



Summer 2021

Plainview- Old Bethpage Central School District GUIDANCE NEWSLETTER

106 Washington Ave, Plainview, NY 11803 (516) 434-3000

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Director's Message

I'm excited to share the first Guidance Newsletter of the 2021-2022 school year. In keeping with tradition, I'm happy to open the newsletter with our district's newly adopted theme, "Soaring to New Heights". The intent of this theme is part celebratory and part optimistic anticipation. As a district and as a community, we have so much to be proud of as we look back over the past two years. Now, as we look ahead and begin this new school year, we know for sure that there is no limit to what can be accomplished when we work together. What are your goals for the new school year? What support do you need to help you accomplish those goals? When we support each other and truly listen to each other, the sky is the limit.

Happy 2021-2022!

Laurie B. Lynn, Director of Guidance

The Plainview-Old Bethpage Central School District Support Staff Directory

Judy Jacobs Parkway Elementary	Old Bethpage Elementary	Pasadena Elementary	Stratford Road Elementary
Ms. Lodato, 434-3370 School Counselor	Ms. Zeidner, 434-3447 School Counselor	Ms. Zeidner, 434-3770 School Counselor	Ms. Lodato, 434-3386 School Counselor
Ms. Dempsey, 434-3366 School Social Worker	Ms. Dempsey, 434-3366 School Social Worker	Ms. Caulfield, 434-3395 School Social Worker	Ms. Caulfield, 434-3395 School Social Worker
Ms. Mann, 434-3364 School Psychologist	Dr. Price, 434-3424 School Psychologist	Dr. Campisi, 434-3455 School Psychologist	Dr. Coulton, 434-3393 School Psychologist Ms. Newman, 434-3482 School Psychologist

HB Mattlin Middle School	Plainview-Old Bethpage Middle School
<u>School Counselors – 434-3272</u> Mr. Goldberg – Grade 7 Ms. Luzzi – Grade 8 Ms. Ralton – Grade 6 Ms. Riley – Grade 5	<u>School Counselors – 434-3324</u> Ms. Ok – Grade 6 Ms. Petrsoric – Grade 7 Ms. Rusnack – Grade 5 Ms. Zaffers – Grade 8
<u>School Social Worker</u> Ms. Sala, 434-3287	<u>School Social Worker</u> Ms. Bernstein, 434-3288
<u>School Psychologists</u> Dr. Avroch, 434-3273 Dr. Meier, 434-3377	<u>School Psychologists</u> Dr. Trapani, 434-3328 Dr. Meier, 434-3493

Plainview -Old Bethpage John F. Kennedy High School
Guidance and Counseling Department: 434-3150
<u>School Counselors</u>
Ms. Baker
Mr. DiDomenico
Ms. Egosi
Mr. Izzo
Mr. Jarmon
Mr. Miller
Ms. Rivas-Laline
Ms. Siegel
<u>School Social Workers</u>
Ms. Pfeffer
Ms. Rudes
<u>School Psychologists</u>
Ms. Sirignano
Dr. Xydas
Dr. Wechter

District Mental Health Provider:
Ms. McGarry, 434-3800

Attend a Virtual College Fair!

Sponsored by: NACAC (National Association of College Admission Counseling)

Go to VirtualCollegeFairs.org

Upcoming Dates:

September 12: College Fair

September 28: Northeastern US College Fair

October 3: College Fair

October 14: Midwest US College Fair

October 24: College Fair

November 2: Arts and STEM College Fair

November 14: College Fair

What is SEL?

Parents are hearing the term “SEL” more now than ever. What, exactly does it mean? SEL stands for Social Emotional Learning. According to CASEL (Collaborative for Academic, Social and Emotional Learning), social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. POB will continue to focus on creating exciting opportunities for students to learn and practice their social and emotional skills. Teachers in grades K-8 will be using a curriculum created by Harmony SEL. To learn more about SEL, check out these websites:

- ★ casel.org
- ★ harmonysel.org
- ★ commonsensemedia.org
- ★ confidentparentsconfidentkids.org
- ★ healthychildren.org



Elementary Parent Resources & Updates

Be sure to regularly check the [Elementary School Counseling page](#) for updates, resources and articles. You can also access this page under the "Guidance Counseling Centers" tab from the district's home page. Mrs. Zeidner and Ms. Lodato will regularly update this page. You can also follow them on Twitter @mrszeidnerpob and @mslodatopob



Welcome Ms. Lodato!

