



# ORRHS Guidance Newsletter

## Current Guidance Happenings

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### Addressing Hate in School Sports School-Wide Assembly

This week, you will have the opportunity to take part in an *Addressing Hate in School Sports* assembly through a collaboration between the Attorney General's Office and Northeastern University's Center for the Study of Sport in Society. These assemblies will focus on respect, responsibility, and positive behavior and interactions. Please remember that our Junior High students will be joining us, giving them the opportunity to learn alongside you. We look forward to seeing you all demonstrating leadership by modeling respectful and engaged participation for our junior high students during the assembly.

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### Attention Sophomores

Starting the week of January 20th, counselors will be meeting with groups of sophomores to discuss Career Exploration. Meetings will take place in the guidance conference room during study halls and will last approximately 50 minutes. Please bring a writing utensil and a chromebook as students will be completing a Personality/Career Interest Inventory. Students should continually check e-hallpass for meeting times.

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### WPI Frontiers Summer Program Opportunity

Frontiers is a two-week residential summer program at Worcester Polytechnic Institute (WPI) that gives students a firsthand college experience. Participants explore a STEM or business major alongside a humanities, arts, or business minor while living on campus and engaging in extracurricular activities with peers from around the world.

Virtual information sessions will be held

- Thursday, January 22, 2026 at 12pm
- Friday, February 6, 2026 at 12pm

Sessions run July 5–17 or July 19–31, 2026, and applications are reviewed on a rolling basis.

Interested students should apply by April 30.

Link to Register: [WPI Frontiers Summer Program Opportunity Grades 10-12](#)

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### Interested in Marine Trades & Design?

Founded in 1978, The Landing School is a nonprofit, accredited marine trades school offering hands-on programs in Yacht Design, Wooden Boatbuilding, Composite Boatbuilding, and Marine Systems. Students can be career-ready in just 9 months, with diploma and associate degree options available. Financial aid and veterans benefits are available for those who qualify.

Learn more, explore programs, and view upcoming Open House dates using the link below:

<https://www.landingschool.edu>

## MEFA Presentation for College Athletics

January 29th at 6:30pm

Join one of our own guidance counselors, Dr. Mike Janicki, Ed.D., in a webinar exploring athletics in college admissions. Topics include sports divisions, eligibility, the college search process, and key considerations for student-athletes.

Register to receive the link:

<https://www.mefa.org/webinar/athletics-in-college-admissions-2026/>

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## Governor's Youth Summit – February 9

Youth ages 16–20 are invited to attend Governor Healey's second annual Youth Summit on Monday, February 9 at 3:00 PM in the Great Hall at the Massachusetts State House. This event brings together young leaders from across the Commonwealth to discuss important topics such as mental health, education, and healthcare, hear from guest speakers, and connect with other civically engaged youth.

Registration deadline: February 2 at 5:00 PM

Register here: [Youth Advisory Council Youth Summit Registration](#)

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## Seniors — Quick Reminder!

Please remember to bring a copy of your college decision letters to the Guidance Office as you receive them. Thank you for helping us keep your records up to date!

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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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## SAT Information

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

- 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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## Scholarships

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

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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)

## Horatio Alger Scholarship — Opens December 1, 2025

The Horatio Alger Association Scholarship supports students who have demonstrated perseverance in overcoming adversity and plan to pursue a bachelor's degree.





**Eligibility:** Open to juniors and seniors with financial need (household income \$100,000 or less), minimum GPA 2.0, U.S. citizenship, and involvement in school or community activities.

**Deadlines:** Seniors: February 15, 2026 and Juniors: March 1, 2026

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## Men's College Scholarship Opportunity

Male graduating seniors planning to enroll in a four-year undergraduate college in Fall 2026 are encouraged to apply for the Men's College Scholarship.

