



Sterling High School Guidance Newsletter –  
March 2022, April 2022, May 2022, June 2022

## “Dates To Remember”

**March 9, 2022:** Late Opening  
**March 10, 2022:** Parent Prom Program - Virtual  
**March 14 – 18, 2022:** New Jersey Graduation Proficiency Assessment (NJGPA) for Juniors. (Juniors report to school at 7:22 am. The 9<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> students report at 9:22 am.)  
**March 23, 2022:** Late Opening  
**March 24, 2022:** Spring Musical  
**March 26, 2022:** Spring Musical Matinee  
**April 12, 2022:** Parent/Teacher Conferences  
**April 13, 2022:** Late Opening  
**April 14, 2022:** Early Dismissal – 12:00 pm  
**April 15, 2022 – April 22, 2022:** Spring Recess-School Closed  
**April 29, 2022:** Prom-Student early dismissal – 12:00 pm  
**April 29, 2022:** Promenade – 5:30 – 6:00  
**May 5, 2022 – Career/Trade Fair**  
**May 18, 2022:** Late Opening  
**May 27, 2022:** Early Dismissal – 12:00 pm  
**May 30, 2022:** Memorial Day – School Closed  
**June 9 - 13, 2022:** Senior Trip  
**June 13 – 16, 2022:** Early Dismissal – 12:00 pm.  
**June 17, 2022:** School closed for students.  
**June 17, 2022:** Graduation

## “ATTENTION ITEM”

### Spring is approaching quickly at Sterling High School

As the Spring is upon us, we continue to stay “U-KNIGHTED” and healthy as we have a lot of exciting activities coming our way to bring this successful school year to a close. We will approach our festivities without a mask mandate so those who choose to remove the mask are welcome to do so. We are Sterling Strong and will keep moving forward to support our students as they move to the next phase in their lives.

## “Testing Dates”

SAT Testing Dates  
<https://www.collegeboard.org>

2022 Test Dates  
March 12, 2022  
\*\* May 7, 2022 \*\*  
June 4, 2022

\*\* Administered at Sterling High School \*\*

<https://www.Sterling.k12.nj.us>  
You must register at  
Collegeboards.org

## HIGHLIGHTS Newsletter

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## College Application Process – We are well on our way now!!!!

- Congratulations! We are excited by all of the acceptance letters that the class of 2022 has already received.
- Please be sure to give a copy of all acceptance letters and scholarship letters to your counselor for your file.
- As you weigh your options and make that final decision on which college you would like to attend, please pay close attention to the deposit deadlines to be sure to get it in on time! You wouldn't want to lose your seat!!!!

*“College Decision Tips”*

**CONGRATULATIONS ! There have been so many acceptance letters coming in and that makes us all so proud. Now that the options are there for you, it's time to make that very important decision !**

It's time to review for one final time, exactly where you see yourself continuing your education over the next few years. There are many things to consider and I'm sure your family will be very helpful in helping you make that final choice. You know what they say...Location, location, location!!!!

You have worked very hard to be in this position so take a deep breath, enjoy every minute of this journey, and follow your dreams!

Just one final thought for you to consider. In the wise words of Ralph Waldo Emerson...

**“DO NOT FOLLOW WHERE THE PATH MAY LEAD. GO, INSTEAD, WHERE THERE IS NO PATH AND LEAVE A TRAIL”**

*“A World of Possibilities”*

With all the changes we have had to face due to the COVID virus, there is one positive change that could possibly be beneficial for your future plans. Remote learning has been very challenging for many, but the possibility of working from home, or remotely, in your future, could open up a wide range of choices for you, as you enter the work force. Be sure to look at all of your options and take advantage of some of the remote work situations that could offer you a chance to live in a more desirable environment while having that dream career you have always wanted.

## Scholarship Opportunities for Students

*Please look on the website, under Guidance-Senior Scholarships, for more information regarding the following Scholarship opportunities:*

**AAA South Jersey Scholarship  
Builders League of SJ Scholarship  
Cirkled In Scholarship  
Delta Kappa Gamma NJ Alpha Zeta  
Marine Trades Assoc. of NJ  
NJ Realtors Educational Foundation  
NJ School Buildings & Grounds Assoc.  
Betty Albrecht Memorial Scholarship  
William Stouidt Memorial Scholarship**

**Noel Soccer Foundation Scholarship  
Kiwanis Club of the Haddons  
Camden County Hero Scholarships  
Chief Gary R. Cline Scholarship  
Chief Gene Dannenfelser Scholarship  
Cpl. Christopher Milito Scholarship**

**\*\*New Scholarships added as they are received.**

NOTE:

\***GOOGLE** Local Scholarships and you will find many online sites where you can apply for scholarships right online!

*“College Visits”*

**College visits are now probably a thing of the past for you. Now it's time to think about things you should take with you when you leave for your dorm room. Here are some suggestions to help you prepare:**

Sheets, pillows, pillowcases, comforter or quilt, throw blanket, towels, washcloths, shower shoes, shower caddy, personal grooming items, clothes, shoes, laundry basket, laundry detergent, bleach, dryer sheets, iron or steamer, coats, jackets, hangers and under bed storage bins.

**You will also want to make the place your own, so be sure to take the following items:**

Posters, wall mounts and adhesive hooks, personal pictures, area carpet, desk lamp, trashcan, bed risers, bulletin board, dry-erase markers, fan, clock, school supplies for desk, earphones or earbuds, extension cords or power strip, stamps, TV, stereo, tablet, HDMI cord, game systems, and any other entertainment you enjoy on your down time.

**Be ready for the midnight munchies:**

Be sure to pack some snacks, water and juice bottles, plastic cups, cereal bars, fruits, and other goodies to get you through the night when the other foods places are closed.

