



Hollis Brookline High School

December 16, 2010
www.hbhs.k12.nh.us

Some thoughts from the Principal ...

With the holiday break just around the corner, the building is busy with projects, speeches, and a multitude of club and building activities. The Winter sports season has just begun and classes are already gearing up for mid-year exams. (The schedule will be posted online and included in the next Alert Now memo sent next week.) It is hard to believe that we are nearing the end of the first half of the year.

Student IDs have been issued. These new IDs have a bar code which can be scanned to purchase food in the cafeteria and take books out of the library. Therefore, it is important for students to report lost or stolen ID's so we can disable their lunch and library accounts and set up new ones.

Our Interact Club is sponsoring a food drive for two weeks. Each class has a specific box for their donations and the winning class receives a prize. As I write this, many boxes have already been filled. With the help of the Rotarians, all donations will be delivered to the Nashua Soup Kitchen on December 17th. The Community of Caring, with Interact, again held our Giving Tree drive in support of over 40 local families. All the mittens were taken and gifts are being distributed to the Nashua Soup Kitchen and the Shepherd's Fund.

We are able to send four teachers and myself to a Professional Learning Communities Summit in February. I worked with the high school leadership team to determine who would be attending. We had so many wonderful and qualified candidates that it made the decision of who would attend very difficult! It is not easy to take three days out of the building and away from home – it is a wonderful opportunity but also a sacrifice to families. Tim Girzone, Gina Bergskaug, Dot Ball, and Mike Tenters will be attending and we will develop a method to share the knowledge we gain while we are there. Professional Learning Communities has a school-wide goal to increase student learning.

You may have noticed that I have started to send out an information Alert Now bulletin to families about two weeks after this Newsletter goes out. Middle school families shared how helpful it was to get information on a more regular basis so I will also send out information more often. As you know, much happens in a month at the high school so getting information out every other week will hopefully be helpful.

On Friday, December 10th the music department hosted a concert with several guest bands performing. It was a wonderful night of music with all proceeds to benefit the Jazz Band's trip to New York City in April. On Thursday, December 16th, our Visual and Performing Arts Department will present the Annual Winter Concert. It will be an enjoyable evening filled with wonderful song and music presented by our talented choirs and bands.

Representatives from NEASC (New England Association of Schools and Colleges) will visit the high school on Friday, December 17, 2010. They will tour the school and meet with administration, teachers, and district personnel. As you are aware, space is an ongoing concern at the high school and they are here to assess these issues and prepare a recommendation to the school board as to the status of our accreditation. We will keep you informed as we progress through this process.

Math teacher, Stacey Plummer, is in Washington D.C. this week attending celebrations, workshops, and the awards ceremony to accept the Presidential Award for Excellence in Mathematics. Congratulations to Stacey! This is a rare distinction and we are very honored and grateful to have her as one of our own teachers!

Cathy Cray, our Student Assistance Program Counselor, has spearheaded the Peer Outreach initiative, with Mike Tenters and Kelly Cummings taking on the role of advisors. We are very excited to have this new program active at our school! Peer Outreach is a group for students who have made a commitment to promote positive choices. They are interested in promoting tolerance and understanding, as well as finding ways to have positive social interactions that do not involve alcohol or drugs. They go through training to become peer mentors, leaders and role models for others who may be making negative choices. Continued involvement in small groups and larger school activities enables Peer Outreach to inform other students about important issues and help create a positive, friendly and collaborative school culture. Their first big initiative is "White Out Bullying Day" on Friday, December 17th. The entire school community will be encouraged to wear white shirts to "White Out Bullying!"

If you have provided a secure email address for reporting your child's absence, you may send us an email in lieu of writing a note. Please use HBHS.Attendance@sau41.org and indicate Student Name, Student Grade, Parent/Guardian Name, Reason for Absence, Date of Absence, Anticipated Date of Return, and phone number where parent/guardian can be reached. If you have any questions or need further information, please call 465-2269 ext. 335 and our attendance secretary will be happy to help you.

All of us at the high school wish you all a happy, healthy holiday season and restful winter break. I hope you find time to relax and spend quality time with family and other loved ones. Happy Holidays to you and your family!

Cindy Matte



HEALTH OFFICE SNIPPETS

The Health Office continues to be in need of the following items:

Juice Boxes
Kleenex
Saltines

Small Water Bottles
Pretzels
Animal Crackers

Many students present with headaches and/or stomach aches and come to the health office seeking an over-the-counter (OTC) medication to relieve their symptoms. After asking a few key questions, we often find that they have not eaten or hydrated for an extended period. Once that need has been met, we find that students do not need an OTC medication. Any donation of the above items would be very helpful to relieve our supply budget. Thank you to the PTSA and to the many parents for their past donations and help.

