

Freshman Parent Night

September 2023



**CHRISTIAN
BROTHERS
ACADEMY**

Agenda

- Counselor Overview
- Role of the Counselor
- Guidance Meetings
- Mental Health Counseling
- Code of Ethics
- Academy Life:
 “The Whole Person”
- Ensuring Academic Success



Guidance Department Staff

- Mr. Patrick Brennan: Director of Guidance
- pbrennan@cbalincroftnj.org
- Mrs. Nicole Johnson: Freshmen Counselor
- njohnson@cbalincroftnj.org
- Mrs. Bonnie Stahl: Administrative Assistant



Different Roles

Primary Role: *Student*

- Drives the process
- Takes ownership over their high school experience
- Communicates with parents and counselor

Supportive Role: *Parents*

- Sets realistic goals/expectations
- Supports student as he navigates high school
- Facilitates conversations

Guiding Role: *Counselor*

- Develops partnership with student and parents
- Actively listens and shares information / feedback
- Serves as a sounding board

Guidance Meetings

- Each freshman will receive a combination of appointments in their first year at CBA:
- 1st appointment took place on the 1st day of school - background information sheet
- Quarterly visits in either health, financial literacy classes or in an assembly setting
- 2 one on one appointments - one per semester
- 1 resume class in May
- Additional appointments as needed
- Family appointments by request
- First appointment will be during first cycle
- They take notes/participate at each group meeting

What Do Group Meetings Cover?

- First Day of School/HR - Counselor Code of Ethics
- First Financial Class Visit: Background information, cooperative agreement, self advocate, reiterate tips/success
- Second Quarter Meeting: How to prepare for Midterm exams - this takes place before the Thanksgiving break
- Third Quarter (2 MTGS) - Resiliency, Mental Health, Coping strategies & MAIA
- Fourth Health Class Visit - Learning about the PSAT and practicing how to grid the PSAT answer sheet
- Resume Meeting - May of Freshman Year, students begin to create their resume to use with their college placement counselor for the following years

One on One Appointments

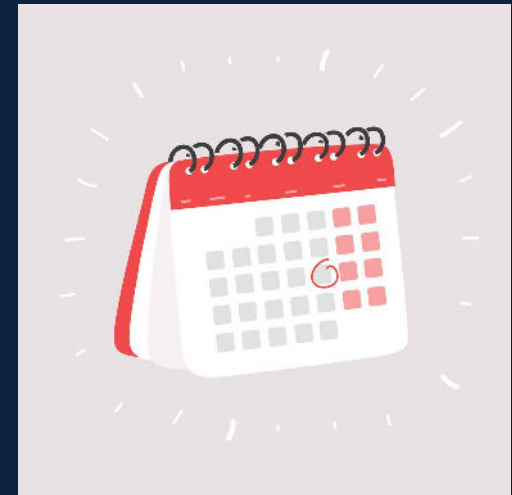
- Each student has a minimum of two appointments, one per semester
- Appointments occur during their free period (lunch)
 - also can be excused from gym or health classes, when needed
- Topics Discussed:
 - Academic concerns
 - Personal issues
 - Social-emotional and mental health concerns
 - Extra-curricular Involvement
 - Transition to high school



