



Hollis Brookline High School

April 13, 2012

www.hollisbrookline.org

Some thoughts from the Principal ...

End of the school year will soon be here. In just a few days we will be heading out for spring vacation week. When we return there will only be eight weeks left in the school year! The year has gone by so quickly and the last few weeks will be gone before we know it. Included with this newsletter is a list of end-of-the-year events and the schedule for final exams (see pgs. 2 & 3). A Senior Week schedule has already been sent home to all seniors via Alert Now. If you did not get that schedule, copies are available in the main office and posted on the website. There are many events listed for the end of the year so mark your calendars for all the dates you don't want to miss.

Spring Musical. I would like to congratulate Elyse Tomlinson, Julie Formidoni, Cora Zingales and the rest of the Performing Arts department for the wonderful production of "Legally Blonde". The talent of our students continues to amaze and surprise us all. From painting sets and handling all the technical jobs associated with a musical, to acting, dancing and singing, it is truly inspiring to see how much our students accomplish. Congratulations to all who participated in these fabulous performances.

Event Highlights. Spring sports season is well underway and we are looking forward to a great season. Plans are being finalized for the Senior Prom on May 18th, the Senior Class Trip on June 12th and 13th and for Graduation on June 16th at 10 a.m. The Performing Arts department has a very busy schedule with several music and theatre performances. Science NECAP Testing will take place for all juniors on Thursday, May 17th and Monday, May 21st and AP Testing will be conducted from May 7th through the 18th. The annual Class Day Awards Ceremony will be held on Monday, June 11th and Senior Awards Night will be on Thursday, June 14th. For both of these events, invitations will be sent home to students who will be receiving awards.

Walk for Tyler. With the permission of Tyler Ricard and his family, HBHS Students will participate in a fund-raising walk to help support financial costs of equipment and needs. More information will be coming out shortly on this school-sponsored event.

Course Selection. Now that the course selection process is complete, we are working on developing the schedule for next year. Guidance plans to meet with students to resolve schedule conflicts in late May with the hope to distribute schedules by the first week in June.

Building Safety. Student and staff safety and security is of the utmost importance to us. A committee has been formed including the Chief of Police, Jay Sartel, and the Fire Chief, Rick Towne, to discuss a multi-year plan to secure the building. This proposal will be presented to the Cooperative School Board for their approval. We are looking at several options for cameras, key passes, changing classroom door locks, etc., in an effort to make HBHS as safe as possible.

Host Families Needed. Hollis Brookline Rotary is looking for families who would like to host an exchange student for the 2012-2013 school year. This is a wonderful opportunity to participate in a cultural exchange and make lifelong connections with a student from another part of the world. For information go to <http://hollisbrookline.org/> and click on Rotary Exchange Student/Host family.

Free Power School Apps. Free applications are available to download from the App store for your iPhone or iPad for Power School for Parents or for Power School for Students. This will allow easy access to Power School from your iPhone and iPad. We encourage you to check them out.

Strong Finish. It is a privilege for me to work with your students and to have the opportunity to help to guide them into the future. The staff at HBHS is exceptional and our goal is to provide the best possible educational opportunities we can for your children. At this time of year, when schedules are extremely busy and so many events are planned, it is easy to see how much both students and staff go above and beyond the expectations. Please encourage your children to finish the school year strong and not let busy schedules and beautiful weather take precedence over school work! The end of the year is just as important academically as the beginning. Summer will be here before we know it!

I hope everyone has a wonderful spring vacation and takes time to relax and enjoy before the final push of the school year.

**Respectfully Submitted,
Cindy Matte**

CALENDAR OF EVENTS FOR REMAINDER OF 2011-2012

APRIL DATES

April 12 th & 13 th	All State Festival
April 13 th	Mr. HBHS 7:00pm
April 16 th	Bullying presentations for sophomores in English classes periods 1,2,3
April 17 th	Trigonometry Star Test – period one
April 17 th	Senior Class Meeting 12:40-1:20
April 17 th	Spring Concert 7:00pm
April 19 – 22 nd	Music Trip to Toronto
April 20 th	Sophomore Career Symposium periods 1&2
April 20 th	Day of Silence
April 20 th	Bullying presentations for sophomores in English classes periods 4,5,6,7
April 23-27	Spring Vacation

