

GUIDANCE NEWSLETTER

Northbridge High School, Whitinsville, MA 01588

MASS MATH SCIENCE INITIATIVE GRANT IS IN FULL SWING AT NHS!

MMSI drives a school culture of high expectations and dramatically increases participation and performance in Advanced Placement courses, particularly among underserved populations, to prepare students for college and career success in science, technology, engineering, and mathematics (STEM). The 2011-2012 school year is the first year that NHS has the grant in full effect. Advanced Placement course enrollment has dramatically increased with 150 students participating in 11 Advanced Placement courses.

During the 2010-2011 school year a total of 58 students participated in 7 Advanced Placement Courses. Saturday study sessions are scheduled with a goal to increase the number of students who score between 3 and 5.



ADVANCED PLACEMENT

AP Courses at NHS:

- ★ English Language & Composition
- ★ English Literature
- ★ Computer Science
- ★ Calculus (AB)
- ★ Calculus (BC)
- ★ Statistics
- ★ Biology
- ★ Chemistry
- ★ Environmental Science
- ★ US History
- ★ Psychology

SATURDAY STUDY SESSIONS

Students enrolled in science, technology, engineering & Mathematics AP courses are required to attend the scheduled Saturday study sessions. Transportation will be provided as well as lunch & raffle prizes. The 1st Saturday Session Dates are as follows:

English: 10/22/2011 8:00-2:30 @ Uxbridge High School

Science: 11/19/11 8:00-2:30 @ Douglas High School

Math: 12/10/11 8:00-2:30 @ Uxbridge High School

Students that have a valid reason for not attending must meet with Mr. Katz or Mrs. Goff prior to the session. Students will be required to make up the hours after school.

PSAT's Offered To All Sophomores

For the first time, the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT) will be offered to all sophomores at no cost. This is also a benefit of being a recipient of the MMSI Grant. The test will take place during the school day on October 12, 2011. Juniors are encouraged to take the test as well and may do so for the cost of \$18.00. Students may register for the test in the Guidance Office.

Checks may be made payable to Northbridge High School.

The PSAT is a standardized test that provides firsthand practice for the SAT. It also gives you a



chance to enter NMSC scholarship programs and gain access to college and career planning tools.

The PSAT/NMSQT measures:

- ✓ Critical reading skills
- ✓ Math problem-solving skills
- ✓ Writing skills

The most common reasons to take the test are to:

- ✓ Receive feedback on your strengths and weaknesses on skills necessary for college.
- ✓ See how your performance on an admissions test might compare to that of others applying to college.

OCTOBER IS NATIONAL ANTI-BULLYING AWARENESS MONTH

In honor of Anti-Bullying Awareness Month the NHS Guidance staff wants parents to be aware of signs of bullying. You can be the first line of defense, and let school officials know if you are seeing any of the following signs of bullying at home:

- Comes home with damaged or missing clothing or other belongings
- Reports losing items such as books, electronics, clothing, or jewelry
- Has unexplained injuries
- Complains frequently of headaches, stomachaches, or feeling sick
- Has trouble sleeping or has frequent bad dreams
- Has changes in eating habits
- Hurts themselves
- Are very hungry after school from not eating their lunch
- Runs away from home
- Loses interest in visiting or talking with friends
- Is afraid of going to school or other activities with peers
- Loses interest in school work or begins to do poorly in school
- Appears sad, moody, angry, anxious or depressed when they come home
- Talks about suicide
- Feels helpless
- Often feels like they are not good enough
- Blames themselves for their problems
- Suddenly has fewer friends
- Avoids certain places
- Acts differently than usual





NAVIANCE

Attention Parents:

If you have not received your Naviance Family Connection Access Code please contact your child's guidance counselor today. All students will actively utilize Naviance Family Connection to plan high school courses, conduct college and career searches and during their senior year, apply for college. For more information on Naviance Family Connection, all that it offers and how to utilize view you can download a PowerPoint Presentation on the NPS Guidance web page or in Naviance.

Parents of Seniors...What you can do to assist your child as they go through the College Application Process:

- ➔ **Talk about options...Family Considerations**
- ➔ **Review College Choices & Deadline**
- ➔ **Visit colleges with your child**
- ➔ **Know your son/daughter's strengths & weakness**
- ➔ **Talk through any changes**
- ➔ **Schedule a time to discuss this information opposed to discussing it everyday**
- ➔ **Assist with applications, but allow your child to complete their own applications!**

ATTENTION ALL PARENTS & STUDENTS!

Financial Aid Night

Parents and students are invited to attend a free presentation on College Financing. The seminar will be held on Wednesday, October 12, 2011 in the NHS Theater from 7-9 PM.

This informative seminar is offered through MEFA, the Commonwealth's resource on planning, saving and paying for college. An experienced MEFA representative will provide information regarding financial aid, completing forms and important deadlines. Families will receive a seminar booklet which serves as a year-round resource.

DO YOU RECEIVE REDUCED OR FREE LUNCH?

Be sure to see your guidance counselor for SAT or ACT Test fee waivers. Once you use a fee waiver for the SAT test, you will also be eligible to receive college application fee waivers.

Fee waivers are also available for SAT Prep courses, PSAT's and more.