



ORRHS Guidance Newsletter

Current Guidance Happenings

Thank You Teachers!

Thank you to our amazing educators! Students and parents, did you know that this week is Teacher Appreciation Week? Please take a moment and let your teachers know that they make a difference for you. It really means the world to know the impact that teachers have on their students and families. We have such an incredible group of educators at ORRHS - let's show them all of the love!

Lift Others Up Scholarship - \$1000

ORRHS Seniors who have been accepted to a university are encouraged to apply for the Lift Others Up Scholarship. This is a memorial scholarship, celebrating the life of Ann Marie Guinen. She was a mentor to many individuals. She went out of her way to assist others and give of herself and that is the idea of this scholarship.

Apply no later than May 10th by visiting this link: [Lift Others Up Application](#)

Volunteer Opportunity

The Rochester Historical Society is looking for student volunteers on **June 22nd and June 23rd** between 9:30-3 to assist a "Historic Fair with a Colonial Flair". Volunteers would assist with children's activities, no need to dress as a colonial person. Interested students can contact Mr. Everett for more information or email the RHS directly at eshbach2@aol.com.

NEACAC College Fair, hosted by ORRHS

Please join us on **Monday, May 20th from 5:30-7:30pm** for our NEACAC college fair. This fair is open to all students. Over 75 college representatives and military representatives will be in attendance.

View the college list here: [ORRHS College Fair List](#)



New England Association for
College Admission Counseling

SPRING 2024 COLLEGE FAIRS

| | | |
|---|--|--|
| <p>Mitchell College</p> <p>Yarnall Athletic Center New London, CT</p> <p>Monday, April 29 9:00 - 11:00 a.m.</p> | <p>Merrimack College</p> <p>Merrimack Athletic Complex Lawler Rink North Andover, MA</p> <p>Sunday, May 5 6:00 - 8:00 p.m.</p> | <p>Quabbin Regional High School</p> <p>Barre, MA</p> <p>Monday, May 6 6:00 - 8:00 p.m.</p> |
| <p>Berkshire Community College</p> <p>Paterson Field House Pittsfield, MA</p> <p>Tuesday, May 7 9:00 - 11:00 a.m.</p> | <p>University of Maine Augusta</p> <p>Augusta Civic Center Augusta, ME</p> <p>Thursday, May 16 9:00 - 11:00 a.m.</p> | <p>Old Rochester Regional High School</p> <p>Mattapoisett, MA</p> <p>Monday, May 20 5:30 - 7:30 p.m.</p> |
| <p>Assumption University</p> <p>Plourde Recreational Center Worcester, MA</p> <p>Wednesday, May 29 5:30 - 7:30 p.m.</p> | <p>Bridgewater State University</p> <p>Tinsley Center Bridgewater, MA</p> <p>Thursday, May 30 9:00 a.m. - 1:00 p.m.</p> | <p>Franklin Pierce University</p> <p>Grimshaw-Gudiewicz Northfields Activity Center Rindge, NH</p> <p>Friday, May 31 9:00 - 11:00 a.m.</p> |

For more information on the colleges and universities attending, visit www.neacac.org

LGBTQ+ Youth Leadership Award Opportunity

The Massachusetts Commission on LGBTQ Youth is excited to announce the 2024 Jeff Perrotti LGBTQ+ Leadership Award. Created in celebration of the work of the founding director of the [Safe Schools Program for LGBTQ Students](#), the award will honor students who have contributed to shaping education settings into spaces that not only accept but also embrace LGBTQ youth. Students may apply who identify as LGBTQ or are allies. Applicants must be in their final year at a Massachusetts public high school and intending to pursue further education at an accredited institution post-graduation. The [application](#) due date is Friday, May 10.

FAFSA Information for Seniors from DESE

There is still time for college-bound students to fill out the Free Application for Federal Student Aid (FAFSA) and apply to colleges for the fall! This year's new FAFSA has been challenging for many people, but, with a historic amount of financial aid on the table, the form is worth the effort. Recently, the Department of Higher Education [extended the priority deadline for MASSGrant applications until July 1](#) in recognition of this year's challenges.

