Counselors
Karen Dalton-Thomas, Department Head
Jane Bruce
Aimee Cairney
Elizabeth Finocchi
Randy Garry
Alison Gilroy
Sharon Greenholt
Matthew Strother
Brittany Hanna – Career Counselor

Last year we introduced an occasional feature in the Guidance Department Newsletter - “That was then – This is now”, with a view to celebrating Natick High School Alumni! Back by popular demand, and to kick off the month of October, we are delighted to introduce Mr. Michael Zambarano, from the Class 2008!

Mr. Zambarano, Class of 2008

Mr. Zambarano attended Sacred Heart University, and he was supported through the College Planning process by Mr. Strother his Guidance Counselor! You can find Mr. Zambarano teaching in the Physical Education Department, and coaching Football and Indoor/Outdoor Track. Welcome back, Mike, it seems like you never really left us!
What October has in Store – Events Not to Miss!

Mr. Harrigan will prompt parents to log into iPass/iParent and check Midterm Progress Grades on Friday, **October 7th**. We encourage students to meet with their Guidance Counselor, and see their teachers for academic support and assistance, if any of these grades are concerning. There is still time to positively impact overall results for Term 1.

- **October 5**: TEC College Fair @ Waltham High School (6:30 pm)
- **October 6**: Open House (6:00 pm Auditorium)
- **October 18**: Early Release Day
- **October 19**: PSATs Sophomores & Juniors
  - 9th Grade Field Trip
  - 12th Grade College visits/ job shadow day/ college and career in school workshops
- **October 19**: MEFA Financial Aid Night Presentation (7:00 pm Auditorium)
- **October 21**: Senior Parent College Meeting (7:30 am Lecture Hall)
- **October 31**: Senior Halloween Picture & Ice Cream Social
- **November 4**: End of Term 1

Finally, popular weather-lore was used to predict the following patterns...Rain in October, means wind in December; when birds and badgers are heavy in October, expect a cold winter; when berries are many in October, beware a hard winter, and if the October moon comes without frost, expect no frost till the moon of November. Luckily, we have more scientific techniques today! Have a great month.

**GRADE 9**

In September, all freshmen attended assemblies with the Guidance Department, in which we highlighted important topics for high school success, such as staying on top of school work, seeing teachers for extra help, and understanding how semester grades are calculated. We encourage parents to follow up with your children on this as well.

In the assemblies, we also showed students how to sign up to meet with their counselor. As we reach the halfway point of the term, this is a great time for students to check in with their counselor. Whether they have concerns about their grades or adjustment to Natick High, or even just want to stop by and say “Hi”, we always enjoy seeing our students!
Freshmen Field Trip

On October 19th, all ninth graders will attend an engaging, full-day field trip to Hale Reservation in Westwood or Project Adventure in Beverly. Both groups will participate in a series of high and low rope activities led by a certified ropes instructor. In addition to the ropes course, all ninth graders will participate in a series of team building activities and conversations led by NHS teachers and peer leaders. The topics for discussion are student stress and academic integrity, two issues of importance to our school community. Any students who have not turned in their permission forms should bring them to their Global Awareness teachers; along with the $40 field trip fee (students in need of financial assistance should contact a member of NHS administration). Enjoy the field trip, freshmen!!!

Applications Open for the Hugh O’Brian Youth Leadership (HOBY) Program

Introducing - Hugh O’Brian Youth Leadership (HOBY)

What is Hugh O’Brian Youth Leadership?

- One of the nation’s foremost nonprofit youth leadership development organizations.
- The HOBY mission is to inspire and develop a global community of youth and volunteers to a life dedicated to leadership, service and innovation.

PSAT

All members of the sophomore and junior classes will take the PSAT's on October 19th, 2016 during the school day. Juniors will take the College Board’s PSAT for no charge, as the Natick Public School system is paying the test fee for all juniors. Natick High has partnered with KAPLAN in an effort to offer a practice PSAT test to our sophomores also at no charge. Sophomores will take a PSAT designed by KAPLAN.

Please have your student arrive to school by 7:15am on October 19th. THE TEST WILL START PROMPTLY AT 7:30 AM. Students do not have to pre-register. Remind your child to bring #2 pencils and a calculator. More information regarding test preparation for the PSAT and SAT tests can be found below:

http://www.collegeboard.com/student/testing/psat/prep.html

http://www.kaplanatschool.com/natick

https://collegereadiness.collegeboard.org/about
• The HOBY Vision is to motivate and empower individuals to make a positive difference within our global society through understanding and action based on effective and compassionate leadership.
• Core Values include - Volunteerism, Integrity, Excellence, Diversity and Community Partnership.
• Each Spring HOBY conducts 70+ leadership seminars throughout the United States and Internationally, in many countries such as Canada, Mexico, China, Israel, Korea, Taiwan and Bolivia.
• Over 9,000 high school sophomores are selected annually, as HOBY Ambassadors from their respective schools, across the country and participate in HOBY State Leadership Seminars.
• HOBY Ambassadors have the distinction of representing their school and state.
• This year Natick High School may nominate three HOBY Ambassadors.
• HOBY Leadership Seminars prepare high school sophomores to become effective and ethical leaders.

