



# ORRHS Guidance Newsletter

## Current Guidance Happenings

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### Spirit Week is Here!

Get ready to show your school spirit and have some fun next week!

- Monday (4/13): Y2K Day
- Tuesday (4/14): White Lie Day
- Wednesday (4/15): Country vs. Country Club
- Thursday (4/16): Bikers vs. Surfers
- Friday (4/17): Class Colors



**Class Olympics will take place on Friday (4/17) after Block 3**

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### Massachusetts Healthy Youth Summit

Join students from across the state for a day focused on leadership, healthy relationships, and making a positive impact.



May 28, 2026



8:30 AM – 2:00 PM



Boston Convention & Exhibition Center

What to expect:

- Interactive workshops on relationships, consent & leadership
- Resource fair with local organizations



Sign up here:

- Student RSVP: <https://www.mass.gov/forms/healthy-youth-summit-student-form>
- Chaperone RSVP: <https://www.mass.gov/forms/healthy-youth-summit-chaperone-form>



Deadline to sign up: April 22, 2026

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### Sports Ball Donation Drive (April 13–17)

We are excited to support a student-led donation drive collecting new or gently used sports balls (that can hold air!) for local children in need. Donations can be dropped off in the main office collection nets. Thank you for helping make a difference in our community!

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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)

## **Term 3 Report Cards will be distributed on Thursday, April 16th during Bulldog Block.**

The deadline to make up incomplete grades for Term 3 is Monday, April 27th.

### **INCOMPLETE GRADES**

Students have two weeks from the day grades close to make up any Incomplete Grades issued by teachers, including 4th term and the summer.

All work not completed within the specified period will be given no credit and averaged with the completed work to determine a grade.

In the case of extenuating circumstances, any extension of this policy must be arranged with the Principal before the end of the two-week time period.

### **Attention Advanced Placement Students**

AP Exam balances are now PAST DUE. Please bring either cash or check (made payable to ORRHS) to Mrs. Bichsel in the Guidance office ASAP. Stop in Guidance to see Mrs. Bichsel or email [heatherbichsel@oldrochester.org](mailto:heatherbichsel@oldrochester.org) if you need to know the balance owed.

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### **Attention Juniors and Seniors:**

MassHire will be offering an Interview Skills Workshop TBD during bulldog block in the library. If interested in the workshop, please sign up with your mentor or in guidance. Space is limited.

### **Upcoming Information Sessions with College Representatives:**

\*Please sign up with your mentor

- **May 8 (NEW DATE) - MTTI Information Session**

*MTTI is a nationally accredited, family-owned technical trade school founded in 1985. It provides short-term, hands-on career training programs in fields like automotive, HVAC/R, construction, medical billing, etc.*

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### **NEACAC College Fair at Bridgewater State University**

Thursday, May 21, 2026 9 - 11:00am

Please register for NEACAC fairs at [www.StriveFair.com](http://www.StriveFair.com).

There will be over 100 Colleges/Universities at the fair.

Upon registration, StriveScan sends you a barcode via text message and email, which you will show to reps at each fair. Registering for a barcode provides students with more information on each institution and allows you to connect with schools even after the event. There is no cost for students to register for a barcode.

### **[BSU College Fair Sign-Up](#)**

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### **SAT Information:**

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

- 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!**

## Seniors Quick Reminder!

Local scholarship award letters are due to the guidance office by Monday, May 18. Please submit a copy or email your award notification(s) to your guidance counselor by the deadline if you would like to be recognized on the scholarship recipients list. (This list is for local scholarship awards only, not college/university scholarship awards.)

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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## Summer Opportunities:

Please use this link to find [Summer Opportunities 2026](#).

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## NACAC National College Fair – Boston:

Students and families are invited to attend the 2026 NACAC National College Fair to explore college options and connect with admissions representatives from colleges and universities across the country.

Dates & Times:

- Monday, April 27 | 5:30–8:30 PM
- Tuesday, April 28 | 8:30 AM–12:30 PM

Location:

Hynes Convention Center, Boston

What to Expect:

- Meet with college admissions representatives
- Explore STEM and Visual & Performing Arts (VPA) college options
- Attend workshops on college essays, financial aid, and the application process
- Visit the College Advising and Financial Aid Center for guidance

Free student registration and more information:

<https://www.nacacattend.org/26Boston>

This is a great opportunity for students beginning or continuing their college search process.

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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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## 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>


## Interested in a Service Academy? Information Fair – May 1:

Congressman Bill Keating, proudly representing Massachusetts' 9th Congressional District, is hosting a Service Academy Information Fair for students interested in attending one of our nation's service academies.

This event is a great opportunity to:

- Learn about the Congressional nomination process
- Understand what service academies look for in candidates
- Ask questions of service academy graduates
- Meet representatives from all major U.S. service academies and Massachusetts Maritime Academy

 Friday, May 1, 2026

 6:00 PM – 8:00 PM

 Massachusetts Maritime Academy

Maritime Conference Center, 20 Tower Lane, Buzzards Bay, MA. If you plan to attend, please register by calling the Plymouth District Office at 508-746-9000 or emailing [Michael.Jackman@mail.house.gov](mailto:Michael.Jackman@mail.house.gov).

