



ORRHS Guidance Newsletter

Current Guidance Happenings

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](#)**. Please reach out to emmafenton@oldrochester.org with any questions!

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!

Important Senior College Information

- **Yellow sheets are due to Guidance by December 10th** 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.

Federal Student Aid ID Reminder and FAFSA Now Available

Federal Student Aid ID Reminder: Students should apply now for their Federal Student Aid ID (FSA ID) 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 [FAFSA](#) to learn more.

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](#)

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. 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, Mattapoissett, New Bedford, Portsmouth, Rehoboth, Seekonk, Somerset, Swansea, Tiverton, Wareham, Warren and Westport. All Scholarship applicants will be judged using the following prioritized criteria: Academic performance, Financial need, Extracurricular activities, Community service. Applications will be available in guidance and online (stannes.com/scholarships).

College Access Resources

Resources are available to help students afford a college degree:

- [MassEducate](#) 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 [Massachusetts Application for State Financial Aid \(MASFA\)](#).
- [Information about applying for financial aid](#), including [links to information](#) and [one-on-one help](#), is available online.

Career of the Week

CAREER OF THE WEEK		ARCHIVISTS
 <p>https://www.bls.gov/ooh/</p>		
WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"> • AUTHENTICATE AND APPRAISE HISTORICAL DOCUMENTS AND ARCHIVAL MATERIALS • PRESERVE AND MAINTAIN DOCUMENTS AND OBJECTS • CREATE AND MANAGE A SYSTEM TO MAINTAIN AND PRESERVE ELECTRONIC RECORDS • ORGANIZE AND CLASSIFY ARCHIVAL MATERIALS • SAFEGUARD RECORDS BY CREATING FILM AND DIGITAL COPIES • DIRECT WORKERS TO HELP ARRANGE, EXHIBIT, AND MAINTAIN COLLECTIONS • SET AND ADMINISTER POLICY GUIDELINES CONCERNING PUBLIC ACCESS TO MATERIALS • FIND AND ACQUIRE NEW MATERIALS FOR THEIR ARCHIVES 	<p>ARCHIVISTS TYPICALLY NEED A MASTER'S DEGREE IN HISTORY, LIBRARY SCIENCE, ARCHIVAL STUDIES, POLITICAL SCIENCE, OR PUBLIC ADMINISTRATION.</p> <p>STUDENTS MAY GAIN VALUABLE ARCHIVING EXPERIENCE THROUGH VOLUNTEER OR INTERNSHIP OPPORTUNITIES.</p>	<p>PROJECTED JOB GROWTH 11% BETWEEN 2023-2033</p> <p>MEDIAN SALARY: \$59,910</p>

SEL Tip of the Week

Not all stress is bad! Good stress, like preparing for a test or a sports event, can help us stay focused, motivated, and ready to grow. It challenges us in positive ways and builds resilience. On the other hand, bad stress occurs when challenges feel overwhelming or unending, such as constant pressure or not having enough time to rest. Recognizing the difference is key. As yourself, “Is this stress helping me stay on track or is it making me feel stuck?” Did you know that you can manage bad stress with strategies like taking breaks, practicing deep breathing, using positive self-talk, and seeking help from others? Finding balance is essential for thriving and staying healthy. Always remember that you are never alone!