

2018-2019

# KNIGHT TALK

## COUNSELING NEWSLETTER, Q1



### Current Happenings

The majority of **Senior Meetings** have taken place with only a few Seniors left to be seen. During Senior Meetings we discuss your plans for after graduation, and if needed, develop a way for you to achieve your goal. Every student wants to do something different after High School and your Senior Meeting is a great time for us to come up with a custom plan for you. Some students are unsure what they want to do after graduation, and this is OK! We will come up with a plan, and I will follow up with you throughout the year until we are both comfortable that you have something in place for after graduation. If you haven't had your Senior Meeting yet, stop by the Counseling Office and speak with Ms. Debbie about your appointment.

**Junior Meetings** have just started to get underway. Junior Meetings are a great time for us to make sure that you are on track for graduation. We discuss courses you will need to take in Senior Year to meet graduation requirements, what you think you would like to do after graduation, and discuss steps to set you in the right direction to meet your goal. Junior Meetings are very important because when it comes time to do course selection for next year, you're most likely going to want to know what you "have" to take. This is different for each student, and without your Transcript Audit and Junior Meeting, you won't know exactly what you need to take to meet graduation requirements. Also, if you did not turn in your Transcript Audit, you will NOT get priority scheduling, which means underclassmen will have their schedules fixed, before you have a chance to make yours.

### ATTENTION!!!

**SENIORS** if you are planning on going to College or a Tech School after graduation, you should have your applications DONE. You should have your FAFSA completed. In January scholarships will start to come in, so make sure you are listening to the announcements or touching base with Ms. Debbie regularly regarding scholarship applications. If you are a Senior who has made significant academic, attendance or disciplinary improvement over the last four years, talk to Ms. Debbie about the Senior Self Improvement Award!

If you are not planning on going to college, make sure you have a PLAN! If you want help making a plan for after graduation, please let me make an appointment with me!

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### First Quarter Happenings

October 10th was SAT School Day

October 17th was ASVABS for all Sophomores

October 24th was PSAT for all Juniors

### Upcoming Events/Things to Remember

October 15th—NCI opens , closes December 15th—Juniors

November 16th—Parent Conferences

November 29th—Suicide Prevention and Intervention 9th and 11th grade Health classes

December 3rd—Lenfest Scholarship opens , closes January 4th—Juniors

December 4th - Chem II Placement Testing 8am, Computer Lab

December 13th ASVAB review during English 10 for students currently enrolled in English 10.

February—ASVAB review during English 10 for students enrolled in English 10 second semester

March—Overnight College Trip for Juniors and Sophomores

March—SAT School Day (if you're a college bound Junior, you should be at this test!)



**ATTENTION (cont. from pg. 1)**

**JUNIORS:**

This year you should be focused on college and career exploration. If you're planning on going to college you should be researching and visiting colleges, familiarizing yourself with college applications, getting letters of recommendation, taking your SATs and planning out your Senior Year. If you are planning on entering the workforce, you should be job shadowing, visiting possible employers, talking to people who work in your field of interest and laying the groundwork for a transition into

your career of choice. Please let me know if you want help or ideas!

Lenfest and NCI applications are open! The Counseling office also has information on Keystone Boys State for any Junior boys interested in this leadership opportunity!

**SOPHOMORES:**

We had no applicants for HOBY this year, if you think you may be interested in this leadership opportunity, please see the Counseling office!

**Noteworthy!**

Allison Crevier has been nominated by staff and peers to complete for the DAR (Daughters of the American Revolution) scholarship. If you see Allison be sure to wish her luck!

**Regarding Scheduling**

The "plan" for scheduling this year is very similar to the way scheduling was handled last year. Students will complete course selection early in the new year. After course selection has been completed a master schedule will be built and students will be electronically placed into courses. The plan is to have all tentative schedules out to students by the end of March, with schedule changes to take place during the month of April. Moving scheduling out of May, when Keystones take place. Scheduling is a time consuming process and quite a hairy beast. The Counseling Office will keep you updated on all things scheduling related, but we do ask for your patience as the process moves along. Please remember Mrs. Harvey is out of the office in the summer, so please be proactive

**Career Corner with Dr. Rapuano**



On Friday, October 26, 2018 approximately 45 Juniors attended the HACC "Experience Day". The full day field trip is part of the 11<sup>th</sup> Career Research Projects that students complete with Mrs. Martin in their English classes as part of the Career Exploration standards. This was an event offered by the Gettysburg Campus of HACC and Sara Maines, Admissions Representative led the students through several activities including four breakout sessions- Introductions to- Medical Assisting, Nursing, Mechatronics and Computer Technology. The students also participated in a group presentation of all that HACC has to offer in addition to their agreements with four-year colleges. The students had the opportunity to ask questions and participated in a group team-building exercise. Many thanks to the Gettysburg HACC Campus for hosting the career exploration "Experience Day".

## What Can We Do About Bullying

I've been hearing a lot lately about "bullying" both from students and parents, so I want to take some time to discuss this very important topic. I say "bullying" because the term is used so widely to cover such an array of scenarios – that often "bullying" is not "bullying" but instead falls into the category of conflict, rudeness, meanness, or drama. People will always say and do things, that we find upsetting, do not agree with, or that outright hurt our feelings and can cause us emotional pain – but that does not mean they are being a bully or that we are being bullied. So let's start with differences between bullying and other forms of mean/rudeness.

**Rudeness** is when someone accidentally says or does something to hurt or bother someone else. Rudeness could be burping, jumping ahead in line, pushing someone out of the way, bragging about grades, not holding a door, accidentally bumping into someone, saying something about someone's appearance etc. Rudeness is something we are **all** guilty of. Rudeness is usually shown through thoughtless words or behaviors that are done on accident with no intent to harm.

