



G.W. Hewlett High School

PPS/Counseling Newsletter

May 2024

Dates to Remember:

May 6th—17th

AP Exams

May 15th

*Silver Cord Deadline
for Seniors*

May 20th

*College Essay Workshop
3:00 p.m.—4:00 p.m.
HHS Library*

May 27th

Schools Closed

May 31st

*Silver Cord Deadline
For Grades 9—11*

June 4th

*Community Recognition
Award's Night*

[College Scholarships](#)

Senior Count Down Timeline!

- ⇒ Congratulations on making it this far in your high school journey! We are so proud of your resilience and perseverance!
- ⇒ For those of you attending college, after making your deposit on your selected college, **return to your Naviance account** and update EVERY decision. **Also, add where you will be attending.** This information is imperative, so we can send your final transcript.

No Final Transcript = Not Enrolling in College

- ⇒ May 1st is the **universal deadline** to deposit on your desired college. Don't miss this important deadline!

PTA Council Scholarship: Deadline is May 15th

[Click here](#) to download application to help with college costs.

Community Chest Senior Activities Scholarship: Due May 3rd!

[Click here](#) to download application to help with cost of senior year activities.

Junior-Year Timeline for College Planning:

By now, many juniors have met with their School Counselor and have been given direction to move forward. Stay ahead of the cycle to reduce stress by completing steps below:

- ◆ Create/Continue working on your Common Application.
- ◆ Ask/Confirm teachers writing recommendation letter. Fill out Teacher Rec. form on your Naviance Account.
- ◆ Complete Student Brag Sheet on Naviance for your counselor letter of recommendation.
- ◆ Create spreadsheet of all interested colleges that includes information that is important to you.
- ◆ Begin brainstorming and drafting [your essay](#) ideas. [35 great tips](#) to get started by the College Essay Guy in a short video.
- ◆ Register for Info Sessions and Tours, either in-person or virtually.
- ◆ [Learn how](#) to communicate with admissions representatives.
- ◆ Continue reading the [Hewlett College Guide](#). It is filled with tremendous resources for planning.



Hewlett-Woodmere is a partner school with Northwell RVC for the *mental health care* of our students.

Should your child need immediate attention or is in crisis, call 516-927-1630 to ensure prompt attention. Be sure to follow up with high school support staff as we are here to help!

AP Exam Day Procedures

May 6th—May 17th

- Students must arrive **no later than 10 minutes prior to exam start time**. Location for group testing is the GYM. Students with testing accommodations should meet their proctor in the PPS Office.

EXAM ARRIVAL TIMES:

A.M. Exams: 7:20 a.m.

P.M. Exams: 11:50 a.m.

- Students will be excused for a lunch break the period before (for p.m. exam) and/or after (for a.m. exam). Example: Students will be excused for a full period after morning exam has ended (an announcement will be made at the end of the exam regarding which afternoon period to report to class). For all afternoon exams, students will be excused for period 6.
- Afternoon exams will end **AFTER** the regular school day.
- Students will be instructed to enter the testing room and find their student labels on the desks, which will be arranged in alphabetical order.
- Once student finds desk location, follow procedures below:
 - ⇒ Take snack bag, #2 pencils, pens with black or dark blue ink, approved calculator (if applicable) out of backpack.
 - ⇒ Make certain **clear snack size zip-lock bag** has name clearly marked/labeled.
 - ⇒ Bring closed backpack and marked/labeled snack bag to designated areas in front of room.
 - ⇒ Return to desk and sit quietly for attendance.
- Students will **NOT** be allowed to open backpack during exam.
- Snacks and water can only be consumed during assigned break time.
- Students will be sequestered to designated break area. No one will be allowed to leave area for any reason.
- Cell phones/watches are strictly prohibited during AP exam administration. Students must turn off phone and store in backpack or locker. Any electronic disruption will cause a cancellation of score.**
- Any disruption involving inappropriate behavior during exam(s) will result in student being removed from testing location, an incident report made to College Board, a possible change to course designation on official high school transcript, a cancellation of score, non-participation in Prom and/or graduation ceremony and other end of year activities.
- Most importantly, prepare yourself for success on your exam(s). Your hard work will pay off!



