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September 28, 2012

Some thoughts from the Principal ...

I am happy to report that school opened fairly smoothly and we are all in full swing. Beautiful Fall weather is upon us and we hope to enjoy more. It was exciting to see so many of you at our Open House on September 12th and so many of our students and parents participating in the Hollis Old Home Day on the 15th. Our drop/add period has ended and students and staff have settled into the routines of daily academics. Fall Sports are well underway and many clubs have met, planned and begun activities for this year.

Teacher's Websites - All teachers have a website which contains their contact information, course syllabi, expectations and pertinent class information. Please be sure to check this resource if you have questions. One quick reminder, we will be holding parent/teacher conferences on Thursday, November 15th and Monday, November 19th. Please sign up with your child's teacher for a convenient time on one of these two dates.

NECAP Testing -The annual NECAP testing for all juniors will take place on Wednesday through Friday mornings, October 3rd through 5th. All juniors are required to participate in this testing. We encourage them to get a good night's sleep and be here promptly in the morning on the testing dates. On the morning of Wednesday, October 17th all juniors will be taking the PSAT's. Sophomores wishing to participate may sign up in the Guidance Office.

National Merit – Congratulations to **Michael Hu** who has been named a National Merit Semifinalist! Michael will now advance into the competition to become a National Merit Finalist. We are also pleased to announce that we have seven students who have been named as Commended Students in the 2013 National Merit Program. Congratulations go to: **Matthew Carr, Devin Fauteux, Amelia Flanery, Audrey Johnson, Alyssa Marsan, Colleen Plesac, and Samuel VanNoy**. We are very proud of all of you!!!!

Prescription Drug Abuse - What is Happening in the Halls - Thank you to everyone who attended this informative forum on the 27th. The abuse of prescription drugs is reaching an alarming level. A statistic that we should all be aware of is **one in five high school students will abuse prescription drugs**. Equally alarming is that most of these students are getting these prescription drugs from family or friends. One easy way to help stop this abuse is to lock up all prescription drugs and to properly dispose of prescription drugs that are no longer needed.

To Rank or Not to Rank – We will be holding two forums on the advantages and disadvantages of providing class rank to colleges for our students. The forums will be held on **Thursday, October 4th** at 8:30 in the morning and at 6:30 in the evening in the auditorium. We encourage your attendance and input.

Homecoming Dance - The annual Homecoming weekend is scheduled for October 13th. This will be a busy weekend with sports and activities, as well as the annual Homecoming Dance. Watch for more information on the Concert Band Festival on October 13th and I hope to see some of you at the annual Fall Concert on October 18th at 7:00 pm in the auditorium.

As always, if you have any questions or concerns, please do not hesitate to contact us.

Respectfully Submitted,
Cynthia L. Matte

HBHS PTSA

Thank you to all who helped out (and bought!) at the HBHS PTSA booth at Old Home Days in Hollis. It was a lovely, warm evening and good company. If you would like to join the HBHS PTSA (and we'd love to have you) or order a school directory, you can find our website at hollisbrookline.org (the school's site), with our link on the left-hand side under "External Links." Please note, our rates have changed and it is now \$7 for a membership and \$7 for a directory.

You can also sign up for our biweekly-ish email newsletter; the link is on the right side of our home page. In addition, our hardworking web mistress, Iris, keeps a handy calendar there so you won't have to worry about missing a PTSA or Co-op Board meeting. Speaking of which, our **next meeting** is on **October 11 at 8:30 a.m.** Since the students now have study in the cafeteria, we will no longer meet there. We will try to reserve the conference room, but if it is booked, we will have a sign up to direct you. Hope to see you there.

