



# Brockton High School Guidance Newsletter

**Term One**



## Preparing for College: What should I be doing as a senior?

### TAKE AN ACTIVE ROLE IN PLANNING YOUR FUTURE:

- Check your Counselor’s TEAMS page at least two times a week, as TEAMS are updated regularly with important college, career, and financial aid information.
- On TEAMS, view the **Guidance Department’s Senior Presentation**, which will show you what you should be doing NOW.
- Next, fill out the **Plans After Graduation** and **Senior Self-Assessment Forms**, and submit to your counselor to inform them of your future plans and prepare for your Senior Interview.
- Use the **Senior Interview Form** to share your availability so your counselor can set up an appointment for a Senior Interview, where you will discuss these plans and next steps.
- If you are planning to apply to a four year college, view the **Common App Presentation** on TEAMS. Here’s the link for Common App. <https://www.commonapp.org/>

## Remote Schedule



BHS Remote Schedule			
Monday		Tuesday - Friday	
Time		Time	
7:15-8:00	Log in to Clever and prepare for the day	7:15-7:30	Log in to Clever and prepare for the day
8:00-8:35	Period 1	7:30-8:20	Period 1
8:35-8:40	Brain/Movement Break	8:20-8:30	Brain/Movement Break
8:40-9:15	Period 2	8:30-9:20	Period 2
9:15-9:20	Brain/Movement Break	9:20-9:30	Brain/Movement Break
9:20-9:55	Period 3	9:30-10:20	Period 3
9:55-10:00	Brain/Movement Break	10:20-10:30	Brain/Movement Break
10:00-10:35	Period 4	10:30-11:20	Period 4
10:35-10:40	Brain/Movement Break	11:20-12:00	Lunch
10:40-11:15	Period 5	12:00-12:50	Period 5
11:15-11:20	Brain/Movement Break	12:50-1:00	Brain/Movement Break
11:20-11:55	Period 6	1:00-1:50	Period 6
12:00-12:30	Lunch/Break	1:50 - 2:23	Student Support
12:30-2:23	Prepare for the week		
		Day A	Tuesday & Wednesday
		Day B	Thursday & Friday

### Fall Dates

**FASFA Application Opened**  
**October 1**

**Deadline for Early Action**  
**November 1**

**Election Day— No School**  
**November 3**

**Veterans Day—No School**  
**November 11**

**Term Q1 Ends**  
**November 19**

**Thanksgiving Recess**  
**November 25-27**

**Christmas Recess**  
**December 24 to January 1**



### Guidance Contacts

**Yellow**  
**508 894 4405**

**Green**  
**508 580 7415**

**Azure**  
**508 580 7435**

**Red**  
**508 580 7425**

# Virtual Learning Expectations



- Turn off music, TV, and videos.
- Come prepared with class materials and computer charger.
- Dress in 'school appropriate' clothing.
- Be on time.
- Turn on video at the start of your class meeting.
- Keep yourself on MUTE until it's your turn to talk.
- Use the 'raise hand' button or chat bar for questions or comments.
- One voice at a time.
- Keep discussion class related. No private or personal comments.
- No photos or recording class meetings.
- Be kind, patient, and respectful of others.
- Do your work and be consistent with it.

## Trouble connecting?

For technology issues, please contact your dean or the BHS Help Desk

**Yellow** Mr. Ahern 508-894-4400

**Green** Mr. Donovan 508-580-7411

**Azure** Ms. Alves 508-580-7431

**Red** Ms. Copp 508-580-7421

**Help Desk: 508-468-0973**

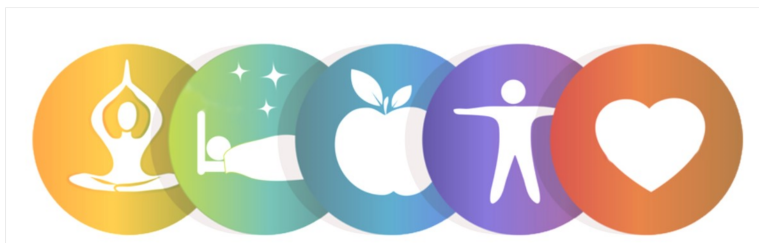


## Wellness Tips for Remote Learning

- ⇒ Create a daily schedule and routine (class time, study time, meals, breaks, connecting with friends self-care)
- ⇒ Wake up at the same time every day
- ⇒ Shower, dress, eat, brush your teeth
- ⇒ Find a productive remote learning space
- ⇒ Allow time for self-care (Exercise, relaxation, artistic expression, etc.)
- ⇒ Go to bed at a reasonable time
- ⇒ Get between 6-8 hours of sleep per night

### Helpful mental health links:

[Calm](#), [Head Space](#), [Mental Health America](#)



## Things to Know

### The Library is still open!

Please reach out to Mrs. Tucker on Teams to connect for academic support!



### Clubs are returning!

Clubs are starting back up. Be sure to check your email and Teams for upcoming club meetings.



### Flu Shots

Flu shots will be available in the Yellow parking lot starting Monday October 19th



### Food Pick-up

There are 17 pickup locations for grab-and-go meals across Brockton. Pick-up is available Monday-Friday 3-6 pm.

A full list of pickup locations is available [HERE](#)

