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December 7, 2012

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

**Happy Holidays** – I sincerely wish you all a wonderful, joyous holiday season and hope you have time over the winter break to relax, enjoy, and rejuvenate. I hope you are able to spend some time with family, friends, and other loved ones making wonderful memories!

**Recognition Assembly** - Each year, we hold a school-wide assembly in December to recognize those students who have achieved a perfect score on their ACT or SAT exams, a score of 5 on AP Tests, National Merit Commended Scholars and Semifinalists, and those students who were inducted into the National Honor Society and accepted to All State Competitions. This year's event will be held on December 13<sup>th</sup>, and we are excited to have dozens of students be recognized by their peers.

**Parent/Teacher Conferences** – I would like to thank the over 800 parents who joined us for conferences on Thursday, November 15<sup>th</sup> and Monday, November 19<sup>th</sup>. I hope you found this opportunity to meet with teachers helpful and productive.

**Drug Dogs** – Unfortunately, due to an unexpected problem with the dog, Mason Police Chief Barry Hutchins was unable to come to our originally scheduled time to demonstrate how drug dogs would be used at HBHS. Please watch for a rescheduled date and time.

**A panel presentation on Teens and Mental Health Issues** - On Wednesday, December 5<sup>th</sup> at 6:30 pm, HBHS held an evening community presentation to better understand issues in mental health. This forum will present information on how to recognize the warning signs of anxiety, depression and suicide. Although we are all aware of this national problem, it frequently rears its head within our own community, whether it is a family member, friend, colleague and/or child's friend. Mental illnesses are treatable. The best prevention is to equip everyone with knowledge.

**Fall Play** - On November 16<sup>th</sup> and 17<sup>th</sup>, the HBHS Theatre department presented an absolutely riveting performance of "To Kill A Mockingbird". The timely topic of bullying and harassment was presented in this classic story. Everyone involved should be very proud of their participation. Congratulations to the students and staff involved and director Elyse Tomlinson for this performance. Watch for news on the spring musical held every March.

**The Beatles** – On Saturday, December 1<sup>st</sup> our students (and three of our Dads!) entertained a very crowded auditorium with versions of Beatles songs. There were over a dozen different songs played! Young and old enjoyed this memorable evening. If you were not a Beatles fan when you arrived, I guarantee you were when you left! Thanks to Mr. Mark Illingworth and Mrs. Karen Johnson for putting this evening together. Also, to Mrs. Julie Carbone and Mr. Dave Umstead for the work they did with the choir and bands to make this event a reality. I think this may have been the beginning of a yearly musical event!

**Winter Concert** – On Thursday, December 13<sup>th</sup> at 7:00pm in the HBHS auditorium come and enjoy some wonderful music performed by our Chorus and Band members led by Mrs. Julie Carbone and Mr. Dave Umstead.

**Upcoming Dates** to remember – the Junior Lego League competition will be held at HBHS on Saturday, December 8<sup>th</sup> from 8:00am to 3:00pm. The Hollis Town Band Concert will also be held that evening at 7:00pm. We have a scheduled Early Release day on December 12<sup>th</sup> and there will be No School from Monday, December 24<sup>th</sup> through January 1<sup>st</sup> for the Holiday Vacation. Classes will resume on Tuesday, January 2<sup>nd</sup>.

Respectfully Submitted,  
Cynthia L. Matte

## Upcoming Events at HBHS

### Please mark your calendars:

Sat., Dec. 8	Junior Lego League competition 8:00am – 3:00pm (HBHS)
Sat., Dec. 8	Hollis Town Band Concert, 7:00pm (HBHS)
Wed., Dec. 12	<b>Early Release Day</b>
Thurs., Dec. 13	HBHS Chorus & Band Concert 7:00pm, HBHS auditorium
Mon., Dec. 24 - Tues., Jan. 1	<b>HOLIDAY VACATION</b>

## Health Office Snippets

**We are seeing many students with coughs, colds, headaches, and sore throats.** If you, a family member, or your child is showing signs or has the flu, you can best help by:

- Keeping them home if they have a fever. A fever is a temperature that is at or above 100° Fahrenheit (37.8° Celsius). They should stay home until they do not have a fever for at least 24 hours without using a fever-reducing medicine.
- Making sure they are washing their hands and covering coughs and sneezes
- Watching their hygiene, sleep, and eating habits
- Monitoring any other household members for signs of illness

These seemingly simple actions are crucial to stopping the spread of viral illnesses. Let's fight the cold/flu together!