Maryanne Sango Shanley
PTSA President, 2012-13

HBHS Athletic Booster Club

The Athletic Booster Club has been busy creating a one-of-a-kind cereal box called **HOLLIS-BROOKLINE CAVALIER'S CRUNCH!** The cereal is a natural/granola cereal that is delicious as a snack, sprinkled on yogurt or with a bowl of milk! The cover of the box has a photo of our school along with advertisements from our local businesses, and it will be available soon. Once we receive a delivery date, the Booster Club members will be available during lunch periods to pass out order forms and also samples. Watch the hallways for posters with information. If you'd like to share this with family and friends, a picture of the cereal box is on page 10 of this newsletter. Students will have an opportunity to win prizes for the most boxes sold!! 1st place: IPAD; 2nd place: \$200, and 3rd place: \$100. In addition, Golden Tickets worth \$100 each have been placed in 5 of the boxes!!

Please join us at our **next meeting** on **Wednesday, October 10, 2012 @7:00pm** in the HBHS Conference Room.

Health Office Snippets

Student Dismissals 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 in to the health office for assessment and possible dismissal if it has to do with illness or injury.

THANK YOU to all of you who have already donated items to the Health office. It is greatly appreciated! We do continue to need the following:

Juice Boxes Small Water Bottles
Animal Crackers/Pretzels/Saltines

DID YOU KNOW....There were 71 student visits to the health office in the first 2 ½ days of school? There were 102 case management recordings (calls to and from parents, guidance counselors and/or outside providers, etc.)

Medications during the school day. If medications are required during the school day, medical and parental documentation are REQUIRED to be on file in the health office. Over-the-counter medications needed during the school day also require written parental permission. **MEDICATIONS, BOTH PRESCRIPTION AND OVER-THE-COUNTER, ARE NOT TO BE CARRIED BY STUDENTS WITHOUT MEDICAL/PARENTAL AND HEALTH OFFICE CLEARANCE.** Original containers are needed for ALL medications, whether carrying or leaving them in the health office.

Please be mindful of our student population with *anaphylactic allergies to nuts and latex products*. H-B 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
Physical Exam Requirements
Fast Facts
Various Links

Please do not hesitate to communicate with us at any time.

Cathy Burbee, Full-time RN
Susan Patz, Part-time RN
Confidential Fax: 603-465-2485
Phone: 603-465-2269 x137.

Hollis Woman's Club

The annual Hollis Apple Festival and Band Concert will be held on Sunday, Oct 7th from 2-4pm. Enjoy homemade apple pie and crisps while listening to a free band concert by the Hollis Town Band playing old and

new favorites. Buy a ticket for a chance to conduct the band to The Stars and Stripes Forever! Browse among the artisans and stop by the Candy Shoppe to purchase your favorites. There are free activities for the children and face painting. Rain location is at the Hollis/Brookline Middle School. Volunteer opportunities available as well, contact Noreen Polus to sign up. (noreenpolus89@gmail.com)

Annual Holiday New York City Day Trip! Saturday, December 1st, \$65 per seat. Join your friends and neighbors and come take a luxury bus on a day trip to the Big Apple. Your itinerary is your own, but maps and guidebooks will be provided. We leave the Tyngsboro Park and Ride at 6am, and leave NYC for the return trip at 7pm; plenty of time to sightsee, take in a matinee, or shop! Contact Susan.Benz@gmail.com or call 465-3607 to reserve your seats. All are welcome!

Parent Education Series

Parents of Teens: Watch your Medicine Cabinet! Prescription and over-the-counter (OTC) medications are fast becoming the new “party” drugs for kids. One in five teens have used prescription medication to get high.* It is often easy for kids to get these from home, stores and the web. Here’s what to do:

- Set an example: Do not be casual about using prescription or OTC drugs.
- Tell your kids that getting high on legal prescription and OTC drugs is NOT safer than getting high on illegal street drugs.
- Check out the drugs in your home – do a **“Medicine Inventory”**. Look at the contents of your medicine cabinets, kitchen cabinets, bureau tops, purses or anywhere in the house where you may store medicines.
- Put medications away or lock them up. If you currently need these drugs, put them in a place where you can get to them easily, but where your child or others are unlikely to look.
- If necessary, monitor the pill quantities and medicine levels in your prescription and OTC drug containers.
- If you have left-over prescription medications in your house, get rid of them. (*See disposing of medications at www.nh.gov/medsafety.)*)
- Only buy OTC drugs when you need them.
- Urge your friends – especially the parents of your children’s friends – to perform medicine inventories of their own.

