



Fox Lane Guidance Department Fall 2022 Newsletter



WELCOME BACK!

This is our first newsletter of the 2022-2023 school year. Newsletters are sent out three times a year to keep parents apprised of guidance information and events. We have linked pertinent information to this newsletter (including a timeline for each grade), however our full library of handouts can be found on our website: <https://www.bcsdny.org/domain/120>.

All students will be assigned a counselor, ideally for their entire high school experience. In addition, we try to keep siblings with the same counselor so families will only need one contact in our department. Although counselors get to know students best through frequent personal contacts, counselors gain a great deal of information about students through teacher reports, parent contact, student records, and participation in Group Guidance. By the senior year, guidance counselors are in a position to write a comprehensive recommendation for each student.

As we enter another school year, please know that your child's guidance counselor is here to support you in a variety of ways. School counselors provide services to all students – personal counseling, academic advising, test interpretation, record keeping, high school program planning, schedule changing, career planning, college placement, teacher liaison, and parent advisement. Students receive these services in varying amounts according to their needs. If you ever need anything, please feel free to reach out; we are here to support you and your children.

TIMELINES

We recommend that you review the [timeline](#) that corresponds to your child's grade level to stay up to date on the year's events. Occasionally, dates may need to change and we will email families if this occurs.

TECHNOLOGY CONCERNS

Students who are having issues with their Chromebook, WiFi, portal, or any other technology issue should use the [Student Help Desk](#) ticket or stop in the library at the Student Help Desk during school hours. Counselors cannot assist with technology issues.

PSATs / TEST PREP

All juniors will be sitting for the PSAT on October 12, 2022. All other students will be on a delayed schedule that day. There is no fee for the PSATs. While no preparation is required for the PSATs we encourage student to create or use their [Khan Academy](#) account for free online test-prep for the PSAT. Khan Academy is the one test prep organization that is affiliated with the College Board. (Students who already know that they prefer the ACT can also find free prep on the ACT website: [ACT Test Prep](#)). Please refer to a letter that will be sent shortly regarding the PSATs from Kristy Emery for more detailed information. Juniors should have already received a PSAT Student Guide in their English class which contains a practice exam.

We highly recommend that prior to taking the exam, students get a good night's sleep, eat a hearty breakfast, and come prepared with #2 pencils (non-mechanical) and a calculator.

PSAT results should be available electronically in mid-December. Students and families are encouraged to reach out to their guidance counselor to develop an individual standardized test plan for college admissions.

The PSAT will be available to sophomores who wish to take it. Taking the PSATs is optional and is only recommended for students who are accelerated in Math. A Google Form will be sent out to *sophomores* so students can confirm whether or not they plan to come in on the 12th to take the PSATs. Reach out to your child's counselor if you would like to discuss the pros/cons for taking the exam.

TESTING ACCOMMODATIONS FOR THE PSATs:

If your child receives testing accommodations in school, please check with your counselor to ensure that you applied for testing accommodations for all College Board exams. Getting accommodations in school does NOT guarantee that a student will be approved by the College Board for testing accommodations. Students need to apply early as it can take up to 8 weeks to be approved for accommodations. Students only need to apply once during high school in order to be approved for testing accommodations.



CLASS REMINDERS

CLASS OF 2023

GROUP GUIDANCE:

We are in the midst of Senior Group Guidance. Seniors will meet each E and 5 Day with their counselor to work on each component of the college application process. Seniors should also schedule individual meetings with their school counselor, as needed, throughout the college application process.

SENIOR PARENT NIGHT:

The FLHS Guidance Department invites you to attend the College Planning Program on *Thursday, September 29th*. This presentation will take place in the high school theater. The Guidance Department will review the college application process in general, with specific attention given to our office procedures for sending transcripts and teacher recommendations via Naviance.

FERPA WAIVER:

Very important - Before the Guidance Department can send out transcripts and letters of recommendations - Students must: (1) authorize FLHS to release their records (ie. transcript, letters, etc.) to the colleges they are applying to, and (2) choose whether or not to waive their FERPA rights regarding their letters of recommendation. While students completed a FERPA waiver on the Common Application, parents/guardians must also sign and return the [FERPA Waiver](#). No documents will be sent from the FLHS Guidance Department before the waiver is completed.

COLLEGE VISITS:

College Visits are in full swing in the Guidance office! All throughout September and October College Admissions Officers will offer FL students virtual and in-person information sessions. While an updated list is available through Naviance we have here is the [list](#) as of 8/30. Senior participation is strongly encouraged as these visits contribute heavily to a student's demonstrated interest. Students should pre-register for information sessions through their Naviance account.

