



May 2018

Guidance Newsletter

Congratulations

Class of

2018

'The Military Through My Eyes'

Photo Contest Winners

1st Place Winner



"As a military child, the sun is one of the few objects that I can see wherever I go and where ever I am".

Garrett Ashley
9th grade

3rd Place Winner



"This picture symbolically represents how individuals of different races can work together to achieve different tasks, especially in the army"

Jalen Coley
9th Grade

2nd Place Winner



"I am a military kid
I move from place to place
I am a military kid
I always have a smile on my face
I am a military kid
I help my family through
I am a military kid
I serve my country too"

Victoria Ashley
9th grade

Dates to Remember

May

- 5th- Attendance Recover,
- 7th -11th- Teacher Appreciation Week
- 7th- AP testing Begins
- 8th- Page 1 Awards
- 9th- Baseball State Playoffs
- 10th- Track Meet
- 10th- Spring Chorus Concert
- 19th- Attendance Recovery
- 24th- Graduation at 4:00 pm



Summer School Information

Northside High School is committed to providing academic opportunities for our students. Summer school is offered to students who failed to receive credit in an academic subject during the school year.

- ✓ Students who have a 60-69 end of year average are eligible for this program
- ✓ Courses must be completed one at a time
- ✓ No more than 2 credits may be earned
- ✓ Students are required to attend daily until their course have been successfully completed
- ✓ More than 4 absences will result in removal from the program
- ✓ There will be no entry after 9:00 am and students must remain until 12:00 dismissal
- ✓ A short break will be provided daily. Drink and snack machines will be available

Summer School & NCAA

The Summer School Credit Recovery Program is NOT approved by the National Collegiate Athletic Association (NCAA) for students seeking course credit to be eligible for college/universities under the regulations of the NCAA. Students receiving credit from the program will NOT be eligible under the NCAA guidelines.

Summer School Courses Offered

Language Arts

9th Grade Literature
10th Grade Literature
American Literature (11th grade)
British Literature (12th grade)

Math

Algebra I
Geometry
Algebra II
Mathematic of Finance
Pre- Calculus

Science

Biology
Chemistry
Environmental Science
Physical Science

Social Studies

US History
World History
Civics
Economics

The Ultimate Summer Checklist for High School Students

Once you enter high school, you should spend each summer adding something to your college resume. This means that, instead of lounging around for three months, you need to have something impressive and productive lined up for the summer before it even starts.

In addition to your big summer tasks, each summer brings about different priorities and tasks that you need to complete in order to be ready for your college applications and college itself. For a detailed list of everything you need to accomplish during your high school summers, read on.

Freshmen Summer Checklist

This summer is all about getting ready for high school and making sure that you start the next four years off on the right foot. Here are the things you should be sure to do:

- ✓ Acquaint yourself with your high school by attending registration and orientation so that you won't be lost on the first day.
- ✓ Make sure that you're ready for high school by buying all your school supplies, figuring out transportation, buying your textbooks, finalizing your class schedule, and working out all other logistics.
- ✓ Create a four-year plan of the classes you intend to take throughout high school.
- ✓ Make a list of which clubs and activities you may want to pursue during high school.
- ✓ If you can, try and do some community service work or attend an academic program.

Sophomore Summer Checklist

You may not be old enough to get a job or a fancy internship just yet, so try and procure a summer activity that will both impress colleges and be feasible at your age. These include:

- ✓ Taking on an impactful community service project. See [32 Community Service Ideas for Teen Volunteers](#) to get you started.
- ✓ Shadowing someone in a career that interests you. Even if it is just for a week or two, the experience could prove to be invaluable.
- ✓ Working in a lab or hospital that takes high school volunteers/interns.
- ✓ Attending a pre-college summer program at a university you really want to attend in a field you think you may want to pursue.
- ✓ Now may also be a good time to start thinking about your college list and doing a few college visits. You have some time before you need to finalize the list, though, so don't make this your first priority.

Junior Summer Checklist

This is a huge transitional summer. You are probably old enough to enter the workforce and do many adult things like driving and getting paychecks. Show that you have taken hold of your newly found independence and maturity by making your summer productive. Here are a few things you should consider doing:

- ✓ Getting a job at any local business or company that will hire high school students. Don't expect anything too fancy. Most students' first job is a simple minimum wage job.
- ✓ Again, working in a lab or hospital that takes high school students/volunteers is a great way to gain real-world business skills while making a difference.
- ✓ This is also the time when you should start thinking about taking the SAT and ACT, as you will need one of those exams to apply to college. The earlier you start studying for each, the better off your score will be. So maybe take some time this summer to decide whether the SAT or the ACT is right for you, and start studying!
- ✓ You should also start doing college visits more frequently and start writing out an official college list. You don't need to narrow it down just yet, but you do need to start thinking about where you might want to go to college and what you may want to study.