The POB Guidance and Counseling team warmly welcomes Ms. Nicolette Lodato. Ms. Lodato joins the faculties of Stratford Road and Judy Jacob Parkway Elementary school as School Counselor. Ms. Lodato is thrilled to return to her Long Island home after spending a year as a counselor in an elementary school in Tampa, Florida. She is excited to begin her work with the students, families and staff in both buildings. She can be reached at nlodato@pobschools.org. You can also follow Ms. Lodato on Twitter @mslodatopob

Helping Middle School Students Thrive

Middle School has a reputation of being a challenging rite of passage for students (and in turn, a tough time for parents!). With some intentional thought and proactive strategies, we can help our tweens navigate this time and help them enjoy this precious time. The following are tips listed in an article published in *The Washington Post* by licensed school counselor, Phyllis L. Fagell. Read the entire article here: [Top 10 skills middle school students need to thrive, and how parents can help](#)

- ★ Make good friend choices
 - ★ Work in teams and negotiate conflict
 - ★ Manage a student-teacher mismatch
- ★ Create organization and homework systems
 - ★ Monitor and take responsibility for grades
 - ★ Learn to self-advocate
 - ★ Self-regulate emotions
- ★ Cultivate passions and recognize limitations
- ★ Make responsible, safe and ethical choices.
 - ★ Create and innovate





POBJFKHS Parents: Save the Dates!

September

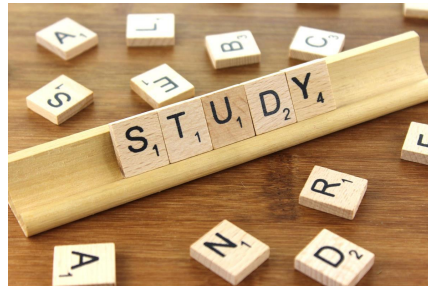
- 11 ACT Away
- 14 Senior Guidance Information Night (Grade 12 students and parents)
- 21 Operation Apply (Seniors only)
- 27 Financial Aid Night

October

- 2 SAT at POBJFKHS (Grade 12 students)
- 13 PSAT at POBJFKHS (grade 10 and 11 students)
- 19 Sophomore Guidance Information Night (featuring Tom Ehlers from Method Test Prep)
- 23 ACT Away

November

- 2 Junior Guidance Information Night (with special guest Leah Murnane from Princeton Review)
- 6 SAT - Away (Grade 12 students)



12 Study Tips for Back to School

Here are some valuable strategies for effective study skills from one of our test prep partners, Princeton Review.

1. Identify more than one study space. Variety helps!
2. Track more than homework in a school planner.
Include all activities and social commitments
3. Start small. Complete assignments in small chunks.
4. Create a simple system to stay organized. Try separate folders for handouts for each subject. Nothing fancy!
5. Establish a routine. Try to do homework around the same time every day.
6. Create a distraction-free zone. Turn off the devices!
Or at least turn off the notifications until homework is done.
7. Get real. Be realistic about how long your assignments should take and plan accordingly.
8. Use class time wisely. If you have time after class, ask your teacher to clarify a concept that seems fuzzy.
9. Look over your notes each night. Fill in details. Highlight key concepts. Interacting with your notes will help you remember them.
10. Study a little every day.
11. Don't let a disappointing grade keep you down. Take proactive steps to improve.
12. Make a friend in every class. Help and support each other!

WELCOME CLASS OF 2034!

The first days of kindergarten are filled with what seems like a never-ending list of exciting “firsts” for children. This time represents a major change in the lives of children as well as the lives of the parents and families of our students. It is natural for parents / guardians to feel a range of emotions. Along with feeling anxious about how your child will fare, parents/guardians may also feel sad because their child is growing up so quickly. Remember that feelings are always OK! Here are some quick reminders to help your child in their transition to school:

- ★ Wake up early. Leave enough time for a relaxed breakfast and any unplanned issue that may arise.
- ★ If your child is nervous or upset, encourage them to talk to you about their feelings. Don't burden your child with your own fears and anxieties. Focus on the fun that they will have and the new friends that they will meet.
- ★ Stay involved with your child's classroom experience. Join the PTA and volunteer at school. Most importantly, ask your child about their experience every day.
- ★ Pack lunch wisely. Make sure your child can open all of their own lunch containers and that they like the food that you have packed.
- ★ Don't be afraid to be your child's advocate. If you have any concerns, reach out to your child's teacher or the building administrator.

ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN
By Robert Fulgham

-  Share everything 
-  Play fair 
-  Don't hit people 
-  Put things back where you found them. 
-  Clean up your own mess. 
-  Don't take things that aren't yours 
-  Say ur sorry when u hurt someone 
-  Wash your hands before u eat 
-  Fluzh 
-  Warm cookiez and cold milk are good for you 
-  Live a balanced life:
Learn. Think. Draw. Paint. Sing. Dance. Play. Work. 
-  Take a nap every afternoon. 
-  Be aware of wonder 
-  Look around 
-  When you go out into the world, watch for traffic, hold hands, & stick 2gether. 

@sylviaaductworth



2021-22 EXAMINATION & TEST DATES CEEB CODE 334-532



SAT TESTING SCHEDULE POB JFK HS SAT TEST CENTER #33-764

ANTICIPATED TEST DATES	TEST(S)	REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE (phone/online)
October 13, 2021*	PSAT	September 13, 2021 at 3:00 p.m.	
August 28, 2021	SAT Reasoning	July 30, 2021	August 17, 2021
October 2, 2021*	SAT Reasoning	September 3, 2021	September 21, 2021
November 6, 2021	SAT Reasoning	October 8, 2021	October 26, 2021
December 4, 2021	SAT Reasoning	November 4, 2021	November 23, 2021
March 12, 2022*	SAT Reasoning	February 11, 2022	March 1, 2022
May 7, 2022	SAT Reasoning	April 8, 2022	April 26, 2022
June 4, 2022*	SAT Reasoning	May 5, 2022	May 25, 2022

You will receive instructions on how to register for the PSAT through the Guidance Department in the Fall.

*You may register for the SAT and Subject tests online at www.collegeboard.org
If you register late, you may not get your choice of test centers and there is an additional fee for late registration.*

ACT TESTING SCHEDULE POB JFKHS ACT TEST CENTER #216650

TEST DATES	TEST	REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE
September 11, 2021	ACT	August 6, 2021	August 20, 2021
October 23, 2021	ACT	September 17, 2021	October 1, 2021
December 11, 2021	ACT	November 5, 2021	November 19, 2021
February 12, 2022	ACT	January 7, 2022	January 21, 2022
April 02, 2022	ACT	February 25, 2022	March 11, 2022
June 11, 2022*	ACT	May 6, 2022	May 20, 2022

*You may register for the ACT online at www.actstudent.org
If you register late, you may not get your choice of test centers. There is an additional fee for late registration.*

**1/11/22
Finding the Right College, Rob Franek, 7:00 p.m.**

To register go to: www.PrincetonReview.com/POBHS

ADVANCED PLACEMENT TEST DATES

May 2- May 6, 2022*
May 9- May 13, 2022*

*At Plainview-Old Bethpage John F. Kennedy High School

PSAT/NMSQT Information

What is the PSAT/NMSQT?

The PSAT/NMSQT (Preliminary SAT/National Merit Scholarship Qualifying Test) is a practice version of SAT taken by juniors, and sometimes, by sophomores. By taking the test, juniors may qualify to enter competitions for prestigious awards and scholarships. It is a two hour and forty five minute test that measures critical reading skills, math problem solving and writing skills. This year, the PSAT will be given on **Wednesday, October 13, 2021**. **All juniors** are strongly encouraged to take this exam. **There will be no fee for juniors for the PSAT.**

Should sophomores take the PSAT?

When considering whether or not to take the PSAT as a sophomore, remember that sophomore scores do not count as a qualifying test for the National Merit Scholarship Program. The purpose of taking the PSAT in the sophomore year is to give students an additional opportunity to practice the test.

How to register for the PSAT:

- Registration is now available. Parents can register their child by completing this form: [2021 PSAT Registration](#)
- Students **MUST** sign up for the PSAT no later than **September 13, 2021** at 3:00 p.m.
- Sophomores must bring a check (payable to "POBCSD") for \$18.00 when registering

How do students receive their scores?

