



# Hollis Brookline High School

January 20, 2012

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

## *Some thoughts from the Principal ...*

**Happy New Year!** The good news is that the days are getting longer ... before too long we will be arriving and departing during daylight hours. HBHS is always busy no matter what time of year it is. We are currently immersed in the winter sports season, preparing for the spring musical, getting ready for Spirit Week, and the U.S. First Team 1073 has already had its kick-off event and is looking forward to this year's Robotics competition.

**Mid-Terms:** Just a reminder, our mid-term exams will be held from January 23rd to January 26th. The schedule is posted on our website. The first day of the 2nd semester is Friday, January 27th, which will be an early release day to allow for mid-term make-up exams. There will be no PLC Friday hour on the 27th, and we will run an abbreviated 7-period day to allow teachers to meet with all students to start off the second half of the school year.

Students should come to class prepared for their exam and bring something to read or study if they complete their exam before the end of the allotted time. Students will not be dismissed early from exams unless it is a true emergency. If students are absent for an exam, they must receive permission from their administrator to make up the exam with their teacher. Only students with an excused absence will be allowed to make up their exams.

**Reminder:** If there is a delayed opening on a Friday, PLC time is cancelled and students should report to their classes by 9:15 a.m.

**Course Selection:** Our Guidance Department and Department Chairs are already working on the course selections for next year. All students will be choosing their courses next month.

**Budget:** This time of year we are focused on the final stages of the budget season. As always, we are working hard to maintain the excellent education we provide to all students while staying cognizant of the budget. I encourage everyone to stay informed and attend the District meeting in March to let your voice be heard with your vote.

**Senior Trip:** Seniors have chosen Lake George as their senior trip destination. This is a new venture for a senior trip and we are looking forward to two fun-filled days of activities, including a lunch cruise on Lake George! Plans are already well underway for Commencement 2012. The year is moving along quickly and graduation will be here before we know it. If you are the parent of a senior, this is an exciting and sometimes anxious time. Please encourage your students to continue to give their all and remain focused throughout the year. There are many choices and distractions, but their academic success is our foremost priority. If you have any questions or concerns as we move through the year, please do not hesitate to contact us.

**Respectfully Submitted,  
Cindy Matte**

## Parent Education Series

**Part 2—Communicating with Your Teen.** Is communicating with your teen a bit overwhelming at times? Do you ever feel challenged by your teen? Do you find yourself caught in a negative cycle? If you answered “yes” to any of these questions, you won’t want to miss the February Parent Education session. This is the second segment of an interactive program facilitated by Lisa Landoldt, MSW, LICSW, of Family-Centered Counseling of New England. We will continue discussing negotiation and active problem solving strategies, methods of de-escalating conflict, as well as building and maintaining positive relationships with your teen(s). The tentative date for this program is Thursday, February 16 at 7pm in Room 221/222 at HBHS. There is no cost to attend, however, pre-registration is requested. Please call Monica Gallant at 672-6115 or email [mgallant4@aol.com](mailto:mgallant4@aol.com) to register.

**Community Action for Safe Teens.** Thirteen teens from HBHS recently participated in the Making Healthy Choices video project sponsored by Community Action for Safe Teens (CAST). In this workshop, students learned media literacy skills and how media markets alcohol and other substances. They learned how to develop “the positive message” and created their own skits and storyboards, and by the end of the day created their own public service announcements (PSAs) to be shared with their peers and community. These PSAs focused on Underage Drinking, Marijuana Use and Prescription Drug Abuse, all of which can have very dire consequences if not taken seriously.

Research indicates that one of the most effective ways of reaching out to young people is through their peers, and this is what these teens hope to do. The parents and community of these teenagers should be very proud of the work that was done, as well as the attitudes and ideas that these teens are willing to contribute to society. These videos may be viewed at <http://www.youtube.com/watch?v=z2530mnC4Bs>. If you would like to find out more on how you can be involved with CAST, contact Monica Gallant at 671-6115. We are always looking for youth and community members who are interested in raising awareness and take positive action regarding illicit substance use.