- Take special precautions if someone in your home is at risk for suicide or substance abuse.

For more information: visit www.drugfreeNH.org. For medication abuse & pill identification, call the Northern New England Poison Center at 1-800-222-1222. Disposing of medications: www.nh.gov/medsafety.

Community Action for Safe Teens. The mission of Community Action for Safe Teens (CAST) is to support and strengthen families, reduce the use/abuse of alcohol, tobacco and other drugs, and encourage healthy choices by teens through increasing community awareness and action. CAST serves the communities of Amherst, Brookline, Hollis, Lyndeborough, Milford, Mont Vernon and Wilton. Meetings are held on the 2nd Wednesday of the month at the Milford SAU Office, generally at 3:30 PM, excepting June, July, Aug, and Dec when we meet at 8:30 AM. All are welcome to attend. For more info, contact Monica Gallant at 672-6115.

News from your Guidance Department

Class Rank. The administration and guidance team will be offering two forums to discuss The Advantages and Disadvantages of Rank. We know the national trend in similar high-achieving high schools is to abolish the use of rank to ensure a more holistic review of the student’s application package by college admissions representatives. Please come and learn what our college admissions representatives have shared with us. We welcome all feedback from the community on this topic. Please join us on Thursday, October 4th at either 8:30 am or at 6:30pm in the HBHS auditorium.

Military Reminder. All high schools are required by law to provide the branches of the U.S. Armed Forces a list of all current junior and senior students, including home address and phone number. If you do not want your son’s or daughter’s name provided to the military recruiters, you must complete the disclaimer on the school’s website and return it to the guidance office by Friday, September 30, 2011. The disclaimer will be effective for your child’s entire career at HBHS.

Counselor Activities. Every fall, we like to review and share with you the activities and responsibilities that counselors have in the first few weeks of school. Prior to the first day of school, counselors review schedules for all 852 students, balance classes and class size, review pre-requisites in classes, and double-check senior graduation requirements. Counselors in the first few weeks of school spend a great deal of time helping freshman transition into the school, and this year we

welcomed an additional 25 transfer students and 3 foreign exchange students. Counselors also participate in 504 meetings, IEP meetings, student/teacher meetings and parent/student meetings. Students present in guidance with issues that range from peer issues, anxiety, depression, academic issues and all kinds of social/emotional concerns. Counselors will meet with college admission representatives from over 80 schools, conduct an evening college presentation for parents/students, and meet in small groups with seniors. On top of this, we will be continuously advising students on the college process and writing all those important senior letters of recommendations. Please know that the guidance staff tries their very best to meet the needs of all our students and your children. We will schedule meetings as soon as possible and return phone calls and emails in a timely manner. That being said, the above schedule will hopefully allow you insight as to the demands we meet on a daily basis. This year we will be reinforcing a system that promotes appointments versus a drop-in system to better manage our time and deliver services. Above all, we will continue to be honest, fair and an advocate for students during their stay here at HBHS!

Senior News

Senior Letters and Credit Checks. Seniors and their families will receive a letter within the week from their school counselor reviewing their status for graduation. As you are aware, seniors must earn 23 credits to graduate from HBHS. The letter will inform you as to the credits earned to date and those still necessary to complete in order to achieve graduation. Please make sure that you review this information to ensure a happy graduation day in June. Should you have any questions or concerns, please make an appointment with your counselor as soon as possible.

