



ORRHS Guidance Newsletter

Current Guidance Happenings

Bulldogs, it's Week 6!

October is officially here! As we head into Week 6, it's a great time to check in with yourself, reflect on your progress, and set goals for the weeks ahead. Whether you're staying on top of assignments, exploring your future plans, or navigating challenges, remember that every step forward counts.

Remember, this Thursday is a Delayed Start, students should arrive to block 1 prior to 8:30 a.m.

And as always, **Be a Bulldog, look out for one another, lead with kindness, and remember that even the smallest gesture can make a difference.**

October is National Bullying Prevention Month

Throughout the month, we encourage all Bulldogs to take a stand against bullying and help create a school community built on kindness, respect, and inclusion.

Take the Pledge! [Sign the National Bullying Prevention Pledge](#)

Make a commitment to stand up against bullying, include others, and speak up when someone needs support.

Unity Day - Wednesday, October 21st: Wear **ORANGE** to show your support for kindness, acceptance, and inclusion. Let's stand together as one Bulldog community!

Holiday Helping Angels ~ ROCHESTER HELPING ROCHESTER

The Holiday Helping Angels are a group of Rochester-based volunteers. Our mission is to provide support to Rochester families who need a little extra help during the holiday season. They provide Thanksgiving and Christmas holiday dinner food bags as well as Christmas gifts. Christmas gifts include both items that are "needed" and others that are on a "wish list".

If you or someone you know **residing in Rochester** would like to sign-up for a little extra help, please fill out the on-line request form: <https://forms.gle/sfDK6StS5WD6vn>

Northeast Maritime Institute Open House

Interested in a career on the water or in the maritime industry? Visit Northeast Maritime Institute to tour the campus and training facilities, learn about the Nautical Science program, explore maritime career pathways, and get information about admissions, financial aid, and scholarships.



Saturday, October 24, 2026



11:00 a.m.–3:00 p.m.



Fairhaven, MA

Students and families are welcome!

Juniors & Seniors ~ Careers in Sports & Entertainment at Gillette Stadium

Interested in a career in sports or entertainment? Join us on Friday, October 23rd, for a behind-the-scenes experience at Gillette Stadium! Meet industry professionals, explore career opportunities, and tour the stadium.

Transportation will be provided by school bus, departing from ORRHS, with guidance counselors accompanying students. The bus will leave ORRHS at 7:20am and return by 2:00pm.

Space is limited! Interested student should complete this form to sign up: [Gillette Stadium Career Exploration Field Trip - Interest Form](#)

UMass Lowell Open House - \$1,000 Visit Award!

Thinking about UMass Lowell? Students who attend an Open House on October 24 or November 14 can receive a \$1,000 Visit Award to put toward tuition if they are admitted to UMass Lowell.

A great opportunity to explore the campus, learn more about UMass Lowell, and potentially save on tuition!

College Financing Seminar

For families who were unable to attend, or would like to revisit the information, the Senior College Financing Seminar presentation is now available to watch here: <https://vimeo.com/1232034274?fl=pl&fe=sh>

Please note the recording is also on our Guidance Department Website:
<https://orrhs.oldrochester.org/departments/guidance-department>

Senior Breakfast ~ Recorded Link Below

A special thank you to all of our families who joined us for the Senior Parent Breakfast! We appreciated having you with us as we shared important information to help support our seniors throughout their final year here at ORRHS.

For families who were unable to attend, or would like to revisit the information, the Senior Parent Breakfast presentation is now available to watch here: <https://vimeo.com/1229952755?fl=pl&fe=sh>

Please note the recording is also on our Guidance Department Website:
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Ongoing Virtual Opportunities to Learn from MEFA

Check out MEFA's valuable resources and tools to help you prepare for the future and navigate the college planning process. The Massachusetts Educational Financing Authority is here to help. Register for live sessions by visiting www.mefa.org/events.

Bulldogs!

Looking for ways to get involved, build leadership skills, and explore opportunities beyond the classroom? Check out our running list of student opportunities, which will be updated throughout the year as new programs, events, and leadership opportunities become available.