**Please let us know if your child is seen at an Urgent Care facility or Emergency Room as soon as possible.**

These conversations with parents are very helpful, especially if the student comes to the health office for something related to the visit. Keeping us informed only helps us take better care of your child. *Be assured that confidentiality is always kept with the utmost respect in the Health Office.*

**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

**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. 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.

**THANK YOU TO ALL OF YOU WHO HAVE DONATED ITEMS TO THE HEALTH OFFICE. IT IS GREATLY APPRECIATED!**

Visit [hollisbrookline.org](http://hollisbrookline.org) to access the Health Office website to find health office forms and information, fast facts, physical exam 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, Full Time RN and  
Susan Patz, Part Time RN

## HBHS PTSA

A heartfelt thank you to all who helped make our November Staff Appreciation Dinner a success, especially Kimber, Gayle, Cindy, Sole, and Lisa. It really went well and the teachers and staff were so impressed with the wonderful dishes and treats that were provided. What a great team!

The co-op budget is now being discussed in earnest in preparation for the District Meeting in March. The Co-op Board meets next on December 19th and the Budget Committee's next meeting will be in early January. Go to the meetings or review the minutes and let the board members know what you think.

Our PTSA meetings are held on the 2nd Thursday of each month at 8:30 a.m. The next will be December 13, then January 10, February 14, March 14, April 11, May 9, and possibly June 13. All are welcome. We'd like to know what you think, too!

Maryanne Sango Shanley, President HBHS PTSA

## HBHS Athletic Booster Club

The HBABC hosted the Fall Sports Awards Night at H-B and it was a great night of recognition for our athletes as they finished up the season. We're heading into the winter sports season without pause. Parents, we plan to have representatives at each winter sport parent information meeting and we welcome your questions. Please take the opportunity to volunteer to help support your student athlete through our fundraising organization. You can also find out more at [www.hbhsboosterclub.com](http://www.hbhsboosterclub.com).

Cavalier Crunch Cereal sales are booming and we need each athlete to participate by selling only 10 boxes

each. It's easy, fun and a good product as well. Pick up order forms in the Athletic Director's office or contact Lisa Schmalz ([lschmalz@charter.net](mailto:lschmalz@charter.net) or 345-9540) to sign out boxes to sell direct. Feel free to schedule time at the local venues on your own. Don't forget, cereal is something people can buy more than once! What's in it for you? Besides helping support our athletics, you can win great prizes – even if you only sell 10 boxes. For every 10 boxes you sell, your name will be entered in a drawing for one of four \$50 cash prizes. For the volume sellers, top prize is an iPad, 2nd place is \$200, 3rd prize is \$100

Good luck to all of our winter student-athletes!  
Tom Whalen, HBABC President

## Parent Education Series

**Community Action for Safe Teens.** If you are interested in volunteering your time and/or talents with an energetic coalition whose mission is to reduce underage drinking and/or illicit substance among teens we have a place for you. Meetings are held on the 2<sup>nd</sup> Tuesday of each month at the Milford SAU Office. Visit [CASTNH.org](http://CASTNH.org) or contact Monica Gallant at [mgallant4@aol.com](mailto:mgallant4@aol.com) for more info.

The mission of Community Action for Safe Teens (CAST), a committee of the Boys & Girls Club of Souhegan Valley, 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.

## News from your Guidance Department

With holidays and vacation, December is often the time to see old friends, catch up with family, and reflect on the year. For some this is a time of happiness, and for others, it can cause high stress. We see a lot of students with reactions to seeing friends and family over the break, the additional stress of money, and the year coming to an end. Please let us know if we can help. We are happy to check in with your sons or daughters and have a list of outside providers that have worked well with students, if needed.

Reminder – we have a HBHS Guidance page on Facebook. Please “like” us on Facebook in order to receive our updates. And as always, please be sure to check out the Guidance portion of the school website and also read the daily notices at [www.hollisbrookline.org](http://www.hollisbrookline.org).