Senior College Night. The senior college evening presentation was held on Thursday, September 20th at 6:30 pm. We hold this evening presentation to review some of the intricacies of the college application process. It is helpful to have both students and parents attend. There are lots of deadlines, paperwork, applications, recommendations, test submission details and Naviance procedures that need to be reviewed to ensure this process is done correctly. For those families unable to attend, the Power Point will be placed on the guidance portion of the HBHS website, along with all the color-coded paperwork reviewed.

Senior College Small Groups. On September 21st and 24th, the school counselors met with their senior

students in small group forums. This will allow the counselors to speak to the students in a more detailed fashion and address their questions. We will review the common application, Naviance procedures, paperwork and answer questions specific to their situation and timeline.

College Admissions Visits at HBHS. We have an impressive list of college admission representatives visiting Hollis Brookline High School this year. As we know, college admissions have become increasingly more difficult and competitive over time. College interviews can be an important part of this process. Many schools do not offer an individual interview anymore, which makes this person-to-person contact during their visit to HBHS a very valuable opportunity. Please review the list of schools on pages 6-9 of this newsletter and check Naviance/Family Connection frequently for continuous updates and additional schools. Please check online as this list is updated daily.

College of the Month – Bishop’s University. Bishop’s University is a small English Liberal Arts university (est. 1843) in a French region (Sherbrooke, Quebec) located 30 minutes from the Vermont border in ski country (www.ubishops.ca). Last fall they were named “Canada’s most academically supportive and nurturing university” by Canada’s leading newspaper-*The Globe and Mail*. They have an enrollment of 2,300 students and welcomed 925 to the freshmen class this year. Typically they accept U.S. students with a B+ average and a 1650 SAT score. They also offer entrance scholarships to U.S. students. U.S. students pay \$15,000- \$17,000 a year in tuition depending on their program. Room and board would be an additional expense. Bishop’s University specializes in programs in the College of Liberal Arts, Social Sciences, Performing Arts, Business (Network of Internationally-Accredited Business Schools), Education, and Natural Sciences (newly renovated, state-of-the-art labs this year).

Any student studying French pays the equivalent of Quebec tuition rate for those courses only -- around \$300 per course. One out of every four students speaks French. Bishop’s University draws more than 50% of their students from outside of Quebec. Over 50% of our students complete a double major.

If you are looking for an additional school that offers excellent instruction, personalized education, wonderful extracurricular opportunities at a reasonable cost, please consider visiting and researching Bishop’s University. A representative will be returning to this area in October if you would like to learn more about this school.

SAT Information

Registration for upcoming tests can be done through the College Board website, www.collegeboard.com. Deadlines are approaching quickly so be sure to register in time to secure the test location you desire. SATs are not administered at HBHS but local high schools such as Nashua High North, and other neighboring high schools are utilized.

Test Date

November 3
December 1
January 26
March 9
May 4
June 1

Registration Deadline

October 4
November 1
December 28
February 8
April 5
May 2

ACT Information. In recent years the ACT has become increasingly popular with New England students. It differs in many respects from the SAT, but primarily it offers a Science component. In addition, some colleges will accept the ACT in lieu of SAT subject tests which has also enhanced its popularity. The website for the ACT is www.act.org.

Test Date

October 27

December 8
February 9
April 13
June 8

Registration Deadline

October 5 (late registration)
November 2
January 11
March 8
May 3

SAT Services for Students with Disabilities. A student with a documented disability may be eligible to take PSAT/SAT tests with testing accommodations that support their disability. The student's case manager should be contacted for further details. These accommodations need to be applied for well in advance of the testing date, and the deadline is typically in August for the PSAT and a 7-week minimum advance notice for SAT testing.

NCAA. Senior athletes interested in participating in college athletics must register with the NCAA. This may be done online at www.ncaaclearinghouse.net. The NCAA Clearinghouse will require that transcripts be sent from HBHS. Students should advise their counselor of their registration. Students also need to send their SAT or ACT scores to the Clearinghouse. Typically, transcripts are sent twice, one at the end of junior year and again at the conclusion of senior year.

