



# ORRHS Guidance Newsletter

## Current Guidance Happenings

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### **May is Mental Health Awareness Month & Teacher Appreciation Week**

As we recognize Mental Health Awareness Month, we are reminded of the importance of connection, kindness, and supporting one another. Our teachers play a vital role in creating safe, supportive, and engaging environments for all students each day.

During Teacher Appreciation Week, we encourage students to take a moment to say *thank you*, whether it's a quick note, an email, or a simple in-person acknowledgment. Small gestures can make a big impact and help foster a positive school community.

Let's continue to look out for one another and celebrate the people who help make our school a place where everyone can learn and grow.

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### **AP Exams Are Here!**

AP Exams begin this week, and we want to wish all of our students the very best of luck as they showcase their hard work and dedication!

#### **Testing Schedule:**

- Monday (May 4): 8:00 a.m. – AP Biology & AP Latin
- Tuesday (May 5): 8:00 a.m. – AP Chemistry & AP Human Geography
- Wednesday (May 6): 8:00 a.m. – AP Literature (Grade 12) | 12:00 p.m. – AP Physics
- Thursday (May 7): 12:00 p.m. – AP Statistics
- Friday (May 8): 8:00 a.m. – AP U.S. History

**Please be sure to arrive on time, well-rested, and prepared. Remember to bring all required materials and check in with your teacher if you have any questions.**

 *We are proud of your effort! Take a deep breath, do your best, and know we're cheering you on every step of the way!*

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

MassHire will be offering an Interview Skills Workshop on Wednesday, May 13th, during bulldog block in the library. If interested in the workshop, please sign up with your mentor or in guidance. Space is limited.

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### **Scholarships:**

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

## 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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## Summer Opportunities:

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

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## Upcoming Information Sessions with College Representatives:

\*Please sign up with your mentor

- **May 8 - 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 Sign-Up Link](#)

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## SAT Information:

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

- 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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## 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!

## **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>

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## **🎓 Seniors: Deferred or Waitlisted ~ Now What?**

### **Deferred (Early Action):**

- Your application is being reviewed again with the regular decision pool
- Follow the college's instructions to confirm your interest
- Keep your grades strong and consider submitting any allowed updates
- Final decision will come with regular admissions decisions

### **Waitlisted:**

- You may be considered if spots open after students commit
- Follow the college's instructions, but don't rely on the waitlist
- Move forward with another college plan and submit your deposit
- If admitted later, you can then decide

👉 **If you're deferred or waitlisted, connect with your school counselor—we're here to help you make a plan.**

# CAREER OF THE WEEK

## OCCUPATIONAL HEALTH AND SAFETY SPECIALISTS AND TECHNICIANS



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

### WHAT DO THEY DO?

- INSPECT, TEST, AND EVALUATE WORKPLACE ENVIRONMENTS, PROGRAMS, EQUIPMENT, AND PRACTICES TO ENSURE THAT THEY FOLLOW GOVERNMENT SAFETY REGULATIONS
- DESIGN AND IMPLEMENT WORKPLACE PROGRAMS AND PROCEDURES THAT CONTROL OR PREVENT CHEMICAL, PHYSICAL, OR OTHER RISKS TO WORKERS
- EDUCATE EMPLOYERS AND WORKERS ABOUT MAINTAINING WORKPLACE SAFETY
- DEMONSTRATE USE OF SAFETY EQUIPMENT AND ENSURE PROPER USE BY WORKERS
- INVESTIGATE INCIDENTS TO DETERMINE THE CAUSE AND POSSIBLE PREVENTION
- PREPARE WRITTEN REPORTS OF THEIR FINDINGS

### HOW TO BECOME ONE

- 🎓 **EDUCATION MATTERS:** SPECIALISTS TYPICALLY NEED A BACHELOR'S DEGREE (OR SOMETIMES A MASTER'S) IN FIELDS LIKE HEALTH, BIOLOGY, OR SAFETY
  - TECHNICIANS CAN START WITH A HIGH SCHOOL DIPLOMA AND MAY PURSUE A 2-YEAR CERTIFICATE OR ASSOCIATE'S DEGREE
- ✔️ **TAKE THE RIGHT CLASSES IN HIGH SCHOOL:**
  - FOCUS ON CHEMISTRY, BIOLOGY, AND PHYSICS TO BUILD A STRONG FOUNDATION
- 📖 **LEARN KEY TOPICS:**
  - PROGRAMS OFTEN INCLUDE SAFETY MANAGEMENT, ERGONOMICS, HAZARDOUS MATERIALS, AND FIRE PREVENTION
- 🏆 **CERTIFICATION CAN HELP:**
  - MANY EMPLOYERS PREFER CANDIDATES WITH PROFESSIONAL CERTIFICATIONS, WHICH REQUIRE COURSEWORK, EXPERIENCE, AND AN EXAM
- ✂️ **HANDS-ON TRAINING:**
  - TECHNICIANS (AND SOMETIMES SPECIALISTS) RECEIVE ON-THE-JOB TRAINING TO LEARN INSPECTIONS, SAFETY LAWS, AND TESTING PROCEDURES

### JOB OUTLOOK & SALARY

**PROJECTED TO INCREASE BY 12% BETWEEN 2024-2034**

**MEDIAN PAY: \$78,900**

## Health & Wellness Spotlight ~ Environmental Health & Outdoor Wellness

(Earth Day – April 22)

Why it matters:

Your environment affects your health- clean air, green spaces, and time outdoors all support physical and mental well-being.

Helpful tips:

- Spend time outside- even a short walk can boost mood.
- Help keep your school/community clean.
- Reduce waste (reuse water bottles, recycle when possible).
- Protect yourself outdoors: sunscreen, hydration, and appropriate clothing.

## SEL Tip ~ Understanding Mental Health: Awareness Leads to Compassion

Week 1 theme from Substance Abuse and Mental Health Services Administration (SAMHSA)

Why it matters:

Mental health challenges are real and can impact how someone thinks, feels, and functions each day. Understanding this helps us show compassion and support one another.

Helpful tips:

- Mental health conditions are real and common
- Lead with kindness and empathy—you never know what someone is going through
- Encourage reaching out to a trusted adult or support person
- Early support and connection to resources can make a big difference

 At ORR, awareness leads to compassion. Together we create a community where everyone feels supported and valued.