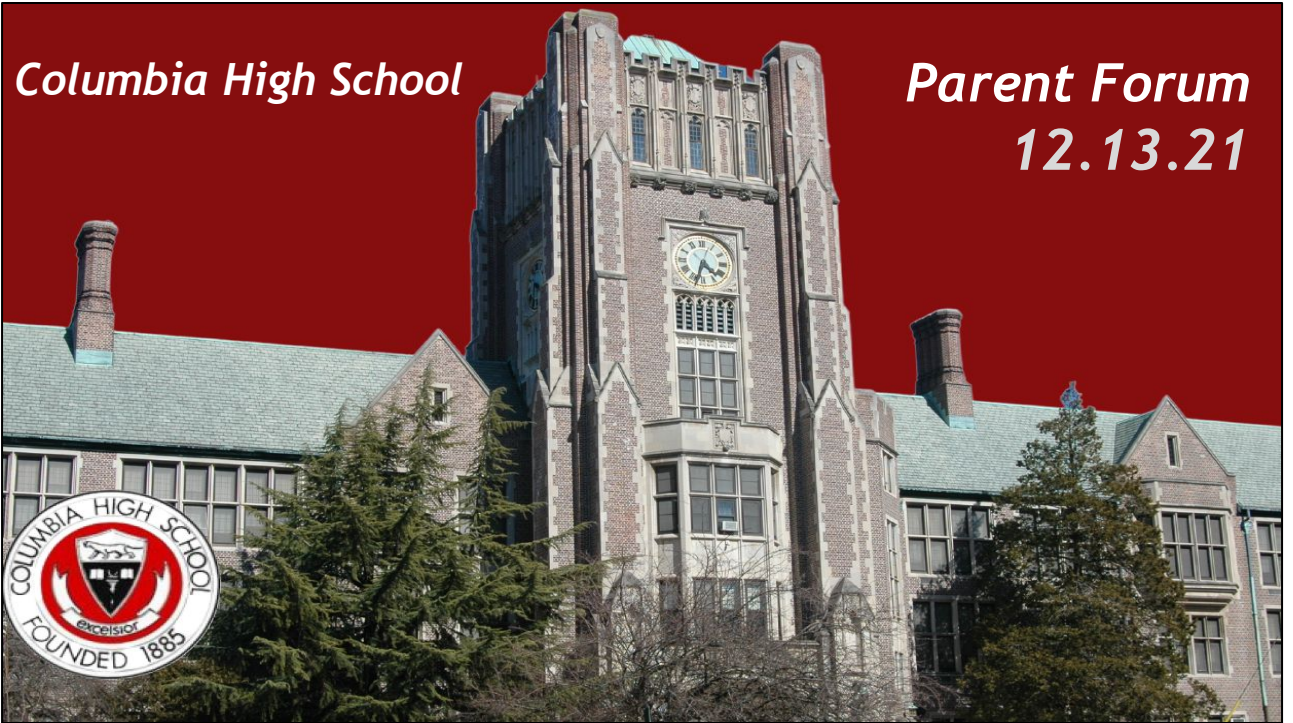


Columbia High School

Parent Forum
12.13.21





Welcome Parents
fsanchez@somsd.k12.nj.us



Counseling Annex

<https://sites.google.com/somds.k12.nj.us/columbiahighschoolsoma/home>



The screenshot shows the top of a website with a navigation bar. The logo on the left is a circular seal with a red border and a white center. The text "CHS Counseling" is to its right. The navigation bar includes links: "Home", "Meet the Team!" with a dropdown arrow, "Counseling Annex Supports" with a dropdown arrow, "Post-Secondary Planning" with a dropdown arrow, "Course Selection" with a dropdown arrow, and "More" with a dropdown arrow. A search icon is on the far right. Below the navigation bar is a large banner image of a brick building with a clock tower. Overlaid on the image is the text "CHS Counseling introduces..." in white, followed by "THE COUNSELING ANNEX" in large, bold, white capital letters. Below the banner is a white box containing text about the Annex's location and resources. At the bottom of the white box is a small information icon (i) and the text "SUBMIT THIS FORM TO EXPRESS INTEREST IN A COUNSELING ANNEX PROGRAM!".

CHS Counseling

Home Meet the Team! ▾ Counseling Annex Supports ▾ Post-Secondary Planning ▾ Course Selection ▾ More ▾

CHS Counseling introduces...

THE COUNSELING ANNEX

Located in the CHS Library, the Annex houses all of the academic and social emotional resources your school counselor may refer you to. Come check out the SLAM Lab, Achieve Tutoring, meet with a counseling intern, or join a group! Also come up and check our programming calendar filled with awesome workshops and seminars!

i SUBMIT THIS FORM TO EXPRESS INTEREST IN A COUNSELING ANNEX PROGRAM!

<https://sites.google.com/somds.k12.nj.us/columbiahighschoolsoma/home>

Brochure

https://drive.google.com/file/d/1nEcoz0VcfBUeAz72nq3ZXnH_-yLWcA4W/view?usp=sharing

High School-Social Work Intern Program

The High School Social Work Intern Program places graduate school social work interns into CHS to provide a full range of counseling services for students and their families.