MAY DATES

May 3 rd	Tri-Town Choral Festival
May 7 th —May 18 th	AP Testing
May 11 th	Booster Club Fundraiser (Drive a Car)
May 17 th	NECAP Testing for all Juniors
May 18 th	Prom 2012 – Crown Plaza in Nashua (Students must be here until 11:00)
May 21 st	NECAP Testing for all Juniors (2 nd half)
May 21 st	Suicide Prevention Speaker for Freshmen
May 22 nd	Walk for Tyler – (Approx. 12:15 – 2:15)
May 22 nd	Spring Dance Recital
May 24 th	Class election speeches during 4 th period & senior class meeting.
May 24 th	Early Release
May 24 th	Jazz Night
May 25 th	Student Council Elections – during lunches
May 25 th & 26 th	Spring Play (dates may change)
May 28 th	No School – Memorial Day
May 30 th	Rain Date for Walk for Tyler
May 31 st	Improv Show Rehearsal – Show – June 1 st .

JUNE DATES:

June 1 st	Improv Show 7:30pm
June 5 th	Senior exams periods 1 & 5 (Seniors here all day)
June 6 th	Senior exams periods 6 & 7 (Seniors here all day)
June 7 th	Senior exams period 3 and ½ of 4 followed by 1 st Graduation Practice (Seniors only required to be here for periods 3 & 4 and Graduation practice)
June 8 th	Senior exams period 2 and ½ period 4 followed by 2 nd Graduation practice (Seniors only required for periods 2 & 4 and Graduation Practices)
June 11 th — 14 th	Run four 7-period days (Monday, Friday, Monday, Friday)
June 11 th	Monday – Class Day Awards Ceremony 9:00-10:00am (modified schedule)
June 11 th	Spring Sports Awards Night
June 12 th & 13 th	Senior Class Trip to Lake George (Tues & Wed.)
June 14 th	Senior Breakfast 8:15-9:45am followed by their last practice and distribution of caps and gowns
June 14 th	Senior Awards Night 6:30/7:00pm
June 15 th	First Day of Final Exams Periods 7 & 6
June 16 th	Graduation 10:00 am
June 18 th	Exams Periods 5 & 4
June 19 th	Exams Periods 3 & 2
June 19 th	Locker Cleanout (after second period exam)
June 20 th	Exam Period 1 – Make-Up
June 21 st .	Make Up Exams – Grades Close



Attention Siblings of Graduates!

HBHS students who are siblings of graduating seniors are invited to participate in the graduation ceremony by serving as an usher or as part of the processional. If interested, please sign up in the Main Office by Friday, May 18th. If there are more volunteers than needed, students will be chosen randomly to participate.

Health Office Snippets

Attention Parents of graduating seniors! If you need a copy of your child's most recent physical and immunization records, let us know. Many of you may already have copies to meet college requirements. If not, we would be happy to provide you with what you need.

Allergy season is upon us! 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.

Dismissing your child during the school day. It has come to our attention that many students are calling or texting their parents directly when they are ill or injured and are looking to be dismissed. Please have your child check into the health office for assessment and possible dismissal if it has to do with illness or injury.

Did you know? The health office had 1083 student visits in the month of March. Of that number, 1000 went back to class and 83 were sent home. Due to the variety of assessments and treatments we offer in the health office, students who were looking to go home were able to stay in school.

Health Office Shortage! We need your help to finish this year! Items most needed are:

- Juice Boxes**
- Small Water Bottles**
- Animal Crackers**

A big thank you to all who have donated!!

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.

Visit **hollisbrookline.org** to access the Health Office website to find:

- Health Office Forms and Information,
- Fast Facts
- Physical Exam/Immunization Requirements
- Various Links

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

Booster Club News

Spring is here, with the weather cool and windy unlike our March summer weather, and we welcome a new sport season. The first games of this season are underway. HBHS is proud to have a strong group of athletes competing over the next 6-8 weeks.

The Athletic Booster club will be very busy over that time as well. We hope we can count on you for support and help by volunteering.

Mark your calendars for these upcoming events....

Ford Test Drive Fundraiser. Anyone 18 years of age or older can come to the high school and test drive a car courtesy of Best Ford Car in Nashua, NH. Ford Corporation will donate money to the HBHS ABC for each test drive! It all takes place at HBHS on May 11, 2012 from 10am until 8pm. Stop by whenever you can: at lunch, before you drop off or pick up your students at school or their other activities. We only need 30 minutes of your time to make this a **HUGE** success. Click on the link and **Sign up NOW:** <https://docs.google.com/spreadsheet/ccc?key=0AoNpl7vcUp7BdE02QU14TWVCdC1iYmNCaDlyUHJ0Ymc#gid=0>. Contact Lisa Schmalz @ lschmalz@charter.net if you have any questions.

