



# ORRHS Guidance Newsletter

## Current Guidance Happenings

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### *A Message from your Counseling Team*

#### November Donation Drive ❤️🐾

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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### **Freshman**

The guidance counselors have been meeting with small freshmen groups to discuss the transition to the high school and making the most of the high school experience. Meetings last approximately 30 minutes during and are held during Freshman Seminar or LSC/ISP blocks in the Guidance conference room. Beginning Thursday, November 13, the guidance counselors will be scheduling individual meetings with each Freshman student to answer any questions. Meetings will take place either during Bulldog Block or Freshman Seminar/LSC. Please check eHall pass for your scheduled appointment.

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### **Unified Bowling or Unified Strength & Conditioning**

Interested in joining Unified Bowling or Unified Strength & Conditioning?

Come to our interest meeting Monday, 11/17 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)

## 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.

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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!

## **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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## **Friends of the Mattapoisett Library – Annual Jewelry & Accessory Sale**

Looking for a fun way to support our local library? The 2025 Annual Jewelry & Accessory Sale is coming up soon!

- FOML Members-Only Preview:  
Thursday, December 4th | 5:30–7:30 PM
- Public Sale:  
Friday, December 5th | 4:30–7:30 PM  
Saturday, December 6th | 10:00 AM–2:00 PM

The library is currently accepting donations of jewelry and accessories through November 16th. All proceeds benefit the Mattapoisett Free Public Library.

Not a member yet? You can join at the library circulation desk or during the preview night—membership is only \$20 for the year.

Location: Mattapoisett Free Public Library, 7 Barstow Street, Mattapoisett, MA.

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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.

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## **SAT Information**

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

- 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:**

- November 17 - Bristol Community College- MEDIA ROOM
- November 17 - SCAD (Savannah College of Art & Design - ART ROOM 1923
- November 19 - UMass Lowell
- November 20 - Merrimack College - LIBRARY
- December 18 - Lincoln Technical Institute

**\*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).

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### **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](#)

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# CAREER OF THE WEEK

## Instructional Coordinators



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

### WHAT DO THEY DO?

- DEVELOP AND IMPLEMENT THE CURRICULUMS
- PLAN, ORGANIZE, AND CONDUCT TEACHER TRAINING, CONFERENCES, OR WORKSHOPS
- ANALYZE STUDENTS' TEST DATA
- ASSESS AND DISCUSS THE CURRICULUM STANDARDS WITH SCHOOL STAFF
- REVIEW AND SUGGEST TEXTBOOKS AND OTHER EDUCATIONAL MATERIALS
- RECOMMEND TEACHING TECHNIQUES AND THE USE OF DIFFERENT OR NEW TECHNOLOGIES
- DEVELOP PROCEDURES FOR TEACHERS TO IMPLEMENT A CURRICULUM
- TRAIN TEACHERS AND OTHER INSTRUCTIONAL STAFF IN NEW CONTENT OR PROGRAMS
- MENTOR OR COACH TEACHERS TO IMPROVE THEIR SKILLS

### HOW TO BECOME ONE

- EARN A BACHELOR'S DEGREE IN EDUCATION OR A RELATED FIELD.
- COMPLETE A MASTER'S DEGREE IN EDUCATION, CURRICULUM AND INSTRUCTION, OR A CONTENT AREA (E.G., MATH, HISTORY).
- GRADUATE PROGRAMS FOCUS ON CURRICULUM DESIGN, INSTRUCTIONAL THEORY, AND DATA ANALYSIS.
- OBTAIN REQUIRED STATE LICENSURE (TEACHING OR ADMINISTRATOR LICENSE, DEPENDING ON STATE RULES).
- CHECK YOUR STATE BOARD OF EDUCATION FOR SPECIFIC CERTIFICATION REQUIREMENTS.

### JOB OUTLOOK & SALARY

**PROJECTED JOB GROWTH 1% BETWEEN 2024-2034**

**MEDIAN SALARY: \$36/HOUR**

## Health & Wellness Spotlight



### Building Healthy Connections

#### Why it matters:

Friends and positive relationships make life better. When you feel connected, you're happier, less stressed, and more confident.

#### Helpful tips:

- Say hi to someone new or invite someone to sit with you.
- Join a club, sport, or activity that interests you.
- Be a good listener. People appreciate being heard.
- Do small acts of kindness (they make *you* feel good, too!).



**Healthy connections = strong support system.**



**Remember:** Taking care of your body and mind helps you show up as your best self ; at school, with friends, and for you.

## ***SEL Tip***



### **Giving Back**

**Why it matters:** Giving, even small things, boosts confidence and helps you feel connected to the school community.

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

- Share notes with someone who was absent
- Help a classmate with a study guide or homework problem
- Bring 1 item for the donation drive or ask someone if they need help with a task

***Small acts add up and they make a big difference.***