Interns meet with students on a voluntary basis with the consent of their guardian, to address every day age appropriate struggles. This is a tier 1 low level intervention. If a student requires more assistance, referral can be made to another school professional (SAC, ESS) or to a community provider.

Referral Process:

- Students can refer themselves or be referred by a parent or school staff member
- Requests for services can be made online at [Intern Request form](#)

Services Provided:

- Weekly Individual counseling

Contact Person:

- Jenny Easton, LCSW
ext. 1033 / jeaston@somdsd.k12.nj.us

Student Assistance Counselors

The Student Assistance Counselor (SAC) aims to help students and their families by encouraging healthy coping alternatives. Students are encouraged to meet with the SAC for help with concerns such as alcohol/drug use, depression, anxiety, eating disorders, problems with peers, grief, or crisis. The SAC offers students a safe place to talk about any problems they may be having, aims to help students develop healthy coping skills, make positive life-style choices, and avoid substance abuse problems. Discussions are confidential and do not become part of school records.

Referral Process:

- Students can refer themselves or be referred by a parent or school staff member

Services Provided:

- Individual counseling
- Crisis intervention
- Substance abuse/prevention
- Referrals to outside providers
- Educational groups

Contact Person:

- Michael Loupis, LPC
ext. 1044 / mloupis@somdsd.k12.nj.us
- Dorota Martinez
ext. 1043 / dmartine@somdsd.k12.nj.us

Mental Health Resources

<https://docs.google.com/document/d/1w3eeYLR4aJcCFMy5vwnRH72wVCKhWLEiDW6HNfrq1H0/edit>

CHS COUNSELING PRESENTS...

SCHOOL COUNSELOR MEET & GREETINGS!

Parents/guardians and students are encouraged to log on for a chance to hear from your counselor, see their face, and get to know them a little bit better!

SEE YOU THERE!

MONDAY, DECEMBER 13

7pm: Mr. Gardner

TUESDAY, DECEMBER 14

6:30pm: Ms. Johnston

7:30pm: Ms. Handler

WEDNESDAY, DECEMBER 15

7pm: Ms. Fleming

7pm: Mr. Clyburn

7pm: Ms. Cortes

THURSDAY, DECEMBER 16

6:15pm: Ms. McDowell

7pm: Mr. Williams

7pm: Ms. Mooney-Chavez

7:30pm: Ms. Renelle

Counselor Meet & Greets

https://drive.google.com/file/d/1NzITstmvCBEr4Ki_yFY2ZTyVbVCBKUcj/view?usp=sharing



Safety Protocols & Plans

1. PLEASE Complete Vax List
2. Drop off & Parking
3. Code Yellow vs Code Red
4. Stolen Items

CODE YELLOW (Shelter-in-Place)

- ☐ Instruction CONTINUES
- ☐ Close & lock doors
- ☐ No student use of cell phones
- ☐ Locked IN. Locked OUT.
- ☐ Listen for announcements regarding any fire alarms or updates
- ☐ Outdoor PE classes may be instructed to enter the building
- ☐ Follow instructions from Law Enforcement and/or Administration

1. we need you to answer the questions and upload proof of your child's vaccination via the [Secondary School Student Vaccination Google Form](#)
2. Parking and drop off







**Check
out
Canvas!**

Word of the Day: [TERSE](#) 

WORD OF THE DAY

Word of the Day: terse

This word has appeared in 99 articles on NYTimes.com in the past year.
Can you use it in a sentence?

By THE LEARNING NETWORK



Holiday Gift: The Class of 2024's Holiday Popcorn and Cookie Sale has launched and continues through December 22nd. Use the link below to order your treats for the holiday season. Thank you so much for your support!

<https://poppinpopcornonline.com/store/store.php?sID=DCCXYA>



CLUBS Today:

- **Music Industry Club (C229):** Individuals who are passionate about music and have the desire to pursue a career in the music industry but are not formal musicians can engage in meaningful conversation and discussions regarding emerging trends in music and possible career paths.

Canvas is a great resource -- Calendar feature (so if hw changes then it is updated; it also syncs to PS)



Today's News

- **Spectrum** is Columbia High School's GSA (Genders and Sexualities Alliance). We strive to make CHS safer for LGBTQ+ students by creating supportive and inclusive spaces as well as working to push back against homophobia and transphobia in our school and the broader community. All are welcome!
- If you are interested in joining an amazing group of travelers and **Art History lovers**...come thru! Room D101 for details.

COVID Update: Moving forward with new cases, unvaccinated students and faculty must quarantine for 14 days. This is because Essex County is now in the High Zone. Please make sure to wear your mask properly to give EVERYONE safe. *Be selfless rather than selfish!*

HOW TO WEAR A MASK PROPERLY



Wear
your mask all the way up, close to the bridge of your nose and all the way down under your chin. The mask should fit snug around your face without gaps.