**Mean** on the other hand, is slightly different than someone who is being rude. When someone is being mean they are usually being intentional and have an intent to hurt or cause harm. Someone is being mean to you when they make comments about your clothing, appearance, grades, friends, etc. Someone who is being mean is purposefully saying things to be cruel, to hurt you and to get a reaction out of you. As much as it hurts and sucks when people are mean to us, this still isn't bullying – it's meanness, it may cause conflict, it does hurt, but it's not bullying. So what IS "bullying"?

**Bullying is intentionally aggressive behavior, repeated over time, that involves an imbalance of power.** In order for it to be bullying, it **must** have all three of those characteristics – an intent to harm (not accidental, but actual intention of doing harm to another), a power imbalance, and repeated (yes, repeated) acts or threats of aggressive behavior. Bullying may be physical, verbal, relational, or carried out via social media/text/online (cyberbullying).

Physical aggression and cyberbullying are pretty clear, but relational aggression and verbal aggression may not be. Verbal aggression is when someone is using words to hurt another person intentionally and are saying the words **DIRECTLY** to the person, within the person's hearing, or online. People will always talk about other people, you cannot stop people from talking about you or saying mean and nasty things about you – even when you're an adult. People are allowed to have their opinions. People however, **are not** allowed to harass you, they **are not** allowed to spread viscous hurtful rumors about you, they **are not** allowed to slander you, they are **not allowed** to use social media to torment you. They **are not** allowed to repeatedly say hurtful things to your face over and over again. They **are not** allowed to stand within your hearing and say nasty things over and over again. They **are not** allowed to taunt you.

Relational aggression is when we use our relationship with someone, to hurt them. An example of this would be "You can't be friends with us, if you're friends with her" or "If you do that, no one will be friends with your" or "We're going to tell the whole school what you did". Relational aggression can be very difficult. It often means social exclusion, being shunned, hazing or spreading rumors that can destroy someone's reputation.

The effects of bullying can last a lifetime and affect our confidence and how we interact with other people. It can affect the future relationships we try to build, make us question our abilities, and cause permanent insecurities. So, what gets done when bullying is reported? Every incidence of bullying is investigated. **Every. Single. One.** The issue is, not all incidents get reported, and of the incidents that get reported, upon investigation, not all incidents are bullying. When bullying is reported, it is investigated. Witnesses are called, written reports are made, students are interviewed, and teachers are asked about any interactions they may have seen. Once a determination has been made, disciplinary action may occur. The victim, or student who reported the information, will most likely **not** be informed of the conversations that have been had with the other student (s)/reported bully. Information regarding any investigation, reports that are made, are all kept **confidential** because everyone is entitled to their privacy. Depending on the specifics, different levels of school administration or the police may become involved. Disciplinary action could take place or charges could be pressed.

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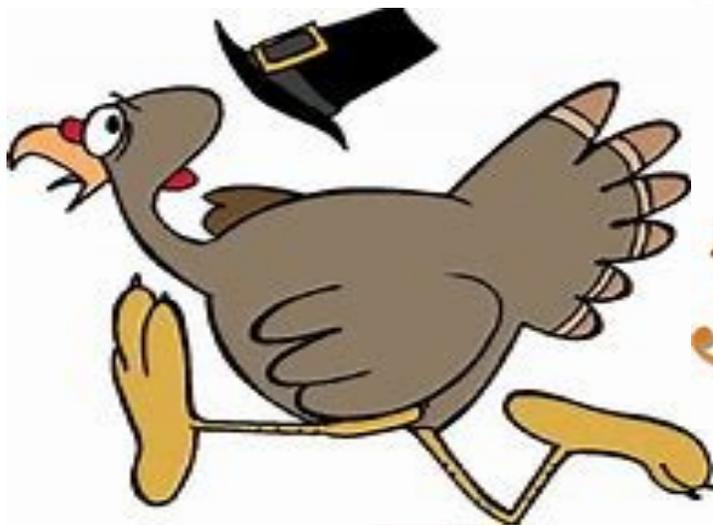
(What Can We Do About Bullying Cont.)

Not everyone is going to like you, and you're not going to like everyone, but we must all learn to coexist and we must all learn that **WE** are responsible (each and every one of us, teachers included) for making Fairfield a school where we can all be safe and feel comfortable in our own skin without worrying about someone bullying us. **WE** are responsible for our school culture and climate. There will always be petty, mean people in the world, but we don't have to be those people. We are all responsible for making our school community the way we want it to be, and that means we each have to do our part.

Bullying is **NOT** tolerated. If you or someone you know are the victim of bullying, and it's happening here at school, I encourage you to reach out to a teacher that you feel comfortable talking to, write a statement and bring it to the office, anything to let us know what is going on. **We can't stop it or prevent it, if we don't know that it's happening.** There seems to be an underlying theme where students think "they're not going to do anything anyway" - I assure you, we do. Or "if I say something, it will make things worse". These mentalities are what allow meanness and bullying to continue. By not standing up to it, you are saying "I'm ok that this is happening". Shout out to those of you who stand up for others when you see your peers being mean. I've heard 3 reports of students **JUST TODAY** who have stood up for others because it was the right thing to do. Kudos to you, standing up to our peers is not easy.

We all have to work together to make it clear that bullying is unacceptable. We must remember too that rude, mean, petty people will always be around us, and to an extent we have to be resilient and not care what they think or say (what other people think of us is none of our business) but there is a difference between bullying and meanness or rudeness and **bullying is never ok.**

If you see something, say something.



*Happy  
Thanksgiving*