

West Essex Regional High School



Guidance Newsletter

Volume 1 Issue 2 March 2010

From the Director's Desk

Course selection for the 2010-2011 school year is upon us. The counselors have begun to meet with both students and parents. The scheduling process will continue through the month of March. It is essential that students and their parents discuss all options available. In most situations, it is recommended that students challenge themselves without being overwhelmed to the point where coursework suffers and they are unable to maintain satisfactory grades. Plan ahead. When it comes to academics, create a tentative sequence of courses that will build in breadth and depth over ones time in high school. At the same time, determine whether the schedule of courses chosen for the coming school year coincides with co-curricular demands, voluntary service, sports, and work responsibilities. Please pay close attention to the opening section of the Program of Studies for the **Schedule Change** policy and the specific dates. All students received a copy of the Program of Studies in their English classes; it can also be found on the Guidance web page.

Some Things to Think About

SENIORS:

Keep a close online connection with the colleges you have applied to . . . Check the scholarship list on our website . . . Applications are in our scholarship drawer in the Guidance Office.

JUNIORS:

Register for SAT, SATII (if needed), ACT..... Be prepared for your scheduling/college conference with questions and thoughts about your future...Keep visiting colleges.... on weekends, breaks.... You need to make a smart choice..... Remember, you have two excused absences for visits this year... Pick up forms.

SOPHOMORES:

Keep up grades and be prepared for your Guidance Scheduling Meeting with choices of electives and other courses of interest...Get involved with extracurricular activities . . . Find your "passion".....Use Naviance.

FRESHMEN:

Keep your grades up.....Experience clubs to see what you really like.....Stay committed throughout high school.

CONGRATULATIONS TO OUR BOYS AND GIRLS STATE WINNERS

Each year, American Legions across the country host Boys & Girls State Conventions in their respective state. For the second year, West Essex has been invited to nominate two delegates and two alternates for each convention. Our delegates exhibited outstanding leadership and scholarship as well as a genuine interest in American history and government. They will attend a week long convention designed to mirror the structure and operation of our state government. This unique summer program for high school juniors focuses on participation and personal experience to develop leadership and a fuller understanding of American democracy. West Essex is proud to announce our delegates for Boys and Girls State this year.

Girls State Delegates: Carly Schlecker, Kelly Mosser

Girls State Alternates: Kathryn Picardo, Kaitlyn Falcone

Boys State Delegates: Ben Minden, Amol Kaluskar

Boys State Alternates: Ken Wangner, Anthony Magliaro

NHS INVITES TOP STUDENTS



For Juniors and Seniors, this is an exciting and sometimes stressful time. Students must have a 3.75 weighted cumulative GPA to be invited to apply for the National Honor Society. Once invited, students can complete the second part of the process, the application. Students must show involvement in community service and activities, as well as academic success. The final step is a panel evaluation where the qualities of character and leadership are assessed. Good luck to all candidates.

JUNIORS SOPHOMORES FRESHMEN

Get ready for the College Fair in Edison on Wednesday, April 28, 2010. Guidance counselors will organize a bus trip to Edison where over 300 college representatives will be available for questions. Look for more information on our website.

SENIOR SCHOLARSHIP INFORMATION

The Guidance Office coordinates scholarship applications for many local foundations and organizations. Summaries of all scholarships can be found online in the Guidance section of the West Essex website. Just click on "College Information" to see the Scholarship Bulletins that have been made available, to date. The applications for all scholarships can be found in the Guidance offices.

IMPORTANT DATES TO REMEMBER

March 11th
April 20th
May 18th
June 2nd
June 17th
June 22nd

3rd M.P. Progress Reports
Marking Period 3 ends
4th M.P. Progress Reports
Senior Awards Night
Move-up Day
Marking Period 4 ends

ACT DATES:

SAT DATES:

April 10, 2010

March 13, 2010

June 12, 2010

May 1, 2010

June 5, 2010

www.actstudent.org

www.collegeboard.com

Guidance Counselors Go On Tours

College Counselor Tours!!

The guidance counselors are busy preparing for extensive college tours to enhance their knowledge first hand, as well as building relationships with admissions representatives. Dr. Cieremans will visit the Maryland Colleges, Mrs. Tierney, the Lehigh Valley; Mrs. Van Syckle, the Rhode Island Colleges, and Mrs. Grancagnolo will tour the Virginia Colleges. They're excited to report their findings in our next Guidance Newsletter. stay tuned!



College Visits – Open Houses

JUNIORS: Now is the time to get organized and plan your college visits. Many colleges offer *Open Houses* that are geared just for you! In addition to a tour, you will get a comprehensive introduction to the college with presentations about admissions, financial aid, academic programs and student life. Many colleges require that you register for these programs, so please check their website.

Here are just a few examples of AVAILABLE PROGRAMS:

Rowan University

Sunday, March 7
Sunday, April 11

Montclair State University

Sunday, April 11

Ramapo College

Sunday, May 2

Susquehanna University

Saturday, April 17

Dickinson College

Monday, April 5

Towson University

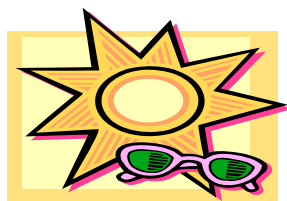
Friday, April 23
Friday, April 30

University of Maryland

Saturday, April 24

University of Delaware

Saturdays in July



PLAN AHEAD FOR SUMMER

It is time to think ahead and plan to use your summer vacation to explore your passion or try something new! There are endless opportunities that offer a variety of experiences. Your guidance counselor can provide you with ideas from our small library of information. For example, we just received information on **Fashion Summer Camps in New York City** for high school students.

