



# ORRHS Guidance Newsletter

## Current Guidance Happenings

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### Important Term Dates

Term 1 wraps up on **Tuesday, October 28!**

**Report cards** will be distributed during **Bulldog Block** on **Friday, November 7.**

If you received an **Incomplete**, please note:

- All incomplete work must be made up by **Wednesday, November 12.**
- Students have **two weeks from when grades close** to complete missing work (including summer or 4th term incompletes).
- Work not completed by the deadline will receive **no credit** and will be averaged with completed assignments.

Be sure to check in with your teachers early to stay on track!

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## Hey Bulldogs!

On Wednesday, October 22, join us for **UNITY DAY** by wearing **ORANGE** to show that kindness, acceptance, and inclusion live here. Orange = taking a stand against bullying and standing up for one another. Snap a pic with friends in orange, sign the kindness banner at lunch, and help us turn ORR a bright, unified orange! 🍊

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## 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, October 31st**. Payments of cash or check (made payable to ORRHS) 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 including AP Seminar and Research. If you qualify for Free or Reduced lunch and would like to apply for a waiver, you must contact Guidance or Mrs. Millette prior to Friday, November 1st, for approval. Students that are approved to receive a waiver will be responsible for a payment of \$53 per exam, with \$15 due by October 31st to avoid the \$40 per exam late fee. Please contact [laurenmillette@oldrochester.org](mailto:laurenmillette@oldrochester.org) with questions related to APs.

## **FAFSA Information**

Seniors are able to start applying for financial aid as early as October 1st at [fafsa.gov](https://fafsa.gov).

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## **Scholarships**

You can find **AVAILABLE SCHOLARSHIPS** on the [Guidance](#) website. Scholarships are updated often, so check back regularly.

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## **SAT Information**

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

- Oct 24th is the deadline to register for the Nov 8th test
- Nov 21st is the deadline to register for the Dec 6th test
- Feb 27th is the deadline to register for the March 14th test
- April 17th is the deadline to register for the May 2nd test
- May 22nd is the deadline to register for the June 6th 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!**

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## **Holiday Helping Angels – Rochester Families**

*The Holiday Helping Angels are a group of Rochester volunteers dedicated to supporting local families who could use a little extra help during the holiday season. The program provides Thanksgiving food bags, as well as Christmas food bags and gifts, including both needed items and wish list gifts, all donated by caring community members and organizations.*



### **Families in need of assistance**

**Please complete the confidential Holiday Helping Angels Request Form by November 3, 2025:**



[Holiday Helping Angels Request Form](#)

- **Forms go directly to the program coordinator.**
- **Schools, daycares, churches, the Senior Center, and Plumb Library will share this link digitally.**
- **If you know someone without internet access, please email [angelsfromrochester@gmail.com](mailto:angelsfromrochester@gmail.com) so volunteers can assist or contact them by phone.**



### **How You Can Help**

**We are currently seeking:**

- **Christmas gift donations**
- **Monetary or gift card donations**
- **Volunteer shoppers**

**If you'd like to contribute, please email: [angelsfromrochester@gmail.com](mailto:angelsfromrochester@gmail.com)**

## Interested in Tufts?

Join the **Fall for Tufts** virtual open house series this September, October, and November 2025! Event details are available in the link below.

[Fall for Tufts Info.](#)

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## ***Senior To Do List***

Seniors, it's time to make sure that your **Naviance Senior Questionnaires** and **Resumes** are complete. Please take the time to complete those if you haven't already. Reach out to your guidance counselor if you have any questions! Here is a quick [link](#) to our website and a snapshot of our [Senior Curriculum](#) for your review!

## Attention JUNIORS and SENIORS

### ***UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES:***

- October 21 - UMass Dartmouth
- October 21 - Montserrat College of Art - *ART ROOM 1923*
- October 22 - Plymouth State University
- October 23 - Springfield College
- October 23 - Johnson & Whales

**\*Information sessions will take place during Bulldog Block in the Guidance Conference Room unless otherwise noted. [Please sign up with your mentor.](#)**

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## ***Ongoing Virtual Opportunities to Learn from MEFA***

***Webinar series, Financial Aid 101, starting on 9/17.***

Participating in the webinar will provide you with an overview of the financial aid process, including: financial aid applications and eligibility, types of financial aid, and how colleges determine financial aid offers.

The Massachusetts Educational Financing Authority is here to help. Register for live sessions by visiting [www.mefa.org/events](http://www.mefa.org/events).