BRAG SHEET:

If you haven't already submitted your Brag Sheet for the Guidance Department, please do so at your earliest convenience. Please reach out to your child's Guidance Counselor if you need the Brag Sheet questions.

ESSAY HELP:

Seniors who are looking for college essay help this fall are encouraged to access the FLHS Writing Center. Please see the schedule for the [Writing Center here](#).



CLASS OF 2024

PSATs:

Please read the section above regarding the PSATs on 10/12.

GROUP GUIDANCE:

During junior group guidance we will cover the entire process for applying to college. Stay tuned for a Winter start date!

COLLEGE VISITS:

Each fall college admissions officers visit the FLHS Guidance Office to conduct brief information sessions. While these sessions are geared towards our seniors, interested juniors may attend **ONLY IF** the info session is being held during their lunch or free period. Here is the current [list](#) as of 8/30, and the most up-to-date list is available through Naviance. All information sessions will take place during September and October. Students should pre-register for information sessions through their Naviance account.



SENIOR PARENT FINANCIAL AID INFO

Please read this section even if you have completed financial aid forms for older children in the past as deadlines are now much earlier.

1. Families are able to complete both the FAFSA and the CSS Profile beginning October 1, 2022. Deadlines for completion vary from college to college but October 1st is the universal start date.
2. Families will use the "prior-prior" year's tax returns to complete the FAFSA. This means that financial aid packages and scholarships will be based on 2021 tax returns. Students who are applying Early Decision, Early Action, or Priority will likely have a deadline for submitting financial aid forms by November. It is highly suggested that parents review every college's financial aid and scholarship website as early as possible to ensure that all deadlines are met.

FINANCIAL AID LINKS:

[FAFSA](#) (this form is required by all colleges)

[CSS PROFILE](#) (this form is required by many but not all colleges) [Colleges Requiring the CSS Profile](#)

Sign up here for **Financial Aid Workshops** sponsored by NY State

<https://startheregetthere.ny.gov/events>

CLASS OF 2025

Welcome to 10th grade! Most school counseling related work in 10th grade happens in the spring semester but please tune in to our [sophomore timeline](#) for any important dates related to your child's personal goals. Additionally, there will be a Sophomore Parent Night in November, where we will share other relevant information such as college admissions testing explanations, taking courses at the BOCES Tech Center, graduation requirements and extracurricular activities.

GROUP GUIDANCE:

During the spring semester, sophomores will participate in a series of guidance sessions with their counselor. Career development is our overarching theme for sophomore year and students will complete a series of comprehensive interest inventories to explore possible future occupations. Naviance, our college and career platform, will house the outcomes of the career assessments and parents will have an opportunity to view them late in the spring.

Students should pay close attention to their student email as counselors will reach out prior to a Group Guidance for a variety of reasons. In the meantime, please have your child email your individual school counselor with any questions that arise.



WELCOME NEW STUDENTS!

Attention Newcomers who transferred to FLHS this year: As part of our process for welcoming new students Ms. Alvarado, our Student Assistance Counselor, and Ms. Mullooly and Ms. Sun, School Counselors, will be conducting meetings with new students in groups next month. The three session groups will focus on facilitating a smooth transition by providing information on school and community activities and resources, peer relationships, and sources for support. All new students will be scheduled for these groups and offered make up sessions if there is a conflict with attendance. We will reach out to students directly within the next week with more information. If you have any questions, please feel free to reach out to:

Ms. Alvarado (aalvarado0823@bcSDny.org)
Ms. Mullooly (imullooly4886@bcSDny.org)
Ms. Sun (ssun4570@bcSDny.org)

CLASS OF 2026

Welcome to FLHS! We recognize that the freshmen have unique transition needs. Beginning in November, we will hold a series of Freshman Guidance sessions. Students should look out for emails later this fall with information about how to participate. In the meantime, please have your child email your individual school counselor with any questions that arise.

GROUP GUIDANCE:

Freshman Guidance will focus on many topics – academic, social, emotional, life skills, and anything else that comes up. Integrated within all topics will be the identification of resources in the building and an inherent belief that health and wellness are the foundations upon which to grow and achieve.

Students should pay close attention to their student email as counselors will reach out prior to a Group Guidance for a variety of reasons.

