

Freshmen Year Guidance Newsletter - August 2017

Phone: (508) 693-1033, ext.121

Freshman Guidance Counselor: John Fiorito, ext.143

Counselors: Shauna Nute, ext.120, Michelle Lynch, ext.174

Director of Wellness: Amy Lilavois, ext. 291

School Adjustment Counselor: Matthew Malowski, ext. 130

Guidance Administrative Support: Cynthia Grant, ext. 121, Bonnie Tilton, ext. 222

Director of Guidance: Mary MacDonald, ext. 119

Welcome MVRHS Freshmen

We hope you are having a great summer and are looking forward to beginning high school in September. Anticipating the start of high school is usually very exciting. A new school building that is much bigger than your elementary school, new teachers who don't know you and generally a new level of expectations will add a little sense of nervousness to the excitement. Please understand with all these unknowns confronting you, there are some basic constants that if you understand and believe in, will invariably lead to a productive freshman year. Those who succeed at the high school are organized, do their homework and are involved in school activities. These seem simple enough and many freshmen who enter school in September with intentions of following these basic guidelines do and succeed. Unfortunately, a few don't follow through with these concepts and falter at some point in the year.

Before school starts in September, ask yourself what kind of student you are going to be at the high school. Will you understand that it is easier to be the student who takes the time to do their homework, meet with their teachers after school when needed, and utilizes the school library for research or a quiet place to do their homework? If you do these things and play a sport, join a club, or participate in the musical/dramatic productions, you will be a happy freshman. You will look back in June 2018 on your freshman year and wonder what you were nervous about.

Summer Scramble for Schedules will be August 23, 24, 25 (Wed., Thurs., Fri.) from 9 a.m. - 1 p.m.

Students may come to Guidance and sign in to see a counselor during this time to add and drop courses and make schedule changes and adjustments before school starts. These are not appointments but a first-come, first-serve method that works well.

Freshmen Orientation on Friday, September 1 from 7:40 am – 12 noon

Freshmen will have an opportunity to meet with all their classes and teachers. They will also have an assembly in the Performing Arts Center to start their day.

Freshmen Parents Night Thursday, September 14 Performing Arts Center 6:30 – 8:30 p.m.

All freshmen parents are invited to attend Freshmen Parents Night. Sara Dingley, Principal, Barbara Jean Chauvin, Freshmen Assistant Principal, and John Fiorito, Guidance Counselor will host this night to answer any questions about the high school. This is annually a good night to hear from our staff and fellow parents about how the high school transition is working for everyone.

Guidance Appointments

Mr. Fiorito will meet individually with each of the freshmen throughout September and October. During these meetings, they will discuss classes, homework, schedule and general transition issues. He is available as well to any freshmen by appointment. Students need to come to the guidance office to schedule these meetings and are encouraged to do so whenever they have questions or concerns.

continued

Required Student Registration with Family ID

MVRHS will now be using *FamilyID* to gather MEDICAL and DEMOGRAPHIC information. Registration process should be completed by AUGUST 30. In future years, your child's information will carry over and parents will only need to review, update and confirm.

What to do to register your child using *FamilyID*:

1. Go to www.familyid.com
2. If your child is an athlete, you may already have an account. Sign into that account.
3. If not, you will need to create a new account.
 - a. Your email address will be your log in
 - b. Create your own password
 - c. Identify your school (Martha's Vineyard Regional High School)
4. There will be three clickable links
 - a. MVRHS Demographics (REQUIRED FOR ALL STUDENTS): All parents must complete this important information. This includes emergency contact info, field trip permissions and general contact information
 - b. MVRHS Medical Form (REQUIRED FOR ALL STUDENTS): All parents must complete this to provide information to the school nurse
 - c. MVRHS Sports Registration: The parent of any student participating in a sport must complete Sports Registration to play.

Portal Plus

Parents/guardians and students will use their access codes to establish an account for Portal Plus. Freshmen parents/guardians have been mailed Portal Plus information and access code. Portal Plus is an internet based service providing access to student schedules and assignments, attendance, and discipline reports. This will enhance our communication and cooperation to better meet the needs of the students. Students, also were given a code in the mailing. Students and parents must have separate accounts for Portal Plus.

School Website

The website www.mvrhs.org has valuable information on all areas having to do with your schooling. Our program of studies, calendar, student handbook, school profile, and links to Family ID and the Portal are on the website. For the guidance related subjects, just click on guidance on our homepage. We recommend you visit this site to see the many available resources.

Important Information

- If you have any questions about grades, homework, makeup work, etc., please contact the teachers directly.
- If your child is going to miss school for any reason, please contact the attendance clerk.
- If your child is going to miss school for a prolonged period of time due to illness (i.e. more than five days) please send a doctor's note to the school nurse and then contact guidance. We will request homework assignments that you can pick up in the guidance office.
- If you are taking your child out of school for a family vacation, please have your son or daughter meet with the principal's secretary and fill out a travel request form.

A Note to Parents

As exciting a time this is for incoming freshmen, it can be interesting for parents. Your children are entering a world that is bigger and harder for you to control. While most of you are probably celebrating your children's next step on the educational ladder, you may also be bemoaning the fact that it will now be harder to keep tabs on their daily academic performance. We have tried to make it easier for parents to keep the lines of communication open with teachers and have a resource for general high school events and important meetings. The high school web page www.mvrhs.org has been an invaluable resource to parents. Parents/guardians and

continued

students should have received a mailing providing information and instructions regarding Portal Plus. Portal Plus is an internet based service providing access to student schedules, attendance, and discipline reports. This will enhance our communication and cooperation to better meet the needs of the students. Please understand, teachers do not have phones in their individual classrooms and a twenty-four hour window should be anticipated for most messages to be gathered by our staff.

Homework and makeup work appears to be the biggest obstacle for most freshmen. Please help your child begin the year organized and help them maintain this organization throughout the year. Despite their cries that you are the only parent doing these things, most freshmen need gentle reminders to complete their homework and make up missed assignments (whether they were missed because of athletics, field trips, or illness). Please get them in a solid routine early. Every student will have homework that will need to be done at home. Even if your child has a study hall, we have yet to meet a student who can complete all their homework in a study hall that meets every other day. Good luck and we look forward to working with your child and you.