We also have a **NEW DATE** for an **OLD** event:

MAY 18, 2012 - Annual Golf Tournament. Our Golf tournament which has always been a fall event has moved to a **"Spring into Golf"** tournament. It will be held at the beautiful Overlook Golf Course in Hollis. Time to pull out the clubs and get your foursome together for a round of golf! What a fun way to enjoy the outdoors and support the HBHS ABC! Have friends home from college, encourage them to have a golf reunion, what better way to support their school and friends. You can visit our website to help sponsor this event or sign up your foursome at <http://www.cavsgolf.com>

Contact Tom Whalen @ hbcavsgolf@gmail.com if you have any questions.

June 2012— We will have our popular **Balloons for Graduates** again this year. Would you like to brighten the day of an upcoming Hollis Brookline graduate? Have you been wondering how to recognize your student's friends on graduation day? When they pick up their diploma, they can get a balloon bouquet from all those well wishers. Watch for more information on this event. Graduation is June 16th, 2012.

The last days of school fill up fast. Mark your calendar now for the Final Sports Award night, **June, 11th, 2012 @ 6:30pm.**

Please join us at our next Athletic Booster Club Meeting on **Wednesday May 9th, 2012** at 7pm in the HBHS office conference room.

GO CAVS!

Cindy Van Coughnett, President
Hollis Brookline Athletic Booster Club
www.hbhsboosterclub.com

Be sure to check out our HBHS Athletic Booster Club website at: www.hbhsboosterclub.com.

Hollis Woman's Club News

The HWC announces that applications are now available for their annual \$1,000 High School Scholarships. There is a 4-year college scholarship as well as a Vocational Scholarship awarded. Applications can be found at the "Documents" page of www.holliswomansclub.org and are due no later than April 20, 2012.

Join your friends and neighbors and come take a luxury bus to the Big Apple on Saturday, June 2nd. Your itinerary is your own, but maps and day trips will be provided. We leave the Tyngsboro Park and Ride at 6am and leave NYC for the return trip home at 7pm. Plenty of time to sightsee, take in a matinee, or shop! Contact Susan Benz at Susan.Benz@gmail.com or call 465-3607 to reserve your seats. Seats are just \$65 per person.

PTSA News

The PTSA will be looking for a few board members for the 2012-13 school year. If you are interested, please let us know. Don't worry if you haven't made it to any meetings this year (meeting times can be changed if they are inconvenient) or haven't gotten involved in any PTSA events or projects. We have a great network of experienced members who are happy to give advice and help out. All you need is the willingness to share some time and/or ideas. We look forward to some fresh input!

Maryanne Sango Shanley
President, HBHS PTSA

Parent Education Series

High school proms, graduations, and parties are exciting times that youths should be able to enjoy and remember for a lifetime. Help them make it safe and memorable by following these tips and guidelines:

1. Know your teen's plans. (who, what, where, and when, with contact information) and tell them to update you if the itinerary changes so you're aware of their whereabouts.
2. Check in with your teen via text. Teens are more likely to reply to a text since it is discreet. You can send messages like, "Hope ur having a gr8 time?" or "U ok?" before and after the event.
3. Review your rules and expectations. Help your teen enjoy their party without drinking or using drugs. Set clear rules and establish consequences and incentives.
4. Hire someone to chauffeur the youths to the event. Better yet, chip in with other parents to rent a limo or a van to transport them. (Think "party bus".) Decorate the inside of the vehicle. You can even use the same theme as the event. Stock it with CDs or MP3 players.
5. Remember, you are the parent, not just their friend. Do not serve (or worse sneak) alcoholic beverages to youths who stop by your home to pick up or drop off your son or daughter. (Remember, most are minors, even if they're in college.) In NH, adults are legally liable for serving alcohol to underage drinkers. And yes, a simple beer or wine cooler counts as alcohol.
6. Let them call with no questions asked. This way, if your teen feels unsure about their travel arrangements or something feels unsafe, they know they can call you.