Students interested in military service, leadership, and earning a high-quality education are encouraged to attend!

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## Seniors: Waitlist or Deferred - Now What?

You've sent out all of your applications and are waiting patiently for answers. You have your top choice and can see yourself on campus. You open your mail and see that you have been deferred or placed on the waitlist. Now what?

### Deferred:

If you are "deferred" it is typically, when applying early action. This is done when an application is close, but the admissions office may want to compare with the larger regular decision pool. If this happens to you, and the school is a strong interest of yours', be sure to follow all instructions. Each school may have a different process, but the situation is the same; confirm your interest following their instructions, keep focused on all grades, and submit any additional material supporting your application (this may be an additional letter of recommendation, a letter of appeal from you, or a picture of you painting your room in their school colors). When the admissions process is complete after the regular admissions process, applicants are notified as before whether admitted or denied. This will be the final answer.

### Waitlist:

Applicants can be "waitlisted" when all decisions have been released. The school will admit their incoming class and look to see how many of those turn into actual students. This can be somewhat of a numbers game. Knowing that not every admitted student will attend; for example they will admit 2000 students building an actual class of 1500 anticipating 500 do not submit deposits. Schools refer to this process as "melt." If, let's say 700 students decide to go elsewhere (instead of the 500 anticipated), admissions would utilize the waitlist to rebound back to 1500 from 1300 (2000 minus 700). Typically waitlists are not prioritized or ranked. If you are put on the waitlist and it is a school you are interested in, again, follow their instructions. However, you will not need or be able to submit additional material. The decision has been made, the process for admitted students has to play out. At this point, unfortunately do not plan on the waitlist working in your favor. Be sure you move forward with your own college plan, and if the waitlist school comes back to you, then consider. Also, be aware that any financial aid or scholarships will be limited.

**If you are deferred or waitlisted, let your guidance counselor know. We can sit and talk through the different scenarios and make a plan that works for you.**

# CAREER OF THE WEEK

## Boilermakers



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

WHAT DO THEY DO?	HOW TO BECOME ONE	JOB OUTLOOK & SALARY
<ul style="list-style-type: none"><li>• READ BLUEPRINTS TO DETERMINE LOCATIONS, POSITIONS, AND DIMENSIONS OF BOILER PARTS</li><li>• INSTALL SMALL, PREMADE BOILERS IN BUILDINGS AND MANUFACTURING FACILITIES</li><li>• LAY OUT PREFABRICATED PARTS OF LARGE BOILERS BEFORE ASSEMBLING THEM</li><li>• ASSEMBLE BOILER TANKS, OFTEN USING ROBOTIC OR AUTOMATIC WELDERS</li><li>• TEST AND INSPECT BOILER SYSTEMS FOR LEAKS OR DEFECTS</li><li>• CLEAN VATS WITH SCRAPERS, WIRE BRUSHES, AND CLEANING SOLVENTS</li><li>• REPLACE OR REPAIR BROKEN VALVES, PIPES, OR JOINTS, USING HAND AND POWER TOOLS, GAS TORCHES, AND WELDING EQUIPMENT</li></ul>	<ul style="list-style-type: none"><li>• EARN A HIGH SCHOOL DIPLOMA OR EQUIVALENT</li><li>• APPLY TO A BOILERMAKER APPRENTICESHIP PROGRAM</li><li>• COMPLETE ~4 YEARS OF HANDS-ON TRAINING AND CLASSROOM LEARNING</li><li>• LEARN KEY SKILLS: TOOL USE, METALS, INSTALLATION, BLUEPRINT READING, AND SAFETY</li><li>• GAIN EXPERIENCE (WELDING, MILITARY, OR RELATED TRADES CAN HELP WITH ENTRY OR SHORTEN TRAINING)</li><li>• CONSIDER STARTING IN A RELATED TRADE (PIPEFITTER, MILLWRIGHT, SHEET METAL WORKER, OR WELDER)</li><li>• COMPLETE APPRENTICESHIP → BECOME A JOURNEY-LEVEL BOILERMAKER</li></ul>	<p><b>PROJECTED TO DECREASE BY 2% BETWEEN 2024-2034</b></p> <p><b>MEDIAN PAY: \$51.030</b></p>

## Health & Wellness Spotlight ~ Public Health & Community Wellness

### Why it matters:

Public health is all about keeping communities safe and healthy; from clean water to vaccines to disease prevention. Your daily choices don't just affect you, they impact others around you.

### Helpful tips:

- Stay home when you're sick to prevent spreading illness.
- Keep up with recommended vaccines and physicals.
- Practice everyday prevention (handwashing, covering coughs).
- Be aware of how your actions contribute to a healthier school community.


## SEL Tip ~ Respect, Boundaries & Looking Out for Each Other

### Why it matters:

Focusing on respect, personal boundaries, and supporting one another helps create a safer, more caring school community for everyone.

### Helpful tips:

- Respect your own boundaries and the boundaries of others
- Remember that consent should always be clear, mutual, and ongoing
- Trust your instincts—if something doesn't feel right, it's okay to step away
- Speak up or get help if you see something concerning
- Reach out to a trusted adult (counselor, teacher, caregiver) if you need support

 *At ORR, we take care of one another—your voice, safety, and well-being matter.*