

GUIDELINES

April 2024

UPCOMING EVENTS

Wellness Wednesdays

Exercise the Body & Mind: Bodyweight workout with a mindful stretch (all fitness levels welcome!)

Wednesday, April 10, 2024

7:00 - 7:45 PM

River Dell HS Cafeteria

[Click Here to Register](#)

Minding Your Mind: Mindfulness by Brandon Everett

Wednesday, April 17, 2024

7:00 - 8:00 PM

River Dell HS Cafeteria

[Click Here for More Info](#)

In Danger of Failing Letters

All students in danger of failing one or more courses required for graduation will receive a formal notification via certified mail by the end of April. Additionally, counselors will be reaching out to families to set up an in-person meeting to review progress and set students up for a successful final marking period. Credit recovery options and requirements will also be reviewed.

Worried about a class? We recommend:

- Communicate with your teacher(s). Be open about your challenges and ask for help.
- Schedule an individual meeting with your counselor. Together, you can develop a plan to find success and finish the year strong!

National College Decision Day: May 1st

The majority of colleges use May 1—traditionally known as National College Decision Day—as the deadline for accepted students to commit. With FAFSA-related delays in financial aid offers, a growing number of institutions have pushed their deadlines to June or suspended them indefinitely. Only a handful of colleges have announced extensions so far, but the list continues to grow. We highly recommend checking with each of your colleges for the most up-to-date information.

A few important notes about depositing:

- Do not double deposit! You should deposit at ONE college.
- As a courtesy, notify all colleges where you were accepted and will not be attending.
- Update Naviance with all admissions results.

Boys/Girls State

Congratulations to the following students on their selection to represent River Dell at the 2024 NJ Boys State and Girls State!

Tyler Cobb
Anthony Guttilla
Angela McDonough
Amy Usatine

Tyler, Anthony, Angela, and Amy will attend a week long conference in June, focused educating youth on the duties, privileges, rights and responsibilities of American citizenship.

Our Staff

201-599-7200

Erin Kirkby
Director
x7224

Jaclyn Amadeo
x7289

Rachael Anderson
x7245

Brian DiUbaldo
x7226

Jeanine Farfalla
x7298

Lauren Garcia
x7230

Spring Cleaning & Your Mental Health

Dr. Adam Borland, a clinical psychologist at the Cleveland Clinic, highlights the profound impact our environment has on our mental well-being. When it comes to spring cleaning, Dr. Borland suggests starting with manageable tasks first, like tidying up a single shelf or drawer. By completing smaller goals, you can build momentum and experience the positive effects of your efforts. Dr. Borland also notes the importance of reaching out to friends or family for assistance, as seeking and accepting support is a demonstration of resilience and strength. So, as you embark on your spring cleaning journey, remember that **it's not just about sprucing up your space—it's about nurturing your mental well-being too!**

Family Support Organization of Bergen County

In an effort to provide support, advocacy, and education to families, caregivers, and providers of children with mental, emotional, and behavioral needs, the Family Support Organization of Bergen County hosts a number of monthly events. The below events will be held in-person at 0-108 29th Street in Fair Lawn from 7:00-8:30 PM.

April 3, 2024
Mind, Body, Spirit

April 17, 2024
Getting to the Root of Self-Esteem

Your Schedule for Next Year: How Much is Too Much?

With underclassmen finalizing their class requests for next year, the question arises: **How much is too much?** While it is true that selective colleges want applicants to have taken full advantage of the educational opportunities available, it is also true that colleges know there is a limit to what is both possible and healthy. Students should realistically assess their strengths and priorities, requesting courses that offer a suitable level of challenge while allowing them to maintain a healthy balance.

So what is reasonable? That looks different for every student! Counselors work collaboratively with students and their families to develop a strong understanding of what is best for each student. In general, colleges like to see 4 years of English and mathematics, as well as 3 to 4 years of science and social studies. Additionally, students should take advantage of the courses available at River Dell that are in line with their potential future studies. Interested in studying science, business, or the arts in college? Take advantage of the the extensive elective courses at RD! This is a great way to test out the waters before officially applying into a specific post-secondary program.

A few tips:

- **Increase the rigor of your schedule in your areas of strength and interest.** Maintaining As in a particular content area? Opt for an Honors, SUPA or AP class junior or senior year.
- **Request elective courses that you are interested in, not just what you feel may “look good.”**
- **Keep in mind that depth of involvement is more important than breadth of involvement.** Opt for fewer extracurricular activities but greater participation. Find the things that you love to do and devote your extracurricular hours to your growth and development in those areas.
- **It's all about balance!** In most cases, it is not one or two courses that cause students to become stressed, but the combination of courses and activities. Be realistic about the time you have to dedicate to each of your commitments.
- **Prioritize your health and wellbeing.** This means getting adequate sleep and having time to do what you enjoy!
- **Work together with teachers, your counselor, and as a family!** We are all here to help.