

Counseling Communiqué

Acton-Boxborough Regional High School Counseling Department
<http://ab.mec.edu/abrhs/counseling/index.shtml>

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Breakfast: Off to a Good Start

Skipping breakfast is a fairly common practice among students at ABRHS. Students complain that they can't get up early enough, don't have enough time in the morning or simply aren't hungry so they skip this important initial meal of the day. This is a challenging habit to break, but many studies have shown us that starting the day with a healthy breakfast has many positive nutritional, academic and emotional benefits.

The National Dairy Council cites many different studies indicating that students who eat a healthy breakfast have an improved overall diet. Breakfast eaters enjoy higher daily intakes of many nutrients such as calcium, zinc, iron and vitamins A and C and are more likely than those who skip this meal to meet the daily recommendations for nutrient intake. Studies have also shown a connection between eating a healthy breakfast and maintaining a healthy body weight. Young adults who eat breakfast are also less likely to be overweight than those who skip this meal, despite the fact that they consume more calories throughout the day.

In addition to the health benefits of regularly eating a healthy breakfast, studies have demonstrated that doing so has a positive effect on cognition, memory and academic performance. Students who eat breakfast show improvements in grades and achievement test scores as well as better attendance and behavior. When students start the day with a healthy breakfast, they are better prepared to meet the academic challenges here in school, whether that means performing better on a test or quiz, staying awake and alert in class or actively participating in classroom discussion. Such classroom engagement leads to a better learning environment for all students and a more positive attitude toward school overall.

Healthy breakfast consumption can lead to more healthful food choices throughout the day, and a healthy, balanced diet and lifestyle positively impacts our well being in a variety of ways. When we start the day with this important meal, we enjoy improved mood and emotional well being and our interpersonal relationships benefit from our positive attitude. By getting the appropriate morning fuel, we can help avoid issues like moodiness, lack of focus and fatigue, all of which negatively impact our relationships with family and friends. As our students begin the school year, it is important to help them develop healthy habits that they can carry into adulthood. Encourage your children to start making a healthy breakfast part of their morning routine, either at home or in the school cafeteria. A balanced breakfast should include high fiber, whole grains, as well as fruits and dairy products in order to give your child the nutrients and energy he or she needs to start the day energized, focused and positive. The ABRHS school cafeteria offers delicious breakfast choices or you can make your own at home. Some good options are: oatmeal with strawberries and milk, whole grain cereal with banana slices, whole grain toaster waffles with peanut butter and orange juice, smoothies made with frozen berries and yogurt or milk, whole grain breakfast or protein bar with an orange, or yogurt with berries and granola. Bon Appetit!

Shannon Dandridge
School Counselor

Dates of Interest

October

- 7 Early Decision/
College Night -
7 P.M.
- 10 SATs and Subject
Tests administered
- 12 Columbus Day—
no school
- 17 PSAT adminis-
tered at ABRHS
- 20 Career Breakfast
- 24 ACTs adminis-
tered



Coming in November

- 2 Discover STEM
2009
- 3 Professional Day—
no school for stu-
dents
- 6 Term 1 ends
- 11 Veterans Day—no
school
- 18 Report Card dis-
tribution in home
room

Information for College Bound Seniors 2010

College Application Procedures

Student Responsibilities:

Students are responsible for mailing their own applications to colleges.

Note: Information you will need to fill out your application.

- High School CEEB Code: 222297
- Address: 36 Charter Road, Acton, MA 01720
- Telephone: 978-264-4700
- Fax: 978-264-3346
- The e-mail address format is first initial, last name (one word)@mail.ab.mec.edu.



Students should determine the number of specific Teacher Recommendations required by each institution and request teachers to complete a letter of recommendation. Students should provide each teacher with a stamped, addressed envelope for each school and the appropriate recommendation form, if provided. The official Acton-Boxborough Teacher Evaluation Form, available in the Counseling Center, may be substituted for the college form.

Please make sure that your counselor has received two teacher in-house recommendations and that you have completed the “My Resume” and senior questionnaire section in your Naviance account. It is also very helpful to have your parents complete the parent response form available through Naviance, in the Counseling Center, or in PDF form on the web site.

Complete the **Consent for Release of Student Records** for each school to which you are applying. Bring the forms to the School Registrar’s office or give them to your counselor. You must include a check made out to ABRHS for **\$4.00 for each transcript** that you would like mailed. The \$4.00 fee covers the cost of sending the initial transcript, mid-year report, and final grades.

All requests for transcripts must be submitted to the Counseling Department at least 15 school days before the application deadline. For example, for an early decision deadline of November 1st, requests must be received by October 9th.

SAT and other College Board scores: In order for your application to be considered and reviewed by any college, you must have your SAT Reasoning Test and SAT Subject Tests scores sent directly from the College Board in Princeton, New Jersey. This can be done at www.collegeboard.com.

Please pay attention to deadlines! And make appointments to meet with your counselor, who is there to help you. And, don’t forget, October 16th is “Senior Drop-in Day” where counselors will be available to help you with your applications during all four lunches. Refreshments will be served.



The Common Application

The Common Application is a tool that can simplify the application process to 391 member colleges across the United States. Students applying to colleges and universities which use the Common Application are able to complete one application and submit a copy to each member school they are applying to. The Common Application is given equal consideration to applications produced by the member college. Some Common Application member schools require a short supplement in addition to the universal form.

Common Applications, a list of member schools, and individual school contact information and requirements are available at www.commonapp.org.