Source: DrugfreeNH.org

Drug Use and DEA Take Back

There are some alarming statistics in Southern New Hampshire regarding students using prescription drugs without a doctor's prescription. According to the Nashua Prescription Drug Survey, 12% of students believe they are at little or no risk of harming themselves if they take prescription medication without a doctor's prescription, and 48.5% of students reported that there are leftover prescription medications in their homes. The Drug Enforcement Agency is holding a National Take back Initiative where you can drop off your leftover pharmaceuticals with no questions asked. What a wonderful opportunity to add to your spring cleaning list.

Here is the information: National Take Back Initiative, April 28, 2012 from 10am—2pm at the following locations: Brookline Safety Complex, Hollis Police Dept., Hudson Walmart, Litchfield Police Dept., Merrimack Police Dept., Milford Police Dept., Nashua's Division of Public Works Garage and the Wilton Police Dept.

From Your Guidance Department

Senior News

College Acceptances. We want to congratulate the Class of 2012 for an impressive list of college acceptances. We are proud of your accomplishments and are excited about your future. We recognize that some students are dismayed that their *dream* school did not become a reality. Every year counselors will say the same thing – we are better predictors of the past than the present. This is especially true when reflecting on college admission decisions. It is difficult to predict how final decisions are going to be made in the college admissions process. Many times we as counselors are surprised with particular outcomes. We do believe that colleges are committed to giving careful consideration to their applicants as well as honoring their own institutional self-interests. Students here at HBHS may have observed that a student with a stronger statistical profile (grades and scores) did not get accepted into a college where a classmate with a lower profile did get accepted. Our first response is to say that a mistake has been made or doubt the qualifications of the first student. The truth is, he or she was most likely "differently qualified," and the student who was admitted may have met some institutional need or goal—perhaps a family legacy or to fill a spot in the orchestra or sports team, or would add to the ranks of a particular major. College admissions is not an exact science. We hope that students are proud of their acceptances and encourage you to view this as a time for being supportive and respectful of yourself and of your fellow seniors and for celebrating your achievements. Please realize that rejections are not statements about "lack of qualifications" or "something being wrong." Our students at HBHS are wonderfully qualified – and more often, deferments and rejections are more a symptom of an overpopulated applicant pool that is only able to accept a small fraction of the students who are qualified. Congratulate yourselves for having done the best job you possibly could have done in this process. We are confident that you will flourish and be joyful on your next campus. Your hard work and effort here at HBHS will allow you to be a successful, strong student in college, and a positive reflection of this community.

Congratulations and best wishes as you approach the finish line!

Update Naviance - Important Information. All seniors must update their Naviance – Family Connection account and record acceptances, denials, waitlist and withdrawal statuses as soon as that information is known. This feature will allow us to continue to track trends for future students and will be used to send your final transcript to your selected college.

Accepted Student Open Houses. Colleges are typically hosting *Accepted Student days* on their campuses in the spring. This is a great time to see the college through the lens of a potential student. Open Houses can provide one more opportunity for students to gather information and visualize their two feet on the campus to assist them in this final college decision process. Many colleges welcome potential students to visit classes and experience the life of a student on their campus. Be sure to take advantage of this opportunity. If you have any questions regarding Financial Aid it is important to visit the Financial Aid office as well when you are on the campus.

Deposit Date. The national deposit date is May 1st. This is a non-negotiable deadline for schools. If you miss this deadline without contacting the college, it will jeopardize your acceptance. To ensure your spot in the class, send a written confirmation and a deposit to one college. Seniors should inform colleges they do not plan on attending by email or a phone call so that these colleges may offer admission to other students that may be on their waitlist. This does not hurt colleges' feelings but helps them offer other students an opportunity.

Waitlist. Many schools use a waitlist in the admissions decision process. Although the college of your choice may be the one you are on the waitlist for, be sure to send a deposit to another school as there is no guarantee the college you are hoping to get in to will move you up the waitlist and/or accept you.

Financial Aid. If you are struggling to understand your financial aid award, the best resource is the NH Higher Education Assistance Foundation (NHHEAF) in Concord. NHHEAF can be reached by e-mail at www.nhheaf.org or calling 800-525-2577.

