

# Counselors' Corner



## It's Great to Be Back!

Welcome back Junior Aviators! This year our school's theme is: "Make Every Day Count". Strive to make your days meaningful and worthwhile. There are so many great things to achieve!

### COUNSELOR CONTACTS:

**Mrs. Gesell**

Phone: (201)393-8167

Email: gesellin@hhschools.org

**Ms. O'Hagan**

Phone: (201)393-8156

Email: ohagank@hhschools.org

Ask a teacher or send your counselor an email to make an appointment!

### COUNSELOR CLASSROOM CODES



**6th Grade**  
Class of 2026

joehn5l

**7th Grade**  
Class of 2025

jyafq6k

**8th Grade**  
Class of 2024

k2nvkgz

### IMPORTANT DATES!



**Tuesday, September 19**

Washington DC & Camping

Information Night- 6pm.

Back to School Night- 6:45pm

**Monday, September 29**

School closed

**Monday, October 9**

School Closed

**Wednesday, October 11**

PSAT 8th grade

Character MVP day- grades 6 & 7  
1/2 day for students

**Thursday, October 19-20**

Cycle 1 ends, Cycle 2 begins

**Tuesday, October 31**

Halloween dress up day

**Thursday, November 2**

Junior BETA Induction

**November 7, 9, 10**

School closed

**Sunday, November 12**

Marking period 1 ends

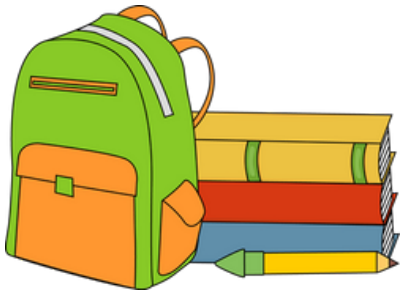
## COUNSELING PROGRAM

A school counselor works to support the academic, personal, social, and career development of all students. Throughout the year, the HHMS counseling team will be conducting classroom lessons on a variety of topics including social emotional learning, relationship building, self-care, and other areas of interest!



**"MAKE EACH DAY  
YOUR MASTERPIECE"**  
John Wooden

# START OF THE SCHOOL YEAR!



## MEET THE COUNSELORS

### Getting in the Swing of Things

Having a routine is an effective way to reduce stress and create more opportunity for relaxation.

Making time for relaxation is an important part of every day. Once you have a set routine, it is easier to focus on the tasks you need to complete. Routines are also beneficial when completing homework and getting sleep!

“Today is life – the only life you are sure of. Make the most of today. Get interested in something. Shake yourself awake. Develop a hobby. Let the winds of enthusiasm sweep through you. Live today with gusto.” ~ Dale Carnegie

### Mrs. Gesell

Grades 6-8, A-L

Welcome back! I look forward to another great year working with you all. This is my 12th year in district, and in that time I have been a counselor for grades 6-12. Fun facts: I love hockey (NJ Devils), rock concerts, the Jersey shore, Disney and little red Swedish fish!



### Ms. O'Hagan

Grades 6-8, M-Z

This year marks my 26th year in the district! Fun facts: I love football, and I am still proud to say my favorite team is the Giants. I coach softball and volleyball in the high school, and I love watching almost every sport. I like to play golf, pickleball, travel, read and go to the beach. I have 3 children who I love to spend time with.



### Ms. van Westervelt

School Counseling Intern

Hi everyone! My name is Ms. van Westervelt, and I am a school counseling intern for the 2023-2024 school year. I attend school at William Paterson University and will graduate in May with my degree in school counseling. I love being outdoors and spending time with my family, friends, and my dog Charlie!



#### Need Extra Help?

Let's get off on the right foot with our academics! If you feel you need additional help in your classes, you can attend your teachers weekly extra help sessions. The Extra Help schedule can be found in your Counselors' Google Classroom.

#### Get Involved!

School offers many new experiences! Get involved in one of our many clubs and activities, which were recently emailed out and are also in the Google Classrooms. This is a great way to make new friends and explore your interests!