## Health Office Snippets

### Health and Happiness in 2012.

Parents and students, please remember when bringing in medications, whether prescription or over-the-counter, they must be in their original packaging with all necessary documentation.

As second semester starts, please update the Health Office if there are medical or health changes for your child. We work closely with our guidance and teaching staff to support our student’s needs.

The Health Office continues to need donations of the items listed below. We truly appreciate the ability to provide snacks for our students to help them learn self-management skills, making the connection between mind and body. Food is good medicine.

Juice boxes                      Small water bottles  
Animal crackers/pretzels/saltines/cheese crackers

We are still looking for a donation of an otoscope as our budget cannot absorb the cost of a new one at this time.

Thanks to all who have sent in the above-needed items!

Please be mindful of our student population with anaphylactic allergies to nuts and latex products. HB is not allergen

free, but we strive to create a safe environment for all our students.

Please do not hesitate to communicate with us at any time. Confidential fax 603-465-2485, phone 603-465-2269 x137. Thank you.

**Cathy Burbee, RN \*Full Time**  
**Susan Patz, RN \*Part Time**

Visit [hollisbrookline.org](http://hollisbrookline.org) to access the Health Office website to find health Office forms and information, fast facts, physical exam/immunization requirements and various health links.

## Athletic Office News

CONGRATULATIONS to Kelsey Berry for being named the NHIAA Scholar Athlete for the month of January!

The Athletic Dept. at HBHS, in conjunction with SNHMC, will be offering the IMPACT testing (concussion) to all spring athletes. The cost is \$10 and will be held on March 10th at the high school in Room 141 from 9am to 1pm. Athletes should sign up in the AD office for a time slot.

Rhon Rhupp  
Athletic Director



## PTSA NEWS

Public hearings on budgets and Town Meetings are upon us or coming up fast. Take advantage of public input sessions to let the boards know how you feel, and mark your calendars for the dates of the Town meetings—your vote counts. Our schools need your support!

Coming up, we have a couple of volunteer opportunities. Staff Appreciation in February and a fundraising concession at the Hollis Town Meeting. Keep an eye out for notices specifying what and when; we’d be grateful for any contribution.

Further down the road, we will be thinking about prom, field day, and an S-Team celebration at graduation. As of now, we are wide open for suggestions for a graduation event. If you have any ideas, please let us know. Again, if you’d like to help, contact us or watch for notices.

**Sincerely,**  
**Maryanne Sango Shanley**  
**HBHS PTSA President**  
**[msshanel@yahoo.com](mailto:msshanel@yahoo.com)**

Visit your PTSA at [www.hbhsptsa.org](http://www.hbhsptsa.org), where you’ll find the list of officers & committees, back issues of newsletters, and much more!

## From Your Guidance Department

The counselors extend a very **Happy New Year** to the Hollis Brookline community. We are hopeful that our students are happy and productive here at HBHS. We encourage families to utilize PowerSchool (<https://sau41.powerschool.com>) to continually monitor the academic progress of their children. Grades are frequently overlooked around holidays due to absences for illnesses and family happenings, resulting in assignments marked *missing*. If your child has a missing assignment, please have them meet with their teacher and/or send an email to the teacher requesting how to best arrange make-up tests, quizzes and assignments. The HBHS policy states that students have one day to make up work for each day they miss. This protocol is recognized as most appropriate so students can quickly return to current work.

The Parent Portal gives parents the ability to review progress and email or contact their teacher should any concerns arise. Since September, about 95% of families are utilizing the Parent Portal, totaling 68,087 logins. We continue to encourage this practice as it helps to resolve issues that may emerge in a timely, solvable manner.