# CAREER OF THE WEEK

Nurse, Anesthetists, Nurse Midwives, and Nurse Practitioners



<https://www.bls.gov/ooh/>

## WHAT DO THEY DO?

TAKE AND RECORD PATIENTS' MEDICAL HISTORIES AND SYMPTOMS  
PERFORM PHYSICAL EXAMS AND OBSERVE PATIENTS  
CREATE PATIENT CARE PLANS OR CONTRIBUTE TO EXISTING PLANS  
PERFORM AND ORDER DIAGNOSTIC TESTS  
OPERATE AND MONITOR MEDICAL EQUIPMENT  
DIAGNOSE VARIOUS HEALTH PROBLEMS  
ANALYZE TEST RESULTS OR CHANGES IN A PATIENT'S CONDITION AND ALTER TREATMENT PLANS, AS NEEDED  
GIVE PATIENTS MEDICINES AND TREATMENTS  
EVALUATE A PATIENT'S RESPONSE TO MEDICINES AND TREATMENTS  
CONSULT WITH DOCTORS AND OTHER HEALTHCARE PROFESSIONALS, AS NEEDED  
COUNSEL AND TEACH PATIENTS AND THEIR FAMILIES HOW TO STAY HEALTHY OR MANAGE THEIR ILLNESSES OR INJURIES  
CONDUCT RESEARCH

## HOW TO BECOME ONE

### EDUCATION:

- REQUIRE AT LEAST A MASTER'S DEGREE IN ADVANCED PRACTICE NURSING.
- PROGRAMS INCLUDE BOTH CLASSROOM AND CLINICAL TRAINING IN AREAS LIKE PHARMACOLOGY AND HEALTH ASSESSMENT.
- MUST FIRST HOLD A REGISTERED NURSING (RN) LICENSE; MANY PROGRAMS PREFER A BSN.
- SOME PURSUE A DOCTOR OF NURSING PRACTICE (DNP) OR PH.D. FOR ADVANCED ROLES.
- NURSE ANESTHETISTS NEED 1 YEAR OF CRITICAL CARE RN EXPERIENCE BEFORE ADMISSION.

### LICENSING & CERTIFICATION:

- MUST PASS A NATIONAL CERTIFICATION EXAM AND OBTAIN A STATE APRN LICENSE.
- MANY ROLES REQUIRE CPR, BLS, OR ACLS CERTIFICATION.
- REQUIREMENTS VARY BY STATE—VISIT CAREERONESTOP OR YOUR STATE NURSING BOARD FOR DETAILS.

## JOB OUTLOOK & SALARY

**PROJECTED JOB GROWTH 35% BETWEEN 2024-2034**

**MEDIAN SALARY: \$64/HOUR**



## Marion Library Monthly Book Club!

Looking for something new to read or a fun way to connect with others? Check out the Marion Library's Monthly Book Club! Stop by the library to see this month's featured book selections and join the conversation. It's a great way to discover new favorites and meet fellow readers, don't miss out!

## Health & Wellness Spotlight

**Stress Management** 🧘 *Take a Stress Break*

*Handling Stress Before It Handles You: Stress is part of life, but too much can affect sleep, focus, and even your immune system. Learning ways to manage it early builds resilience for school and beyond.*

*Wellness Tip: Take short breaks during your day. Just 2–3 minutes of deep breathing, stretching, or a walk can lower your body's stress response. Try journaling, listening to music, or talking with a friend. Small daily habits make stress easier to manage.*

## **SEL Tip**

### **Be an Upstander, Not a Bystander**

*If you see someone being treated unkindly, you can make a difference. Speak up, offer support, or seek help from an adult.*

*Why it helps: Taking action shows others they are not alone, helps stop negative behavior, and creates a safer environment where everyone feels protected and respected.*

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### **A Message from your Counseling Team**

#### **Kindness Chain Reaction at ORR High School**

This week during **Mentor Monday**, we're kicking off our **Kindness Chain Reaction** as part of **Bullying Prevention Month**, a time to focus on building a culture of kindness, inclusion, and respect at ORR High School.

Each student will receive a paper strip to write down a kind action they can do this week, a positive affirmation, or simply a few kind words. As the strips are linked together, they'll form a giant **Kindness Chain** displayed in the hallway. A visual reminder that one small act of kindness can ripple outward and create big change.

Together, let's show what it means to be a Bulldog: standing up for one another and making kindness the norm every day. 🐾

Together, we can continue to build a culture of respect and belonging here at ORRHS. If you or someone you know needs support, please reach out to a member of the Counseling Team.