How to be selected as a HOBY Ambassador?

• Sophomore students are encouraged to apply!
• The application process will consist of writing an essay, “In 1-2 pages (max), please describe the most rewarding and challenging aspect of being a leader in your school and community.” The essay should be submitted to Mr. Garry or Ms. Greenholt in the Guidance Department or your Guidance Counselor by 2:30 p.m. on Thursday (Red 2), November 3rd 2016.
• A student will be selected based on demonstrated or potential leadership ability and exhibiting one or more of the following characteristics:
  - Outstanding oral/ written communication skills
  - Critical/ creative thinking and creative problem solving
  - Decision making skills
  - Sensitivity to the needs/ concerns of others
  - Leadership qualities
  - Courage to speak out for one’s beliefs and challenge authority
  - Participation/ interest in community service activities.

The results will be announced during the week of November 14th 2016. The 2017 MA HOBY Seminar will be held from June 16th-18th 2017 at Bentley University in Waltham, MA. The registration fee is $298 and the process will be discussed with the candidates who are selected. The seminar is a high-energy three-day program, which focuses on three phases of leadership – personal leadership, group leadership and leadership for society. If you would like more information please speak with Mr. Garry or Ms. Greenholt in the Guidance Department and visit [http://www.maHOBY.org/](http://www.maHOBY.org/) or [www.hoby.org](http://www.hoby.org). Remember you have to be in it, to win it. Good luck!

GRADE 11

COLLEGE FAIR
October 5, 2016
THE EDUCATION COOPERATIVE
And
HIGHER EDUCATION COMMITTEE
Invites you to attend our Annual College Fair
@ Waltham High School
617 Lexington Street
Waltham, MA
6:30 – 8:30 pm

Over 130 Colleges from around the country will be attending. Free and open to the public, this fair allows students to network with the various colleges and postsecondary representatives to discuss – admissions, course offerings, college life and other information important to the college selection process.

Please visit the TEC web site [TEC College Fair](http://teccollegefair.org) for more information regarding the upcoming event.
All members of the sophomore and junior classes will take the PSAT’s on **October 19th, 2016** during the school day. Juniors will take the College Board’s PSAT for no charge. The Natick Public School system will cover the test fee for all juniors. Juniors taking the PSAT will be eligible for NMSQT Scholarship and Recognition. National Merit Scholarship Corporation (NMSC) uses the PSAT/NMSQT as an initial screen of program entrants. NMSC conducts two annual competitions for recognition and scholarships: National Merit Scholarship and National Achievement Scholarship Program. Other recognitions include National Hispanic Recognition Program, National Scholarship Service, and National Telluride Association.

Please have your student arrive to school by 7:15am on October 19th. **THE TEST WILL PROMPTLY START AT 7:30 AM.** Students do not have to pre-register. Remind your child to bring #2 pencils and a calculator. More information regarding test preparation regarding for the PSAT and SAT tests can be found below:

- [http://www.kaplanatschool.com/natick](http://www.kaplanatschool.com/natick)
- [https://collegereadiness.collegeboard.org/about](https://collegereadiness.collegeboard.org/about)

**GRADE 12**

Students with a **November 1 Early Action or Early Decision deadline** should be submitting their transcript request forms to their guidance counselor by **October 11th** at the latest. Transcript Request Forms [here](#).

Please note that students with a **January 1, 2017** deadline must submit their transcript request forms to Guidance by **December 1, 2016** to assure timely submission of their college materials.

**Senior Parent Meeting**: October 21st at 7:30 am in the Lecture Hall

Senior parents - feel free to join us for an informal conversation to answer all questions concerning the college process. All counselors will be in attendance.
MEFA Financial Aid Night: October 19th from 7 - 9pm in the High School Auditorium

➤ A MEFA representative will present information on how to complete the FAFSA form required for all students planning to attend college and needing aid for the 2017/18 school year. The MEFA representative will share how the colleges are handling the new FAFSA release date.

SAT/ACT:

Registration deadlines for the October ACT and November SAT are fast approaching. Students must register at www.collegeboard.com or www.actstudent.org. Students are responsible for sending their standardized test scores directly to the colleges through their College Board and/or ACT account.

