

SBRHS Guidance October Newsletter

INFORMATION FOR ALL STUDENTS

If you are having trouble with **Aspen** please email aspen@sbreional.org

The **term ends** November 8th, be sure to keep up on your studies.

Good Luck to all students taking the **SAT** on November 3rd, remember to print out your admission ticket and bring a valid ID with you the day of the test (don't forget a calculator and pencils too!)

The deadline to register for the December 1st **SAT** test is on November 2nd.

If you are planning on taking the **ACT** on December 8th, the deadline to register is November 2nd.

Remember that the **level change** deadline is November 1st, any requests to drop a level beyond this date require principal approval and a "W" (withdrawn) will be entered on your transcript.

Academic Support is available for all students after school in the library. Monday: Science, Tuesday: Math, Wednesday: Social Studies Thursday: English

Don't forget to do your **community service**, all students are required to complete 20 hours over the course of the 4 years. Please be sure to document your hours into Aspen and also submit your documentation to the main office. (See the school website for directions on how to document your hours in Aspen)

SENIOR CLASS

- If you have not yet submitted your release of information form to guidance, please do so ASAP.
- Be aware of your deadlines for your college applications, transcript request forms must be submitted to your guidance counselor 1 week prior to your deadline.
- Don't forget to pay your class dues of \$75, see Mrs. Ferris with any questions.
- Yearbooks are available for \$70, don't forget to submit your baby pictures.
- Be sure to check out scholarship opportunities in the Media Center.

JUNIOR CLASS

- PSAT results will be sent in December and information will be dispersed to students in homeroom.
- It's never too early to begin researching schools that you may be interested in attending, check out their websites and maybe even plan a visit over one of our scheduled vacations.

Naviance is an interactive tool that can help students with career exploration, the college search process and ultimately, submitting transcripts and recommendations to colleges. Naviance also provides "Test Prep" which students can use for preparing for the SAT test. All students should have login information, if you have issues getting logged in please reach out to your guidance counselor.

Getting Ready for Case Rally

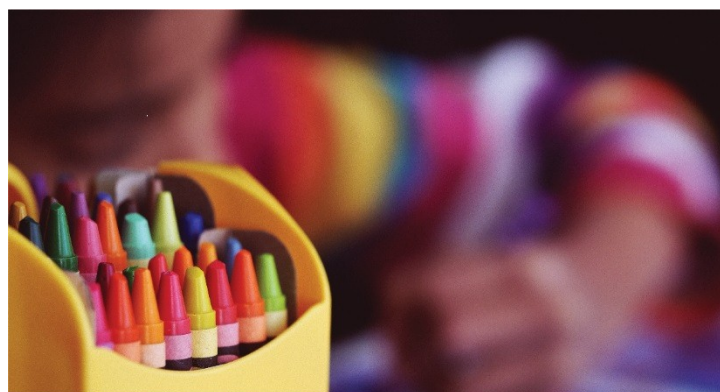
REMINDERS

Be sure to check with your class advisors for meeting dates:

Freshmen: Ms. Mann & Mrs. Proulx
Sophomores: Mrs. Cutner & Ms. Gay
Juniors: Mrs. Pimento
Seniors: Mrs. Ferris

Penny Pounds: Get collecting! Last year the classes raised over \$10,000, let's work together to raise even more this year!

Let's remember that although this is an event with lots of competition, we are all Raiders and this is a time for us to come together to help our community.



“The difference between ordinary and extraordinary is that little extra.”

- Jimmy Johnson

SOPHOMORE CLASS

- PSAT results will be sent in December and information will be dispersed to students in homeroom.
- You will be testing in Math and ELA for MCAS this year, ELA will be March 26th & 27th and Math will take place May 21st & 22nd.
- It's never too early to begin thinking about what you want to do in the future, take a look at Naviance and explore some of the quizzes to help guide some of your interests.

FRESHMEN CLASS

- Make the best use out of Aspen and monitor your grades on a regular basis.
- Have open communication with your teachers, if you miss a class be sure to make arrangements to make up your missed work
- If you find yourself struggling in a class, seek help right away, do not wait until you're feeling too overwhelmed, there is plenty of support for you to take advantage of.
- You will be testing in Science this year for MCAS. The test date will be June 4th & 5th.

Guidance Department Contacts

Mrs. Coogan (Director) coogane@sbrregional.org

Mrs. Bolduc (Counselor) bolduca@sbrregional.org

Mr. Judge (Counselor) judgej@sbrregional.org

Mrs. McCarthy (Counselor) mccarthyt@sbrregional.org

Mrs. Proulx (Counselor) proulxa@sbrregional.org

Mrs. Medeiros (Adjustment Counselor, Grades 9 & 11)
medeiost@sbrregional.org

Mrs. Nassiff (Adjustment Counselor, Grades 10 & 12)
nassiffa@sbrregional.org