The Columbia University Science Honors program for 9th, 10th, and 11th grade students with science interest has applications due March 3, 2010.

All students have been sent information regarding these programs via their westex email.

Be sure to use this time to build your resume and have some fun!

ATTENTION AP STUDENTS!!!

All Advanced Placement students will be taking AP exams beginning in May. Please look at the schedule below to plan accordingly. Letters will soon be distributed to students regarding additional information pertaining to preparation and sign-ups for those interested.

2010 Exams Schedule

Week 1

	<u>Morning Session</u> 8 a.m.	<u>Afternoon Session</u> 12 noon
Monday, May 3	U.S. Government and Politics	Comparative Government and Politics French Language
Tuesday, May 4	Computer Science A Spanish Language	Statistics
Wednesday, May 5	Calculus AB Calculus BC	Chinese Language and Culture
Thursday, May 6	English Literature and Composition German Language	Japanese Language and Culture
Friday, May 7	U.S. History	European History Studio Art (last day for Coordinators to submit digital portfolios)

Week 2

	<u>Morning Session</u> 8 a.m.	<u>Afternoon Session</u> 12 noon	<u>Afternoon Session</u> 2 p.m.
Monday, May 10	Biology Music Theory	Physics B Physics C: Mechanics	Physics C: Electricity and Magnetism
Tuesday, May 11	Chemistry Environmental Science	Psychology	
Wednesday, May 12	English Language and Composition	Art History	
Thursday, May 13	Macroeconomics World History	Microeconomics	
Friday, May 14	Human Geography Spanish Literature	Latin: Vergil	

MIDDLE SCHOOL NEWS

"The importance of middle level education can never be overestimated. The future of individuals and, indeed, that of society is largely determined by the nature of the educational experiences of young adolescents during these formative years."

-This We Believe: Keys to Educating Young Adolescents, p. 43

Below are some excerpts of articles from GreatSchools.org:

Brain-boosting breakfasts

It's something we have speculated on for centuries – how food affects us. One can imagine medieval mothers plying their children with garlic to balance their humors: "Honey, you need more black bile but less phlegm!"

The bottom line: Healthy breakfasts count. Study after study has shown that [some breakfast is better than none](#), and at least [one study](#) found that a healthy morning meal – with whole grains and protein – boosts academic performance.

Try to avoid processed foods as much as possible. Since we don't know what's in them, and at least some studies show that additives – the mainstay of processing that gives products a long shelf life – contribute to hyperactivity, the safest option is to give your child as many single-ingredient or homemade foods as possible: vegetables, fruit, whole grains, nuts, eggs, and meat. Or check out our picks for [healthy cereals](#).

Cyber Bullying

Face-to-face [bullying](#), defined as repeated, abusive behavior toward another person, can be both physical and psychological. Cyber bullying, however, is purely psychological, and the repertoire of tactics used in cyberspace has grown over time to include these methods:

- Sending hate email messages.
- Creating Web sites meant to humiliate a victim.
- Forwarding private emails without permission.
- Taking an embarrassing photo with a camera phone and posting it on the Internet.
- Setting up polls on Web sites to vote on who's the fattest, ugliest, geekiest, or sluttiest kid in the school.

The key to cyber bullying prevention just might be the parent. Children and teens are often unsupervised on the family computer, know more about technology than their parents or are not taught proper social skills regarding electronic media. As a parent you can help prevent cyber bullying by:

- Supervising your child's use of the computer. If your child has a computer in her bedroom, it's difficult to supervise her. Many experts recommend moving the computer into a family room.
- Learning about the sites that your child visits and what he's doing online.
- Encouraging your child to come to you if he is experiencing cyber bullying, or has witnessed it. According to a survey by iSafe.org, 58% of kids did not tell their parents when someone was abusive to them online.
- Being concerned if your child spends excessive amounts of time online or hides the screen when you approach.
- Having your child fill out an agreement about safe Internet practices. A sample [agreement](#) can be found on WiredKids.org. (This form is courtesy of Parry Aftab, an Internet privacy and security lawyer and creator of the WiredKids Web site).
- Teaching your child empathy for others.

Hinduja advises parents to take a measured approach when dealing with a child's access to the Internet. "The child needs to know that the parent is not going to take away their Internet privileges if they tell them about something bad that's happening. They need to know that the parent is going to respond very calmly and intelligently, and help them without taking away this privilege that is really important to them. Then, of course, the child has to agree that they're not going to do such things as talk to strangers online and so forth."

Children and Teens

Students can protect themselves from cyber bullying by:

- Being careful about giving out personal information, such as email addresses and phone numbers. Kids should never reveal an email password, even to a close friend. If a friendship suddenly goes sour, the former friend can use the password to get into the account and impersonate the owner.
- Speaking to a trusted adult if something seems wrong.
- Walking away from the computer if harassment starts.
- Not replying to bullying emails or instant messages.
- Being aware that whatever happens online can be reproduced and spread very easily. Nothing online is ever really private.

"Thriving now and in the future requires becoming a lifelong learner and demands more than a basic understanding of reading, writing, and mathematics."

—NMSA (National Middle School Association)