

WELCOME BACK TO SCHOOL

HAVE YOU MET OUR STAFF?

Welcome to Vestal High School. The Counseling and Guidance Staff hopes that your year has started off well and that you are beginning to feel comfortable with the school and your courses. Have you met your counselor yet? Counselor names are listed on your schedule and a full list of the staff is listed below. Counselors will be meeting with students throughout the year for a variety of reasons. They are available to meet with students to discuss tips for achieving academic success, persona/social issues in school, and post-high school planning. If you need to see your counselor for any reason, please do not hesitate to come in and set up an appointment during your free periods.

COUNSELING STAFF

Ms. Katy Jablonowski, School Counselor
Ms. Rebecca Martino, School Counselor
Ms. Leanne Schneider, School Counselor
Ms. Christi Smith, School Counselor
Ms. Kathryn Yezzi, School Counselor
Ms. Mary Pomerantz, School Social Worker
Ms. Tamara Findikyan, School Psychologist

Clerical Staff

Ms. Andrea Braun
Ms. Flavia Cass
Ms. Jewel Cooke

607-757-2214

HELPFUL TIPS

- ☒ Attend classes and school regularly
- ☒ Participate in Class - Ask Questions
- ☒ Do the homework - it matters
- ☒ Use an agenda or planner to keep organized
- ☒ Utilize the Parent Portal and pay attention to grades
- ☒ Get involved and have fun!
- ☒ Need extra help? Talk with your teachers, use a National Honor Society tutor or consult with your counselor



Graduation Requirements

The most up to date graduation requirements can be found in the Course Description Guidebook or on the NY State website: <https://www.nysed.gov/curriculum-instruction/1005-diploma-requirements>. Counselors keep abreast of all changes and monitor students pathways to graduation very closely. Each student will have the opportunity to meet with their counselor every year during our scheduling season which typically begins in January. It will be at this time where counselors and students will revisit the paths to graduation.



Welcome Mrs. Yezzi to the High School

We are pleased to announce the arrival of Mrs. Kathryn Yezzi who will be joining our counseling team. Mrs. Yezzi grew up in Binghamton, NY. She graduated from Binghamton High School and St. Bonaventure University. Mrs. Yezzi holds a B.S. in Elementary/Special Education and a M.S.Ed in School Counseling. Mrs. Yezzi spent this past year working with Vestal Middle School students. Prior to her work in Vestal, she worked at Binghamton High School as a special education teacher and school counselor for many years. While in her previous district, she was a senior class advisor, club advisor and coach. She was a member of the school's leadership team and worked with local community resources to help assist students in various capacities. Mrs. Yezzi worked with all students to ensure their social/emotional, academic and career needs were met. She is very excited to start her new chapter at VHS!



In time of crisis, don't forget....

Each student will be issued a yellow ribbon card at the beginning of the school year. This ribbon carries the message that there are those who care and will help! If you are in need of help and don't know who to ask, take this card to a counselor, teacher, clergy, parent or friend and say: "I need to use my Yellow Ribbon"

2027 Class of



Thinking about IB?

Vestal High School offers students the opportunity to challenge themselves beyond the New York State curriculum through the International Baccalaureate Diploma Program. The IB program provides students with challenging coursework, emphasizing 21st century skills such as oral and written communication, collaboration, and international-mindedness. For more information, check out the IB link on the Vestal High School/Counseling and Guidance web page or the IB's website at www.ibo.org. We will also present details on the program at a Parent Information Night on Thursday, January 4, 2024 at 6:30 pm.

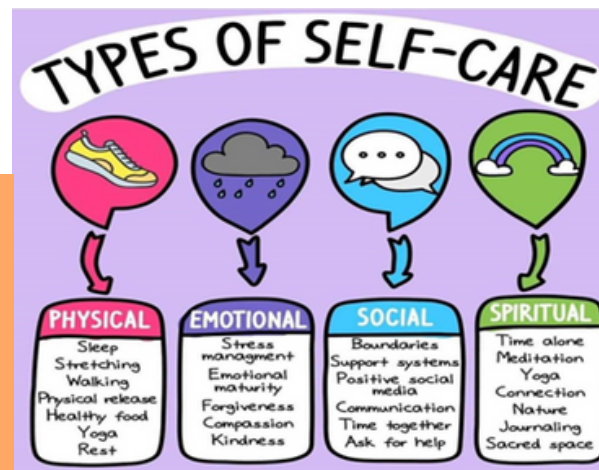
Google Classroom

Please join our Counseling and Guidance Google Classroom at ***xbnbqej*** to stay up to date on information, volunteer opportunities, internships, and much much more.



We will be transitioning to SchoolLinks in the coming months for Career and College Planning as well as announcements. More information to come soon.

Students may have a variety of emotions as they return to school this fall. Transitioning from the middle school to the high school can come with excitement, fears or uncertainty. Please know that counselors are available to speak to students regarding any concerns they may have throughout the year. Feel free to email your counselor or call the office at 757-2214 if you would like to schedule a time to meet.



Vestal High School Clubs 2023-2024

Student Government

Interact
club

Diversity Club

Art Club

Student Store

Science
Club

Yearbook

Drama Club

Band

FUTURE
BUSINESS
LEADERS OF
AMERICA

History Club

Ski Club

FRENCH CLUB
SPANISH CLUB
GERMAN CLUB

Choir

Vestal Voices

MATHLETES

Varsity Club

Environmental
Club

Science Olympiad

MOCK TRIAL

GSA

National
Honor Society

Tech Club

STEAM CLUB

Odyssey of the
Mind

SADD

Bear Facts

Orchestra