



ORRHS Guidance Newsletter

Current Guidance Happenings

Important Term 3 Dates

On Monday, April 8th, Report Cards will be distributed during Bulldog Block.

Incomplete Grades:

The deadline to make-up Incomplete Grades for Term 3 is **Wednesday, April 10th**. Handbook language is as follows:

- Students have two weeks from the day grades close to make up any Incomplete Grades issued by teachers, including 4th term and the summer.
- All work not completed within the specified period will be given no credit and averaged with the completed work to determine a grade.
- In the case of extenuating circumstances, any extension of this policy must be arranged with the Principal before the end of the two-week time period

Last Call for Sign Ups - MTTI Field Trip for grades 10-12

Interested in pursuing a career in the trades? On Friday, **April 26th** the guidance department will be taking a field trip to MTTI to explore post high school career training opportunities.

MTTI offers training programs in:

- Automotive
- Building (plumbing, electrical, construction, drywall)
- Computer Technician
- HVAC/R
- Medical Assistant
- Medical Billing and Coding and Office Administration
- Motorcycle and Power Equipment Technician

Students in grades 10-12 who are interested in attending, please go to guidance to pick up a permission slip. Completed permission slips are due back to guidance no later than April 8th. Seats are limited!

Upcoming College Info Sessions

- **THIS WEEK - UMass Dartmouth and Suffolk University** will be here on **April 9th** during Bulldog Block.
- **Northeast Maritime Institute** along with two ORRHS Alumni who are currently enrolled there will be here on **April 24th** during Bulldog Block.
- **UMASS Dartmouth's College NOW/START Program** will be here on **April 25th** during Bulldog Block.
 - To be eligible for College NOW, you must be a U.S. citizen or permanent U.S. resident, have a minimum GPA of 2.0, and satisfy one of the following criteria:
 - Low-income status (as defined by federal guidelines)
 - First generation (first immediate family member to complete 4-year degree)
 - Seeking additional support and resources to find success in college

DUE THIS WEEK - Attention Advanced Placement Students

AP Exam balances are due **April 10th**. Payments can be made in the guidance office by either cash or check (made payable to ORRHS). Stop in Guidance to see Mrs. Bichsel or email heatherbichsel@oldrochester.org if you need to know the balance owed.

THIS WEEK - Credit for Life Fair for Seniors - April 10th

All seniors will be participating in the Credit for Life Fair on April 10th. Seniors must register for the fair online by going to CreditforLife.org and then selecting student registration. Our school access code is 287946. Once accounts have been created, students should create an avatar and then select a career of interest. These steps need to be completed before the 10th. *If you need help, please let your counselor know!*

Jim Curran from Cape Cod 5 presented to our seniors on March 28th as a pre-meeting to the fair. Students heard about how to complete the **Fitmoney certificate program** by visiting fitmoney.org, selecting students, certificate course, and then selecting to sign up today. Students will use the same code of 287946 to complete this program. **All students who earn a certificate will be eligible to win a prize.** The students also heard from Mr. Curran about the five habits for financial wellness and about using a [Household Budget Calculator](#). *If you choose to use this calculator, simply make a copy of the spreadsheet. Want to learn more about what the students heard? View the presentation here: [financial wellness, fit money registration, fair registration.](#)

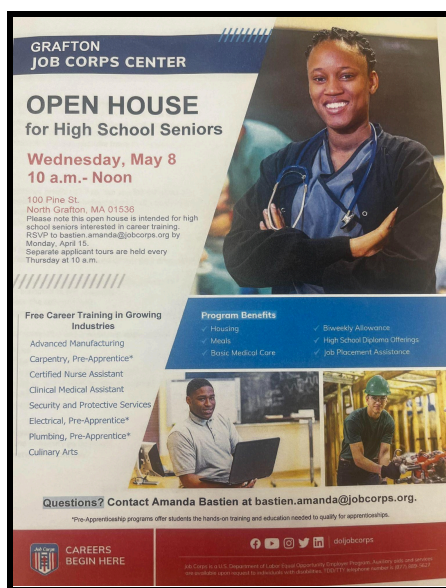
THIS WEEK - Northeast Maritime Institute Spring Open House



Join Northeast Maritime Institute at their Open House on **April 13th from 12-3**. NMI has slots available for the Fall 2024 Cohort. If you are an undecided senior, please connect with them!

Applications for the Fall 2024 Cohort can be found at: <https://cms.nmi.edu/>. ORRHS students are eligible for the Greater New Bedford Mariner Scholarship, which is still available: <https://nmifoundation.org/mariner-scholarship-program/>

Grafton Job Corps Center - Open House for Seniors



On Wednesday, May 8th from 10 am-noon, Grafton Job Corps Center will be hosting an open house for seniors interested in career training.

RSVP to bastien.amanda@jobcorps.org by Monday, April 15th if you are interested in attending the open house located at 100 Pine Street, North Grafton, Ma 01536.

Separate applicant tours are held every Thursday at 10 am.

Grafton offers free career training in growing industries such as Advanced Manufacturing, Carpentry (Pre-Apprentice), Certified Nurse Assistant, Clinical Medical Assistant, Security & Protective Services, Electrical (Pre-Apprentice), Plumbing (Pre-Apprentice) and Culinary Arts.

Program benefits include housing, meals, basic medical care, bi-weekly allowance, job placement assistance.

New Job Opportunity

Local family looking for 2 students to help with yard work. Tasks include picking up winter debris, removing downed branches from yard and periphery, raking front, side, and back yards, and putting all material in a trailer for transfer yard disposal. Must bring your own gloves. \$15/hour cash. Email your guidance counselor if you would like to learn more.