Current Topics Planned:

- School procedures – Attendance, Social-Emotional learning goals, where to find important information.
- Graduation requirements – Understanding credits, high school report card, final transcript (portal, quarter grades, GPA, weighted grades).
- Study skills – Learning style inventory, how to study best, what to eat before a big test, how to deal with test anxiety, academic integrity.
- Extra-curricular activities – Keys to your personal development as well as physical and mental health (clubs, athletics, community involvement, part-time job, volunteerism, taking an outside class for interest).
- Course selection – Planning for 10th grade and beyond (special options – Tech Center, ASPIRE etc.).
- Goal setting – What are your short and long term goals? What habits would you like to develop? (hobbies, personal development, part-time job, college/career ideas?) Summer 2023 – what are your plans? Need working papers?
- Periodic check-ins – social/emotional learning, nutrition, physical health/exercise, sleep cycles, personal connections and activities/clubs, respect for self and others, digital citizenship.

CLASS OF 2026

COLLEGE CORNER



Students and parents are invited to attend the upcoming local In-Person College Fairs:

Southern Westchester College Conference

Tuesday, October 18

6:00 – 8:30 pm

The Galleria Mall, White Plains

Northern Westchester College Conference

Wednesday, October 19

6:00 – 8:30 pm

Jefferson Valley Mall, Yorktown Heights

College representatives are eager to meet with your students. Approximately 200 colleges are expected to attend. Admission is free. There is no need to register. Students may also visit www.wpccc.org for a current list of colleges. Directions are included on the site.

SUNY College Fairs

October 13 & 19



Virtual SUNY College Fairs return in October! We are excited to meet your students online and to help them find their SUNY Match. Students can register now at: www.suny.edu/attend/events/virtual-college-fair

Students can learn more about SUNY by attending a [virtual Information Session](#), by exploring the tools on [Which SUNY](#), and by requesting a [SUNY Viewbook](#)

CUNY College Fair



CUNY College Fair. All prospective students can register here:

<https://www.cuny.edu/admissions/undergraduate/college-fair/>

ANNUAL FLHS GUIDANCE DEPARTMENT HIGHLIGHTS AT A GLANCE

- **10th Grade Parent Night (November)** – Focuses on various topics including: graduation requirements, standardized testing, and getting involved
- **11th Grade Parent Night (December)** – Focuses on the college planning process typically through the lens of a seasoned college admissions counselor
- **12th Grade Parent Night (September)** – Focuses on the college application process
- **College and Coffee (11th grade – spring)** – Informal daytime gathering for parents who want to discuss the college planning process in a small and informal setting; topics are generally generated by parent participants
- **College and Coffee (12th grade – fall)** – Informal daytime gathering for parents who want to discuss the college application and financial aid process in a small and informal setting; topics are generally generated by parent participants
- **College Fair (April)** – Large college fair run by PNW BOCES for all of Northern Westchester; while the focus is mainly for juniors, sophomores may attend; in addition to college representatives, workshops are also offered for families (location: PNW BOCES in Yorktown Heights)
- **Group Guidance Program** – All students will meet in small groups with their counselor for each year they are in high school; range of topics include:
 - **Freshmen (Q2)** – graduation requirements, 4 year planning, learning style inventory, course planning, getting involved, etc.
 - **Sophomores (Q4)** – career assessment, personality profile, preparing for final exams, etc.
 - **Juniors (Q3)** – college planning process (how to research colleges, creating a resume, mock interviews, application procedures, letters of recommendations, college essay, etc.)
 - **Seniors (Q1)** – college application process (submitting applications, college essays, college resumes, financial aid and scholarship information, etc.)
- **Individual Student and Family Appointments** – as needed

Other programs may be added throughout the year. Most communications are sent through this seasonal newsletter and through emails via our Naviance program. If you do not receive emails from “Fox Lane Guidance Department,” please let us know so we can check your email in our system.



Important BCSD Technology Changes

(adapted from the BCSD [technology department website](#))

Synergy / ParentVUE

(Parent Portal: to view grades, attendance, etc.)



Our new student information system is called Synergy (which replaced eSchoolData). **ParentVUE** is part of that system and **replaces eSchoolData Parent Portal**. It will be used for gradebook, attendance, report cards and storing student information. You will be able to see information for all of your children with a single log-in. Student schedules and gradebook will be the primary functions of this program.

Please note that the BCSD app is no longer connected to our student information system. Please refer to Synergy ParentVUE and StudentVUE on the Launchpad for student gradebook and schedules.

You can access ParentVUE through the Internet and many mobile devices. A free mobile app is available for the iPhone on the iTunes store and for Android devices on Google Play. You must activate your ParentVUE web portal account BEFORE using the ParentVUE mobile app.

