



ORRHS Guidance Newsletter

Current Guidance Happenings

A Message from your Counseling Team

November Donation Drive ❤️ 🐾

Throughout the month of November, Bulldog Blocks will be collecting items to support our local community. Students and staff are encouraged to donate canned goods, boxed pantry items (cereal, pasta, rice), baby needs (diapers, wipes, formula), and even pet food.

The top two Bulldog Blocks with the highest number of donated items will earn a pizza party or donuts & coffee!

As an added bonus, the Mattapoisett Library will be waiving all late fees for the month of November in exchange for a donated item for the food pantry, a great opportunity to support the community and return those o

All donations will be organized on Community Service Day, November 26, 2025 and delivered to local organizations.

Thank you for helping make a difference!



Important Term Dates

Term 1 wrapped up on **Tuesday, October 28!**

Report cards will be distributed during **Bulldog Block** this **Friday, November 7.**

If you received an **Incomplete**, please note:

- All incomplete work must be made up by **Wednesday, November 12.**
- Students have **two weeks from when grades close** to complete missing work (including summer or 4th term incompletes).
- Work not completed by the deadline will receive **no credit** and will be averaged with completed assignments.

Be sure to check in with your teachers early to stay on track

Freshman Seminar starts this week!

Attention Freshman - Beginning the week of November 3rd, the guidance counselors will be meeting with freshmen groups to discuss the transition to the high school and making the most of the high school experience. Meetings will last approximately 30 minutes during the first half of Freshmen Seminar.

[Freshman Seminar Presentation](#)

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 Thanksgiving food bags, as well as Christmas food bags and gifts, including both needed items and wish list gifts, all donated by caring community members and organizations.

Families in need of assistance

Please complete the confidential **Holiday Helping Angels Request Form** by November 3, 2025:

 [Holiday Helping Angels Request Form](#)

- Forms go directly to the program coordinator.
- Schools, daycares, churches, the Senior Center, and Plumb Library will share this link digitally.
- If you know someone without internet access, please email angelsfromrochester@gmail.com so volunteers can assist or contact them by phone.

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

FAFSA Information

Seniors are able to start applying for financial aid as early as October 1st at fafsa.gov.

Information for AP Students

****AP deposit payments are PAST DUE.** Please stop by Guidance ASAP with your deposit. Contact Mrs. Bichsel with any questions. Payments of at least \$40 per exam will be accepted by Mrs. Bichsel in the guidance office by cash or check (made payable to ORRHS) An additional \$40 per exam late fee will be added to your exam cost. Contact laurenmilletto@oldrochester.org with questions related to AP exams.

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!

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.

Annual Youth Summit Nov. 10:

The [Governor's Youth Advisory Council](#) invites youth members ages 16-20 to Governor Healey's second annual Youth Summit which will be held at 2:00 p.m. on Monday, November 10 in the Great Hall of the State House. The summit is an opportunity for young leaders across the Commonwealth to come together and discuss important topics concerning youth, including mental health, education, youth violence, and healthcare. There will be guest speakers, programming, and the opportunity to create community with other civically engaged youth who are committed to youth advancement in Massachusetts. Youth should [register online](#) by Monday, November 3.

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.

SAT Information

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

- Oct 24th is the deadline to register for the Nov 8th test
- 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 4 - Framingham State
- November 6 - St. Anselm - *location tbd*
- November 7 - Sacred Heart University

***Information sessions will take place during Bulldog Block in the Guidance Conference Room unless otherwise noted. Please sign up with your mentor.**

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.

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/>

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](#)

CAREER OF THE WEEK

Podiatrists



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

WHAT DO THEY DO?

- DIAGNOSE AND ASSESS FOOT, ANKLE, AND LOWER-LEG CONDITIONS THROUGH EXAMS, X-RAYS, AND LAB TESTS
- PROVIDE NONSURGICAL TREATMENTS, SUCH AS ORTHOTICS TO IMPROVE MOBILITY
- PERFORM SURGERIES TO CORRECT ISSUES LIKE FRACTURES AND BONE SPURS
- EDUCATE PATIENTS ON FOOT AND ANKLE CARE AND PREVENTION
- PRESCRIBE MEDICATIONS AND REFER TO SPECIALISTS WHEN NEEDED
- STAY CURRENT IN THE FIELD THROUGH ONGOING RESEARCH, TRAINING, AND CONFERENCES

HOW TO BECOME ONE

- EARN A 4-YEAR DOCTOR OF PODIATRIC MEDICINE (DPM) DEGREE AFTER UNDERGRADUATE SCIENCE COURSEWORK AND THE MCAT.
- COMPLETE CLINICAL ROTATIONS AND A MULTI-YEAR SURGICAL/MEDICAL RESIDENCY IN A HOSPITAL.
- MUST BE LICENSED IN EVERY STATE; MANY ALSO PURSUE BOARD CERTIFICATION OR SPECIALIZED FELLOWSHIPS.

JOB OUTLOOK & SALARY

PROJECTED JOB GROWTH 2% BETWEEN 2024-2034

MEDIAN SALARY: \$73/HOUR

Health & Wellness Spotlight



Digital Wellness

Why it matters:

Too much screen time can mess with your sleep, focus, and mental health. Creating balance helps your brain (and eyes!) recharge.

Helpful tips:

- *Try the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds.*
- *Turn off notifications when doing homework or hanging out with friends.*
- *Unplug 30–60 minutes before bed. Your sleep will thank you!*
- *Do one thing each day that's offline; read, go outside, or hang out with people IRL.*



Screens are great tools. Just make sure they don't rule your day.

SEL Tip



Gratitude Reset

Why it matters:

Gratitude boosts mood, reduces stress, and helps you focus on what's going right—even on tough days.

Helpful Tips:

- *Take 10 seconds between classes to name one good thing today*
- *Screenshot a positive text or memory and save it in a “good things” album*
- *When something goes right, pause and actually notice it*

Notice the good—your brain pays attention to what you focus on.