Has your son/daughter had a visit to the ER or to their Primary Care Physician? Have you asked your medical provider for how to best meet their medical needs during the school day? If so, keep in mind that any medical documentation would help us to best accommodate your student's needs, whether it be an injury or extended illness. We can support by informing staff, excusing absences, issuing elevator passes, etc., but medical documentation is crucial. If medications (OTC's or prescriptions) are involved, remember we do have a strict "Medication in School" policy. Students are not to carry any medication in school without the proper documentation and communication to the health office.

Visit www.hollisbrookline.org to access the Health Office website which has our contact information, forms, and much more!

SAU-41 Parent Partnership Community Workshop

The SAU 41 Parent Partnership, consisting of Hollis and Brookline parents in conjunction with Jeanne Saunders, SAU 41 Special Education Director, is hosting a FREE community workshop titled Disability Awareness on February 3, 2011 from 6:00-8:30 at the Lawrence Barn in Hollis. Students from Hollis and Brookline will be presenting an interactive workshop designed for the community to experience what it is like to have a disability. Students, parents, staff members, and community members are encouraged to attend. Please email Jeanne Saunders at jeanne.saunders@sau41.org by January 30, 2011 if you will be in attendance.

A Note from your PTSA

Our January meeting will be on the 13th at 7pm. We will invite college freshmen who are home for the holidays to enlighten us on their first semester experiences and representatives of our guidance department will attend to help parents and students with any questions they might have.

Student directories are still available on certain days during lunch. Please remind your student to pick it up if you have ordered one.

We are still in the process of putting together the S-Team Survey, so please look for it in January. We value your opinions and need input from everyone in both communities!

Please go to our website to keep up on all PTSA and school news at www.hbhsptsa.org

We wish you all a Happy and healthy New Year!

Co-Presidents:

Jill Russell	russell33@charter.net	620-2825
Kristen Berry	kbellep@aol.com	465-7447

Hollis Women's Club News

Start the New Year off right by learning about smart estate planning! The Hollis Woman's Club is proud to sponsor a series of lectures on Wills, Trusts, and other Probate topics, presented by Maura Loftus, Esq. of Loftus Law Offices.

These lectures will run every Tuesday in January from 9:30-11am at the Hollis Social Library Community Room

1. Jan. 4 - **WILLS:** Choosing Your Executor, Trustee & Guardian, Making Specific Bequests, Disinheritance and No-Contest Clauses, Pour-Over Wills, Codicils, Revoking Your Will, and Out-Of-State Wills.
2. Jan. 11 - **TRUSTS:** Avoid Cost & Delay of Probate, Minimize Estate Taxes, Plan For Incapacity, A/B Marital Trusts, Living Trusts, Testamentary Trusts, and Special Needs Trusts.
3. Jan. 18 - **PROBATE OF ESTATES:** Serving As Executor - Which documents to File and When, Inventorying the Estate, Managing the Estate's Assets, Paying Debts, Filing Tax Returns, Closing the Estate.
4. Jan. 25 - **ELDER LAW:** Guardianships, Caregiver Contracts, Medicaid Planning/Gifting, Advance Directives and Durable General Powers of Attorney.

These lectures are free to the public; however, there will be the opportunity to make a voluntary donation to the Hollis Woman's Club High School Scholarship Fund if desired.

(Maura Loftus, Esq. is licensed to practice law in NH clients and specializes exclusively in the areas of wills, trusts, estate planning, elder law and probate. Attorney Loftus has been a member in good standing of the NH Bar Association since 1994. She has also practiced in the Atlanta area, as a member in good standing of the GA Bar Association since 1999. The Hollis Woman's Club is a social and philanthropic organization open to all area women. For more information, please see www.holliswomensclub.org.)

Visit your PTSA at www.hbhsptsa.org, where you'll find the list of officers & committees, back issues of newsletters, and much more!

Parenting Corner

PARENTS OF TEENS —

WATCH YOUR MEDICINE CABINET!

Prescription and over-the-counter medications are fast becoming the new “party” drugs for kids. One in five teens has used prescription medications to get “high”. It is often easy for kids to get these from home, stores, and the web.

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 all 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 medicine. Put medicines away. If you currently take 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 levels in your prescription and OTC drug containers.
- If you have leftover 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.