Please follow directions from recent communications to activate your accounts. Parents should have received a ParentVUE activation code via email. If you are the parent or guardian of a FLHS student and have NOT received an activation code to the email address on file with FLHS, please email parenttechsupport@bcsdny.org. The Technology Department is working through these requests. Unfortunately FLHS Counselors cannot assist with ParentVUE questions and do not have access to parent account information.

Please note that you must activate your ParentVUE account via the website BEFORE using the ParentVUE mobile app.

ParentSquare

(email & text communications)



Bedford Central School District uses a platform called [ParentSquare](#) to communicate with our families as well as the larger community. ParentSquare will allow you to see news, reminders and upcoming events from the district, your children's schools and teachers all in one place. It includes options to specify how and when you are notified and what language you receive updates in. It will be used for school-wide communications, district communications, emergency alerts and more.

The following video gives a helpful overview of ParentSquare's features. Please bear in mind that not all features have been activated yet, but will be gradually incorporated.

- [ParentSquare introduction video in English](#)
- [ParentSquare introduction video in Spanish](#)

ParentSquare can be accessed for free online or via an app on most mobile devices. You can download it [for Apple devices via the App Store](#) or [for Android devices via Google Play](#).

You will need to create a ParentSquare account to receive many of the communications sent from the high school (including our Newsletters).

Additional Resources

- [Introduction to Parents & Guardians \(English\)](#)
- [Introduction to Parents & Guardians \(Spanish\)](#)
- [Tips for Parents & Guardians \(English\)](#)
- [Tips for Parents & Guardians \(Spanish\)](#)

Student Technology Support

Students who need help with their BCSD Chromebook or require other technical support should either access the Student Technology Help Desk in the Library during school hours or they should complete a Help Desk Ticket [here](#).

Want Writing Help???

The FLHS Writing Center is now open during the school day!!! Students who would like assistance on any writing assignment can access support from FLHS English teachers during the Writing Center hours. Please see the schedule for the [Writing Center here](#).

IMPORTANT FALL DATES



September 29	12th Grade Parent Night – The college application process will be reviewed (<i>Seniors</i>)
October 1	Parents should begin the FAFSA and CSS Profile for Financial Aid (<i>Required for families applying for financial aid</i>)
October 6	9th Grade Parent Night (non-Guidance event) (<i>encouraged - Freshmen</i>)
October 7	Drop Deadline for full year and first semester <u>elective</u> courses (<i>if applicable - All</i>)
October 12	PSAT All juniors take the PSAT exam in the morning. Open to sophomores as well; only recommended for sophomores accelerated in Math. Visit Khan Academy and create a SAT prep account https://www.khanacademy.org/sat (<i>Encouraged for college-bound students - Sophomores and Juniors</i>)
October 20-21	Parent/Teacher Conferences for Parents (<i>encouraged - All</i>)
November 3	Sophomore Parent Night – Graduation requirements, standardized testing, activities and other topics will be discussed (<i>strongly encouraged - Sophomores</i>)
November 4	End of Quarter 1 (<i>All</i>)
November 9	Course Level Change Deadline (<i>if applicable - All</i>)
November 17	Report Cards posted to portal (<i>All</i>)
November 18	Freshmen Group Guidance – All freshmen will meet with their counselor periodically in small groups (<i>Required - Freshmen</i>)
December	PSAT Results released by the College Board (<i>Juniors/Sophomores who took the PSATs</i>)
December 1	Junior Parent Night – Focus of evening: Standardized Testing, Khan Academy, Naviance, College Research, Creating a Smart College List, Financial Aid and Paying for College, Timeline of the Application Process (<i>strongly encouraged - Juniors</i>)

THE FOX LANE HIGH SCHOOL GUIDANCE DEPARTMENT CONTACTS

The Guidance Department is made up of eight counselors and a Coordinator of Guidance. Counselors meet with students, both individually and in group classes, to work on academic, personal and social issues and to provide guidance to students as they prepare their academic programs and develop post-secondary plans.

Main Phone: 241-6082

Fax: 241-6064

Registrar: 241-6093

Counselors:

Kristin Brown	241-6191	kbrown0119@bcsdny.org
Karen Deitch	241-6190	kdeitch2944@bcsdny.org
Lisa Dunne	241-6092	ldunne1250@bcsdny.org
Greg Fedorczak (Hillside)	241-1106	gfedorczak3311@bcsdny.org
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