



Guidance News

Welcome Back!

Keep Your Brain Healthy

Did you know that continued learning promotes brain health? It also creates new & reinforces neural connections. This kind of neuroplasticity is a defense against cell loss. In each newsletter, we will bring you a short video to help promote your brain health. This month, we highlight a TED Talk about How Playing an Instrument Benefits Your Brain. Happy learning!

Upcoming Events

September is National Suicide Prevention Awareness Month. Your counselors will be joining health teachers in classes to discuss suicide prevention. Stay Tuned...



Visit our Wellness Site for Helpful Resources



Meet your counselors

We are so excited to welcome you to the 2022-23 school year! This year Kateryna Shushval will join the counseling department as an intern as she completes her graduate school counseling program. Please help us in welcoming Kateryna to BRMS.

BRMS School Counselors

Amal Azzara (A-K)

amal.azzara@chester-nj.org

Jenna Spence (L-Z)

jenna.spence@chester-nj.org



Kateryna Shushval (Intern / Wellness Support)

kateryna.shushval@chester-nj.org

September begins Hispanic Heritage Month

(September 15 - October 15)

Hispanic Heritage Month recognizes the achievements and contributions of Hispanic Americans who have inspired others to achieve success. Some influential Hispanic people include:

- Jennifer Lopez - singer/songwriter
- Ellen Ochoa - first Hispanic woman in space
- France Cordova - astrophysicist
- Gabriela Mistral - first Hispanic woman to win a Nobel Prize in literature
- Alex Rodriguez, Manny Ramirez, Miguel Cabrera, Omar Vizquel and Ivan Rodriguez have become household names in the baseball world. They are among the best Latinos ever to have played in Major League Baseball.