IMPORTANT DATES AT HBHS

Dec. 16	HBHS Annual Winter Concert
Dec. 17	“White Out Bullying Day” at HBHS
Dec. 20	Freshman/Sophomore Speech Contest (snowdate Dec. 21)
Dec. 23	Registration deadline for 1/22 SAT
Dec. 24-31	HOLIDAY RECESS
Jan. 4	HWC “Wills” seminar, 9:30-11am Hollis Social Library
Jan. 7	Registration deadline for 2/12 ACT
Jan. 11	HWC “Trusts” seminar, 9:30-11am Hollis Social Library
Jan. 13	PTSA Mtg.—7:00pm
Jan. 14	EARLY RELEASE
Jan. 18	HWC “Probate of Estates” seminar 9:30-11am, Hollis Social Library
Jan. 25	HWC “Elder Law” seminar, 9:30-11am Hollis Social Library
Feb. 3	Disability Awareness workshop 6:00-8:30pm, Lawrence Barn
Feb. 10	College Info Night, Juniors & Parents 6:30-8:30pm (NOTE DATE CHANGE)
Feb. 11	Registration deadline for 3/12 SAT
Feb. 28— Mar. 4	WINTER RECESS
Mar. 4	Registration deadline for 4/9 ACT
Mar. 8	EARLY RELEASE
Mar. 9	Student Athlete Night, 6:00pm Plymouth Regional H.S.
Mar. 26	NHHEAF Statewide College Convention (Juniors and their parents, @ SNHU
Mar. 29	Student Athlete Night, 6:00pm Keene H.S.
April 4	Student Athlete Night, 6:30pm Pinkerton Academy
April 8	Registration deadline for 5/7 SAT
May 6	Registration deadline for 6/11 SAT And ACT
May 26	Student Athlete Night, 6:30pm

In accordance with Federal law and US Dept of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write: USDA, Director, Office of Civil Rights, Room 326-W, Whitten Bldg., 1400 Independence Ave., SW, Washington, DC 20250-2410

From Your Guidance Department

It is hard to believe we have almost reached our winter break! This time of year can present a high amount of stress for students as well as their parents. Seniors may begin receiving and hearing college admission decisions, brothers and sisters return from college and readjust to living in the home, and the economic pressure around the holiday season for some families all add to the stress this time of year. Patience can be helpful to get through this difficult time. Please know that the counselors are here to help discuss concerns and give assistance if needed. We wish your families a safe and healthy New Year!

Communication. Please be sure to check our website and read the daily notices (www.hollisbrookline.org) for new information. We try to update both these sources of information on a regular basis. The Guidance section of the website has all the current information on scholarships, financial aid, college admission, testing, career services and counselor contact information.

Senior News

Any senior who has not met with his or her counselor to discuss post-secondary plans is encouraged to set up a meeting as soon as possible. Parents are always welcome to attend these meetings. Many deadlines are approaching, so please make a counselor appointment soon. If you did not get your college supporting document form to your counselor by December 2nd, there is no guarantee information will be sent to the colleges before the 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 or daughter's school counselor.

Mid-Term Reports. Mid-term grades/reports will be sent out to all schools the student has applied to after the semester ends in January. There is no need for students to request this mailing be sent.

Financial Aid Information. Financial Aid Night was held on Thursday, December 9th for parents of seniors. If you missed this meeting or if you have concerns regarding Financial Aid at this time, setting up an appointment with college financial aid offices when visiting a college is a good way to learn about that particular college's financial aid opportunities. Another great source of information is the NH Higher Education Assistance Foundation (NHHEAF) in Concord. NHHEAF can be reached by e-mail www.nhheaf.org or calling 1-800-525-2577.

Note: The FAFSA form cannot be submitted before January 1, 2011, but should be submitted as close to that date as possible. All colleges require the FAFSA form from families that are considering any type of financial aid including work study. Families can access this website by going to www.FAFSA.gov.org. Some colleges will require the CSS PROFILE. It can only be submitted electronically and can be accessed through the College Board website at www.collegeboard.com. Colleges have very strict deadlines for Financial Aid applications and it is important to adhere to the deadlines.

An additional option available this year is to meet with a NHHEAF financial counselor at HBHS to fill out and file your FAFSA form. These appointments are being scheduled on

February 10th between 1-6 pm. Please call Mrs. Noel in guidance to schedule your appointment.

Graduation Check. Every senior and parent received a letter in September regarding graduation requirements. Another letter will be going home after the semester ends and report cards are distributed. 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. The school policy is that each student carries 6.0 credits to be considered a full-time student. If a student has fewer than 6.0 credits they need to add a course to their schedule for second semester. Students who need to add courses must come to Guidance immediately.

