

HAMPSHIRE REGIONAL HIGH SCHOOL

MONDAY – THURSDAY, 7:00 A.M. – 3:30 P.M.
FRIDAY – 7:00 AM – 3:00 PM

LAURIE A. HODGDON, PRINCIPAL
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NOVEMBER DECEMBER 2011
PARENT NEWSLETTER

FROM THE PRINCIPAL

Dear HRHS Parents and Guardians,

In this month's newsletter, I am pleased to honor the hard work and commitment of a teacher and a student at Hampshire Regional High School. Additionally, I am pleased to spotlight the role and the importance of your student's guidance counselor in his/her middle and high school years.

Student Advocate Award

I am pleased to announce **Mrs. Pat Parent**, MS Special Educator, as our first awardee of the Student Advocate Award. Mrs. Parent was nominated by the administration for her student-centered approach and ability to understand a student's unique academic needs. We will be recognizing a HRHS teacher or paraprofessional on a quarterly basis throughout the year.

Academic Leadership Award

Superintendent Craig Jurgensen and the HRHS School Committee at their monthly meeting in November will award Senior **Katherine McKemmie** the Academic Leadership and Merit Award. Katherine is a wonderful example of a student who works hard, both academically and for our school. She is a star at HRHS.

Spotlight on Guidance at HRHS

During middle school and high school, your child will have many different teachers, take a variety of tests and participate in numerous activities. The counselor is the one person who sees the entire picture of your child's four-year high school career and who can bring all that information together.

The counselor helps your child plan a challenging course schedule and determine how to best achieve educational goals. The counselor provides information on which tests to take, which colleges are a good fit and how to get on the right track for the careers that interest your child.

Many students have the same counselor throughout high school. While most counselors advise hundreds of students, others advise only a few and have time to contact your child regularly. It is your child's responsibility to take the initiative for educational plans and actively seek help from the counselor.

The counselor keeps a record of all your child's classes, grades and graduation requirements. This includes creating a class schedule based on your child's post-graduation goals. If your child is faced with problems, either academic or otherwise, the counselor can provide connections to resources in the school or community. If your child experiences problems in class, the counselor can also speak with teachers and monitor progress.

Another aspect of the counselor's responsibilities includes advising your child about which college admission tests, such as the SAT, to take and when to take them. The counselor can also help ensure that your child meets various colleges' admission requirements.

While you explore college options, ask your child's counselor to connect your child to information on various colleges, majors and careers. Some schools even offer personality profiles to explore preferences, strengths and weaknesses. Ask about

all the resources available, so your child can be confident when it comes time to make choices for the future.

Counselors can recommend colleges that match your child's academic profile and career goals, and also suggest some potential "safety," "probable" or "reach" colleges. Encourage your child to explore all the options, come up with a final list of colleges and meet all application deadlines.

The counselor sends official school transcripts. Your child needs to provide the counselor with a list of the colleges that need to receive transcripts and the required deadlines.

College applications often require a counselor recommendation, so it is important that students build a relationship with the counselor before senior year. They should let the counselor know their goals and plans, as well as their strengths.

Your counselor can also help your family to understand your child's aid awards and decipher how financial aid works. The counselor may also be able to connect your child to local scholarship opportunities.

Most counselors have very busy schedules, with the bulk of their time dedicated to meeting with their students. If you have the opportunity to meet with the counselor, it helps to have some questions prepared:

- Is my child taking the right courses to meet college entrance requirements?
- If my child needs extra help, are tutors available through the school?
- If my child is a fast learner, are there challenging classes and programs available?
- What resources does the school have for my child to explore college and career options?
- Which college admission and placement tests should my child be taking?
- Which colleges would be a good fit for my child?
-

The counselor has experience helping many students through high school and college planning and can be a valuable resource to help your child succeed.

We, at Hampshire Regional High School, are proud of our guidance colleagues. Many thanks to Ms. Patti Richmond, Ms. Amy Scully, Mr. George Gunn, Ms. Katie Watkins and Ms. Maureen Monaghan.