****Students can request appointments by email at any time****

Important Dates

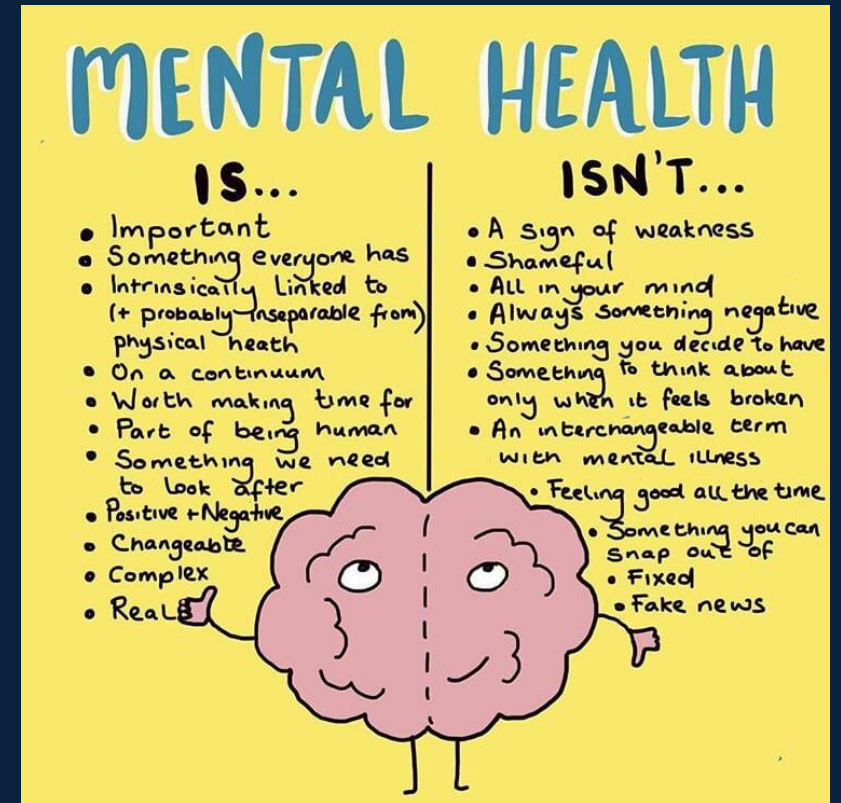
- September 7 - Freshman Day
- September 21 - 6:30pm Back To School Night
- October 4 - Half-way point of the first marking period/quarter. Teachers have been advised to update grade books. Friday is their deadline.
- October 9 - School Closed - (Columbus Day)
- October 11 - Freshman Oath Day - Half day of school
- October 13 - Service Proposals Due
- October 18 - Make-up photo day - Haircuts?
- October 27 - End of First Marking Period
- November 1 - Grades Due
- November 9th - Parent/Teacher Conferences 6:30-8:30



****All dates are listed on The School Calendar on the website****

Mental Health Counseling

- Promote positive self-care & well being
- Link students with on campus resources to address current stressors
- Help students develop coping skills, enhance communication skills and practice stress reduction
- Conduct screenings for depression and anxiety
- Crisis screenings for risk of self-harm
- Provide referrals to local mental health services and maintain ongoing list of resources



Mr. Bryan Smith, LCSW - bsmith@cbalincroftnj.org

Code of Ethics

- All trusted adults at Christian Brothers Academy follow the School Counselor Code of Ethics
- Confidentiality is MAINTAINED unless there is a threat of harm (self harm, harm to other, another person harming)
- In those instances, any faculty member who learns of information that needs to be shared with the counselor, the Director of Guidance and the Administration will become involved



The Cooperative Agreement

- Behavioral expectations of the Academy
- Development of the Christian Ethic
- Signed agreement between students and their families
- CBA students are held to the rules of the Academy not only during the school day; but after school, on weekends, holidays and during the summer months



Academy Life: The Whole Person

- 18 varsity sports programs
- Roughly 60 different clubs and activities
- Award-winning performing arts program
- Service immersion trips throughout the year
- 70 service hours required per student
- Leadership development



Safe Internet Use

- Students are accountable for maintaining a respectful presence on all forms of social media
- No tolerance policy for harassment, intimidation or bullying
- Digital footprint follows students
- Not all of your 'followers' are your 'closest friends'
- Be mindful. Be careful. Be Lasallian.