-  Awards range from \$500–\$1,000
-  No essay required — application can be completed in about 30 minutes
-  Funds are sent directly to students via ACH and may be used as needed
-  Open to students who demonstrate strength in academics, extracurriculars, and community involvement

Since 2022, \$188,000 has been awarded to support young men pursuing higher education, with scholarships continuing through 2026.

 Apply here: <https://givagrnt.com/register/5b47752f-3fcf-4b44-92b1-bb21bbdf97dc>

 Application Deadline: April 1 at 11:59 PM ET

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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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## **St. Anne's Credit Union Scholarship**

St. Anne's Credit Union is offering fifteen \$2,000 scholarships to graduating seniors who will attend an accredited 2- or 4-year college or technical school in Fall 2026. Applicant or parent/guardian must be a St. Anne's Credit Union member, and students must live in the Credit Union's MA/RI service area.

### **How to Apply:**

Applications and details are available at <https://www.stannes.com/Scholarships>. A completed application, official transcript, (college/tech acceptance if available), one teacher recommendation, and a short narrative are required.

**Deadline:** Applications must be received by February 20, 2026 and mailed to:

*St. Anne's Credit Union*

Attn: Paula Carvalho

829 S. Main St.

Fall River, MA 02724

# CAREER OF THE WEEK

## Licensed Practical and Licensed Vocational Nurses



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

### WHAT DO THEY DO?

- MONITOR PATIENTS' HEALTH BY CHECKING THEIR BLOOD PRESSURE, BODY TEMPERATURE, AND OTHER VITAL SIGNS
- PROVIDE BASIC PATIENT CARE AND COMFORT, INCLUDING CHANGING BANDAGES AND HELPING WITH BATHING OR DRESSING
- DISCUSS CARE WITH PATIENTS AND LISTEN TO THEIR CONCERNS
- REPORT PATIENTS' STATUS AND CONCERNS TO REGISTERED NURSES, ADVANCED PRACTICE NURSES, OR PHYSICIANS
- DOCUMENT PATIENT CARE AND MAINTAIN HEALTH RECORDS

### HOW TO BECOME ONE

- LPNS/LVNS MUST COMPLETE A STATE-APPROVED EDUCATIONAL PROGRAM
- PROGRAMS ARE TYPICALLY CERTIFICATE OR DIPLOMA PROGRAMS OFFERED THROUGH:
  - COMMUNITY COLLEGES
  - TECHNICAL SCHOOLS
  - SOME HIGH SCHOOLS
- MOST PROGRAMS TAKE ABOUT ONE YEAR TO COMPLETE
- COURSEWORK COMMONLY INCLUDES:
  - NURSING FUNDAMENTALS
  - ANATOMY & PHYSIOLOGY
  - PHARMACOLOGY
- ALL PROGRAMS INCLUDE SUPERVISED CLINICAL EXPERIENCE
- AFTER COMPLETING THE PROGRAM, STUDENTS MUST PASS A LICENSING EXAM TO BECOME AN LPN/LVN

### JOB OUTLOOK & SALARY

**PROJECTED TO INCREASEE 3% BETWEEN 2024-2034**

**MEDIAN SALARY: \$62,340**

## Health & Wellness Spotlight:

### Fuel Your Body for Winter Energy



#### Why it matters:

Cold weather and busy schedules can lead to low energy. Eating regularly and choosing balanced foods helps maintain focus, mood, and stamina.

#### Helpful tips:

- Don't skip meals, especially breakfast and lunch.
- Choose snacks with protein and fiber (fruit + nut butter, yogurt, cheese).
- Limit sugary drinks; choose water or milk instead.
- Pack healthy snacks for long school days.

## **SEL Tip**

### **Build Healthy Relationships & Boundaries**

**CASEL Focus:**  *Social Awareness* |  *Relationship Skills*

#### **Why it matters:**

Healthy relationships and boundaries help you stay focused, safe, and connected.

#### **Helpful tips:**

- Surround yourself with people who support your goals
- Communicate clearly and respectfully—online and in person
- Set boundaries to protect your time and energy
- Reach out if peer situations feel challenging