AP Exam Schedule: May 2024

Week One	Morning 7:20a.m.	Afternoon 11:50 a.m.
Monday, May 6	US Government and Politics	Chemistry Art History
Tuesday, May 7		Seminar Statistics
Wednesday, May 8	English Literature (Gr. 12)	Comparative Gov't and Politics Computer Science A
Thursday, May 9	Chinese Language Environmental Science	
Friday, May 10	United States History	Macroeconomics Studio Art Portfolio Submission
Week Two	7:20 a.m.	11:50 a.m.
Monday, May 13	Calculus AB/BC Italian Language	
Tuesday, May 14	English Language (Gr. 11)	Physics C Mechanics Physics C Electricity
Wednesday, May 15	French Language World History	
Thursday, May 17	Physics 1	



**College
Board**

AP Practice Exams

[Click here](#)

AP Online Review Programs

[Khan Academy](#) [College Board](#) [Bozeman Science](#) [Brain Scape](#)

Test Taking Tips

by Princeton Review

According to the [ADAA](#), causes of test anxiety may include a fear of failure, lack of adequate prep time, or bad experiences taking tests in the past. You're not alone! Here's what you can do to stay calm in the days leading up to and during your test.

1. Be prepared.

Yes, this seems obvious, but it bears repeating. If you feel confident that you've prepped thoroughly, you'll feel more confident walking into the test.

2. Get a good night's sleep.

Cramming is never the answer, and pulling an all-nighter can exacerbate your nerves. Having adequate rest (9–10 hours per night) is likely to be more beneficial than rereading a text until dawn.

3. Fuel up.

Eat a nutritious breakfast before the test and pack smart snacks for ongoing energy. Look for foods that offer a steady stream of nutrients, rather than a sugar high followed by a crash.

4. Get to testing site—early!

Feeling rushed will only amp up the anxiety. Pack everything you need for the exam the night before and set the alarm, so you can get out the door on time.

5. Have a positive mental attitude.

Bring a picture of your happy place or come up with a morale-boosting mantra like “I can do this” or “I worked hard and deserve this.” Peek at your picture or recite your mantra, right before the test begins.

6. Read carefully.

Read the directions thoroughly and read all answers before making a choice or starting the essay. There is nothing worse than putting time into a question and realizing you are not solving for x , or the essay is off target. Slowing down can help you stay focused.

7. Just start.

The blank page can maximize your anxiety. After you've read the directions, dive right in by making an outline for an essay answer. Or, find some questions you can ace to build up your confidence and momentum. You can always go back and change things later if needed, but a few quick answers can get the ball rolling.

8. Don't pay attention to what other people are doing.

Everyone else is scribbling away? Yikes! What do they know that you don't? It doesn't matter. Pay attention to your own test and pace, and forget about the other students in the room.

9. Watch the clock.

Realizing that time is almost up and there are lots of test questions left can make it hard to do anything useful in those final minutes. [Stay on pace](#) by scoping out the whole test before getting started. Mentally allocate how much time you'll spend on each section. If there's time to recheck, even better.

10. Focus on calm breathing and positive thoughts.

Deep breathing can slow down a beating heart or a racing mind, so practice these techniques at home. The very act of concentrating on breathing and thinking can biometrically alter those anxious feelings.

Silver Cord Deadlines Approaching!

Each year at Hewlett High School's graduation ceremony, students are honored who have made significant community service contributions. To be eligible for this recognition, students must complete community service hours prior to graduation following the guidelines below:

Grade 12 Total Hours: 65	Grade 9 (No hours); Grade 10 (15 hrs); Grade 11 (20 hrs); Grade 12 (30 hrs)
Grade 11 Total Hours : 95	Grade 9 (15 hrs); Grade 10 (20 hrs); Grade 11 (30 hrs); Grade 12 (30 hrs)
Grade 10 Total Hours: 110	Grade 9 (20 hrs) Grade 10 (30 hrs); Grade 11 (30 hrs); Grade 12 (30 hrs)
Grade 9 Total Hours: 120	Returning to 30 hours for all four years of high school

Deadlines for Submitting Forms to PPS Office:

Seniors: May 15th

Grades 9, 10, 11: May 31st



College Essay Workshop with



College Admissions Representatives

Monday, May 20th

3:00 p.m.—4:00 p.m.

Hewlett HS Library

Learn directly from the people who read college essays
and make admissions decisions!

Topics will include:

- ♦ How to brainstorm essay ideas
- ♦ Tricks to catch the reader's eye
- ♦ The Do's and Don'ts of the college essay
- ♦ The difference between a weak essay and a strong essay
- ♦ Q & A on all components of the college admissions process