## Senior News

**College Acceptances.** Many students have already received college acceptances in the mail. Others are in the very anxious place of waiting to hear if the schools they have applied to will present the “you are accepted” letter. Should you receive this great news, please let your counselor know – we love to rejoice with you! We also need to document this information in our Naviance database and maintain information for our school profile.

Every year we hear from college admission representatives that the volume of applications exceeds the previous year. Many schools will handle this percentage increase by deferring students so they can get a handle on this influx of applications. This year, Northeastern University reported this specifically. Please know they will be revisiting their deferred list for future acceptances. The goal of sending applications to target, reach, and safety schools is to protect students in this very unpredictable process. If you have heard preliminarily from schools with news that is unsettling, please make an appointment with your counselor and add a few schools to your list. There are plenty of wonderful schools to which you can still apply!

**College Admission (Missing) Information.** Given the volume of paper and electronic information colleges are receiving at this time of year, it is important to note that colleges may misfile and/or lose information. We now have the added complexity of electronic submission. There can be many scenarios for this failure. Colleges tend to send out cards, letters, or emails stating they have not received information from the high school. *Before* panic sets in, **please** be aware of the following potential explanations:

If a student used an alternate electronic application and did not specify this choice, information may be floating in cyberspace and is still waiting to be downloaded and/or followed up with a supplemental paper package. Colleges tend to send out cards, letters, or emails stating they have not received the information from the high school.

If the college required paper submission for high school forms, there is often a lag time in scanning in the paper components. There are instances when the high school information arrived in the Admissions Office before the application and visa versa. When a college receives an application, they typically look to see what information has come

with the application and check that off. Any other information that is not with the application will be requested – *whether it is already in the admissions office or not!*

When you receive a “missing” notice, please call the **college** and ask them to verify that the information is missing. More often than not they have the information somewhere in the Admissions Office. We appreciate student’s tracking the information online and informing us of information missing as well.

If the information is not at the College, please speak with your counselor **immediately** so we may correct the problem. Colleges historically do not disadvantage a student because information is misfiled. In the worst case scenario (if the information is lost), we can typically rectify by mailing or faxing the necessary information.

**Midterm Reports** are a part of the college application process. Midterm reports are **automatically** sent to the colleges to which the student has applied.

**Please note:** *If a student has a made decision to attend a college and does not want midterms sent to other schools, please let us know as soon as possible.* If a student needs specific school report forms sent (other than the common application form), students should notify their counselor and bring the form to them. Many schools will not make decisions until they review the midterm grades, so it is very important for seniors to labor away at their studies!

**Credit checks.** Seniors will be receiving letters from their counselors at the beginning of the second semester that addresses any graduation requirements that need to be attained. Please read these letters carefully and let us know if you have any questions. **Remember all seniors must carry 6 courses each semester.**

**Financial Aid Information.** The Financial Aid evening was held in December and we have posted the presentation on our website for your review. We were very happy to see a fantastic turnout and thanks to all our parents/guardians for attending. You may electronically submit the FAFSA form and should try to get this done as soon as possible. If you have concerns regarding Financial Aid, an appointment with a college Financial Aid Office is a good way to learn about that particular college’s financial aid opportunities. All colleges require the FAFSA form from families that are considering financial aid. To fill out the FAFSA online, go to [www.FAFSA.gov.org](http://www.FAFSA.gov.org). Remember that you will need your PIN number, too!

Some private colleges require the CSS PROFILE. The PROFILE is used for private colleges and only certain schools use this form. It must be submitted electronically and can be accessed through College Board at [www.collegeboard.com](http://www.collegeboard.com). *Please check with your college for its specific deadline.* Colleges have very strict deadlines for Financial Aid applications so it is important to be mindful of the various dates.

NH Higher Education Assistance Foundation (NHHEAF) in Concord is another great source of information for Financial Aid. NHHEAF can be reached at [www.nhheaf.org](http://www.nhheaf.org) or 800-525-2577. **Reminder:** A NHHEAF Financial Aid Counselor will be at HBHS on **February 26<sup>th</sup>** from 6-8pm to help our HBHS parents complete and submit the FAFSA. If you would like to schedule an appointment, please call Mrs. Noel at 465-2269 x128.

