



ORRHS Guidance Newsletter

Current Guidance Happenings



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!

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.

Remember AP down payment of \$40 is due this 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, October 31st, 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 with questions related to APs.

FAFSA Information

Seniors are able to start applying for financial aid as early as October 1st at fafsa.gov.

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!

Annual Youth Summit Nov. 10:

The [Governor's Youth Advisory Council](#) invites youth members ages 16-20 to Governor Healey's second annual Youth Summit which will be held at 2:00 p.m. on Monday, November 10 in the Great Hall of the State House. The summit is an opportunity for young leaders across the Commonwealth to come together and discuss important topics concerning youth, including mental health, education, youth violence, and healthcare. There will be guest speakers, programming, and the opportunity to create community with other civically engaged youth who are committed to youth advancement in Massachusetts. Youth should [register online](#) by Monday, November 3.

Scholarships

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

An Application for [The Coolidge Scholarship](#) is available online only for current JUNIORS who plan to enroll in college in the fall of 2027. The scholarship is an annually awarded, full-ride, presidential scholarship that covers a student's tuition, room, board, and expenses for four years of undergraduate study. This one-of-a-kind scholarship may be used at any accredited college or university in the U.S. *The application requires that candidates read President Coolidge's Autobiography and a few other readings and then write three essays.* The online submission deadline is December 16, 2025.

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!**

Attention JUNIORS and SENIORS

UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES:

- October 28 - Salve Regina
- October 29 - Regis College
- October 29 - Curry College - *LIBRARY*
- October 29 - Iona University - *location tbd*
- October 31 - Southern New Hampshire University (SNHU) - *LIBRARY*
- October 31 - UMass Boston

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

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 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

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.](#)

UMass Lowell Open House

Attend Open House on Nov. 1st to get the inside scoop from current students, meet dedicated faculty and staff, tour campus and check out residence halls. Attend and you will receive a \$1,000 Visit Award to use toward the cost of tuition and fees if you enroll at UMass Lowell for Fall 2026.

Dana M. Dourdeville Lecture on Engineering in Service to Society

Established in 2015, this lecture series brings high-profile speakers to campus whose work exemplifies the spirit of engineering in service to society. The goal is to inspire students to see engineering as a field that profoundly and positively impacts the world around us.

Learn More About the Upcoming Event: [Dourdeville Lecture | Engineering | Brown University](#)

Syracuse University Classroom Preview Program

Through this series of free, virtual sample classes taught by Syracuse professors, students can join live 60-minute Zoom sessions, explore real academic topics, and get a genuine sense of the college classroom environment.

<https://www.syracuse.edu/admissions-aid/tour-campus/virtual-sample-classes/>

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.



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!

CAREER OF THE WEEK

Occupational Therapy Assistants and Aides



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

WHAT DO THEY DO?

OCCUPATIONAL THERAPY ASSISTANTS

- LEAD THERAPEUTIC AND PLAY ACTIVITIES TO BUILD MOTOR SKILLS AND INDEPENDENCE
- TEACH ADAPTIVE TECHNIQUES AND USE OF SPECIAL EQUIPMENT
- TRACK PROGRESS AND SUPPORT OCCUPATIONAL THERAPISTS

OCCUPATIONAL THERAPY AIDES

- SET UP AND CLEAN TREATMENT AREAS AND EQUIPMENT
- ESCORT CLIENTS TO SESSIONS AND ASSIST WITH PAPERWORK
- MANAGE SCHEDULING AND OTHER CLERICAL TASKS

HOW TO BECOME ONE

OCCUPATIONAL THERAPY ASSISTANTS

- TYPICALLY NEED AN ASSOCIATE'S DEGREE (2 YEARS) FROM AN ACCREDITED PROGRAM
- COMPLETE COURSEWORK IN ANATOMY, PSYCHOLOGY, AND KINESIOLOGY, PLUS FIELDWORK EXPERIENCE
- MUST EARN A STATE LICENSE AND PASS THE NATIONAL EXAM TO BECOME A CERTIFIED OCCUPATIONAL THERAPY ASSISTANT (COTA)
- MAINTAIN CERTIFICATION THROUGH CONTINUING EDUCATION

OCCUPATIONAL THERAPY AIDES

- REQUIRE A HIGH SCHOOL DIPLOMA OR EQUIVALENT
- RECEIVE ON-THE-JOB TRAINING COVERING EQUIPMENT SETUP AND SAFETY PROCEDURES
- USUALLY NOT REGULATED BY STATE LAW

JOB OUTLOOK & SALARY

PROJECTED JOB GROWTH 18% BETWEEN 2024-2034

MEDIAN SALARY: \$32/HOUR

Health & Wellness Spotlight

Movement Matters

Why it matters:

Moving your body keeps your brain sharp, your mood positive, and your energy up. You don't need a gym, just get moving!

Helpful tips:

- Take a quick stretch or walk breaks between classes.
- Try "movement snacks," 5 minutes of jumping jacks, squats, or dancing.
- Find something you actually like doing. Basketball, yoga, biking, skating, etc.
- Aim for 60 minutes of movement each day (you can break it up!).

 Even short bursts of activity can reset your focus and boost your mood.

SEL Tip

☀️ *Lead with Kindness*

Kindness is contagious. Holding the door, inviting someone new to sit with you, or sending a quick encouraging message are all ways to show leadership through kindness.

Why it helps: Small acts of kindness can change someone's entire day, inspire others to pay it forward, and build a culture of belonging across the school.

A Message from your Counseling Team



☀️ *Kindness Chain Reaction at ORR High School*

We'll finish out the **last week of October (Monday–Wednesday)** by continuing to build our **Kindness Chain**, which will be displayed throughout the building before the end of the week as a celebration of kindness and community at ORR.

Thank you to all students for your thoughtful contributions and for helping spread kindness, inclusion, and positivity across ORR!

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.