Respectfully,
Dr. Laurie Hodgdon
Principal of HRHS

NEWS FROM THE CLASS OF 2016

Step Up Week will be May 29- June 1st this year. One of the events we already have planned is the 8th grade trip to High Meadow Resort in North Granby CT on Thursday May 31, 2012. The profits from the middle school dances this year will help with the cost to the 8th graders who would like to come. It is a day of fun, food, contests, games, sports, swimming, DJs, music and dancing. It is a great way to spend the day with friends, both old and new and to start building that Class of 2016 spirit. FBLA and FBLA Jr. will be working this year in collaboration with Mr. Cavallon and Ms. Facteau to host the middle school dances once a month. More details will follow. If you have any questions please contact Laura Facteau at lfacteau@hr-k12.org.

CLASS OF 2014 NEWS

Hello to the parents/guardians of students in the Class of 2014!

Students had an opportunity to order class rings in early October. The delivery of the rings will be in early December at the sophomore MORP dance. What was that I just said? The sophomore class wanted to have another dance so this year the officers and advisors decided to go with a MORP dance (Prom backwards). The required attire is jeans and a t-shirt. It is going to be totally casual and fun. There will be a contest with different categories such as best t-shirt, best hair, etc. Students will receive a list of the contest categories in homeroom so they can plan for the dance. There will be dancing and a sundae bar to enjoy

throughout the night in addition to receiving their class rings. It should be a very exciting night. The cost of this function is only \$12.00. It is going to be held from 7-10 at the Elks in Florence.

We have some more water bottles, coolers and sippy tops available for sale. You can purchase all three for the bargain price of \$10. We also have a small supply of sweatpants available. With the holidays coming around the corner, these make great gifts.

Class dues have been set for \$35 for each student. The deadline to pay the dues for this year is April 13th. Please make checks payable to HRHS. Dues provide funding for students to participate in class activities and functions as a reduced cost. Dues will also help to defray the cost of senior items and functions. Thank you. Please direct any questions to the email addresses below.

Contact information:

Natalie Levreault – nlevreault@hr-k12.org

Linda Quinn – lquinn@hr-k12.org

YEARBOOK NEWS

Yearbooks are still on sale. The high school books are \$95 and the middle school books are \$45. Checks should be made payable to HRHS and submitted to Laura Facteau in Room 1094. The yearbooks will be delivered in May.

Parents of seniors have until December 15th to place an ad in the back of the book. If you have any questions, please contact Laura Facteau, lfacteau@hr-k12.org

FBLA NEWS

The Future Business Leaders of America will be hosting the Winter Cotillion on Saturday January 14, 2012 at the Northampton Clarion from 6-10 pm. Sophomores, juniors and seniors are invited to this semi formal event. There will be a DJ and dancing, food and unlimited soda and frozen drinks. Tickets are on sale now until Christmas vacation for \$35.00 in Ms. Facteau's room. Students may invite guests

from other schools but they MUST have a permission form filled out and approved by Mr. Folta BEFORE a ticket can be purchased. Guests cannot be younger than grade 10 and cannot be older than 20. Contact Laura Facteau if you have any questions at lfacteau@hr-k12.org.

ART DEPARTMENT

The Art department has nominated two students to the Saturday Class for Gifted High School Art Students. Congratulations to **Liza Powers and Meghan Brennan**. The class will meet for 16 Saturdays on the Amherst College Campus.

Karen Tetrault

MUSIC DEPARTMENT NEWS

The HRHS Music Department is busy working on many festivals, fundraisers and concerts along with our music technology and piano classes. Please check our website for information, which you can link from the HRHS home page under departments for details.

This Friday we have 35 singers from both middle and high choruses performing the National Anthem on the ice at the Mass Mutual Center in Springfield prior to the hockey game between the Springfield Falcons and the Scranton Penguins. This promises to be an exhilarating team building experience for all the singers and their families and friends who root us and the Falcons on to victory.

On Saturday, October 29, 12 music students performed in the ACDA UMass Honor's Choir. The concert was held at the UMass Fine Arts Center. This festival was an exciting opportunity for our singers to grow as musicians and enjoy a day of rehearsing and performing challenging music and getting to know other singers from all over the state.

