



ORRHS Guidance Newsletter

Current Guidance Happenings

Attention Seniors

Guidance counselors will be hosting Naviance & Common App workshops during Bulldog Block on Tuesdays, starting October 1st. Please sign up with your mentor if you are interested in accessing help.

THIS WEEK - Senior Parent Breakfast - September 24th - Please RSVP



Senior families please join the ORRHS guidance team as we present our senior programming at our breakfast on **September 24th from 8-9am** in the high school cafe. Please [RSVP](#) here to attend. We will discuss all Senior related information including the college application process and scholarships. The presentation will run for approximately an hour. All registered families should sign in at the front and will be brought to the cafeteria by counseling staff. For those who cannot attend, we will send you our presentation via email. Please contact laurenmillette@oldrochester.org with questions.

THIS WEEK - The College Boot Camp for Seniors and Families



The College Boot Camp is a series of **one hour evening sessions** for seniors and families offered by ORRHS Guidance team members and will run on **9/25, 10/2, 10/9, 10/16 @6pm** in the HS Library.

- | | |
|-------------------------------|-------------------------------|
| 9/25 - Making the List | 10/9- The Common App |
| 10/2 - The Essay | 10/16 - Miscellaneous Support |

Polar Express Casting Call & Job Fair - Sunday, September 29th

THE POLAR EXPRESS Train Ride

CASTING CALL & JOB FAIR

The Polar Express™ Train Ride is hiring for 2024!

SUNDAY, SEPTEMBER 29
1 PM - 5 PM
BUZZARDS BAY DEPOT
70 MAIN STREET

Join our award-winning cast, make magic for thousands of families, and participate in a licensed Warner Brothers Production!

We are casting for the following roles: Elves, Dancing Chefs, Hero Child, Hobo, & Dress Conductor
Also hiring: Pre-Season Setup Crew, Gift Shop Staff, Parking Attendants, Ticket Agents, & more

Email cc-hr@capetrain.com to reserve an interview time. Walk-ins welcome!

Must be 14+ & possess work permit if required

SEASON DATES: NOVEMBER 22 - DECEMBER 23
REHEARSALS & TRAINING BEGIN NOVEMBER 2ND

Are you looking for a Nov-Dec after school job? The Polar Express Train Ride is hiring parking attendants, gift shop staff, will call agents, galley crew, cleaners, Santas and of course elves, lots of elves! **Please pop in on Sept 29th, between 1-5 PM at the Buzzards Bay Depot at 70 Main St. for the 2024 Job Fair!**

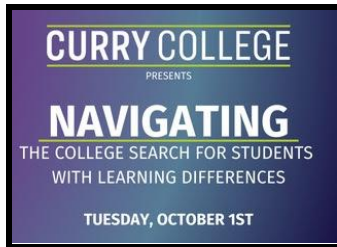
Please bring:

- Photo ID (license/ Passport or School ID) & Social Security Card
- Completed [W](#) Application for PEX CCCR_2024.docx
- Letter of Recommendation from 1 current or 2023/2024 Teacher
- Completed [M](#) MA Work Permit_CCCR.pdf if under 18

Please Note: Staff must be 14 years old or older and have reliable transportation to/from Buzzards Bay and must report TWO HOURS prior to Train start times and work all shifts that day.

Questions? Please email HR-CC@capetrain.com

REMINDER - Curry College - Navigating the College Search for Students with Learning Differences on October 1st



On **October 1st**, Curry College will be hosting their annual 'Navigating the College Search for Students With Learning Differences' Workshop on campus from 6:00-7:30PM. By attending 'Navigating the College Search,' students and families will receive critical information to support their college search process as they pursue institutions with the proper academic support to help them succeed. Although the faculty and staff are excited to highlight some key offerings of [Curry's Program for Advancement of Learning \(PAL\)](#), the workshop aims to support student's college search process as a whole - not only their consideration of Curry College. Students and families may [register for the workshop here](#).

LAST CALL - Comput/HER - Curry College Workshop - October 16th



Join Curry College on **WEDNESDAY, OCTOBER 16TH** from 9:00am-2:30pm. This one-day conference is designed to engage and inspire young women looking to pursue careers in data and computer sciences. High school sophomore, junior and senior women are welcome to attend. [Comput/HER @ Curry College](#) is an event for young women - and those who support them - to collaborate, learn about, and participate in computing, technology, and data science activities. Participants will hear inspirational stories from successful women in the field, be mentored by female college students and recent graduates, and participate in collaborative, hands-on, skill-building activities in a welcoming and supportive environment. There is no charge for participants and lunch is included. If you are interested in attending as a guidance sponsored field trip, please complete this [Comput/Her Interest Form](#).

Northeast Maritime Institute Fall Open House - October 19th



Please join NMI for their annual Fall Open House on **Saturday, October 19th** from 12-3. Applications are now available for their Spring 2025 and Fall 2025 Cohorts! Don't let this amazing opportunity pass you by and apply today! <https://cms.nmi.edu/how-to-apply/>

Have questions ? The NMI admissions team is available by calling 508-992-4025 or emailing admissions@nmi.edu

College Info Sessions in September

Juniors and Seniors, sign up with your Bulldog Block mentor for College Info sessions this month!

