

ORRHS Guidance Newsletter

Current Guidance Happenings

Important Senior College Information

- Yellow sheets are due to Guidance by <u>December 10th</u> for January 1st deadlines.
- Term 1 Grades and College: If you have already applied to college and want to have your Term 1 grades sent, please email your guidance counselor to let them know.
- If you have decision letters (acceptance, deferrals, waitlist, rejection), please bring them to guidance as soon as you receive them.

2024 Annual Scholarship Information - St. Anne's Credit Union Scholarships

St. Anne's Credit Union will offer eleven \$2,000 cash scholarships to graduating high school seniors who plan to pursue further education. Scholarships shall be limited to high school seniors who will be furthering their education in an accredited two or four year college program or in a two or four year program at an accredited technical school. Membership at St. Anne's Credit Union by the student or the student's parent(s)/guardian(s) is required prior to submission of the scholarship application. Board Members and Employees of St. Anne's Credit Union and immediate family members (spouse, parent, child, sibling and their respective spouses or "step" of each) and household members of such employees or Board Members are not eligible to apply.

Students residing in the following communities will be eligible to receive these awards: Acushnet, Assonet, Barrington, Berkley, Bristol, Dartmouth, Dighton, Fall River, Fairhaven, Freetown, Lakeville, Little Compton, Marion, Mattapoisett, New Bedford, Portsmouth, Rehoboth, Seekonk, Somerset, Swansea, Tiverton, Wareham, Warren and Westport.

All Scholarship applicants will be judged using the following prioritized criteria:

- 1. Academic performance
- 2. Financial need
- 3. Extracurricular activities
- 4. Community service

Applications will be available at the various high schools in the above described area and online (<u>stannes.com/scholarships</u>). Deadline for filing is January 31, 2024

Federal Student Aid ID Reminder and FAFSA Now Available

Federal Student Aid ID Reminder: Students should apply now for their <u>Federal Student Aid ID (FSA ID)</u> before completing the FAFSA® form.

FAFSA Now Available: The 2025–26 FAFSA® form is now available for all students and contributors. Complete the form to apply for financial aid for college, career school, or graduate school. Visit <u>FAFSA</u> to learn more.

Unified Strength and Conditioning is looking for Peer Mentors!

Unified Strength and Conditioning is looking for partners for the 2024-2025 season! It is a once a week commitment for 8 weeks starting the week of December 9th and ending the week of February 14th! Practices will be held in the gym from 2-3:30pm. At practices, athletes engage in a variety of activities, including fitness games, flexibility and conditioning exercises, and more! Scores for fitness activities are tallied, and submitted to Special Olympics as the scoring method. There are no games or meets, just practice! The Unified Bulldogs received a third place medal last season!

Sign up using the following form https://forms.gle/aGEDxwwhYHhmX53v7. Please reach out to emmafenton@oldrochester.org with any questions!

United States Naval Admissions Event - November 30th



Interested in the United States Naval Academy? Attend the USNA Admissions Event on **November 30th** in Falmouth, MA. MIDSHIPMAN, Blue & Gold Officers, Congressional Staff, and more will be in attendance. This event is open to 9, 10, 11 and 12th grade high school students & parents.

- Learn about the Academy
- Talk to Midshipmen, Blue & Gold Admissions Officers
- Learn how to be a competitive applicant
- Congressional Nominations
- MIlitary Commitment

When & Where? November 30th from 9:30-12:30 at Falmouth Elks, 140 Palmer Ave. Falmouth, Ma 02540

College Access Resources

Resources are available to help students afford a college degree:

- <u>MassEducate</u> provides free tuition and fees at the state's community colleges for all eligible Massachusetts students.
- MASSGrant Plus can provide significant discounts (up to free tuition and fees) at the state's four-year universities depending on family income.
- Eligible, non-U.S. citizens can apply for state financial aid through the <u>Massachusetts Application for State Financial Aid (MASFA)</u>.
- <u>Information about applying for financial aid</u>, including <u>links to information</u> and <u>one-on-one help</u>, is available online.

Project 351 & Playbook Initiative Request for Holiday Help



This holiday season, the Project 351 and Playbook Initiative influencers are working to bring joy to local families in need. They are seeking donations of gift cards to help provide essentials and spread holiday cheer. Your generosity can make a meaningful difference in our community. **Gift cards of any amount are greatly appreciated and can be sent to the main office. Please mark any donations as "P351 Holiday Help."** Suggested locations include Market Basket, Walmart, Target, & Dicks Sporting Goods. Thank you for helping to make the season brighter for those in need!

Freshmen Meetings

The guidance counselors have been meeting with small freshmen groups to discuss the transition to high school and making the most of the high school experience. They are now scheduling individual meetings with freshmen this and next month. Here is a link to the presentation:

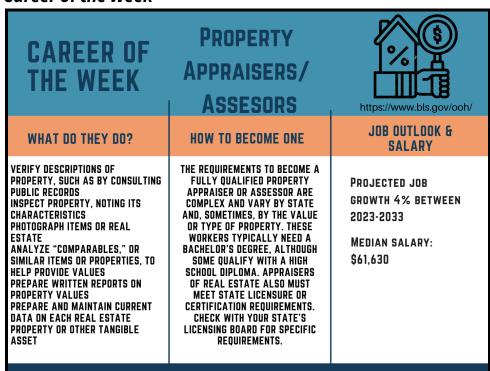
Freshman presentation

Community Service Learning Day - November 27th



Our first annual Community Service Learning Day will be held on November 27th. After attending classes in the morning for 30 minutes, students will have a choice of community service activity to participate in for the last 75 minutes of the day. Activities range from learning CPR/First Aid, Campus Art Projects, Community Gardening, Creating Cards for Hospitalized Kids, Writing Letters to Soldiers, Gratitude Projects, Participating in a Walk/Runathon, Volunteering at Damien's pantry, Volunteering for Friends of Jack, Baking for Thanksgiving Donations, Making Blankets for homeless/local shelters, volunteering at the elementary schools and more! Off campus activities will depart campus earlier and will be treated as a field trip.

Career of the Week



SEL Tip of the Week

It's Thanksgiving Week: Take a moment each day to think about something you're thankful for—it could be a friend, a teacher, or even a sunny day. Gratitude helps you feel more positive, less stressed, and more connected to the people around you. Try keeping a gratitude journal or sharing something you're thankful for with a friend or family member. This is the time to let others know what they mean to you! Give thanks and get thanks in return!