Opportunities Beyond the Classroom

Attention Junior and Senior Parents/Guardians: [Financial Aid 101 ~ MEFA](#)

Students and families are invited to attend a free Financial Aid 101 webinar to learn more about the college financial aid process. Topics will include financial aid applications, types of aid available, factors that determine eligibility, how colleges determine financial aid awards, and how to understand financial aid offers.

Upcoming Live Webinar Dates Include:

- October 14th 6:30pm-7:30pm
- October 27th 12:00pm-1:00pm
- November 12th 12:00pm-1:00pm
- December 1st 6:30pm-7:30pm
- March 18th 6:30pm-7:30pm
- May 11th 6:30pm-7:30pm

Please use this link to RSVP: [MEFA Financial Aid 101](#)

For a Spanish option, click [here](#)

SAT Information

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

- Oct 23rd is the deadline to register for the Nov 7th test
- Nov 20th is the deadline to register for the Dec 5th test
- Feb 19th is the deadline to register for the March 6th test
- April 16th is the deadline to register for the May 1st test
- May 21st is the deadline to register for the June 5th

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!**

College Board has teamed up with [schoolhouse.org](#) to offer free small group SAT tutoring through zoom sessions.

Attention Seniors:

Common App and Naviance Support sessions will take place in Guidance during Bulldog Blocks on Tuesdays starting September 22nd and running through October. If interested, please sign up with your mentor.

Information for AP Students

Attention all AP students, create your CollegeBoard account and join your AP Google Classrooms if you haven't already! If you need help with your log on, please contact Mrs. Cioffi.

Guidance is now collecting the \$40 per exam non-refundable down payment for your Advanced Placement Exam(s). The deadline to make your deposit is Friday, October 30th. Payments of cash or check (made payable to ORRHS) will be accepted in the guidance office. If you miss this deadline, an additional \$40 per exam late fee will be added to your exam cost. The full cost per exam is \$99 including AP Seminar and Research. If you qualify for Free or Reduced lunch and would like to apply for a waiver, you must contact Guidance or Mrs. Millette prior to Friday, November 2nd, for approval. Students that are approved to receive a waiver will be responsible for a payment of \$53 per exam, with \$15 due by November 2nd to avoid the \$40 per exam late fee. Please contact christinacioffi@oldrochester.org with questions related to APs.

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!

Attention JUNIORS and SENIORS

UPCOMING INFORMATION SESSIONS WITH COLLEGE REPRESENTATIVES:

- October 2 - Endicott College
- October 6 - Curry College
- October 7 - Mass Maritime Academy
- October 15 - Worcester Polytechnic Institute
- October 15 - Springfield College (Library)
- October 20 - Wheaton College (Library)
- October 20 - Westfield State University
- October 22 - Plymouth State University
- [October 22 - Lasell University \(Library\)](#)
- October 23 - UMass Boston
- October 23 - Montserrat College of Art (Art room 1923)
- October 27 - Tufts University
- October 29 - Saint Anselm College
- October 30 - University of New England (Library)
- October 30 - Bryant University (Library)
- October 30 - Salve Regina University
- November 4 - Regis College
- November 5 - Suffolk University
- [November 17 - Bristol Community College](#)
- November 18 - University of New Haven (Library)
- November 18 - Ithaca College

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

SEL & Health Tip: The Power of Kindness

October is National Bullying Prevention Month! This week, let's focus on how small, everyday actions can create a more positive and inclusive school community.

- **Choose Kindness:** A simple compliment, smile, or encouraging word can brighten someone's day.
- **Be Inclusive:** Invite someone new to join a conversation, activity, or lunch table.
- **Speak Up:** If you witness bullying or unkind behavior, support others and seek help from a trusted adult.
- **Practice Self-Care:** Take time to recharge, get enough sleep, and surround yourself with people who make you feel supported.

Why it works: Kindness and positive connections support our mental and emotional well-being. When we feel valued, respected, and included, we create a healthier school community for everyone.

Remember: Being a Bulldog means looking out for one another. Small acts of kindness can make a BIG difference!

You don't have to do everything at once. Small steps still move you forward.