

# Welcome



## August 2018 Guidance Newsletter

### WHO'S MY COUNSELOR?

Senior Counselor

Mrs. Dean

Junior Counselor

Mrs. Rolison

Sophomore Counselors

Mrs. Rolison (A-L)

Mrs. Randolph (M-Z)

Freshmen Counselor

Mrs. Randolph

## NEW YEAR, NEW OPPORTUNITIES

### Can you believe that the summer is over already?

It feels like just yesterday that we were outside waving goodbye to all of the students as they were departing for summer vacation, where did the time go? As exciting as it is to head out for the summer, we must admit that it is even more exciting to welcome everyone back! We would like to welcome our incoming freshman and welcome back our sophomores, juniors, and seniors! We hope that you are just as excited as we are to kick off another exciting year at NHS!

Let's face it, coming back to school after summer vacation can be quite difficult. Check out these healthy habits to make your transition back to school as smooth as possible!

### Healthy Eating Habits

It is so important to feed your body with healthy foods but let's face it, it's not always easy when we are scrambling to get ready for school in the morning. Eating a healthy, well-balanced breakfast will help you maintain focus throughout the day and curb your craving for junk food. Packing school snacks? Try some fruits, vegetables, nuts, granola bars, and other healthy alternatives!



### Healthy Body, Healthy Mind

Not only is it important to feed your body with healthy foods, it is also equally important to stay active. You don't have to be a star athlete to stay active! Walking, jogging, biking, hiking, and other outdoor activities are great exercises for your mind and body. Staying active will help keep you healthy both physically and mentally!

### Consistency

Routine, routine, routine! Admit it, you've all asked the question "can I stay up for 15 more minutes, please?" Maintaining consistency in all aspects of your life will help you in the long run. It is recommended to get at least 8 hours of sleep at night - those extra 15 minutes of sleep will make a difference when your alarm goes off in the morning! Set a schedule and stick to it.





## What can we do for you?

Individual Counseling:

- Academic
- Social and Emotional
- Personal Issues or Concerns
- Decision Making
- College and Career Counseling

## Attendance Policy

As in the past, all doctors' notes will be considered an excused absence. However, only 3 parent notes will be accepted as excused absences per 9 weeks, this includes checkouts! When a student checks out of school for any portion of the day, it will be considered a parent note unless the student turns in a doctor's excuse the following day to his/ her 1<sup>st</sup> period teacher. Any additional parent notes will be considered as an unexcused absence. Students may attend Attendance Recovery session (designated Saturdays throughout the year) in order to regain attendance credit for excused absences only.

**Sixteen (16) absences in any course, either excused or unexcused, will result in a loss of credit for that corresponding course.**

## Tardy Policy

- 1st/ 2nd tardies to class- warning
- 3rd, 4th, 5th tardies to class- central detention is assigned per tardy
- 6<sup>th</sup> or more tardies- ISS 1 day

## 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.

## Promotion and Graduation Requirements

To become a....

- **Sophomore** students need to earn 5 credits
- **Junior** students need to earn 11 credits
- **Senior** students need to earn 16 credits

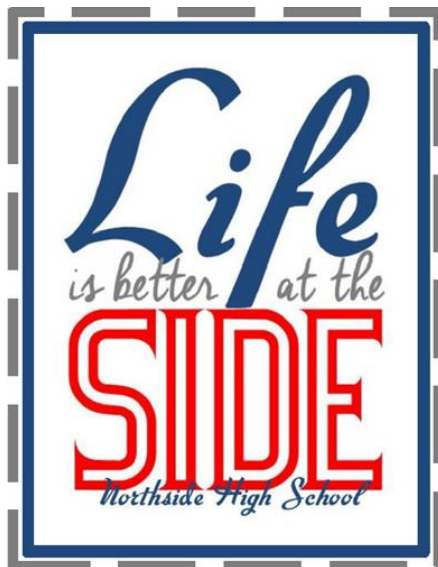
To **graduate**, a student must meet the following requirements:

- 4 years of English
- 3-5 years of History
- 4 years of Science
- 4 years of Math
- 2 years of a Foreign language (to be considered eligible to apply for a 4 year institution)
- 1 year of PE/Health



## Career and Technical Education Pathway Options

- Architectural Drawing and Design- Skills USA
- Fashion Merchandising and Retail Management- DECA
- Nutrition and Food Science- FCCLA
- Marketing Communication and Promotion- DECA
- Therapeutic Services- HOSA
- JROTC- Drill and Rifle Teams
- Wed and Digital Design- FBLA
- Teaching as a Profession
- Therapeutic Services- Sports Medicine



## SAT Testing

- The SAT is a fair and straightforward test. It \$ 46.00 (with writing \$62.50)
- Register at: [www.collegeboard.com](http://www.collegeboard.com)
- Content:
  - Reading
  - Writing & Language
  - Math
  - Essay (Optional)
- Scored on a scale of 400-1600
- **NO PENALTY** for guessing

## SAT 2018-2019

SCHOOL CODE: 110838  
Register online at [www.collegeboard.com](http://www.collegeboard.com)

Test Date	Deadline	Late Deadline (+\$29)
. Aug 25	. July 27	. Aug 15
. Oct 6	. Sep 7	. Sep 26
. Nov 3	. Oct 5	. Oct 24
. Dec 1	. Nov 2	. Nov 20
. Mar 9	. Feb 8	. Feb 27
. May 4	. April 5	. April 24
. June 1	. May 3	. May 22

Registration fee: \$46.00 w/ writing \$60.00  
Fee Waiver Available for Students on Free or Reduced Lunch...See Mrs. Rolison in Guidance  
DON'T forget to send your scores to the FOUR schools for free before logging out!

