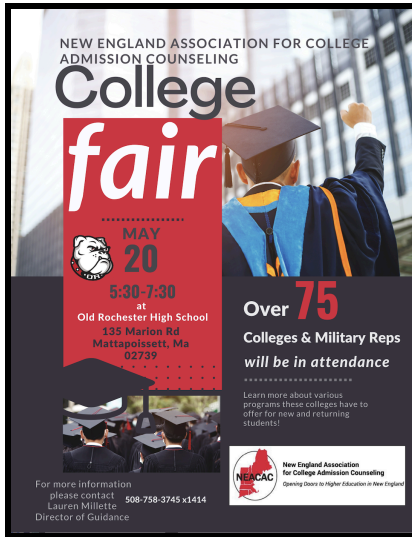


ORRHS Guidance Newsletter

Current Guidance Happenings

NEACAC College Fair - May 20th, hosted by ORRHS



Please join us on **Monday, May 20th from 5:30-7:30pm** for our NEACAC college fair held in our ORRHS gymnasium.

This fair is open to ALL STUDENTS and their families. Over 75 college representatives and military representatives will be in attendance.

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

Vaping Education Opportunity for Students and Caregivers



High Point Prevention Services has organized a free virtual event for families about vaping on May 30th at 6:00 PM.

Interested in attending? Here is the registration link: [Webinar Registration - Zoom](#)

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.

Important Information from the Massachusetts Attorney General's Office on Youth Summer Jobs

As Massachusetts teenagers prepare for summer jobs, the Attorney General's Office encourages educators to help minors stay safe at work. The Massachusetts Attorney General's Office enforces the Massachusetts youth employment laws, including the work permit laws. By issuing work permits, schools play an important role in keeping young workers safe. Please review [this flowchart](#) summarizing the work permit process. Should you have any further questions about work permits, please contact the [Department of Labor Standards](#) (www.mass.gov/dols).

[This parent letter](#) encourages parents and teens to talk about workplace safety and informs teens about their rights as employees. Should you, district parents or students have questions about youth employment or the MA wage and hour laws, please do not hesitate to contact the Fair Labor Division at (617) 727-3465. Workers who believe their rights have been violated at work should file complaints with the Fair Labor Division on the [website](#) (www.mass.gov/ago/fld).

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 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.

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		COMPUTER SYSTEMS ANALYSTS
		 https://www.bls.gov/ooh/
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> • CONSULT WITH MANAGERS TO DETERMINE THE ROLE OF INFORMATION TECHNOLOGY (IT) SYSTEMS IN AN ORGANIZATION • RESEARCH DIFFERENT TECHNOLOGIES TO DECIDE IF THEY WOULD INCREASE THE ORGANIZATION'S EFFICIENCY • ANALYZE COSTS AND BENEFITS OF IT SYSTEMS AND UPGRADES TO HELP MANAGERS DECIDE WHICH, IF ANY, TO INSTALL • DEVISE WAYS TO ADD FUNCTIONALITY TO EXISTING COMPUTER SYSTEMS • DESIGN NEW SYSTEMS BY CONFIGURING HARDWARE AND SOFTWARE • OVERSEE THE INSTALLATION AND CONFIGURATION OF NEW SYSTEMS AND CUSTOMIZE THEM FOR THE ORGANIZATION • TEST SYSTEMS TO ENSURE THAT THEY WORK AS EXPECTED • WRITE INSTRUCTION MANUALS AND TRAIN THE SYSTEMS' END USERS 	<p>COMPUTER SYSTEMS ANALYSTS TYPICALLY NEED A BACHELOR'S DEGREE IN COMPUTER AND INFORMATION TECHNOLOGY OR A RELATED FIELD, SUCH AS MATHEMATICS. BECAUSE THESE ANALYSTS ARE INVOLVED IN THE BUSINESS SIDE OF AN ORGANIZATION, TAKING BUSINESS COURSES OR MAJORING IN MANAGEMENT INFORMATION SYSTEMS MAY BE HELPFUL. SOME EMPLOYERS HIRE JOB CANDIDATES WHO HAVE LIBERAL ARTS DEGREES AND HAVE GAINED PROGRAMMING OR TECHNICAL EXPERTISE ELSEWHERE.</p>	<p>Projected job growth 10% between 2022-2032</p> <p>Median salary \$103,800</p>

The Family Character Dare






Pick Up Game

Grab your old basketball, soccer ball, baseball, kickball, etc., and head to the park or backyard to play together.

Better yet, gather some neighbors or friends and see if you can get a community game going with families and kids.

FAMILY



The Family Character Dare is designed to bring family members together. This week's dare is called "Pick Up Game". Grab a ball and head outside for a family pick up game. Take the time to slow down and just have fun - no electronics, just a ball and fun!

SEL TIP OF THE WEEK



**May is
Mental Health
Awareness
Month**

It's Mental Health Awareness Month

In honor of Mental Health Awareness Month, we will continue to share ways to support mental health. Practicing mindful exercises can train your mind to live more in the present moment and therefore spend less time fixating on unhelpful and unproductive thoughts. Check out this guided relaxation video as a great resource for starting your day with intention and a clear mind: [5 minute guided meditation for teens](#)