By completing the FAFSA, students automatically apply for [MASSGrant Plus](#), which was expanded by the Healey-Driscoll Administration in the fall. This program offers [Pell Grant](#)-eligible students free tuition and fees at all of Massachusetts' public colleges and universities, along with a \$1,200 allowance for books and supplies. Room and board are not included. There are also benefits for middle-income students.

Students who cannot fill out the FAFSA due to their immigration status can complete the newly launched Massachusetts Application for State Financial Aid (MASFA). Learn more at <https://www.mass.edu/tuitionequity/home.asp>.

Pre-College at UMass Amherst



Summer Pre-College programs at UMass Amherst are residential and online academic programs for **rising high school sophomores, juniors and seniors**.

With courses taught by UMass faculty and graduate students, award-winning dining, modern residence halls, and fun co-curriculars, the

UMass programs offer hands-on experience in college coursework and college life.

Programs are available in 25+ topics, ranging from Anthropology to Veterinary & Animal Sciences and everything in between. Whether you're looking for hands-on lab sciences, computer programming, business, or architecture & design, UMass has a pre-college program to fit your interests.

Deadlines are coming up soon! Admissions decisions are made on a rolling basis, with deadlines as outlined below for each session. Apply early as programs may fill up.

- Session 1 (Programs starting June 30): May 1st, 2024
- Session 2 (Programs starting July 14): May 15th, 2024
- Session 3 (Programs starting July 28): May 31st, 2024

Rising 10th - 12th graders in high school are eligible to attend the program. To apply, students will need:

- A brief, 1-page statement of interest
- An unofficial high school transcript
- A letter of recommendation from a teacher or school counselor

Questions? Read our [application FAQs](#) for the answers to some common questions, or email at summerprograms@umass.edu.

Employment Opportunity

Mattapoisett Recreation is seeking applicants for the following seasonal position: Mattapoisett town beach lifeguards. If interested, please email mattrec@mattapoisett.net to set up an interview. The town of Mattapoisett is an Equal Opportunity Employer. Lifeguard requirements: must be at least 16 years of age, current lifeguard, CPR & First Aid Certifications, Open availability, certification ready physical fitness level - ability to swim 500 yards continuously, tread water for 2 minutes without the use of arms, swim under water 15 yards and ability to retrieve object from bottom in 7-15 feet of water.

Lillian B. Lamoureux Music Scholarship Competition

The Lillian B. Lamoureux Music Scholarship competition is open to all South Coast music students ages 14-21. Two \$1,000 scholarships are awarded annually, one to a high school student and one to a college student. Scholarships may be used for private music lessons, tuition, or other expenses that further the student's music education. The scholarship, awarded by the NBSO since 2000, continues to recognize the legacy of former President Emerita and longtime board President Lillian B. Lamoureux.

The 2024 Lamoureux Scholarship Application is [here](#). Please note that they have eliminated the requirement to provide a video audition and letters of recommendation. The only requirement is that the high school student and college student be from the South Coast area. The application deadline is **May 16, 2024**. Questions may be directed to Education Director Terry Wolkowicz at twolkowicz@nbsymphony.org.