Junior News

PSAT. We will once again be offering all our junior students the PSAT examination. The PSAT will be offered on October 17th. The PSAT serves as a practice test for the SAT and is the qualifying exam for juniors to participate in the National Merit Scholarship Program. All juniors will be taking the exam free of charge. Results of the exam will be distributed in early January. Counselors will be meeting with students individually to review the results. This exam is a lead-in to our post-secondary planning with juniors.

Sophomore News

This year HBHS will be offering the PSAT to sophomores as a practice exam. There will be a \$15.00 fee for this examination which will be offered on October 17th. Sign-ups are in the guidance office. This is not a mandatory test and although many students may wish to take advantage of this opportunity, other students may feel this is not the time in their academic journey to take it. Both scenarios are perfectly acceptable. We typically order ample exams to cover all students who wish to test; however, it is on a first-come first-serve basis. If you have questions as to whether your student is a good candidate to take this exam, please feel free to contact your school counselor.

Freshman News

Orientation Day. We were very excited about our welcoming day for freshmen and transfer students. With the help of all our staff and approximately 60 volunteers, new students were greeted with warmth and enthusiasm. HBHS returning students served as guides throughout the day, assisting with lockers and the lunch room. In truth, this day would not be a success without the assistance and energy that our volunteer students give, and we in guidance remain very appreciative of their help. We hope this day provided a springboard for four years of academic, social and emotional growth.

Classroom Visits. School counselors visited with all of their students on the initial orientation day and again last week. Counselors discussed the importance of involvement, bullying, safety issues and setting goals. Wellness class provides a great forum for us to visit with freshmen and help them in their transition to the high school. Our 9th grade students are welcome to come to guidance and make an appointment – please encourage them to do so!

Communication. Please remember, that in addition to this newsletter, essential information is often easily accessible on the website www.hollisbrookline.org. the Guidance tab there are various categories so that necessary information can be easily obtained. Also, to

assist with current information, reading the daily notices on the main site is often a helpful way for parents to stay abreast of the information your children receive. We look forward to working with you throughout the year.

COLLEGE VISITS AT HBHS


College	Date	Time
Western New England University	Mon September 17, 2012	7:30 AM
Assumption College	Mon September 17, 2012	8:30 AM
University of Rochester	Mon September 17, 2012	9:30 AM
Brown University	Mon September 17, 2012	10:30 AM
Maine Maritime Academy	Mon September 17, 2012	10:30 AM
Mass. College of Pharm. & Health Sciences	Mon September 17, 2012	11:30 AM
University of Massachusetts, Lowell	Mon September 17, 2012	12:30 PM
Worcester Polytechnic Institute	Tue September 18, 2012	7:30 AM
Saint Anselm College	Tue September 18, 2012	8:30 AM
Bishop's University	Tue September 18, 2012	9:30 AM
Lesley University	Tue September 18, 2012	10:30 AM
Suffolk University	Tue September 18, 2012	11:30 AM
University of Connecticut	Tue September 18, 2012	12:30 PM
Hofstra University	Wed September 19, 2012	8:00 AM
Northeastern University	Wed September 19, 2012	8:00 AM
Vanderbilt University	Wed September 19, 2012	9:00 AM
Newbury College	Wed September 19, 2012	10:00 AM
Mount Ida College	Wed September 19, 2012	11:00 AM
Bowdoin College	Wed September 19, 2012	12:00 PM
University of Southern Maine	Wed September 19, 2012	12:00 PM
Middlebury College	Wed September 19, 2012	1:00 PM
Unity College	Thu September 20, 2012	8:00 AM