FastWeb is a great source for financial aid information and FAFSA concerns. The website is [www.fastweb.com](http://www.fastweb.com).

Don’t self-select yourself out of the Financial Aid process. You never know unless you apply!!

**Scholarships.** We are approaching the busy time of year for scholarship opportunities and applications. Scholarships are posted on Naviance (click on Scholarships). Applications are often available online or located in the Guidance Office. Students should familiarize themselves with the specific college

## From Your Guidance Department—Cont'd

they plan on attending for scholarship opportunities as well. As many scholarships require transcripts and letters of recommendations, students should fill out a scholarship notification form, located in the guidance office. This form helps to ensure that all materials are sent correctly. Students should give counselors 1 week's notice to pull the information together.

**NCAA.** Senior Athletes interested in participating on D-I or D-II athletic teams in college must register with the NCAA. This may be done online at [www.naaclearinghouse.net](http://www.naaclearinghouse.net). The NCAA Clearinghouse requires SAT or ACT scores be sent directly to NCAA from the Educational Testing Service through either College Board or ACT. You must be registered with NCAA for the guidance office to receive notification to send your transcript. Please make sure that you have successfully registered. Failure to do so will delay or remove an athlete's ability to compete at the collegiate level.

## Junior News

**PSAT results.** Counselors began meeting with juniors prior to winter break to distribute PSAT results. Mrs. Noel has been busy scheduling the counselor/student appointments to discuss test results and future planning. College Board offers a service to PSAT test takers called My College QuickStart. Go to [www.collegboard.com/quickstart](http://www.collegboard.com/quickstart) and enter the student code number located on the score report. This is a great tool for students to further review their score report and includes SAT study plans, college matches, and major and career matches.

In individual meetings, counselors have spent the time with junior students accessing their accounts in Naviance, looking at the features, including the college search, college match, graphs, and a great deal of very specific information to familiarize them with features utilized later in the college application process.

On February 8th from 6:30 – 8:30pm, the Guidance Department will host a **College Information Night for Juniors and their Parents**. This evening is designed to help families start the college admission process. Counselors will meet with groups of students and parents to review the following: college timeline, college search, standardized testing, teacher recommendations, guidance recommendations, college representative visits, Naviance, College Board, the Common Application, financial aid, NCAA and ALL aspects of the college application process. This is a great informational meeting that we hope all can attend!

**College Admission Handbook.** If you wish to start on the college process, you can access the Handbook under the College Information tab on the Guidance website.

**SAT Information, SAT Reasoning Tests and SAT Subject Tests—** Registration for upcoming tests is ongoing through the College Board website. Deadlines are approaching quickly so be sure to attend to them. Registration for tests on:

<u>SAT Test Dates</u>	<u>Registration Deadline</u>
*March 10	February 10
May 5	April 6
June 2	May 3

\*No SAT Subject tests administered in March.

SATs are not administered at HBHS but are available at other local schools. Specific locations are online or in the registration booklet in guidance. It is important to plan testing around busy sports and activity schedules in the spring. Check with coaches and club advisors before signing up for the Saturday test dates. Students should plan to take the SAT's at least twice during the college admission process. SAT prep courses are offered here at HBHS and at other agencies. **Registration for the spring HBHS SAT Prep**

**Course will begin on Wed., Feb. 1st at 7am and will end either when all 64 spots have been filled or on Fri., Feb. 3rd at 2:30pm. Register early as spots fill up quickly!** If fewer than 64 students register then we will not be able to offer all four sections of the course and one or more of the sections will not run, causing some students who registered to be told that they were not accepted into a course. The course runs for 8 weeks, from February 20th (no classes over February vacation) through the week of April 16th. Registration information and forms can be found at [www.hollisbrookline.org](http://www.hollisbrookline.org) under "Guidance", using the SAT Prep link on the left side of the page. Please read ALL of the information on the page then print out a copy of the registration form at the bottom of the page. Early registrations will NOT be accepted!