Christian Service

- All students are required to give a minimum of 70 service hours over a four year period
 - 15 in freshman year
 - 20 in sophomore year
 - 20 in junior year
 - 15 in senior year
- Seniors usually amass twice as much by the time of graduation
- Opportunity to give back and help others
- Service could lead to leadership opportunities



Ensuring Academic Success

Time Management:

- Stay organized with due dates
- Utilize Google Calendar
- Break assignments into smaller chunks
- Utilize weekends to get ahead
- Seek extra help during enrichment
- **NHS tutoring - Tuesdays after school in the library. Begins on 10/18/22. 2:45-3:45 pm. No appointment is needed.**

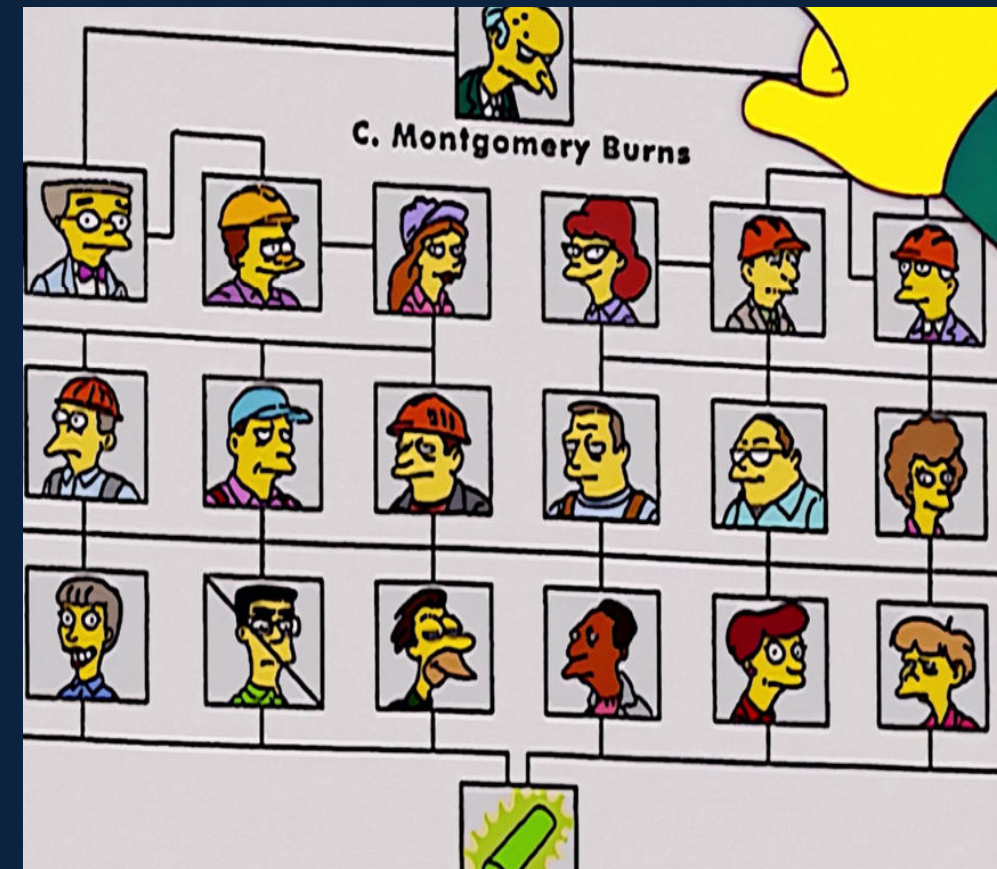


College Level Note taking:

- Maintain healthy notes
- Write down what is said and presented in class
- Bullet point notes
- Create a key for abbreviation/short hand
- Turn notes into flashcards

Academic Chain of Command

- Teach students to self-advocate and communicate with teachers
- Student should consult with counselor
- If necessary, student can speak with Department Chair after talking to teacher
- If the issue is still unresolved, the student may request a meeting with Mr. Nunan
- Counselor serves as a support system



Parental Involvement

Not just for our students! We want you, as parents, to be a part of our family, too. Therefore, please consider participation in and volunteering for the Mother's Club and/or the Father's Club. Many of our families have come together in recent years and 'walked' alongside their students' four year experience with other moms and dads who have been there and can offer support. Monthly meetings can also have guest speakers to cover topics related to wellness, upcoming events and fundraisers that CBA hosts throughout the year.

<https://www.cbalincroftnj.org/parents/>