



ORRHS Guidance Newsletter

Current Guidance Happenings

Final Exams Are Here!

Good luck to everyone taking final exams this week! Remember to get plenty of rest, eat a healthy breakfast, and arrive prepared and on time. Take a deep breath, do your best, and finish the year strong. We are proud of all the hard work and growth you have shown throughout the year and wish you the very best on your exams!

Inform a Farm and Sea to School Roadmap:

Massachusetts is launching a statewide Farm and Sea to School Roadmap to guide priorities, partnerships, and investments over the next three to five years. DESE is leading this effort in partnership with Massachusetts Farm to School and key state and community partners. The roadmap will build on the strong foundation already in place across the Commonwealth and help define how "farm to school" and "sea to school" initiatives can become more coordinated, equitable, and sustainable statewide. People (including students) who are interested in this subject are invited to complete this [survey to help shape the Massachusetts Farm and Sea to School Roadmap](#).



Celebrate America's 250th – Student Short Story Contest! 🇺🇸

The Mattapoisett Free Public Library is inviting local students in grades 6–12 to participate in the Celebrate America's 250th Short Story Contest in honor of America's upcoming 250th anniversary! Students are encouraged to explore themes such as community, citizenship, civic engagement, public service, democracy, fairness, and justice.

Students may submit a variety of writing pieces including:



Fiction



Nonfiction



Personal Narratives



Historical Fiction



Persuasive Writing



Imaginative Stories

Eligibility: Open to all students in grades 6–12



Submission Deadline: Monday, June 22, 2026 (midnight) – the last day of school for the ORR district. Entries must be submitted through the MFPL Short Edition portal. Questions can be directed to mfpl@sailsinc.org or (508) 758-4171.

What a wonderful opportunity for our students to share their voices, creativity, and perspectives while celebrating an important moment in our nation's history! 🇺🇸

Attention Juniors: Friendly Reminder:

- Students should be asking teachers for letters of recommendation (asking them face to face, and then inviting them on Naviance).
- Signing up for an SAT using your College Board account (if you do not have a College Board account, you need to create one). For eligible students, fee waivers are available in guidance.
- Researching and visiting colleges/trade schools/etc.
- Continue updating your resume and Senior Questionnaire.

Following these steps now will make life senior year more manageable, less stressful, and more enjoyable!

Summer Opportunities:

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

Health & Wellness Spotlight ~ Water First! Staying Hydrated This Summer

Why it matters:

Hot weather, sports, summer jobs, and outdoor activities can increase your risk of dehydration. Even mild dehydration can affect your energy, concentration, and physical performance.

Helpful tips:

- Carry a reusable water bottle and refill it throughout the day.
 - Drink water before, during, and after physical activity.
 - Eat water-rich foods like watermelon, strawberries, cucumbers, and oranges.
 - Pay attention to thirst, don't wait until you're very thirsty to drink.
 - Limit sugary drinks and energy drinks, which can contribute to dehydration.
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SEL Tip ~ Staying Connected

Finding Purpose & Community Over the Summer

Summer can be a great opportunity to stay connected, explore new interests, and build meaningful experiences. Staying involved in activities, spending time with supportive people, and finding ways to help others can positively impact your mental wellness and sense of purpose.

In our school community, this can look like:

- Participating in volunteer opportunities or summer jobs
- Exploring hobbies, recreation programs, or community events
- Staying socially connected with supportive peers and adults
- Finding meaningful ways to help others and stay engaged

Ideas for Summer:

- Volunteer in your community
- Explore a new hobby or activity
- Attend local library or recreation events
- Spend time with positive peer groups and trusted adults