Senior District Festival auditions are on Saturday Nov. 12. As of this newsletter deadline we do not have our time scheduled. Seventeen students will be auditioning this year.

Our fall Concert will be held on Wednesday, November 16 at 7PM in the HRHS Auditorium. All ensembles will be performing in this opening concert of the year.

We are grateful to all of the families and our new administration for the continued support of the music program.

Junior District Festival auditions are scheduled for Saturday Dec. 3. These are open to all 7th, 8th and 9th graders. Ninth graders are able to audition for either junior or senior district, or both.

In December we will be having our traditional Holiday Concert on Tuesday, Dec. 20 @ 7PM. Please come and enjoy the holiday classics.

Auditions for the spring musical will be held on Dec. 15, 16, with call backs on Wed. the 21st. The final cast list will be posted Friday, Dec. 23.

Sign-ups for our spring trip to see *Anything Goes* on Broadway are ongoing.

HRHS DRAMA COMPANY

The Drama Company has two exciting productions on the way: The Complete Works of William Shakespeare, Abridged Improvisketchalogues IV.

The Complete Works of William Shakespeare, Abridged is a rowdy, fast-paced comedy presenting all 37 of Shakespeares plays. Each and every play written by the famous Bard is performed in brief, or at least mentioned, during this hilarious show. Originally written and performed by the three man team of Adam Long, Daniel Singer and Jess Winfield, we have adapted it to include a cast of 20 students from all grades here at Hampshire. Another 10-15 students make up the costume, prop, tech and backstage crew. Performances are Friday and Saturday, November 4 and 5, at 7pm, and Sunday November 6 at 2pm. General admission is \$7, students, seniors and children \$5.

In December, we will present our 5th installment of the popular Improvisketchalogues variety show. Featured performances include Improvers

Anonymous, the Insingeraiders, and a medley of monologues and student-written sketches. Performances are Friday and Saturday, December 9 and 10, at 7pm. Admission this year will be by donation, which we will give to a good cause, not yet chosen.

Thank you as always for your support of these talented students.

Michael Braidman, Drama Company Advisor

STUDENTS AGAINST DESTRUCTIVE DECISIONS

S.A.D.D. is a group that works towards bettering our school and ensuring the safety of our students. This year we look forward to a lot of month-to-month activities such as: Red Ribbon week (Anti-Drug awareness), students against texting while driving, and many others. We also look forward to once again fundraising with our Winter Silent Auction. This year S.A.D.D hopes to be more influential in the school than ever before.

ASIAN CIV CLASS

On October 21st, Mr. Green's Asian Civilization Honors class had the opportunity to have a conversation with a 90 year old gentleman who grew up in India but spoke to us from England. This guest speaker - Mr. Sarwal - was able to entertain the students for 45 minutes through the medium of Skype: an Internet video messaging and chat service.

The preparation for the event began about two weeks prior to the event. Mr. Green asked the class to prepare questions prior to the event and they were sent overseas to Mr. Sarwal. Some of the items included: joint families in India, the Caste System, arranged marriage in India and Partition of India in 1947.

Through the generous help of the library and the I.T. staff as well, the connection ran smoothly and all 24 students were able to connect concepts from the course to real-life experiences. Not only did Mr. Sarwal speak to the class and tell stories from his

varied past, but the students also asked questions using the video camera and microphone. In the end, it became a conversation between two cultures, two countries and 26 people in total.

NEWS FROM GREEN TEAM SCIENCE

The Green Team has been busy in their science class. Last year's students planted vegetables into cold frames they had built themselves. This fall, we found beautiful kale and pumpkins growing in the garden. We spent a day in science classes making soup, which was donated to a grateful MANNA soup kitchen in Northampton.

Thank you to all who have supported Green Team students in designing, building, planting and harvesting.

PTSO WANTS YOU!

The Hampshire Regional PTSO is looking for new members. We are a small group of parents, teachers and students working together for a better school, YOUR school. Some of our activities to date have included obtaining grant funding for the annual school musical, hosting events such as the seventh grade pot luck dinner and spring cafe night for high school families, and awarding scholarships to graduating seniors. What are the projects that interest you? How might you support your student and put your mark on the Hampshire Regional community? We meet on the second Wednesday of each month during the school year, from 6-7:30 PM in the school library. Come and check us out!