Scholarships. A list of scholarships and applications can be accessed on Naviance and in the Guidance Department. The deadlines are quickly approaching and often there is corresponding paperwork that must be submitted with the applications, such as transcripts, SAT scores, teacher and counselor letters of recommendation. There is a scholarship request form located in guidance that should be filled out for each scholarship. This purple scholarship request form should be given to the counselor several days in advance of the scholarship deadline. Remember, recommendations are confidential and need to be sent through the Guidance Office. We are fortunate to have such generous local sponsors-- please make sure you visit the website.

NCAA. Senior athletes interested in participating on athletic teams in college must register with the NCAA. To register, go to www.eligibilitycenter.org. The NCAA (Clearinghouse) Eligibility Center requires an official high school transcript that can be submitted electronically if you provide us with your NCAA student ID. SAT scores must also be sent from the educational testing service. Failure to register will delay an athlete's ability to compete at the collegiate level, so it is important to get these to Guidance as soon as possible.

New Hampshire Scholars Day Statehouse Recognition Ceremony. All New Hampshire Scholars (eligible seniors) will be notified in the coming weeks and will be invited to attend the Statehouse recognition ceremony. Additional information will be forthcoming.

WHEN: Wednesday, May 23, 2012

TIME: 11 am

WHERE: Capitol Building, State House Lawn,
Concord

WHO: All NH Scholar seniors

News for All Students

Course Registration. We have completed the course selection process for the 2012-13 school year. Counselors will now begin reviewing the course selection sheets. Teacher recommendations entered up-front will help in ensuring that each student is appropriately placed next year in classes. We are confident that teacher/student conversations allow students to take the most appropriate course in which they will be successful. Should you have new or lingering concerns, please feel free to continue these communications, even though the process of selecting the courses is over. It is an important part of each student's progress at HBHS.

The master schedule will be developed over April vacation, and we hope to have tentative schedules distributed in late May. It is important to note that counselors are not able to select specific teachers, sequence of courses, etc.

Junior News

A college informational evening and small groups were held with junior students reviewing the entire college process. Emphasis was placed on Naviance, the college application timeline, SAT tests, and the college search. In addition, information was shared regarding the Common Application (which students will encounter down the road) and college deadlines. With April vacation on the horizon, it is helpful to start scheduling college visits. All appointments to visit college campuses can be made through the Admissions Office of the college. By notifying the Admissions Office, students can be assured a tour and can inquire as to the possibility of an interview if available.

The **College Admission Handbook** can be found online. This handbook is a wonderful source of information and contains all the details needed to navigate through the college application process. It also lists helpful websites. The handbook allows students and parents an opportunity to learn more about what colleges are looking for, college entrance exams, essay writing, interviews, college visits, NCAA guidelines, financial aid and more. We strongly encourage junior students to use the handbook, located at www.hollisbrookline.org under the Guidance section – College Information.

Military Academies - Students interested in applying to any of the Military Academies for fall of 2013, please see your counselor as soon as possible. The admission process is more complicated than applying to most colleges, requires more documentation and has more deadlines to meet. Therefore, it is in the best interest of the student to have the conversation with his or her counselor early in the process.

SAT Information - The College Admission Handbook includes a lot of information on testing, SAT Reasoning Tests, and SAT Subject Tests. Registration for upcoming tests is ongoing through the College Board website: www.collegeboard.com.

SATs are not administered at HBHS but are available at Nashua, Amherst and Milford high schools.

**SAT Test dates: May 5 – late deadline April 20
June 2 – deadline May 8**

Colleges like to see a junior SAT and a senior SAT score. Students should plan to take the SAT's at least twice during the college admission process. 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

ACT Test date: June 9 – registration May 4

From Your Guidance Department—Cont'd

Junior News — cont'd

Please note: SAT Subject Tests are required by a small percentage of schools but always by more competitive colleges. Students may want to think about taking these tests at the end of the year in the year they finish the class (i.e.: Accelerated Biology or Pre-calculus students may want to take the SAT in biology or math at the end of 9th/10th grade).

***Boston University will not require subject tests starting next year EXCEPT in certain majors, most likely the majors of pre-med and dental. Please refer to their admissions office for further details.**

It is important to plan testing around busy sports and activity schedules in the spring. Check with coaches and club advisors as to your availability to avoid potential conflict.

Advanced Placement Testing. Advanced Placement Testing will take place from May 7th – May 18th. Students will receive a detailed letter about the exams, room assignments, exam time, supplies and expectations. This letter will be sent home the week before April vacation. Please be sure to look for this mailing.