Do not
leave your chin exposed



Do not
wear a mask loosely with gaps on the side

Canvas is a great resource -- Calendar feature (so if hw changes then it is updated; it also syncs to PS)



CHS Clubs

1. Clubs meet AFTER school (not period 9)
2. List of [CHS Clubs](#)
3. Impact on Clubs based on impasse

District Home Schools ▾ Columbia High School



Search this website

Select Language ▾

Our School ▾ School Info ▾ Counseling Academics Activities Athletics ▾ Calendars ▾ Contact Us ▾ Summer Assignments

The School District of
SOUTH ORANGE
& **MAPLEWOOD**



Clubs

<https://docs.google.com/document/d/186duO6pFLIEkX4Me5JZE4vdzVSVaCHIS1DFONAOhxk/edit?usp=sharing>



COVID Protocols

1. New quarantine dates (14 days) -- state-mandated
2. CHS vaccination status
3. COVID Protocols & checks
4. COVID & Sports



See SOMSD Update on 14-day quarantine

<https://www.somsd.k12.nj.us/headlines/2021/12/09/10257/>

COVID Letter

Dear CHS Student and Parents

Please read the attached letter about a possible COVID exposure that would have occurred on Friday, December 10th in one of your classes. **Parents and guardians, if you have more than one child at CHS, then ask your children to check their emails to see which one is to be quarantined.**

Read the letter in order to follow our quarantine procedures, especially if you haven't sent in your vaccination paperwork to our nurses. Just know that you can still access the link through the letter.

Please note that the increased "High Transmission Essex County CALI Score" has led to an **increased quarantine period of 14 days** for unvaccinated individuals *starting with cases from 12/09/21*. *Update in English:* <https://www.somds.k12.nj.us/headlines/2021/12/09/10257/> | *Spanish Translation:* [bit.ly/3lQvAkz](https://www.somds.k12.nj.us/headlines/2021/12/09/10257/) | *Haitian Creole Translation:* [bit.ly/3lBzFCL](https://www.somds.k12.nj.us/headlines/2021/12/09/10257/)

Stay safe and healthy everyone

-- Mr. Sanchez

Frank Sanchez

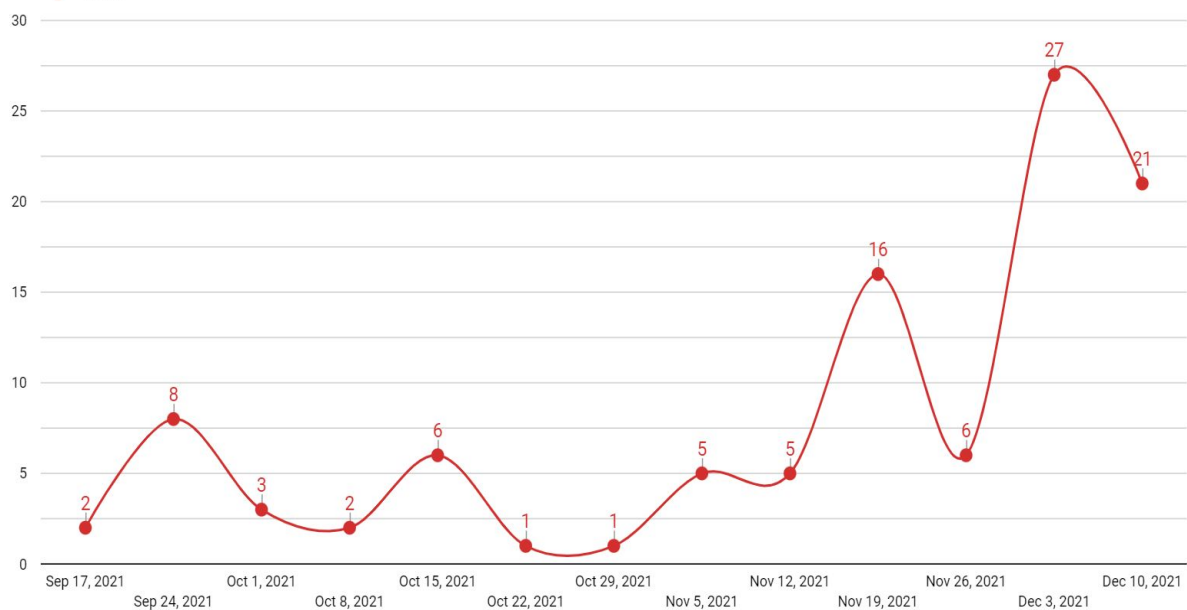
Columbia High School Principal

SOMSD COVID - 19 Dashboard (9/17/21 - Current)

< District Cases - Line Graph (Page 2 of 3) >

Reset

Share



6 of 21 were from CHS

<https://www.somsd.k12.nj.us/coviddata/>



Additional CHS Topics

1. **Suspension Moratorium**
2. **CHS Bathrooms**
3. **21-22 Schedule Committee**
4. **School Profile**
5. **PSAT -- Results for 11th Graders**



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