Senior Summer Checklist

This is a pivotal summer for your college admissions success. Simply put, this is your last chance to do something impressive and get all of your things ready to apply to college. These are the must-do's for the summer before senior year:

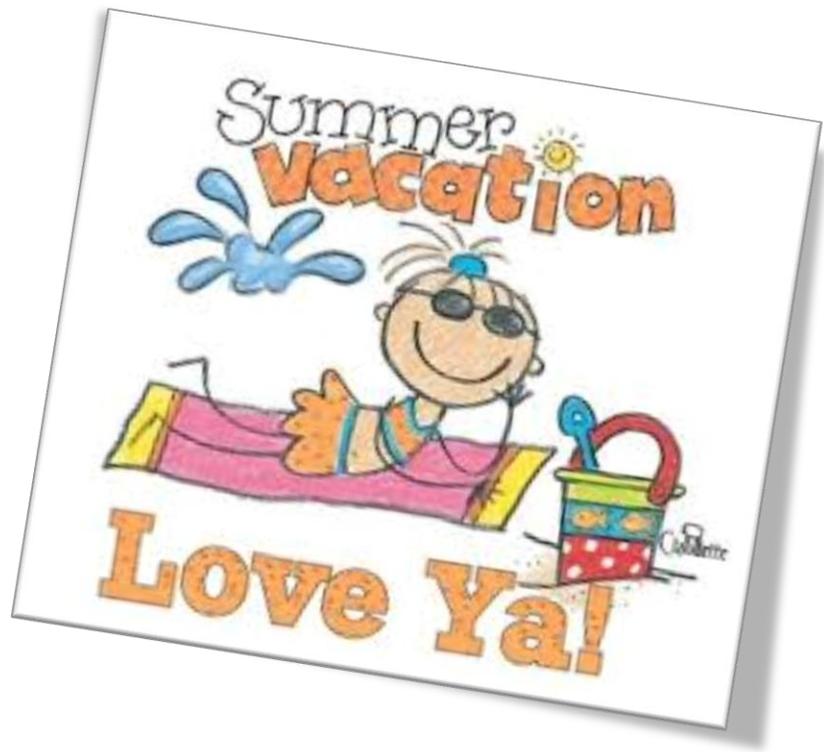
- ✓ Gather all of the information you'll need for your college applications, including your test scores, your extracurricular profile, your community service work, and your work experience.
- ✓ Secure a copy of your latest transcript, GPA, and class rank so that you can refer to it when you're filling out your college applications.
- ✓ Take on a project that will really set you apart from other applicants on your college applications. This could be an internship at a company that takes high school interns, creating your own business or startup, etc.
- ✓ Finalize your college list. This is an ideal time to figure out which colleges you are going to be applying to and getting everything in order for application season.
- ✓ If you're still trying to take the SAT or ACT to get a higher score, focus on studying for those exams. You're running out of chances to improve your score!

License and Permit Forms

Students can request their ADAP and certificate of enrollment forms during the summer. Mrs. Lowry will be available in the front office to provide those. **Please remember that the ADAP and certificate of enrollment forms are only valid for 30 days.**

Grade Distribution and Weight

Grade	Reg Class	Honors	AP
90-100	4.0	4.5	5.0
80-89	3.0	3.5	4.0
70-79	2.0	2.5	3.0
0-69(failing)	0.0	0.0	0.0
Credit Requirements			
10 th = 5 credits	11 th = 11 credits	12 th = 16 credits	



Driver's Ed Scholarships

Go to SafeteenDrivingAcademy.com – Fill out the contact form and click submit. Follow instructions & complete application.

Deadline: 5th of each month

If you are 15-17 years of age with a GA Learner's Permit you may qualify.

Go to barberdrivingschool.com and click Scholarship Program.

Neither of these programs are affiliated with NHS.



As the school year comes to an end and you work to tackle the many items of your to-do list, it is likely that you will feel stressed and overwhelmed at times. A great way to manage your stress and anxiety is to practice being present and mindful. Mindfulness is the practice of centering yourself to the present moment, being aware of your physical surroundings and sensations, and noting when and where your mind wanders during those times. Mindfulness practice is growing in popularity for stress management, as it is a great way to slow down and reflect on the present moment. Whether it's following a guided meditation, practicing deep breathing, or simply sitting in a quiet room with your eyes closed and centering yourself, mindfulness is a great way to alleviate stress and anxiety. Mindful.org outlines five basic elements of mindfulness practice that serve as great guidelines for regular mindfulness practitioners as well as those new to the practice. Their suggestions are as follows: designate a specific time during the day to be mindful; pay attention to the present moment; allow judgments that arise in your mind to disappear; remind yourself to return to the present moment when distractions arise; forgive your mind when it wanders. Next time you're feeling overwhelmed with academic, extracurricular, or life stressors, give mindfulness a try!