STUDENT COUNCIL

Hampshire Regional Student Council has been off to a great start this year. Starting in September, they showed their appreciation for various departments by providing treats for their meetings and will continue to provide them throughout the rest of the year. In October, they held elections for the class of 2015 to elect new members for that class. The new Student Council members **are Lauren Aldrich, Erica Hufnagel, Kayla**

Labrecque, Michelle Labrie, Hailey Peich, and Tyler Peich. The treasurer for their class is **Libby Fleming**, the secretary is **Savannah Waters**, the vice president is **Sean Ryan**, and the president of the class of 2015 is **Mackenzie Gobillot**. Many events and activities are also being planned. Spirit Rally and Dodgeball are two main events that are coming up for November, as well as plans for an in-school Student Council conference. A can drive, coat drive, and toy collection to donate to Toys for Tots will begin in the winter so start saving up now. If you have any ideas, questions, or concerns, please contact Kimberly Hallett, Student Council advisor, at khallett@hr-k12.org

FROM THE FOREIGN LANGUAGE DEPARTMENT

Why is there a little French Flag on that table? That's the French Table, "La Table Française."

Every Wednesday Mr. Reynolds will host "La Table Française" during the two high school lunches. Students are invited to come enjoy their lunch in the company of other French speakers. Students, faculty, and staff are all welcome to join us at La Table Française. The only rule is NO ENGLISH at the table.

The goal of this initiative is to give students a chance to use their French skills outside of class while getting to know students from different walks of life. The students who attend and use only French will receive academic rewards for their participation.

Greg Reynolds (Professeur de français à HRHS)

HISTORY DAY CLUB AT HRHS

This year Hampshire Regional is starting a History Day Club for students in all grades who are interested in creating a project and competing for a chance to go on to the regional, state and national History Day contests.

The History Day competition allows students to hone their research and presentation skill and it is

an excellent way to stand out when applying to colleges. Students have the opportunity to do an in-depth study of a specific period, event, or person in history. They will work on their project outside of the academic day with guidance from the club advisors Ms. Aitken and Mrs. Belanger

The club is open to both individuals and groups from grades 7-12 at HRHS. An informational meeting will be held from 2:20 to 3:10pm on Monday, October 31, in the HRHS Library. Please contact Ms. Aitken or Mrs. Belanger with any questions.

ASSESSMENT OF ATLANTIC SALMON IN SODOM BROOK

On October 21, 2001, Massachusetts Division of Fisheries and Wildlife Anadromous Fish Project Leader, Dr. Caleb Slater, and biologist Leanda Fontaine visited Hampshire Regional High School to demonstrate electrofishing to Ms. O'Brien's ninth grade environmental science students. Every spring, students from HRHS volunteer their time to help stock Atlantic salmon into Sodom Brook and the Manhan River. Students also raise Atlantic salmon from eggs to sac fry in a refrigerated tank in the classroom. Williamsburg Elementary School teacher Johanna Korpita and her first graders also participated in the electrofishing demonstration, and we are happy that they were able to join us. Many salmon were captured and a few trout were caught. Electrofishing allows researchers to determine survival rate of stocked salmon and fish species diversity. These data are going to be analyzed in Mr. Geertsma's math classes for a collaborative study between math and science. Next April, students may volunteer to stock Atlantic salmon with Caleb Slater and may earn community service hours for their work.

WATER QUALITY USING MACROINVERTEBRATES IN SODOM BROOK

On October 19th, Kurt Heidinger from Biocitizen demonstrated how to capture and identify

macroinvertebrates in Sodom Brook for Ms. O'Brien's environmental science classes. Macroinvertebrates are used to assess the water quality of the brook, and Mr. Heidinger sends the results to the Department of Environmental Protection. We hope to continue this collaboration and collect data for investigation of yearly variation. Community service opportunities are available doing macroinvertebrate assessments and can be found on biocitizen@gmail.com or on the biocitizen webpage.

NEWS AND NOTES FROM THE ATHLETIC DEPARTMENT

As we move from one season to another, please note the following important dates:

November 17 at 6:30 is the Winter Sports Mandatory Meeting in the auditorium for all student/athletes and a parent. You must attend this meeting if you plan to try out for boys' or girls' basketball, wrestling, skiing or cheerleading. If you attended the fall information night, you only need to arrive at 7:00 to meet with the coaches.

November 14 at 6:30 will be the fall Sports Awards Night in the auditorium. This evening honors our athletes and teams of the fall season. We ask that families bring some sort of refreshment to share. Desserts, healthy snacks or finger foods are some suggestions.

We also remind students that this is a special event and we ask that you dress appropriately for the occasion. No jeans or t-shirts please.

Other news:

We congratulate Girls' Varsity basketball coach, Rich Moussette, who was recently named the Girls' WMASS Division 2 Coach of the Year for this past season. Kudos on a great honor bestowed by his colleagues.

On November 18th, the MIAA will be holding its annual Sportsmanship Summit at Gillette Stadium. We will be bringing 6 senior captains to this event.

We are proud to announce that Hampshire will be represented this year by: **Andrew Bzdel, Keith Cotnoir, Nate Ghareeb, Taylor Abbott, Bri Moussette and Mel Bachteler.**

Please feel free to contact the nurse's office at 527-7680, extension 1119 with questions or information regarding your student's health. Have a happy and healthy holiday season.

GREETINGS FROM THE NURSE'S OFFICE

Cyndy Domina, R.N.

Mandatory screenings for 7th and 10th grade are underway. These will include: height, weight, BMI, vision and hearing. All results will be forwarded to parents/guardians through the mail. Postural screenings will begin for grades 7-9. Parents/guardians will be notified of any abnormal results. If you do not want your student to participate in the screenings, a request in writing from a parent/guardian must be submitted to the nurse's office.

All 10th grade students and new students to HRHS must have a recent physical exam by a physician on file in the nurse's office. Please send a copy to the nurse's office as soon as possible.

If at any time your student should need to receive prescription medication during the school day, paperwork **MUST** be completed and on file in the nurse's office. A parent or guardian must deliver the medication in the original pharmacy container. Please call the nurse's office for more information.

Please call the nurse if your student has been injured or hospitalized. This will ensure that the nurse has the most updated information and will be better equipped to care for your student.

With the cold and flu season upon us, please consider the following measures to keep healthy: frequent hand washing, coughing into your elbow instead of your hand, eating a healthy diet, drinking plenty of fluids, getting enough rest and staying at home when you are sick to prevent transmission of illness.

The Hampshire Regional High School health office is seeking substitute nurses. If you are a registered nurse and are interested, please call the nurse's office. We would love to have you on board.

GUIDANCE NEWS

HAMPSHIRE REGIONAL HIGH SCHOOL
NOVEMBER – DECEMBER 2011

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General Guidance News

Fall Guidance Department Activities

Here's a glimpse of what the guidance team has been up to this fall:

- Group and individual meetings with **seniors** to discuss post-graduation plans and to assist with the college application process.
- Schedule changes for all students.
 - Orientation to guidance services with all **9th** graders in their World History classes.
 - Individual meetings with **9th** graders for check-ins.
 - Individual meetings with students who are having academic issues.
- Counselors will meet individually with **juniors** and their parents/guardians in January before the scheduling process to discuss future goals.



- Orientation to guidance services with all **7th** graders in their team classes. Individual meetings with **7th** graders will occur before the end of first semester.
- All **8th** graders will have an individual meeting in the spring during the scheduling process.
- New Students Group
- Hampshire County College Fair
- PSAT administration

As always, if students have questions, concerns or a specific need, they are encouraged to make an appointment to see their counselor.

Group Counseling

Guidance is again offering a group-counseling program at HRHS. If you feel your son or daughter would benefit from one of these groups or if you have any questions, please contact: Jan Sniffen, Adjustment Counselor; or Katie Watkins, Middle School Guidance Counselor.

Group Options:

- **Social Support Groups for Middle School Boys and High School Boys** who tend to be more isolated, seem to have few friends, perhaps lack social skills or are (potential) targets for bullying or harassment. The group is an opportunity to experience peer support and acceptance, make more or new connections and improve coping and social skills.
- **Social Support Group for Middle School Girls** who would benefit from talking with same age peers about issues that can affect adolescent girls. Students may need assistance with learning how to voice feelings and concerns in a constructive and healthy way, form good relationships, and increase responsibility for their choices in life.
- **Anxiety and Depression Groups for Middle and High School Students** whose experiences with depression or anxiety interfere with school. This group will help students learn to identify their anxious thoughts, understand how their thoughts affect their feelings, and practice coping behaviors. Many students with anxiety and depression benefit significantly from the group counseling experience and the improvements have been shown to be long lasting.

Articulation Agreements:

Students who are enrolled in two or more classes in the categories below can earn **free college credits** by taking high school courses through the *Articulation Agreements* with HCC and STCC. We have secured 2 *Articulation Agreements*:

STCC: Graphic Design



Students are eligible to receive 3 college credits at STCC if they 1) take Graphic Design 1 & 2 at HRHS; 2) earn a B grade or better in both classes; and 3) enroll in the Graphic Communications program.

HCC: Photography



Students are eligible to receive 3 college credits at HCC if 1) they take Photo 1 and Photo 2 at HRHS; and 2) they earn a B grade or better.

Career Cruising: Online Program

Our new career exploration software, “**Career Cruising**,” was implemented three years ago to all students in grades 8 through 11. The guidance department will continue to work with Career Cruising this year and further develop each student’s career portfolio. We highly recommend for students and parents to **utilize Career Cruising at home** for the following:

- Explore specific careers
- Connect careers to college majors or technical programs
- College search
- Financial aid and scholarship exploration
- Resume building

Career Cruising is a **great** tool for you and your student to explore future goals and career/college options. To access the site, go to: www.careercruising.com using the **user name: hrhs** and **password: hampshire** to get into the program. Each student has established his or her individual user name and password. If they do not remember their password, they can have it emailed to themselves or can check in the guidance office.

Class of 2012 News

College Application Process

Patti Richmond, Amy Scully, Maureen Monaghan and George Gunn met with the **senior class** on September 29th to go over the procedures for the college application process. A packet with valuable information was given to each senior. If you would like a copy of the packet, please contact the guidance office. The college application procedures are below:

1. Check to see that your letters of recommendation are in the guidance office.
2. Submit a paper or electronic application directly to the college.
3. Set up a meeting with your counselor at least 12 days before application deadline.
4. When meeting with your counselor bring the following:
 - a. A filled out **Application Check List Form**
 - b. Large envelopes addressed to each college with four stamps (do not put a return address on the envelope)

Upcoming College Application Deadlines:

<u>College App. Deadline</u>	<u>Guidance Deadline</u>
November 1	October 13
November 15	October 26
December 1	November 9
December 15	November 28
January 1	December 7
January 15	December 20
February 1	January 12
February 15	January 27

The guidance counselors are encouraging all seniors who are applying to four year colleges to have them completed by Winter Break (**December 23rd**).

Financial Aid Night



A Financial Aid Seminar geared toward seniors and their parents/guardians will be held **Thursday, December 1, 2011 at 6:00 p.m. in the HRHS Library**. Although geared toward seniors and their parents, **all** students and parents/guardians are welcome to attend. A representative from MEFA (Massachusetts Educational Financing Authority) will be our guest presenter for this workshop.

Hampshire County College Fair

The Hampshire County College Fair was held on September 27th at host school: The Williston School. The annual event, which is co-sponsored by the Hampshire Regional High School Guidance Department and 10 other area high schools, featured over 170 two and four year colleges offering a wide range of majors and educational options. The fair was an excellent opportunity for sophomores, juniors and seniors to survey the multitude of possibilities available and to fine tune their knowledge of specific colleges as they develop their “short list” of potential schools.