Bulletin Board



Early Decision/College Application Workshop

The Counseling Department will hold the Early Decision/College Application Workshop for students and parents on Tuesday, October 7th at 7:00 P.M. in the auditorium. A presentation on the pros and cons of early decision and early action will be directed at seniors who are planning on applying early to college and to those who are considering this option.

In addition, counselors will review the procedures for students to follow in submitting applications and requesting transcripts, school reports, and teacher recommendations. Much of this information is available as a handout in the Counseling Center and on the web site, but the workshop offers students and parents a chance to review the steps and to have any questions answered.

Senior Drop In Day

Seniors are invited to come to the Counseling Center during all lunch periods on October 16th to have any of their college application questions answered. Counselors will free up their schedules to work exclusively with seniors all day! Light refreshments will be served.

College Planning for the Special Education Student

- Learn about the college application process as it relates to students with IEPs and 504 Plans.
- Learn about available support services.
- Learn strategies to navigate the admissions process.
- Understand how special education testing and SATs impact your college planning.

Wednesday
October 21, 2009
7:00–8:30 P.M.
ABRHS Chorus Room #106N



Students and parents/guardians are invited to attend this informative evening brought to you by the Acton-Boxborough Pupil Services Department.

NCAA Initial Eligibility



Students who are planning to enroll in college and participate in Division I or II intercollegiate athletics must have their eligibility status determined by the NCAA Clearinghouse. The NCAA Clearinghouse registration form is available online at www.ncaaclearinghouse.net and should be completed by the fall of the senior year. Students will need to print a copy of the Student Release Form and give it to the high school registrar. Once the NCAA has received the official six semester transcript, ACT or SAT scores, and required fee, a preliminary certification report will be available online. After graduation, if eligibility status is requested by a member institution, the Clearinghouse will review the final transcript and proof of graduation to make a final certification decision. Specific information regarding eligibility requirements is available at the NCAA web site.



Health and Wellness

Preparing for Influenza (Flu) – The main symptoms of the flu are fever and cough and/or sore throat. Some people may also have runny nose, body aches, headache and fatigue. Students need to stay home if they have a fever of 100.4 and have a cough or sore throat. Students may return to school 24 hours after they no longer have a fever without using fever reducing drugs like Tylenol/Advil.

Steps to Prevent the Spread of Flu – Practice good hand hygiene. Cover your mouth and nose with a tissue when you cough or sneeze and if a tissue is not available use your elbow or shoulder. Stay home if you are sick. Get a flu shot.

What is ABRHS doing to help prevent the spread of flu? The school nurses are conducting daily surveillance. The nurses are working in conjunction with the school physicians, administrators and the Acton Board of Health to plan for an H1N1 flu vaccination program for students. For more information regarding the flu, check out the APS/ABRHS web site.



Testing: PSAT/NMSQT Information

Students who have registered for the **October 17th** administration of the PSAT/NMSQT should review the registration bulletin and take the practice test to become familiar with the format of the PSAT. Any questions should be directed to Jodi Chu, Lindsay Rosenman or Judi Bowes at 978-264-4700, ext. 3556. Juniors will be receiving PSAT orientation in their English classes. This preparation should give students a better understanding of the test instructions and familiarize them with various types of questions which they will encounter.

On the Saturday morning of the test, students should be sure to arrive at 7:30 A.M. when the school opens. Each student should bring a calculator, two or three #2 pencils, and a good eraser that does not smudge. Wearing a watch to keep track of time is helpful. A good night's sleep the night before and some breakfast are also important. Testing will be completed around 10:30 A.M.

Career Exploration at Acton-Boxborough

A-B's Career Exploration Program offers students a variety of opportunities to gain information about careers and about the skills that are important for career success. Presentations in all US History II classes in September introduced juniors to this program. Information directed to juniors and their parents will be presented through Naviance regularly during the school year. At a series of Career Breakfasts, scheduled for October 20th, December 10th and March 9th, juniors and seniors can choose from one of ten or twelve career presentations. A list of the speakers for the October 20th event will be posted early in October. Questions about the Career Exploration Program can be directed to Kay Steeves (ksteeves@mail.ab.mec.edu or 978-264-4700, ext. 3444). See the article below for an exciting upcoming program.

Discover STEM 2009:

Monday, November 2, 6:00-8:30 pm at ABRHS

This is a showcase and career exploration of interactive **Science, Technology, Engineering, and Math** activities for grades 7 through 12, parents and members of the community.

Does solar energy pique your interest? Find out how the solar panels at Leary Field feed our power grid. How about web 2.0? Discover how virtual 3-D technology is revolutionizing community planning. See the latest in surgical devices, state of the art engineering and design software, night vision systems, Galileoscopes to celebrate the International Year of Astronomy rockets into space, the NEW Solar Prius and much more! Come and explore cool STEM applications with our exhibitors including engineers, scientists, technology professionals and A-B students who specialize in design and engineering, robotics, problem solving, green energy and banking technology. See their inventions and try them out!

Discover STEM is a reverse science fair that takes place every two years presented by the **A-B Parent Involvement Project (PIP)** with support from the A-B Regional Schools, The Discovery Museums, the Middlesex West Chamber of Commerce School Business Partnership (SBPC) and Groton-Dunstable STEM. **We are seeking student and parent volunteers to help with Discover STEM 2009 and ongoing PIP activities.**

For more information about this event, to volunteer or learn about other PIP Programs, visit www.actonpip.org.