## Senior News

**College Admissions.** As mentioned in previous newsletters, the college admissions process keeps all of us very busy. This year the Guidance Department offered three drop-in after school help sessions for seniors who were seeking extra help with the Common Application and the college application process. Although our turnout was not large, we feel that those who attended were able to get the extra help. Each year we seem to go above and beyond previous years in sending out information to various colleges. Here are some of our statistics for this year's Class of 2013:

College application packets sent to date:	840
# of colleges to which students applied:	231

**Application Reminders.** Often, your student may receive a postcard, letter or email from a College Admissions Office indicating that they did not receive information from Hollis Brookline High School. Please keep in mind that because the application and supporting documents are being sent through different channels, some colleges automatically alert students by email or letter that there is something missing. Students should contact the Admissions Office at the college to ensure that their application is complete. This notification can be very unnerving and causes a high degree of anxiety, but is often easily resolved with a phone call. If the college confirms that they are missing information, please have your student come to Guidance immediately so we are able to resend their information.

**Admissions Decisions.** Early Decision and Early Action decisions should be announced soon. Congratulations to those students who have already received notification and have been accepted to college!

The college application process is a long and grueling one for students but the fun part is hearing the college decision outcomes. Please stop by the Guidance office and share your news with Mrs. Noel and your counselor, as well as updating your decisions on Naviance. We are interested and excited about all decisions and have a special golden bell in Guidance for students to ring to celebrate their acceptances. When students give us this information it helps us counsel future applicants. We also want to hear if the news is not good so that we can help strategize on what to do next. The answer most students want to hear at this time of year is, of course, an acceptance, but colleges often defer when evaluating early applications. As

mentioned in the last newsletter, being deferred at this point in time is not a bad thing. Being deferred is not a denial and gives students the opportunity to send additional information such as mid-term grades and additional standardized testing scores. Please talk with your counselor if you have any questions.

If you did not get your *College Supporting Documentation Form* (green form) to your counselor by November 30, there is no guarantee information will be sent to the colleges before the December vacation break (for a January 1 deadline). However, students should send their applications in to the colleges electronically or by mail even if they have not contacted their counselor before the break and meet with their counselor as soon as we return in January. Do not wait to apply! Many colleges will close their admissions cycle as soon as they have enough applications even though their deadlines are in March. If there are any questions, please contact your son's or daughter's school counselor.

For colleges with a February 1<sup>st</sup> deadline for admission, the *College Supporting Documentation Form* (green form) needs to be submitted to the counselor by January 11<sup>th</sup>. Many other schools operate under rolling admission and will accept applications into early spring. Be aware that the earlier you get your application in, the better chance you may have to receive financial aid and campus housing.

**Mid-Term Reports.** PLEASE NOTE – Mid-term transcripts will be sent out to all schools to which a student has applied after the semester ends in January. Students do not need to request this from Guidance.

**Financial Aid Information.** Financial Aid Night was held on Thursday, December 6th for parents of seniors. If you missed this meeting or if you have questions/concerns regarding Financial Aid, you can schedule an appointment with college financial aid offices when visiting a college. Another great source of information is the NH Higher Education Assistance Foundation (NHHEAF) in Concord. Please visit [www.nhheaf.org](http://www.nhheaf.org) or call 800-525-2577.

On January 17, 2013 at 6:30 pm, a NHHEAF representative will be available at HBHS to assist with FAFSA (Free Application for Federal Student Aid) applications. The representative will help you sign on and will answer individual questions. Please call Mrs. Noel at 465-2269 x128 to sign up for an individual appointment. Note: The FAFSA application cannot be submitted before January 1, 2013, but should be submitted as close to that date as possible. All colleges require the FAFSA application from families that are

considering any type of financial aid, including work study. Please visit [www.FAFSA.gov.org](http://www.FAFSA.gov.org) to begin the application. Some colleges will also require families to complete the CSS PROFILE. This application may only be submitted electronically and can be accessed through the College Board website at [www.collegeboard.org](http://www.collegeboard.org). Colleges have very strict deadlines for Financial Aid applications and it is important to adhere to the deadlines.

**Graduation Check.** Every senior and parent received a letter in the fall regarding graduation requirements. Another second letter will be sent home after the semester ends and report cards are released. It is vitally important that any senior who is missing a required course or has been unsuccessful in a required course meet with their counselor immediately to determine a course of action. Each student must carry 6 credits to be considered a full-time student. If a student has fewer than 6 credits, they need to add a course to their schedule for second semester.

