



Commitment – Citizenship – Harmony - Scholarship

Volume 28 – Number 6

February News - 2012

Dear CCHS Parents,

It is nice to have mid-year exams behind us and to look forward to February Break. Mark your calendars---February Recess begins on Monday, Feb 20th and runs through Friday, Feb. 24th. Mid- term grade reports will be available around February 10th.

On **February 28th the Domestic Violence Victim Assistance Program** will co-sponsor our presentation on Teenage Dating Violence. Details about this program will be in the daily announcements.

Please remember to attend the Principal's Coffee on Monday, February 6 at 8:30am. This is a great way to keep in touch with what is going on at the high school. Many thanks to Leigh Tappen for providing delicious baked goods at these monthly coffees.

By now you should have received a letter about our Annual Appeal. **PLEASE GIVE WHAT YOU CAN!** Your support is critical to the programming that the PA provides throughout the year and too many wonderful opportunities for our students and teachers. **EVERY GIFT HELPS AND IS VERY MUCH APPRECIATED.**

Thank You,
Beth Holmes
CCHS PA President

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- **There will be a Transportation Forum on February 1st @ 7:00 p.m. in the Alcott Auditorium.**
 - **Advanced Placement Exam Registration begins on February 6 and ends on February 17.** Please see Mrs. Coleman in the main office to register.

- **From CCHS Student Senate –**

Starting on February 6th, there will be an iPod Drive at CCHS collecting any used iPods to be placed in cancer treatment centers at Emerson Hospital. If you have old iPods (or MP3 players) lying around, please bring them in to the CCHS main office. The iPods will be loaded with relaxing music to help ease cancer patients before and after treatment. The iPod Drive is being hosted by the Student Senate in collaboration with Ellen's Heart and Soul organization (a non-profit organization to help women with cancer). Our goal is to collect enough iPods to fill Emerson Hospital's cancer treatment centers. Please donate! Every iPod will help a cancer patient!



Notes from Peter Badalament

As I write this, Second Semester has just begun. It's an exciting time for students and teachers as new semester-length courses are launching in virtually every discipline. Juniors and Seniors in particular have new English and Social Studies courses as these areas provide a wide variety of electives for our upperclassmen.

I wish all students a successful second half of the 2011-12 school year!

Health Week

Students at Concord-Carlisle High School will be able to participate in a variety of programs that will be offered during Health Week 2012, March 5 - 9.

The Health Board has recruited an array of professional speakers who will address health from a variety of viewpoints. The board consists of Peter Badalament, Principal; Christine DeBruzzi R.N, school nurse; Kelli Kirshtein, Intervention Prevention Counselor; Andrea Gillis, CCHS Health /Fitness Department Chairperson; Lou Ann Franke, Library Assistant; and Dr. Angela Healy, parent.

Over the course of the week, students will be attending several presentations. On Tuesday, there will be a Community Service Fair during lunch, provided by 2Volunteer. Wednesday begins with assemblies for each class. The Freshmen and Sophomores will participate an interactive presentation on alcohol and drug abuse put on by the Improbable Players. Juniors, in single gender groups, will participate in presentations on the importance of preventative self-breast and testicular examinations. The seniors will hear from Dr. Scott Lukas. Dr. Lukas is a McLeans affiliated physician who is an expert on substance abuse and its effects on the brain. During lunch on Thursday, we will have "table tops" for students to learn more about local groups such as the Network for Women's Lives and Emerson Hospital.