**ACT Information—** Students can also take the ACT. Colleges look at the ACT and the SAT interchangeably so there is no disadvantage to taking either or both. Some students find they do better on the ACT than the SAT so it is worth investigating or asking your counselor about this test. Registration and general ACT information can be found on [www.act.org](http://www.act.org).

### ACT Test Date

April 14

June 9

### Registration Deadline

March 9

May 4

**CEEB Code.** It is important to enter the **CEEB Code 300275** for HBHS when registering for tests. This will ensure that a copy of your results will be sent to this high school, and is often necessary for scholarship applications!

**Destination College.** The New Hampshire Higher Education Assistance Foundation (NHHEAF) is sponsoring its annual statewide college convention for high school juniors and their parents. This free event will be held at Southern New Hampshire University on Saturday March 24<sup>th</sup> (snow date of the 25<sup>th</sup>). Pre-registration is required and can be done online at [www.destinationcollege.org](http://www.destinationcollege.org). Reservations must be received in advance. This is a great program that offers a variety of workshops for students and parents, motivational speakers, mini college fair and an opportunity to enter a scholarship raffle.

**St. Paul's Advanced Studies Program.** Any junior who has submitted an application to the Advanced Studies Program should provide their counselor with the *Confidential Recommendation Form* that was provided in their catalog to ensure their application is complete.

## Sophomore News

As with the junior PSAT takers, counselors are meeting with any sophomore students who participated in the fall testing.

Counselors will be holding a **college education evening presentation** in the spring for our sophomore students and parents. This presentation is very helpful and will explore the college search, financial aid process, review college application deadlines, standardized testing, frequently used terminology, HBHS recommendations, HBHS use of Naviance, and the College Board website. We are very proud of the work that we do with our students in the college process and look forward to unveiling all the specific information needed in order to confidently move through this process armed with ample information to assist your children.

## Freshmen News

**Career Planning.** The entire freshman class completed Personality Interest Inventories during the first semester, coordinated by Mrs. Sullivan, our School-to-Career Counselor. The Assessment Inventories can be accessed through Naviance and are a tool we use to help our students learn about themselves. We will continue to build upon information and explore post high school options as well as develop an education plan to achieve each student's goals. We hope students found this activity to be both helpful and interesting.

## From Your Guidance Department—Cont'd News for All!

**Midterm exams.** Midterm exams are around the corner and we are certainly aware of the pressures students are feeling. Exams often tax a student's ability to multi-task. Most students feel they need more time, sleep, and energy to get through this hectic and anxious time. It is helpful to allow students to express these feelings and understand that these are very real emotions. The opportunity to process emotions and events and move through difficult times affirms that they possess the skills and abilities necessary to navigate many types of demanding situations. Check in to let them know you are thinking of them and let them know that you are there if they need you. Students need to understand that midterms and finals are not insurmountable. Reminder: Midterm and final exams are not noted on a student's transcript, but they are factored in the semester or year-end grades. Midterms are a college requirement and our high school exams are good preparation for the future.

**Drop/Add Period:** The drop/add period begins on January 31<sup>st</sup> and runs for only two days. Students must see their counselor in order to drop or add a course. Students are not allowed to drop yearlong courses. All students must carry 6 courses each semester.

Drop/Add can be difficult for seniors. Any changes to senior schedules should be cleared through the Admission Office of the schools to which the student has applied. Many students see semester change as an opportunity to rearrange their schedule, transfer into classes with friends, and/or scout a new teacher. Please know that these changes are not considered. Please help us educate your children so they utilize drop/add in an appropriate manner.

### Communication

Please be sure to check our website and read the daily notices ([www.hollisbrookline.org](http://www.hollisbrookline.org)) for new information. Our Guidance section of the website has lots of information, including evening presentations, financial aid, college admissions and testing, along with counselor contact information.

