act united to stay as a strong community.

We look forward to learning and sharing more about our diversity. Please submit your content via email to acebe@cjcollegeprep.org.



CJCP's Finest: Mental Health Awareness 5K Run Group

Maschio's Food Services, Inc.

Grab-and-Go Meals

Healthy meals grow *healthy kids!*

No Charge Meals for all students!

In-school learning - pick up after school in the cafeteria

Virtual pick up - Mondays and Thursdays in the cafeteria

Follow Us @maschiofood

Welcome to the School Counselor's Corner



Welcome back CJCP students and families!

The school year is already full steam ahead and the school counseling department is excited to be working with the CJCP students for the 2020- 2021. school year. From now through the end of the year, the school counselors will be teaching classroom lessons once a month to every student. Each lesson will focus on specific topics geared toward teaching CJCP students the various skills they need to have a successful school year academically, socially and emotionally.

Our School Counselors at CJCP do not only offer classroom lessons, but we are available for support to the students and the school in many other ways. First and foremost, we work with all students to encourage a safe school climate. We meet individually and/or in small groups with students based on teacher/parent referral or student request. Some topics we provide support for are college/career information, academic guidance, positive behavior choices, grief/loss counseling, self-esteem, anxiety, and social skills. We also collaborate with parents/guardians, teachers, support staff, and administration to reach students' social, emotional, and academic needs.

For the month of October, classroom lessons have been focused on respect, kindness, and bullying prevention. These messages are also promoted by students' classroom teachers. All students are encouraged to join their assigned counselor's Google classroom (by using their CJCP email address) for additional resources on the monthly topic and on social and emotional well-being.

All of our students at CJCP have an assigned school counselor based on their grade level. Below is our contact information and assigned

grades, if you would like to reach out to us about any questions or concerns you have about your child's academic, social, or emotional needs.

Ms. Amanda McIntyre

School Counselor, Grades K-3

Email: amcintyre@cjcollegeprep.org

Phone: 732-649-3954 ext. 1105

Google Classroom K-3:

<https://classroom.google.com/c/NiQ5MjQ4MzZM2OTRa?cjc=sx7evwk>

Mrs. Natalie Perez- Sudah

School Counselor, Grades 4-6

Email: npsudah@cjcollegeprep.org

Phone: 732-649-3954 ext. 1631

Google Classroom 4-5:

<https://classroom.google.com/c/MTY3NzQ2NDE0NTkx?cjc=kvqc546>

Google Classroom 6:

<https://classroom.google.com/c/MTY3NzQ2NDE0NzQz?cjc=hz5uv2c>

Ms. Laura Alvarez

School Counselor, Grades 7-9

Email: lavarez@cjcollegeprep.org

Phone: 732-649-3954 ext. 1201

Google Classroom 7-9:

<https://classroom.google.com/c/MTgwNTFyNDg1NjM3?cjc=jqxb7el>

Mr. Victor Suslu

School Counselor, Grades 10-12

Email: zsuslu@cjcollegeprep.org

Phone: 732-649-3954 ext. 1321

Mrs. Barbara Grossmann

School Counselor, New Brunswick Campus

Email: bgrossmann@cjcollegeprep.org

Phone: 732-532-6848/732-532-6851