Students will be able to access their scores online. These score reports are excellent resources to help students begin their preparation for the SAT exams that are typically taken in the spring of junior year.

Where will the PSAT take place?

Testing will take place in the high school. Students should arrive no later than 7:30 am.

Can students have extra time for testing?

Students who require any type of testing accommodation **MUST** be pre-approved by the College Board. This approval process can take approximately eight weeks. For additional information, parents can contact Ms. Lynn at lynn@pobschools.org

What Should I Bring on Test Day?

- Three sharpened soft lead (No. 2) pencils with good erasers (no mechanical pencils).
- A watch to pace yourself (No smart watches)
- An acceptable calculator (visit collegeboard.org to review the calculator policy)

College Testing/Planning Timeline

The process of applying to college can be overwhelming as there are many pieces to the puzzle. A necessary component of the application for most four year colleges is a standardized test score. When is the best time to take the SAT or ACT? Your school counselor will help you make a plan that is appropriate for your child. Below is a general timeline for test planning:

GRADE 9: Students should focus on their courses, join some clubs and/or sports and do their best as they begin to build their high school record.

GRADE 10: If your child feels that they would like to get an early start for practice, they can take the PSAT. This will give students an opportunity to get a feel for the SAT. Parents should start to think about planning for SAT and/or ACT prep. Summer is a great time to prepare with a class, online programs or self-prep books (see below for more information).

GRADE 11: All juniors should take the PSAT (see article to the left) in October. Students can take the SAT or ACT in the winter or spring. Taking one or both tests for a second time is advisable but it is important to plan for prep work to be scheduled in between to address targeted areas that students want to improve on.

GRADE 12: If seniors feel they want another opportunity to improve their score, they can consider the October, November or December test administration dates, depending on their college application deadlines.

Test Prep Options

The Plainview-Old Bethpage School District partners with three SAT/ACT Prep programs. All three offer special discounts to POB students. We encourage you to explore each option to find out if their offerings work for your child. In addition, remember that Khan Academy [SAT Practice](#) offers free online help for SAT preparation in addition to a wide variety of coursework. Below you will find the contact information for each of our SAT/ACT Prep partners:

Method Test Prep: www.methodtestprep.com/school/pobjfk

Note: Tom Ehlers, President of Method Test Prep will present to our students and parents on October 19 at 7:00 p.m. prior to the 10th Grade Guidance Meeting. All are welcome!

SCOPE: SAT@scopeonline.us or 631-881-9651

Princeton Review: www.princetonreview.com/POBHS

Note: Leah Murname, Outreach Manager at Princeton Review will present to our students and parents virtually on November 2 at 6:30 p.m. prior to the 11th Grade Guidance meeting. More details to follow.

Academic Department Contact Directory

Fine Arts and Digital Instruction

Dr. Ben D. Wiley, Director, 434-3138

Business

Ms. Maria Carnesi, Coordinator, 434-3136

ELA Literacy Coordinator

Ms. Eileen Annino, K-6 Chairperson, 434-3254

English

Mr. Jeffrey Yagaloff, Chairperson, 434-3185

ENL (English as a New Language)

Mr. Leonardo Rival, Coordinator, 434-3311

Family and Consumer Science

Mr. Thomas Schwartz, Coordinator, 434-3267

Guidance

Ms. Laurie B. Lynn, Director, 434-3150

Mathematics

Ms. Regina Lee, Chairperson, 434-3197

Music

Mr. Michael Rodgers, Director, 434-3045

Physical Education, Health and Athletics

Mr. Joseph Braico, Director, 434-3100

Science, Research and Technology

Ms. Joyce Barry, Chairperson, 434-3191

Social Studies

Ms. Maria Carnesi, Chairperson, 434-3203

Special Education

Ms. Dolores Espinosa, Director, 434-3020

Ms. Jennifer Lott, Assistant Director, Gr. Pre-K-4, 434-3020

Ms. Kristin Durante, Assistant Director, Gr. 5-8, 434-3020

Ms. Sandra Parmentier, Assistant Director, Gr. 9-12, 434-3020

World Languages

Mr. Leonardo Rivera, Chairperson, 434-3139





Laurie B. Lynn
Director of Guidance
llynn@pobschools.org

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