**NCAA.** The National Collegiate Athletic Association (NCAA) Eligibility Center requires students to submit an official high school transcript in order to participate in D-I or D-II college athletics. Failure to submit forms to the NCAA Eligibility Center will delay an athlete's ability to compete at the collegiate level. Please visit [www.ncaaeligibilitycenter.org](http://www.ncaaeligibilitycenter.org) to register.

## Junior News

Counselors will begin meeting with juniors to share their PSAT test results before our December school vacation. The PSAT is a helpful tool in preparing for the SAT and gives feedback on areas to concentrate on as well as connects students with career information related to their possible college major. Counselors will be sending out appointment notices to go over the score report in detail. We thank you for your patience with this activity as we feel it is very important for students to understand the PSAT results so they will know what to expect when they take the SAT. Keep in mind that these scores are confidential and that colleges do not see them.

**Junior College Information Night.** On February 7th at 6:30pm, the Guidance Department will host an information night for juniors and their parents. This evening is designed to help families start the college admission process. More information will be on the website and in the January newsletter. Parents are encouraged to attend this event with their students.

**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:

<b>Test Date</b>	<b>Registration Deadline</b>
January 26	December 28
March 9	February 8
May 4	April 5
June 1	May 2

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. 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. SAT prep courses are offered here at Hollis Brookline High School and at other agencies. Please see your counselors for more information.

**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.

**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](http://www.act.org).

<b>Test Date</b>	<b>Registration Deadline</b>
February 9	January 11
April 13	March 8
June 8	May 3

**Destination College.** The New Hampshire Higher Education Assistance Foundation (NHHEAF) is sponsoring its annual state-wide college convention for high school juniors and their parents. This free event will be held at Plymouth State University on Saturday March 16<sup>th</sup>, 2012. Online registration begins February 1<sup>st</sup>. This is a great program that offers a variety of workshops for students and parents, motivational speakers, a mini college fair and an opportunity to enter a scholarship raffle.

## Sophomore News

Counselors will be meeting in January with any sophomore student who took the PSAT in October. A career symposium will be held in the spring for all sophomores. See below in the Career Services section.

## Freshman News

**Clubs and Activities.** We hope that freshmen have been busy joining clubs and activities. If you would like to get involved, please see your counselor for a list of HBHS clubs and activities, or email club advisors for more information.

It's a great idea to make an appointment to meet with your counselor with any questions, concerns, or just to say hello! We stay with you all four years and look forward to working with you and your parents.

## For All Students

**Tutoring Assistance.** If your son or daughter is in need of assistance in any subject, National Honor Society members are available to help. Teachers and school counselors have lists of peer tutors or students can contact NHS students directly in order to arrange for tutoring. For students with a study in periods 5 or 6, we also have a Peer Tutor program in the library. The peer tutors are available to help with organization and subject work. Depending upon demand, students may be able to receive help immediately or can make a future appointment. Please take advantage of these free services!

**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 name, address, phone number, and other related information about one's self. It is a 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](http://www.sss.gov) or pick up a registration card at any post office.

## Career Services News

**Spring Internships and Work Study.** All juniors and seniors interested in participating in a spring internship

or work study opportunity should make an appt. with Mrs. Sullivan in the Guidance Office by December 21. Students who signed up last spring or fall regarding internships should meet to confirm their interest in moving forward in the process.

**Attention Parents! Spring Career Symposium.** Hollis Brookline High School is preparing for our annual **Career Symposium** held for our sophomore students. We recognize that we have a wonderful resource in our parents who are career experts in a fascinating variety of careers. This morning event will include panel discussions with representation from five career clusters. Career 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 at our *2012 Career Symposium*.

**Coming This Spring...**Career Breakfasts will be offered to juniors and seniors. If you are interested in meeting with students to discuss your profession, please contact Julie Sullivan at 465-2269 x129 or [julie.sullivan@sau41.org](mailto:julie.sullivan@sau41.org) to discuss possible dates and times.

## Communication

In addition to reading this newsletter, please be sure to check out our website and read the daily notices at ([www.hollisbrookline.org](http://www.hollisbrookline.org)). For complete information, click on the Guidance tab. We are continuously updating our information. As always we are here to support all the students and families of the Hollis Brookline community. Please feel free to email or call us with good news and/or concerns.