Monday, May 7	7:15 a.m.	Chemistry
	11:30 a.m.	Psychology
Tuesday, May 8	7:15 a.m.	Computer Science A
	7:15 a.m.	Spanish Language
Wednesday, May 9	7:15 a.m.	Calculus AB/BC
Thursday, May 10	7:15 a.m.	English Literature & Comp
Friday, May 11	7:15 a.m.	US History
Friday, May 11	11:30 a.m.	Art Portfolios due
Monday, May 14	7:15 a.m.	Biology
	11:30 a.m.	Physics B
Tuesday, May 15	7:15 a.m.	U.S. Government & Politics
	11:30 a.m.	French Language
Wednesday, May 16	7:15 a.m.	English Language and Comp
	11:30a.m.	Statistics

Sophomore News

The highlight for the sophomore class this spring is the Career Symposium. Mrs. Sullivan, School-to-Career Counselor, has begun the process of preparing the symposium which is scheduled for Friday, April 20, 2012. Students will have the opportunity to hear from speakers who represent a variety of potential career paths to learn about education requirements, financial benefits, individual journeys and day-to-day life of various interesting careers.

School counselors have scheduled a **College Informational Evening Presentation** for 10th grade students and their parents. We have received feedback that the college informational evening in junior year is overwhelming and too late. This evening is scheduled for Wednesday, May 23rd so please mark your calendars and we will notify you again prior to this event.

Bullying Presentations – Grades 9 and 10. The topic of bullying has been center stage in the guidance department this spring. There are experts who say that “we are raising the meanest generation of children and providing them with more opportunity than ever to hurt people.” Statistics state that across the country, 189,000 students stay home every day from school due to fear. Here at HBHS, freshmen and sophomores will have full classroom presentations presented by *Bridges*. We have completed the ninth grade class presentations in the Wellness classes. Tenth grade students will have presentations on April 16th and 20th. Students are pro-

vided information about the various forms of bullying and also the consequences. Most importantly, our students identified who they would report instances of bullying to, and were challenged to find the ‘Courage to Care’ for each other and themselves. In the year 2012, bullying can no longer be seen as a rite of passage or a normal adolescent problem. We all have the responsibility to intervene and support victims and teach the bully more responsible conduct. In this vein, we ask parents to sit down and continue this conversation. It is helpful to remind our children that kindness counts, and that respect, fairness, and empathy are important. Topics such as citizenship, social expectations, and how to deal with cliques and stereotypes can be profound moments in the life of an adolescent. In this community we have some of the best and kindest students in the world, but we should not believe that the problems experienced throughout the country are never found here. The counselors and all of the HBHS faculty and staff work hard to not only raise the academic intelligence of our children but their emotional intelligence as well. We ask you, as we have asked your children, to please let us know of incidents of bullying so we can come together to ensure that every child here at HBHS is safe and secure as they move through the school day.

Freshmen News

The National Association for Mental Illness (NAMI) will be presenting *IS IT MORE THAN JUST A BAD DAY?* to all freshmen students in their health classes in May. Parents will receive an additional letter on this presentation from Mr. Girzone. This workshop was designed to raise awareness of depression and suicide prevention and promote dialogue in a safe environment for adolescents. The workshop is offered in wellness classes and health forums in school settings, youth programs and after school programs.

Overall, approximately 20% of youths will have one or more episodes of major depression by the time they become adults. This statistic underscores why it is important to provide adolescents with mental health education where they will learn the signs and symptoms of depression, how it can affect their daily lives, and to learn that “Treatment Works”. They will see why it is important to seek help for themselves and others. Participants will learn about the early warning signs of suicide, how to recognize those signs and identify who they can turn to for help. They will have the opportunity to talk about the stigma of mental illness and how they can help to eliminate that stigma.

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>

Selective Service Registration

The Selective Service System is an independent agency within the Executive Branch of the Federal government. The mission of the Selective Service System is to provide the number of men needed by the Armed Forces, within the time required, should Congress and the President decide to return to a draft, in the event of a national emergency. Registration is the process of providing the Selective Service with a name, address, phone number, and other related information about one’s self. It is a civic and legal responsibility for every young man to register with the Selective Service within the time period starting 30 days before, and ending 30 days after, their 18th birthday. Register online at www.sss.gov, or pick up a registration card at any post office. If you have any questions, please see Mr. Winslow in Guidance.