- [American University](#)- September 26th
- [Sacred Heart](#)- September 27th
- [Northwestern University](#)- September 27th

Career of the Week

CAREER OF THE WEEK		
EPIDEMIOLOGIST		
https://www.bls.gov/ooh/		
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none">• PLAN AND DIRECT STUDIES OF PUBLIC HEALTH PROBLEMS TO FIND WAYS TO PREVENT THEM OR TO TREAT THEM IF THEY ARISE• COLLECT AND ANALYZE INFORMATION—INCLUDING DATA FROM OBSERVATIONS, INTERVIEWS, SURVEYS, AND SAMPLES OF BLOOD OR OTHER BODILY FLUIDS—TO FIND THE CAUSES OF DISEASES OR OTHER HEALTH PROBLEMS• COMMUNICATE FINDINGS TO HEALTH PRACTITIONERS, POLICYMAKERS, AND THE PUBLIC• MANAGE PROGRAMS THROUGH PLANNING, MONITORING PROGRESS, AND SEEKING WAYS TO IMPROVE• SUPERVISE PROFESSIONAL, TECHNICAL, AND CLERICAL PERSONNEL• WRITE GRANT PROPOSALS TO FUND RESEARCH	<p>EPIDEMIOLOGISTS TYPICALLY NEED AT LEAST A MASTER'S DEGREE TO ENTER THE OCCUPATION. THEY MAY HAVE A MASTER'S DEGREE IN PUBLIC HEALTH (MPH) OR A RELATED FIELD, AND SOME HAVE COMPLETED A DOCTORAL DEGREE IN EPIDEMIOLOGY OR MEDICINE.</p>	<p>Projected job growth 19% between 2023-2033</p> <p>Median salary \$88,620</p>

SEL Tip of the Week

Navigating Hard Times - Life can be tough sometimes, and it's okay to not have all the answers right away. When things get hard try taking a deep breath and talking to someone you trust, whether it's a friend, family member, or teacher. Remember - asking for help is a strength, not a weakness. We are here to help!

Taking the PSAT? Check Out This Important Information

Students who will be taking the PSAT should report to the high school by **7:30 am on October 12th** with a **charged chromebook** and a **pen & pencil** (for scrap paper). As a reminder, all PSATs are digital this year. Students taking the PSAT will have a **BlueBook App Practice test** during Bulldog Block on **October 8th** (Sophomores) & **October 9th** (Juniors). Students will be added to these Bulldog Block sessions by guidance and should report to the media room for the practice.

Students must use a school issued device to test and should have their device with them during the Bluebook App Practice. Any student who needs a school issued device should let Mrs. Millette know ASAP. Testing room locations for the 12th will be emailed to students on October 9th. Students, check out these resources before test day: [PSAT resource center](#), [PSAT Practice](#), [What to bring and what to leave](#)

Information for AP Students

Attention all AP students, create your CollegeBoard account and join your AP Google Classrooms if you haven't already! If you need help with your log on, please contact Mrs. Millette.

Guidance is now collecting the \$40 per exam non-refundable down payment for your Advanced Placement Exam(s). The deadline to make your deposit is **Friday, November 1st**. Payments of cash or check (made payable to ORRH) will be accepted in the guidance office. If you miss this deadline, an additional \$40 per exam late fee will be added to your exam cost. The full cost per exam is \$99 with the exception of Seminar and Research,

which is \$147 per exam. If you qualify for Free or Reduced lunch and would like to apply for a waiver, you must contact Guidance prior to Friday, November 1st, for approval. Students that are approved to receive a waiver will be responsible for a payment of \$50 per exam, with \$15 due by November 1st to avoid the \$40 per exam late fee. Please contact laurenmillette@oldrochester.org with questions related to APs.

SAT Information

Are you planning on taking the SAT? Here are some important deadlines to remember:

- **Oct 18th** is the deadline to register for the Nov 2nd test
- **Nov 22nd** is the deadline to register for the Dec 7th test

Students register using their College Board accounts at [SAT College Board Registration](#)

Reminder: Fee waivers are available in guidance for eligible students - please see your counselor to learn more!

Save The Date: MEFA College Financing Seminar - November 13th

Attention Junior and Senior Parents/Guardians: Join us as our ORRHS Guidance Department hosts a College Financing Seminar on **Wednesday, November 13th with Kevin Fudge from MEFA at 6 pm in the high school cafeteria.** This seminar will provide information and clarity on the entire financial aid application process. You will learn about financial aid applications and types of financial aid, the factors that determine your aid eligibility, how colleges determine the amount of aid to offer, and the details of the financial aid award letters. *Seniors are able to start applying for financial aid as early as December 1st.* (Massachusetts Educational Financing Authority; www.mefa.org)

Ongoing Virtual Opportunities to Learn from MEFA

Check out MEFA's valuable resources and tools to help you prepare for the future and navigate the college planning process. The Massachusetts Educational Financing Authority is here to help. Register for live sessions by visiting www.mefa.org/events.