➤ October 1: SAT at Natick
➤ October 7: Regular registration deadline for November 5th SAT at Natick
➤ October 22: ACT at Natick
➤ October 25: Late registration deadline for November 5th SAT at Natick
➤ November 3: Registration deadline for the December 3rd SAT (not at Natick)
➤ November 4: Registration deadline for the December 10th ACT (not at Natick)
➤ November 5: SAT at Natick

➤ Students who wish to take the exams at NHS are advised to register early as we do fill up as a test site.
College Conferences:
College representatives will be visiting the high school throughout the fall. Students can view a list of all scheduled conferences, and register through their Naviance/Family Connection account. Conferences are scheduled for either 7:30 a.m. or 2:00 p.m. We encourage students to attend conferences for those schools in which they are interested and/or intend to apply to. This provides a great opportunity to share and receive information as well as network with college representatives who are frequently the readers for Natick applications. The list of colleges is updated regularly.

For information on how to sign up please click here.

Family Connection/Naviance

College Visitations:
We encourage students to continue to visit colleges throughout the fall. The high school allows students two excused absences per semester for college visitations. For students electing to utilize this opportunity, the Campus Visit Form must be completed and submitted to the front office. Campus Visit Form

HANNA’S CORNER
College and Career Readiness Center

The College & Career Readiness (CCR) Center has gotten off to a busy start! Mrs. Hanna has been contacted by both individuals and businesses offering community service and job opportunities to students. Direct links to the community service and job opportunity web pages are located on Career and College Readiness Website. Please check out the CCR bulletin board located between the gymnasium and cafeteria as it is updated regularly. Feel free to drop by her office in room 131 or schedule a time to meet with her if you have any questions.

The Career and College Readiness Center offers:
- Senior Internship Program
- Work-Study Program
- Community Service Opportunities
- Dual Enrollment (at local colleges)
- Job Placement & Application Assistance
- Resume Writing
- Interview Skills
- Job Shadows
- Career Exploration

Seniors:
A presentation will be done by Mrs. Hanna on Thursday, November 16, 2016 at 7:30am in the auditorium regarding the Internship program. The Senior Internship Program is an intensive learning experience that provides opportunities to gain knowledge and develop skills related to the work force. Seniors participate in the internship program from April to May, ending the program with a showcase presentation. Stay tuned for more information to come regarding program expectations, how to sign-up and identifying internship sites.

Community Service:
All NHS students are required to complete 30 hours of Community Service in order to graduate. Please visit the Community Service Website for more information and to print the Community Service Form. Some of the most recent additions to the list of opportunities:

National Multiple Sclerosis Society:
Looking for an aide to assist in organizing, cleaning, and setting up a home office. Flexible hours and within walking distance from the high school.
Community Service:

**Assistant Volleyball Coaches:** Every Wednesday from 5pm-6:15pm from September 28th-December 7th. Located at the Community Senior Center, Natick.

**Broadmoor Wildlife Sanctuary:** Looking for a visitor services receptionist to greet visitors and assist with program registrations and a property manager to help with light maintenance. Weekday and weekend hours available.

**Natick Artists Open Studios:** October 15 and October 16, 2016, to greet people and gather minor personal information for data collection at various locations throughout Natick.

**Natick Farmers Market:** Every Saturday from 9am - 1pm, looking for students to help do face painting and assist vendors.

Employment:

To learn about these and many more opportunities visit the [Employment Opportunities Website](#).

**Children's Center Assistant:** Bright Beginnings Children's Center is looking for someone to assist the preschool teacher with activity planning and supervising the children. 3:00pm-5:30pm, Monday through Friday (or as many days as employee can work).

**Bank Teller:** Teller at Middlesex Savings Bank in Natick, 2-3 Saturdays per month with availability for extra hours during school vacations.

**Ice Skating Instructor:** 3:15pm-5:15pm on Tuesdays and Thursdays from October 11-November 3 at St. Sebastian's School Ice Skating Rink. Should have some basic skating experience.

**Assistant at Sweet Meadow Farm:** Multiple positions and hours available ranging from a pony ride assistant to movie editor. Required strong leadership skills and a positive attitude.

**Babysitting:** Multiple positions offered!

☀️ **Bright Outlook Occupation of the Month ☀️**

**Athletic Trainer**

- Evaluate and advise individuals to assist recovery from or avoid athletic-related injuries or illnesses, or maintain peak physical fitness. May provide first aid or emergency care.
  - May Specialize In:
    - Developing exercise or conditioning programs.
    - Operating diagnostic or therapeutic medical instruments or equipment.
    - Preparing reports summarizing patient diagnostic or care activities.
    - Treating patients using alternative medical procedures.
    - Informing medical professionals regarding patient conditions and care.
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<td>Rosh Hashanah/School Closed</td>
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<td>TEC College Fair</td>
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<td>Registration Deadline For Nov 5th SAT’s</td>
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