NCAA - Free Webinar for College-Bound Student-Athletes and Families

FREE WEBINAR FOR STUDENTS AND FAMILIES
WEDNESDAY, MAY 8, 6:30-7:30 P.M. ET
 Are you a student-athlete dreaming of playing your sport at the NCAA level? Invest in your future and spend an hour understanding the requirements and how to prepare for NCAA certification.

Join NCAA Eligibility Center staff, who will walk you through what you need to do to compete at the NCAA Division I, II or III level. Staff will be answering questions live during the presentation, so come prepared to learn how to take your game to the next level!

NCAA ELIGIBILITY CENTER

Are you a student-athlete dreaming of playing your sport at the NCAA level? Invest in your future and spend an hour on Wednesday, May 8, from 6:30-7:30 p.m. Eastern time, understanding the requirements and how to prepare for NCAA certification.

Join NCAA Eligibility Center staff, who will walk you through what you need to do to compete at the NCAA Division I, II or III level. Staff will be answering questions live during the presentation, so come prepared to learn how to take your game to the next level!

Click [HERE](#) to register.

Attention Seniors


Attention Seniors: Don't forget to bring a copy of your college acceptance letters to your guidance counselor. It does not need to be the original - it can be a copy, screenshot, email, etc.

Scholarship Information


You can find AVAILABLE SCHOLARSHIPS in the Guidance Office and also on the Guidance website. Visit the guidance page on the school website and click on Scholarship Information on the right side of the page. Scholarships are updated often, so check back regularly.

Local scholarship award letters are due back to the guidance office by Wednesday, May 22nd. Please submit a copy or email your award notification(s) to your guidance counselor by the deadline if you would like to be recognized on the scholarship recipients list. *This list is for local scholarship awards only, not college/university scholarship awards).

Career of the Week

CAREER OF THE WEEK		ELEVATOR & ESCALATOR REPAIRER 
https://www.bls.gov/ooh/		
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> • READ & INTERPRET BLUEPRINTS TO DETERMINE THE LAYOUT OF SYSTEM COMPONENTS AND TO SELECT THE EQUIPMENT NEEDED FOR INSTALLATION OR REPAIR • ASSEMBLE ELEVATOR CARS AND COMPONENTS FOR SIMILAR SYSTEMS • CONNECT ELECTRICAL WIRING TO CONTROL PANELS AND MOTORS • TEST NEWLY INSTALLED EQUIPMENT TO ENSURE THAT IT MEETS SPECIFICATIONS • TROUBLESHOOT MALFUNCTIONS IN BRAKES, MOTORS, SWITCHES, AND CONTROL SYSTEMS • DISMANTLE ELEVATOR, ESCALATOR, OR SIMILAR UNITS TO REMOVE AND REPLACE DEFECTIVE PARTS, USING HOISTS, LADDERS, AND HANDTOOLS OR POWER TOOLS • REPAIR OR REPLACE FAULTY COMPONENTS IN ORDER TO RETURN ELEVATOR OR ESCALATOR TO FULLY OPERATIONAL STATUS • CONDUCT PREVENTIVE MAINTENANCE AND INSPECTIONS OF ELEVATORS, ESCALATORS, AND SIMILAR EQUIPMENT TO COMPLY WITH SAFETY REGULATIONS AND BUILDING CODES • KEEP SERVICE RECORDS OF ALL MAINTENANCE AND REPAIR TASKS 	<p>A CAREER IN ELEVATOR OR ESCALATOR INSTALLATION AND REPAIR TYPICALLY BEGINS WITH A 4-YEAR APPRENTICESHIP PROGRAM SPONSORED BY A UNION, INDUSTRY ASSOCIATION, OR EMPLOYER. FOR EACH YEAR OF A TYPICAL PROGRAM, APPRENTICES MUST COMPLETE A PREDETERMINED NUMBER OF HOURS OF TECHNICAL INSTRUCTION AND PAID ON-THE-JOB TRAINING. DURING TRAINING, APPRENTICES LEARN ABOUT SAFETY, BLUEPRINT READING, MATHEMATICS, APPLIED PHYSICS, ELEVATOR AND ESCALATOR PARTS, ELECTRICAL AND DIGITAL THEORY, AND ELECTRONICS.</p>	<p>Projected job growth 1% between 2022-2032</p> <p>Median salary \$99,000</p>

The Family Character Dare




FAMILY

The Long Goodbye

Whenever someone leaves the house this week make the goodbye last! Say goodbye inside the house. Go to the door and say it again. Go outside and wave to them while they leave until they are out of sight.

We can get super busy and distracted sometimes and let people leave without really taking time to let them know we care about them. Lingered goodbyes are a great way to help everyone feel special when they leave.



The Family Character Dare is designed to bring family members together. This week's dare, The Long Goodbye, encourages you to pay attention to interactions with others. You can really make someone feel special and loved when you take the time to greet them with purpose or to say goodbye with care!

SEL TIP OF THE WEEK



Hug More! Did you know that hugs can increase the release of oxytocin and help boost mood? A warm hug can increase connection and sense of belonging and make someone feel cared for. As a universal comforter, hugs can reduce stress, lower fear, improve heart health, enhance communication, make you feel happier, and more! If you are not a hugger, please give hugs a try. Be sure to hug long enough to align a few breaths. Research supports that more hugs are better than fewer hugs. In fact, family therapist Virginia Satir once said, "We need four hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth."