

# FHUHS School Counseling Newsletter

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Guidance Director - Brian Bombard  
School Counselors - Kelly Stewart & Debby Pelkey



## Guidance Office News

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### Upcoming Events

- ◆ Nov. 12<sup>th</sup> Parent-Teacher Conferences -
- ◆ Nov 18<sup>th</sup> PLAN testing for Sophomores
- ◆ Nov. 25<sup>th</sup> to Nov. 27<sup>th</sup> Thanksgiving Recess
- ◆ Dec. 15<sup>th</sup> Castleton On-the-Spot Senior Interviews (see your school counselor for info)

### Welcome Back to School!

Please note all FHUHS Staff have new email addresses beginning this year. The new email addresses will be formatted as first initial last name@ARSU.ORG.

For those students not performing as well as they would like, there are peer tutors available to work one-on-one with students (more information in the Counselor's Corner of this newsletter). Additionally, we have the Academic Support Center upstairs with staff available to help bring those grades up. We also have the Homework Success Program available almost everyday after school from 3:00 to 5:30 in the library. There is no sign up necessary for the Homework Success Program, just show up at the library.

In this edition of the Newsletter, we have information for each grade level, including: encouraging Freshmen to get involved with various activities, the upcoming PLAN test for Sophomores, college and military representatives for Juniors and Seniors, and a list of things to review before submitting college applications for Seniors, including information on the CSS Profile.

In the Nurse's News there are valuable tips on staying healthy and addressing concerns about the H1N1 and other flu viruses.

There is a list of resources and information for those families who have family members either deployed or deploying in the next few months. Let us know if you are a military family and if we can be of assistance.

The Guidance Office has been busy with many activities this fall. Some examples include:

- ❖ We have had 31 college representatives visit FHU with another five scheduled before the end of November.
- ❖ We have military recruiters visit on a monthly basis.
- ❖ We have met individually with Freshmen & Seniors this quarter, and look forward to speaking with the Sophomores and Juniors during 2<sup>nd</sup> quarter.
- ❖ While standardized tests are not always viewed fondly, testing can give us valuable information. Using the scores from NECAPS, ASVAB and PSAT, we can assist students and families with informed decisions regarding courses to take, career paths to seek or colleges to pursue.

Let us know how we can help you. Please give us a call at 265-3636.



*Welcome to the  
2009-2010 school year!*

***“The difference between school and life? In school, you’re taught a lesson and then given a test. In life, you’re given a test that teaches you a lesson.”***

**Tom Bodett**

Fair Haven Union High  
33 Mechanic St.  
Fair Haven, VT 05743

Phone:  
(802) 265-3636

Fax:  
(802) 265-3602

E-mail:  
[bbombard@arsu.org](mailto:bbombard@arsu.org)  
[kstewart@arsu.org](mailto:kstewart@arsu.org)  
[dpelkey@arsu.org](mailto:dpelkey@arsu.org)

**We’re on the Web!**  
<http://fhuhs.org/departments/guidance/>

## Freshmen

Now that the school year is in full swing, we are strongly encouraging students to participate in extracurricular activities, sports, clubs or community service opportunities. Many surveys show that 79% of students involved in three or more hours per week receive As and Bs. In comparison, only 49% of students not participating receive Bs or higher. Participation in extra-curricular and out-of-school

programs offer more opportunities for exploration, group membership and expression of creativity. If there is not a group at the high school that meets the student interests, contact Eric Ramey, Activities Director, to see if one can be developed. Another outlet can be community service. For example, if a student is interested in the medical field, try volunteering at Rutland Regional Hospital. **GET INVOLVED!**

## Sophomores

The Sophomores will be taking the PLAN testing November 18<sup>th</sup>. This is a comprehensive guidance resource that helps students measure their current academic development, explore career/training options, and make plans for the remaining years of high school and post-graduation years.

PLAN can help all students—those who are college-bound as well as those who

are likely to enter the workforce directly after high school. For more information go to <http://www.act.org/plan/>

Sophomores will be attending the Stafford Technical Center Road Show at the end of January, followed by a field trip to STC in February. More information will be coming soon.

## Juniors

College and Military representatives visit Fair Haven Union High on a regular basis. Students can sign up in the Guidance Office to meet with these individuals. A list of upcoming colleges can be located on our website using the following link: [http://fhuhs.org/departments/guidance/?page\\_id=16](http://fhuhs.org/departments/guidance/?page_id=16)

By learning more about different colleges, students can be better

informed and have more options when they begin applying. Additionally, the representatives that come on campus are often the same ones reading the applications. This is an important benefit so colleges can get an enhanced view of the individual and allowing them to “put a face to the name”.

PSAT scores will be distributed in early December. School Counselors will meet with students to discuss the results.