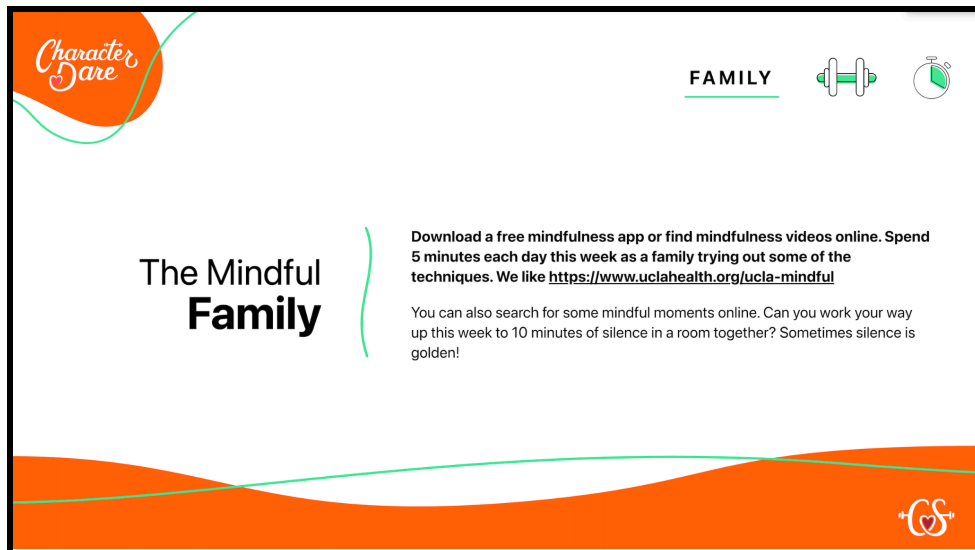
Scholarship Information

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 | | |
|---|--|---|
| INDUSTRIAL PRODUCTION MANAGER | | |
| | | https://www.bls.gov/ooh/ |
| WHAT DO THEY DO? | HOW TO BECOME ONE | JOB OUTLOOK & SALARY |
| <ul style="list-style-type: none">• DECIDE HOW BEST TO USE A PLANT'S WORKERS AND EQUIPMENT TO MEET PRODUCTION GOALS• ENSURE THAT PRODUCTION STAYS ON SCHEDULE AND WITHIN BUDGET• COMMUNICATE WITH SALES STAFF, CUSTOMERS, AND SUPPLIERS• HIRE, TRAIN, AND EVALUATE WORKERS• ANALYZE PRODUCTION DATA• REVIEW PRODUCTION REPORTS• MONITOR A PLANT'S WORKERS AND PROGRAMS TO ENSURE THEY MEET PERFORMANCE AND SAFETY REQUIREMENTS• STREAMLINE THE PRODUCTION PROCESS• ASSESS WHETHER PRODUCTION NEEDS, SUCH AS FOR EQUIPMENT UPGRADES OR OVERTIME WORK, ARE WITHIN BUDGET• LEAD STAFF IN RESOLVING PROBLEMS OR IMPROVING PRODUCTION | <p>EMPLOYERS TYPICALLY REQUIRE OR PREFER THAT INDUSTRIAL PRODUCTION MANAGERS HAVE A BACHELOR'S DEGREE. HOWEVER, SOME WORKERS QUALIFY FOR JOBS IF THEY HAVE A HIGH SCHOOL DIPLOMA AND EXTENSIVE PRODUCTION EXPERIENCE.</p> <p>FOR WORKERS WHO HAVE A DEGREE, COMMON MAJORS INCLUDE BUSINESS AND ENGINEERING. SOME EMPLOYERS PREFER TO HIRE INDUSTRIAL PRODUCTION MANAGERS WHO HAVE A MASTER OF BUSINESS ADMINISTRATION (MBA) OR A GRADUATE DEGREE IN INDUSTRIAL MANAGEMENT.</p> | <p>PROJECTED JOB GROWTH 2% BETWEEN 2022-2032</p> <p>MEDIAN SALARY \$116,970</p> |

The Family Character Dare



The screenshot shows a card titled "The Mindful Family" under the "Character Dare" header. The word "FAMILY" is underlined. There are icons for a family, a person with a gear, and a clock. The text on the card reads: "Download a free mindfulness app or find mindfulness videos online. Spend 5 minutes each day this week as a family trying out some of the techniques. We like <https://www.uclahealth.org/ucla-mindful>. You can also search for some mindful moments online. Can you work your way up this week to 10 minutes of silence in a room together? Sometimes silence is golden!" There is a small logo in the bottom right corner of the card.

The Family Character Dare is designed to bring family members together. This week's dare is called the Mindful Family. This family dare is perfect during mental health awareness month. Download a free mindfulness app and spend 5 minutes each day of the week as a family trying out some techniques.

SEL TIP OF THE WEEK



The graphic features a background of overlapping colored shapes in shades of red, pink, and green. The text reads: "May is Mental Health Awareness Month" in large, bold, dark blue letters. Below this, in a white box with a dark border, it says "It's Mental Health Awareness Month" in a smaller, dark blue font.

In honor of Mental Health Awareness month we encourage all students to wear **green** on Friday, May 10th. It is important to show support and have conversations about mental health as we help contribute to a larger movement of acceptance, empathy, understanding, and support for mental health challenges. Throughout the month of May, we will be sharing tips and resources. Up first, visit [Four things likely affecting your mental health and four things you can do about it](#) and [Building Your Coping Tool Box](#).