Helpful Info:

Website

<http://www.hrhs.net/content/guidance/guidancemain.php3>

Get the latest updates on:

- * College Bound
 - * Staff
 - * Study Skills
 - * Counselor's Corner
 - * Program of Studies
 - * Up-Coming Events
 - * Graduation Requirements
 - * Guidance Calendar
-

Career Cruising Access

www.careercruising.com

Username: hrhs

Password: Hampshire

To Register for SAT's

www.collegeboard.com

School Code: 220722

Class of 2013 & 2014 News

PSAT

The PSAT test was administered on Wednesday October 12, 2011 to sophomore and junior students (plus two freshman). There were **107 students** who took the test. This was the second time it was offered during the school day. The positive result of this decision was an **increase** in the number of students taking the test and also at a lower cost. The guidance department will have **PSAT Interpretation Workshops in small groups during the week of December 12th**. Parents/Guardians are invited to attend. Please call the guidance office for specific times and locations. Juniors are encouraged to take the SAT once in May or June and once in the Fall of their senior year.

Please note the following dates with accompanying registration deadlines for upcoming SAT tests:

Test Dates

Jan. 28, 2012

Mar. 10, 2012

May 5, 2012

June 2, 2012

Registration Deadlines

Dec. 30, 2011

Feb. 10, 2012

April 6, 2012

May 8, 2012

The best way to register is online at

www.collegeboard.com. You will need the school code to register: 220722.

Middle School News

Vocational School Information

On October 18th, an admissions counselor from Smith Vocational and Agricultural High School in Northampton met with interested students. ***Students interested in Smith Vocational High School for the 2012-2013 school year will need to fill out a budget form and application, which must be submitted by December 23, 2011.*** Please have your student see Mrs. Katie Watkins in the first floor Guidance Office to pick up a Budget Form. If your child is planning on applying to Smith Vocational and Agricultural High School for next year, the Superintendent must be made aware of that fact before adopting next year's budget. Because the budget adoption date of your local school committee varies each year, it is vital that you inform the office of your intentions early enough so as to avoid the cut off date which would come any time after January 1. The Superintendent's Office is notified of your intention when you complete and turn in the Budget Form to Mrs. Watkins. More information will follow in upcoming announcements. Smith Vocational School will be having an OPEN HOUSE on **Sunday November 6th from 11am-2pm**. All interested families are welcome to attend. (If your child is a HRHS school of choice student, you must contact your school of residence to explore your vocational school options.)

Staff Contact

HRHS Guidance phone number:

413-527-7680 x2

Patti Richmond: prichmond@hr-k12.org

Coordinator of Guidance

High School Counselor (A – F)

George Gunn: ggunn@hr-k12.org

High School Counselor (G – Labrie)

Amy Scully: ascully@hr-k12.org

High School Counselor (Lac – Z)

Katie Watkins: kwatkins@hr-k12.org

Middle School Counselor (grades 7 – 8)

Leslie Giordano: lgiordano@hr-k12.org

School Psychologist

Jan Sniffen: jsniffen@hr-k12.org

Adjustment Counselor

Maureen Monaghan: mmonaghan@hr-k12.org

Administrative Assistant

Study Skills Help: For more information go to our website at hrhs.net, under: guidance, more, study skills: link:

<http://www.hrhs.net/content/guidance/studyskills.php3>

Use these tools to help study for tests:

<p>Rote Memorization: re-reading, flash cards, quiz yourself Example:</p>	<p>Alphabetical Order: familiar pattern to help you memorize lists Example: 50 states</p>
<p>Assign Numbers: helps to make sure you are not missing anything Example:</p>	<p>Associations: relate new information to old information Example:</p>
<p>Key Words: focus on memorizing key words within long pieces of information Example:</p>	<p>Chunking: group information into patterns you can remember. Example:</p>
<p>Acronyms: each letter stands for what you are trying to remember Example:</p>	<p>Acrostics: make a sentence to help remember a list Example:</p>
<p>Whole Picture Visualization: visual learners remember what they see better than what they hear; create mind maps, draw diagrams Example:</p>	<p>Songs/Rhymes: use rhymes or make up silly songs to help remember things Example:</p>
<p>Method of Loci: objects to be remembered are imagined in known locations Example:</p>	<p>Alliteration: using same first letter in two words Example:</p>