## Seniors

Seniors make sure you complete applications in a timely manner. Don’t wait until the last minute before the deadline to file your applications. Please, review the material necessary for each application. The requirements vary for each college. Some examples of what to look for include: essay questions, number of teacher recommendations, SAT/ACT test scores submitted

directly from the testing center, SAT subject tests, CSS Profile, etc. The CSS Profile is additional financial information that some colleges require. To complete a Profile online or obtain a list of colleges requiring the CSS Profile, go to the following website:

<https://profileonline.collegeboard.com/prf/index.jsp>



Fair Haven Union High  
33 Mechanic St.  
Fair Haven, VT 05743

Phone:  
(802) 265-4966

Fax:  
(802) 265-3602

E-mail:  
[dhanson@arsu.org](mailto:dhanson@arsu.org)  
Deb Hanson, School  
Nurse, RN  
[epreseau@arsu.org](mailto:epreseau@arsu.org)  
Eileen Preseau, School  
Nurse, LPN



Fair Haven Union High  
33 Mechanic St.  
Fair Haven, VT 05743

Phone:  
(802) 265-4966

Fax:  
(802) 265-3602

E-mail:  
[nhoude@arsu.org](mailto:nhoude@arsu.org)  
Natalie Houde, School  
Based Clinician  
[evalenti@arsu.org](mailto:evalenti@arsu.org)  
Ericka Valenti, Student  
Assistance Program  
Counselor

## Nurse's News

The H1N1 has come to our community and schools. Please keep in mind all the ways of reducing transmission, and hoping this passes without severe illness afflicting any of our homes. Please consider vaccination anyway and always consult your physician with any questions. As always, you can call us in the nurse's office with any concerns or questions. We are also doing a November harvest basket and a December holiday basket for those in need. If your family is in need, please contact the nurse to be included in the drawings. Please dress warm and stock your vehicles with extras (flashlight, blanket, boots, hat,

gloves, kitty litter/dirt, water, and granola bars) to be safe in the impending colder temperatures. If you are ill: stay home, fluids, wash your hands and rest. Return to work and school only once your temperature is normal for 24 hours (without medication). A stomach bug, strep throat and bronchitis have also been seen among our teens. Please practice and teach good hand washing and remember to wash/sanitize after touching public items-shopping carts, ATM machines, cashier's key pads, etc...Let's all do our best at keeping the levels of illness low.

## Counselor's Corner

### Military Families

Is your family member anticipating military deployment with the Vermont Army National Guard 86<sup>th</sup> Infantry Brigade Combat Team (Mountain) or another branch of the military? If so, we'd like to know.

School counselors in the ARSU district are attempting to identify children and families that will be affected by this deployment. Your information will be kept confidential and will be used to help the schools build a higher level of awareness of their students/families needs.

Additionally, you can find information, help, and resources for parents, children and educators at the following websites:

Military Child Education Coalition (MCEC)  
<http://www.militarychild.org/>

Family Assistance Center - National Guard Armory, contact Bethany Bergeron  
[www.PASS4services.com](http://www.PASS4services.com)  
[bethany.bergeron@us.army.mil](mailto:bethany.bergeron@us.army.mil)

Joint Family Support Assistance Program  
[http://www.vtmfcn.org/JFSAP\\_Members.pdf](http://www.vtmfcn.org/JFSAP_Members.pdf)  
Contact Paul Gibeault  
[paul.x.gibeault@healthnet.com](mailto:paul.x.gibeault@healthnet.com)

### VSAC Peer Tutoring

This service is being offered at FHUHS for any 9<sup>th</sup> - 12<sup>th</sup> grade students who would like to become a tutor or need the services of a tutor.

#### NEEDED: TUTORS

Knowledge in subject area  
Patience and Desire to help others  
Consistency and Commitment  
Availability (study halls or after school)  
\*\*\*Application form required\*\*\*

Tutoring is a paid position which requires students to fill out employment paperwork.

#### WANTED: STUDENTS INTERESTED IN IMPROVING GRADES

Desire to improve academic skills  
Commitment to weekly tutoring sessions  
Availability to work with a tutor  
\*\*\* Signing tutoring agreement required\*\*\*

Jess DeCarolis is currently out this semester but applications\* can be found with Natalie Houde, School Based Clinician who's office is now in the Guidance Office. Please call her at x297 or e-mail [nhoude@arsu.org](mailto:nhoude@arsu.org).

\* Students must take the initiative to fill out paperwork before services can be set up.



SAT

[www.collegeboard.com](http://www.collegeboard.com)

ACT

[www.actstudent.org](http://www.actstudent.org)

## College-Bound

### 2009 - 2010 SAT Test Dates

2009-10 Test Dates	Test	Regular Registration Deadline (postmark/submit by)
January 23, 2010	SAT & Subject Tests	December 15, 2009
March 13, 2010	SAT only	February 4, 2010
May 1, 2010	SAT & Subject Tests	March 25, 2010
June 5, 2010	SAT & Subject Tests	April 29, 2010

### 2009 - 2010 ACT Test Dates

Test Date	Registration Deadline	(Late Fee Required)
February 6, 2010	January 5, 2010	January 6 – 15, 2010
April 10, 2010	March 5, 2010	March 6 – 19, 2010
June 12, 2010	May 7, 2010	May 8 – 21, 2010



#### Career Resources

Finding Careers

[www.vsac.org](http://www.vsac.org)[www.careerbuilder.com](http://www.careerbuilder.com)

Occupational Outlook Handbook

[www.bls.gov/OCO](http://www.bls.gov/OCO)

## Career Connections

It's never too early to begin looking at potential careers. Choosing a career can be confusing and difficult at times. One way to direct students on an interesting career path is to go to the Vermont Guidance Central link on the VSAC website ([www.vsac.org](http://www.vsac.org)). This tool will assist with exploring career and education options, determining learning styles, and planning future goals. Knowing one's personal qualities and favorite activities will help identify various career opportunities. There are a variety of surveys and checklists to narrow down the vast possibilities available to students. Additionally, the site has specific information for resume building, practice job interview skills, and post-secondary schools, with financial aid and scholarship prospects. Go to the website and set up a portfolio today. Have students check with their school counselor for assistance or questions.