### Career Services News

**Spring Career Symposium – Attention Parents!** Hollis Brookline High School is preparing for our annual **Career Symposium** held for our sophomore students this spring. We recognize that we have a wonderful resource in our parents who are career experts in a fascinating variety of careers. The event will include panel discussions with representation from five career clusters. These clusters offer a context for learning by linking what students learn in school with the knowledge they need for future success. Your career expertise is needed as panel members. Please contact Julie Sullivan, School-to-Career Counselor, at 465-2269 x129 or [julie.sullivan@sau41.org](mailto:julie.sullivan@sau41.org) if you are interested in sharing your professional experience with our students in a relaxed, conversational environment.

Please be sure to check the Guidance Department website and read the daily notices for all new information!

<http://sites.google.com/a/sau41.org/hbhs>

### Hollis Women's Club News

The Hollis Woman's Club will hold its regular February meeting on Wed., Feb. 8th at the Lawrence Barn on Depot Road in Hollis, and all area women are invited to attend! Starting at 9:00am for social hour, the program that day will feature Audrey Augin, a Hollis resident and well-known

artist who will discuss and display the quilts she has made over the last 30 years. Starting as a traditional quilter in the early 1980s, Audrey became fascinated with the contemporary quilt movement. Her work often includes silk that she paints and then burns. Quilting is not merely a craft but an art movement that provides and accepts ideas from other art forms. Audrey has studied with Nancy Crow and Natasha Kempers Cullen, whose

works continue to inspire her. She makes art in Hollis, NH and is a member of the Hollis Woman's Club and the Hollis Art Society. Please come to enjoy the program and to find out more about this active club. No RSVP is necessary! For more information, visit the website at [www.holliswomensclub.org](http://www.holliswomensclub.org) or call President Lori Dwyer at 465-3190.

### CALENDAR OF EVENTS

Jan.23-26	Mid-terms at HBHS
Jan. 23	"Focus on Fixed Income" investment seminar 6:30-8:30pm, Hollis Social Library
Jan. 26	NHEAAF at HBHS to assist with completing Financial aid forms (Senior parents). Appointment required.
Jan. 27	Early Release Day (NO PLC hour in a.m.)
Jan. 30	"Start Smart with Mutual Funds" investment Seminar, 6:30-8:30pm, Hollis Social Library
Jan.31-	Drop/Add period for 2nd semester courses
Feb. 1	
Feb. 1	HBHS SAT Prep Course sign-up, 7am <a href="http://Hollisbrookline.org">Hollisbrookline.org</a> —Guidance—SAT Prep link
Feb. 6	"Making Sense of Retirement" investment Seminar, 6:30-8:30pm, Hollis Social Library
Feb. 8	6:30pm — College Info Night (Juniors and Parents)
Feb. 8	Hollis Women's Club mtg., 9am, Lawrence Barn
Feb. 16	"Communicating with Your Teen" 7pm, HBHS Rm. 221/222
Feb. 26	6-8pm NHHEAF Financial Aid Counselor At HBHS
March 10	IMPACT (concussion) testing, 9-1pm Rm. 141
March 24	NHHEAF College Convention @ SNHU pre-register at <a href="http://destinationcollege.org">destinationcollege.org</a>

**The Cavalier Chronicle**, the HBHS student newspaper, is published the third Friday of every month. Be sure to ask your kids to bring their copy home to share with you. We welcome parent input for story ideas by the first of every month (perhaps your teen is doing something newsworthy outside of school but is too shy to let us know). Additionally, business owners are encouraged to advertise with us. Please email your mailing address, and we'll send you a packet with pricing, sizes, and publication schedule. Contact Lin Illingworth at [illingworthl@sau41.k12.nh.us](mailto:illingworthl@sau41.k12.nh.us) or call 465-2269 for more information



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