## ACT Testing

- \$ 46.00 (with writing \$60.00)
- Register at: [www.actstudent.org](http://www.actstudent.org)
- Content:
  - Reading
  - Science Reasoning
  - Math
  - Essay (Optional)
- Scored on a scale of 1-36
- **NO PENALTY** for guessing

## ACT 2018-2019

SCHOOL CODE: 110838  
Register online at [www.actstudent.org](http://www.actstudent.org)

Test Date	Deadline	Late Deadline (+\$29.50)
. Sep 8	. Aug 10	. Aug 26
. Oct 27	. Sep 28	. Oct 14
. Dec 8	. Nov 2	. Nov 19
. Feb 9	. Jan 11	. Jan 18
. Apr 13	. Mar 8	. Mar 25
. Jun 8	. May 3	. May 20
. July 13	. June 14	. June 24

Registration fee: \$46.00 w/ writing \$62.50  
Fee Waiver Available for Students on Free or Reduced Lunch...See Mrs. Rolison in Guidance  
DON'T forget to send your scores to the FOUR schools for free before logging out!

## FAQ'S: Have a question? We can answer it!

**Q:** Can I talk to a counselor without my mom or dad knowing?

**A:** Confidentiality is key in maintaining a positive therapeutic relationship. Mom and dad don't need to know everything that we talk about however, there are three things that we must tell other adults if you tell us.  
1. If someone is hurting you. 2. If you are hurting yourself. 3. If you are going to hurt someone else.

**Q:** Do I need permission to see a counselor?

**A:** If you would like to see your counselor all you need to do is ask! Grab a pass from a teacher and come on down! Our doors are always open and we love to see new faces! You can even schedule a time to eat lunch with your counselor if you are unable to come down during any other time of the day!

**Q:** What is the HOPE Scholarship and what are the academic eligibility requirements?

**A:** The HOPE Scholarship is a merit based scholarship that provides assistance towards the cost of tuition at eligible public and private Georgia postsecondary institutions. A student must graduate from an eligible high school with a minimum **3.0 HOPE GPA** (as calculated by GSFC) and meet specific rigor course requirements.

**Q:** What is the Zell Miller Scholarship and what are the academic eligibility requirements?

**A:** The Zell Miller Scholarship is a merit based scholarship that provides full tuition at a public postsecondary institution and tuition assistance at an eligible private postsecondary institution. A student must graduate from an eligible high school as valedictorian or salutatorian (meeting the requirements of the HOPE Scholarship) or graduate with a minimum **3.7 Zell Miller GPA** (as calculated by GSFC) along with a minimum combined score of 1200 on

the math and reading portions of the SAT or a minimum composite score of 26 on the ACT (single national administration of either test) and meet specific rigor course requirements.

**Q:** What are the HOPE Rigor Courses offered at NHS?

**A:** You must have 4 classes that meet the rigor requirement for HOPE and Zell Miller

- AP Language / AP Literature / Dual Enrollment English
- Acc Geometry/ Algebra II
- GSE Algebra II / GSE Pre Calculus / AP Calculus / AP Statistics
- College Math Readiness / Dual Enrollment Math
- AP US History / AP World History / AP Macroeconomics
- Dual Enrollment History
- H Chemistry / AP Chemistry / H Physics / AP Biology
- AP Environmental / Human Anatomy
- Dual Enrollment Science
- Spanish II / Spanish III / Spanish IV / AP Spanish
- Not all classes listed are offered each school year.
- Visit [gafutures.org](http://gafutures.org) for HOPE and Zell Miller info

**Q:** What sports and clubs are offered at NHS?

**A:**

- **Fine Arts Programs**
  - Art- Art Club, National Art Honors Society
  - Band- Marching, Jazz, Ensemble
  - Chorus- Northside Singers
  - Drama- Drama Club, International Thespian Society
- **Athletics**
  - Baseball – boys
  - Basketball – boys/girls



- Cross Country– boys/girls
- Football – boys
- Golf – boys/girls
- Cheerleading- football/competition
- Rifle team
- Soccer – boys/girls
- Softball – girls
- Track – boys/girls
- Swim – boys/girls
- Tennis – boys/girls
- Volleyball – girls
- Wrestling – boys

## • Clubs and Extracurricular Organizations



- Academic Decathlon
- Broadcast Team
- Chik-Fil-a Leadership Academy
- Class Council
- Chess Club
- Creative Writing Club
- Debate Club
- Fellowship of Christian Athletes
- Literary Magazine
- Lunch Time Book Club
- Math Team
- Model United Nations
- Mu Alpha Theta Math Honor Society
- Newspaper
- NHS Mock Trial
- Science Olympiad
- TEAMS
- Teen Advisors
- Yearbook
- FCCLA
- FBLA
- HOSA
- Robotics