**Spring Open House at  
Camden County College**

**Greetings All.**

**Please be advised that Camden County College will be hosting a Spring Open House on April 9, 2022 from 8:30 am until 11:00 am in Blackwood and on April 26, 2022 from 5:30 pm until 7:00 pm in Camden. Parents and students are all welcome and encouraged to attend to tour the campus, apply for admission, meet faculty, learn about their 100 + programs and more. Please RSVP at [miannuzzi@camdencc.edu](mailto:miannuzzi@camdencc.edu) [www.camdencc.edu](http://www.camdencc.edu)**

**Rowan University Summer Program**

**THINK LIKE AN ENTREPRENEUR at this Summer Academy offered by Rowan University. It is an 8 day, non-residential educational experience for rising high school Juniors and Seniors in the 2022-2023 academic year. It will be held in person on Rowan's campus in Glassboro and will run Monday thru Thursday, June 20-23 and June 27-30, 2022 from 9:00 am - 2:30 pm. Free of charge but register early! Find more information at Rowan University's Website.**

# Focus on Mental Health

**Mrs. Robynn Considine**

**Director of Secondary Education**



**~ U-Knighted by Wellness ~**

Sterling High School welcomes “U-Knighted by Wellness” as a program focusing on the mental health needs of our students.

“U-Knighted by Wellness” is a school-wide program aiming to recognize the impact that students’ mental health has on their learning and academic success.

**~ Goals ~**

- \* Assess the mental health needs of students.
- \* Provide activities, curriculum, and resources to support mental health needs.
- \* Build collaborative relationships between school, students, families, and community members.

“U-knighted by Wellness” will have after school opportunities for students to support students’ mental health and well-being.

“U-Knighted by Wellness” activities will be coordinated on a 6-week rotation meeting once a week after school. Students can sign up for an activity by visiting this link:

<https://forms.office.com/r/ZYJATu5EDd>

**Examples of activities for the 2021-2022 school year will be:**

- Yoga
- Guided Meditation
- Jewelry Making
- Art
- Makerspace
- Culinary
- Garden
- Support Groups
- Gratitude Journaling
- Reading & Self Discovery

**(Check with a committee member for specific dates and times).**

**Activity Leaders:**

- Joyce Phillips (Teacher)
- Becky Forcellini (Teacher)
- Dan Riley (Teacher)
- Margaret Wilson (Social Worker)
- Kristin Irace (Media Specialist)
- Kacey Waters (Teacher)

**COMING SOON:** Our first Staff wellness day was a huge success so we will be planning another one coming up before the end of this school year !!!

**Committee Members:**

- Robynn Considine (Director of Guidance)
- Lauren Kocher (Guidance Counselor)
- Tara Eberly (Guidance Counselor)
- MaryJo Eppright (Student Support/HIB Specialist)
- John Gardiner (Teacher)
- Kelly Johnson (Teacher)
- Stacy Diduch (School Psychologist)
- Sierra Jordan (Teacher)
- Sofia Capinha (Teacher)
- Carrin Bachowski (Teacher)

**Guidance Department**

Ms. Lauren Kocher	A-C
Mr. Keith Controvich	D-J
Mr. William Scully	K-N
Mrs. Patrice Litle	O-S
Mrs. Tara Eberly	T-Z

Mrs. Erin Dever  
Guidance Secretary/Registrar

Ms. Linda Giambri  
Guidance Secretary

## ATTENTION JUNIORS

Mark your calendar for our upcoming Career/Trade Day being held at Sterling High School on May 5, 2022. There will be many different vendors available to discuss job opportunities, as well as career opportunities, for you to consider and they will be happy to answer any questions that you might have. This Career/Trade Day is geared to JUNIORS but is open to any SENIORS who would be interested in attending. If you are a SENIOR interested in attending, please just be sure to sign up in the Guidance office so we can add you to the list to attend. Be sure to share this information with any of your friends who might have missed the announcement!

## Employment Opportunities

College isn't necessarily for everyone. If college isn't in the cards for you, there are so many other options for you to consider. Here is just a sample list of other careers that you can pursue, without having a college degree.

1. Small Business Owner
2. Software Developer
3. Digital Marketer
4. Network Specialist
5. Power Plant Operator

6. Automotive Technician
7. Commercial Pilot
8. Loan Officer/Realtor
9. Elevator Mechanic
10. Retail Store Manager
11. Executive Assistant
12. Electrician/Plumber/Contractor

Think about what you enjoy to do. Work inside or outside? Work with people or more on your own?

Your choices are endless!

### Opportunity from University of Delaware

The Edge summer college program is a three-week, credit-bearing college experience held from July 10 – July 30, 2022. Edge is designed for accomplished and motivated high school students going into their Junior and Senior years. Students will have the opportunity to prepare for college as they learn from their engaging and respected staff, while taking part in on and off campus activities which will help build a community with other students from all over the world.

More information about this program and the link to apply can be found at: [udel.edu/edge](http://udel.edu/edge). Please share this information with any friends who might be interested in taking advantage of such a unique opportunity.



How can I best utilize my time in the summer to benefit my future plans?

### Opportunity from New York University

Through NYU Precollege, rising Juniors and Seniors have the opportunity to spend part of their summer on NYU's Campus in the heart of New York City. For six dynamic and inspiring weeks, these students can prepare for their academic futures by taking college-level courses for credit, developing their writing skills, and learning how to manage their time, all while experiencing what it's like to be a student at NYU. The summer program runs from July 6<sup>th</sup> thru August 17, 2022. For Scholarship consideration, students should submit their application well before the April 1<sup>st</sup> deadline

For more details and the most up-to-date information, please visit [nyu.edu/precollege](http://nyu.edu/precollege).