Other College Admission Information. As mentioned in previous newsletters, the admissions process keeps all of us very busy, and each year we seem to go above and beyond previous years in sending out information to various colleges. To give the reader an idea of what the students, counselors, and teachers with recommendations have been working on, here are some of our numbers:

Class of 2011:

College application packets sent to date: 757

Colleges/Universities applied to: 262

(up from 186 from last year)

As you can see, the Guidance Office has been busy!

Often, your student may receive a postcard, letter or e-mail from the College Admissions Office indicating that they did not receive all of the applicant's information. Some colleges mail these automatically when a student's application has not been matched up with the HBHS supporting documentation we sent with their application. We ask that students contact the Admissions office at the college directly to ensure that the items have still not been received. This situation can be very unnerving and causes a high degree of anxiety, but can be easily resolved by calling the college. It is important to note that colleges do not disadvantage a student because information is misfiled. If the college indicates they still do not have the information, please have your student come to guidance immediately so we are able to resend their information.

Early Decision and Early Action decisions should be coming out in late December and early January. Congratulations to those students who have already received notification and have been accepted to college! For those students who applied early and received notification that they have been deferred – remember that deferment still provides an opportunity to be accepted to the college. Students who have been deferred should see their counselor to determine what information they may want to send to further enhance their application.

For colleges with a February 1st deadline for admission, the *College Supporting Documentation form* (green if electronic or pink if it needs to be mailed) needs to be submitted to the counselor by January 11th. 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.

Admissions Decisions. This process is a long and grueling one for students, but the fun part is hearing the college decisions. Please come to Guidance and let Mrs. Noel and your counselor know what your college decisions are. We are interested and excited about all decisions and have a special golden bell that must be rung every time the decision is accepted. 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. As you know there are four decisions that can be made - accept,

Senior News—Cont'd

defer, waitlist and deny. 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 testing. Please do not get upset over a deferment in the process as it can ultimately lead to an acceptance. Please talk with your counselor if you have any questions.

NCAA. Senior athletes interested in participating on athletic teams at Division I or II colleges must register with the NCAA. This may be done online at www.ncaaclearinghouse.net. The NCAA Clearinghouse will require that a transcript be sent through the mail. Guidance is happy to send the transcript to the Clearinghouse if you provide us with the NCAA forms (downloaded from the website) that need to accompany the transcripts. One form must be sent when you submit your initial eligibility form and another must accompany your final transcript when you graduate. Failure to submit these forms to NCAA will delay the athlete's ability to compete at the collegiate level, so it is important to get these to Guidance as soon as possible.

Junior News

Counselors will be meeting with Juniors to discuss their PSAT test results starting the week of January 3rd. The Guidance Department will be sending out notices with a time and date for Juniors to meet with their counselor. Counselors will go over the score report in detail so students will get the most out of this practice test and know how to prepare for the upcoming SAT. 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 10th from 6:30pm – 8:30pm, the Guidance Department will host an information night for Juniors and their parents. This evening is designed to help families start the 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:

January 22 – deadline December 23

March 12 – deadline February 11

May 7 - deadline April 8

June 4 – deadline May 6

SAT's are not administered at HBHS but are available at Milford, Nashua, Souhegan and 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 as to what weekend dates games, meets and activities may be scheduled. 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 if you are interested in knowing what courses are available. Up-to-date information is also available on the daily announcements and the Guidance webpage.

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 26th, 2011. Pre-registration is required and can be done online at www.destinationcollege.org starting in January. 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.

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
February 12
April 9
June 11

Registration Deadline
January 7
March 4
May 6

Sophomore News

As with the Junior PSAT takers, counselors will be meeting with any Sophomore students who participated in the fall testing. Sophomores who took the PSAT tests should come to Guidance starting the week of January 3rd to sign up for a time to meet with their counselor.

A career symposium will be held in the spring for all Sophomores. Stay posted for more information!

Freshman News

Clubs and Activities. Hopefully you have been busy joining clubs and activities. It's not too late - please refer to the club sheet that was given out by the school counselors when they met with you in the fall. Feel free to email the advisors to check where and when clubs are meeting.

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. For all students grades 9-12, 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 students and email addresses. Students can contact the NHS students directly in order to arrange for tutoring. This is a free service that is worth taking advantage of!

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 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.

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 23. 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.

The 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 ext. 129, or julie.sullivan@sau41.org, if you are interested in sharing your professional experience with our students in a relaxed, conversational environment at our 2011 Career Symposium.

Job Hunters. Check out this website to search for local hourly wage jobs. www.snagajob.com

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>



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 Ilingworth at lin.illingworth@sau41.org or call 465-2269 for more information