Thomas College	Thu September 20, 2012	10:30 AM
Rensselaer Polytechnic Institute	Thu September 20, 2012	12:00 PM
Quinnipiac University	Thu September 20, 2012	1:00 PM
Landmark College	Fri September 21, 2012	10:00 AM
New England College	Fri September 21, 2012	1:30 PM
Stonehill College	Mon September 24, 2012	8:00 AM
Boston University	Mon September 24, 2012	9:00 AM
Bentley University	Tue September 25, 2012	7:45 AM
College of the Holy Cross	Tue September 25, 2012	9:00 AM
Bentley University	Tue September 25, 2012	7:45 AM
College of the Holy Cross	Tue September 25, 2012	9:00 AM
Montana State University, Bozeman	Tue September 25, 2012	11:00 AM
Messiah College	Wed September 26, 2012	9:00 AM
Keene State College	Wed September 26, 2012	10:00 AM
Champlain College	Wed September 26, 2012	12:30 PM
Rochester Institute of Technology	Wed September 26, 2012	1:45 PM
Ithaca College	Thu September 27, 2012	9:30 AM
Saint Michael's College	Thu September 27, 2012	1:30 PM
Bay State College	Fri September 28, 2012	1:00 PM
American University	Mon October 1, 2012	8:00 AM
Regis College	Mon October 1, 2012	9:00 AM
University of New Hampshire	Mon October 1, 2012	10:30 AM
Mount Holyoke College	Mon October 1, 2012	11:45 AM
Lasell College	Mon October 1, 2012	12:30 PM
George Mason University	Tue October 2, 2012	8:00 AM
James Madison University	Tue October 2, 2012	12:15 PM
Fitchburg State University	Tue October 2, 2012	1:00 PM
Colgate University	Wed October 3, 2012	11:30 AM
University of Rhode Island	Wed October 3, 2012	12:30 PM


Union College	Wed October 3, 2012	1:30 PM
Gordon College	Thu October 4, 2012	12:30 PM
Providence College	Thu October 4, 2012	1:30 PM
Albany College of Pharmacy	Fri October 5, 2012	9:00 AM
Wheaton College MA	Fri October 5, 2012	10:00 AM
University of Massachusetts, Amherst	Fri October 5, 2012	11:30 AM
Duke University	Tue October 9, 2012	9:15 AM
Johnson & Wales University	Tue October 9, 2012	10:30 AM
Bryant University	Tue October 9, 2012	11:30 AM
Southern New Hampshire University	Tue October 9, 2012	12:30 PM
Franklin Pierce University	Wed October 10, 2012	9:00 AM
McGill University	Wed October 10, 2012	10:00 AM
Rivier University	Wed October 10, 2012	11:00 AM
Nashua Community College	Thu October 11, 2012	11:30 AM
High Point University	Thu October 11, 2012	1:30 PM
Wentworth Institute of Technology	Fri October 12, 2012	10:00 AM
Nichols College	Fri October 12, 2012	11:00 AM
University of Maryland, College Park	Fri October 12, 2012	12:00 PM
University of Wisconsin, Madison	Fri October 19, 2012	8:00 AM
Ursinus College	Mon October 22, 2012	1:00 PM
Endicott College	Tue October 23, 2012	10:30 AM
St. Mary's College of Maryland	Thu October 25, 2012	8:00 AM
The University of Alabama	Tue October 30, 2012	9:30 AM
University of New England	Tue October 30, 2012	1:15 PM
Plymouth State University	Thu November 1, 2012	10:00 AM
Pace University	Mon November 5, 2012	8:00 AM
Bay Path College	Mon November 5, 2012	9:00 AM
Lyndon State College	Mon November 5, 2012	11:30 AM
Saint Leo University	Mon November 5, 2012	12:30 PM


Manhattanville College	Mon November 5, 2012	1:30 PM
Emmanuel College	Wed November 7, 2012	8:30 AM
Saint Joseph's College-ME	Wed November 7, 2012	11:30 AM
Elmira College	Thu November 8, 2012	8:00 AM
Polytechnic Institute of NYU	Fri November 9, 2012	9:00 AM
UNH at Manchester	Fri November 16, 2012	10:00 AM

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