



# ORRHS Guidance Newsletter

## Current Guidance Happenings

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### *A Message from your Counseling Team*

#### November Donation Drive ❤️🐾

Just a friendly reminder that this is a **short week** for us! Please make sure you check the schedule and are prepared for all of your classes.

As we move through November, let's keep the momentum going for our **Community Donation Drive**! Your generosity directly supports members of our community, and every donation truly helps.

#### 🐾 **Bulldog Block Challenge: Choose Your Party!** 🍩🍕

Here's a big incentive to keep those donations coming: The **top two Bulldog Blocks** (the two classes that bring in the most donations) will each earn a celebration of their choice!

The winning blocks will get to choose between a **Pizza Party** OR a **Donut & Hot Chocolate Party**!

Keep those items coming in, we can't wait to see which blocks show the most Bulldog spirit!

**Thank you for helping make a difference!**

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### **Important Term Dates**

Report cards went home this past Friday, November 7th.

If you received an Incomplete:

- All incomplete work must be made up by Wednesday, November 12th.
- Students have two weeks from when grades close to complete missing work.
- 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 next week to create a plan and stay on track!**

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### **Freshman Seminar starts this week!**

Attention Freshman - Beginning the week of November 3rd, the guidance counselors will be meeting with freshmen groups to discuss the transition to the high school and making the most of the high school experience. Meetings will last approximately 30 minutes during the first half of Freshmen Seminar.

[Freshman Seminar Presentation](#)

## Unified Bowling or Unified Strength & Conditioning

Interested in joining Unified Bowling or Unified Strength & Conditioning?

Come to our interest meeting Friday, 11/14 during Bulldog Block in Ms. Fenton's room!

Both programs will meet once a week after school, beginning after Thanksgiving and running through February. This is a great way to stay active, build connections, and be part of an inclusive team this winter.

Whether you're curious about Unified Bowling, Unified Strength & Conditioning, or both, we'd love to see you there!

Questions? Email [emmafenton@oldrochester.org](mailto:emmafenton@oldrochester.org)

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## Scholarship Opportunity - SouthCoast Community Foundation

SouthCoast Community Foundation: Over 100 scholarships totaling over \$700,000 are available for students on the South Coast and South Shore! Applications are now being accepted through January 4th. [List of scholarships available](#).

Visit our website at [southcoastcf.org/receive/apply-for-scholarships](https://southcoastcf.org/receive/apply-for-scholarships) to apply by the January 4th deadline. You will need:

- Personal essays on (1) leadership or community engagement and (2) a challenging first-hand experience;
- Most recent transcript;
- Statement of support (can be from a teacher, coach, faith leader, family member, family friend, etc.)
- Note: No FAFSA required!

You can register and attend an info session or Q&A session via Zoom to learn more about how to apply, what scholarships you could be eligible for, and how the SouthCoast Community Foundation evaluates applications.

[Tuesday, November 18th - Info-session](#) (click to register): 5:00 – 6:00 pm

[Tuesday, December 16th - Q&A Drop in Session](#) for Scholarship Applications (click to register): 4:30 – 6:00 pm  
(Drop into the Zoom for any amount of time)

[Tuesday, December 30th – Q&A Drop-In Session](#) for Scholarship Applications (click to register): 3:00 – 4:30 pm  
(Drop into the Zoom for any amount of time)

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## 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.

## UMass Lowell Open House:

On November 15th UMass Lowell is hosting an open house. Opportunity to explore campus life, meet current students, talk with faculty and staff, and tour academic buildings and residence halls. Students who attend will also receive a \$1,000 Visit Award that can be applied toward tuition and fees if you enroll for Fall 2026.

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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 Christmas food bags and gifts, including both needed items and wish list gifts, all donated by caring community members and organizations.*

### **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)**

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## **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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## **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!

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## **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.

## 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.

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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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## Attention JUNIORS and SENIORS

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

- November 17 - Bristol Community College
- November 19 - UMass Lowell
- November 20 - Merrimack College

**\*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).

## **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/>

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## 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](https://www.bls.gov/ooh/)

### CAREER OF THE WEEK

#### Cardiovascular Technologists and Technicians



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

#### WHAT DO THEY DO?

- **PATIENT CARE & EDUCATION:** PREPARE PATIENTS FOR PROCEDURES, ENSURE THEIR COMFORT AND PROPER POSITIONING, AND ANSWER ANY QUESTIONS.
- **TECHNICAL OPERATIONS:** MAINTAIN, PREPARE, AND OPERATE COMPLEX EQUIPMENT TO CONDUCT ALL NECESSARY DIAGNOSTIC TESTS.
- **ANALYSIS & REPORTING:** REVIEW TEST RESULTS FOR QUALITY, ANALYZE FINDINGS FOR ABNORMALITIES, AND SUMMARIZE DIAGNOSTIC INFORMATION FOR THE SUPERVISING PHYSICIAN.
- **ADMINISTRATIVE DUTIES:** ACCURATELY RECORD ALL TEST FINDINGS AND MANAGE PATIENT RECORDS.

#### HOW TO BECOME ONE

- **HIGH SCHOOL FOCUS:** INTERESTED STUDENTS SHOULD TAKE CORE HIGH SCHOOL COURSES, ESPECIALLY IN ANATOMY, PHYSIOLOGY, PHYSICS, AND MATH.
- **POST-SECONDARY EDUCATION:** ASPIRING TECHNOLOGISTS NEED AT LEAST AN ASSOCIATE'S DEGREE OR A CERTIFICATE. THESE PROGRAMS INCLUDE INTENSIVE COURSES AND A REQUIRED CLINICAL COMPONENT FOR HANDS-ON EXPERIENCE IN A MEDICAL SETTING.  
(NOTE: EKG TECHNICIAN ROLES SOMETIMES ACCEPT A SHORT-TERM CERTIFICATE FOR ENTRY-LEVEL WORK.)

#### JOB OUTLOOK & SALARY

**PROJECTED JOB GROWTH 3% BETWEEN 2024-2034**

**MEDIAN SALARY: \$32/HOUR**

## Health & Wellness Spotlight



### Mindful Moments

Why it matters:

Being mindful helps calm your mind, improve focus, and manage stress. It's like a mini vacation for your brain!

Helpful tips:

- Start your day with a few deep breaths.
- Write down one thing you're thankful for each day.
- Notice your surroundings. What can you see, hear, and feel right now?
- Try a short mindfulness or breathing video online (there are tons of free ones).



Mindfulness = being where your feet are.

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## ***SEL Tip***



### **Appreciation in Action**

Why it matters: Showing appreciation strengthens friendships and makes school feel more supportive for everyone.

#### **Helpful tips for HS students:**

- Send a quick text: “Thanks for helping me with that”
  - Say thank you to a teacher, coach, custodian, cafeteria staff, or bus driver
  - Leave a short sticky note for someone who deserves a boost
- Quick statement: A simple thank-you can change someone’s whole day.