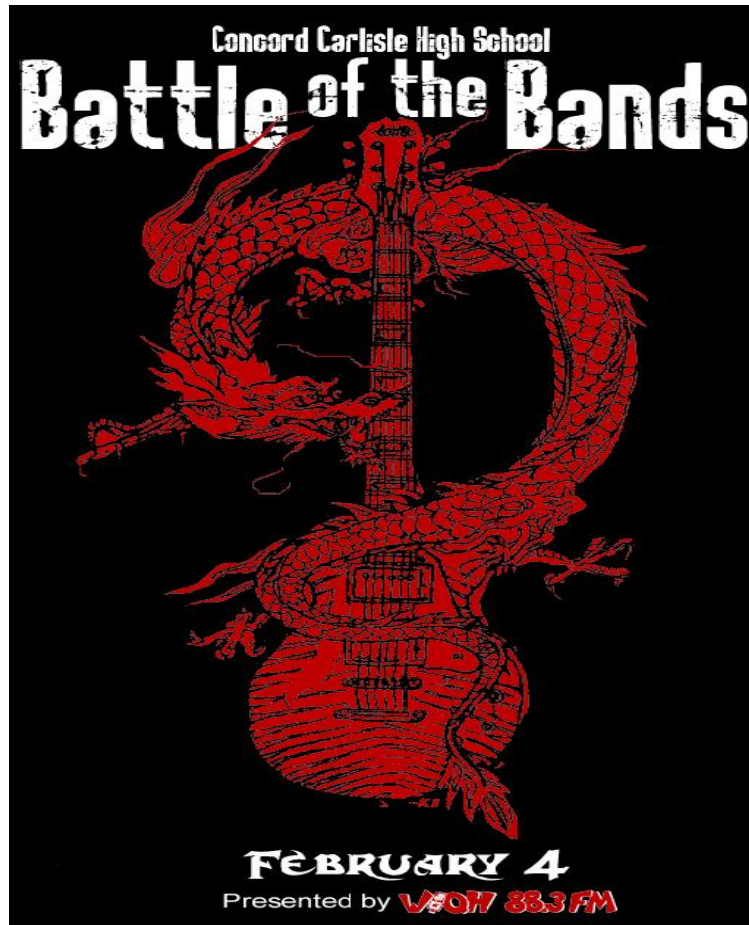
The Health Board would like to sincerely thank this talented group of professionals and local volunteers who are giving their time for our teens without remuneration of any kind! For more information about this year's CCHS Health Week, please write me at pbadalament@colonial.net.

Snow Days and the End of the Year

It's the talk of the town – there's no snow; to date we've had no snow days. That said, I want to remind you that the 185th day, should we need it, is June 26, 2012. Please do not make plans for the summer that start before this date.

NOTICES FOR THE DAILY BULLETIN

To put a notice in the daily bulletin, you must see Mrs. Hammer in the Main Office. Notices MUST be signed by advisors and submitted by class/activity advisors or students no later than 1:30 p.m. of the day prior to an announcement.



It's a **HUGE** weekend coming up, right? Everybody knows that it's...Battle of the Bands weekend at CCHS! Yes, the **15th Annual Battle is Saturday, February 4, at 7:30PM in the CCHS cafeteria**. Tickets will be on sale in the cafeteria all lunch blocks the week of Jan. 30 - Feb. 3 for \$12. They'll also be on sale at the door. This is an all ages event open to anyone! The bands are from CCHS but the show will thrill everyone. It's a great night of music. Oh yeah, and then there's that game thing the next day...

This year's Battle features seven bands competing against each other and- **New This Year** -a Club Mix DJ category featuring two C-C student DJs mixing bits and pieces of songs to create new compositions. The two DJs are **Lucas Contino, '12**, and **Julian Baeza-Hochmuth, '13**.

Bands include (in alphabetical order): **"Big Crumbs"**, **"Guilty Feet"**, **"The Humans from Mars"**, **"Jazz In Your Face"**, **"The Mofo Party Plan"**, **"Orange"** and **"Ricky Spoolhands & The Gay-Z"**. Musical styles range from traditional jazz to modern electronic to straight-up rock.

CCHS's Battle of the Bands is produced and sponsored by the high school's radio station, WIQH, 88.3FM. Check out www.WIQH.org for more details about the Battle!

Ned Roos
WIQH Station Manager
Concord Carlisle High School - (978)-369-2440



AP EXAMS

AP EXAM sign up begin **February 6 and end on February 17**. Seniors/Juniors interested in taking AP Exams must see Mrs. Coleman in the main office. Payment for exams must be made at the time of sign up. **Make check payable to CCHS. Each exam is \$87.00**

PRESIDENT'S VOLUNTEER SERVICE AWARD

If your student has accumulated over 100 hours of documented volunteer work from one or more sources over any 12 month period, encourage them to apply for a President's Volunteer Service Award, to be given at the 2012 Awards night. Your student can apply on-line thru the 2Volunteer website, www.2volunteeronline.org. Applications are due no later than **March 15**.

SCHOOL CANCELLATION ANNOUNCEMENTS

ConnectEd is the communication system that will be used when school is canceled or delayed. **An automated telephone call will go out to all students with a message that school is canceled or that there will be a delayed opening.** Announcements will also be made on radio stations WBZ and WHDH and on **television channels 4, 5, and 7**. Buses will arrive at bus stops one or two hours later than usual in the morning to pick up students. Classes will end at the regular time, 2:11 p.m

The Center for Parents and Teachers is offering a new program called "Mindfulness for Parents" Facilitated by Mary Ann Christie Burnside, Ed.D

Ever wish there was a way to stay calm in the midst of all the flurry of activities (and the inevitable aggravations!) in your family life? Well, there is something positive you can do that can really make a difference! A new program is being offered from the founder of Lexington-based *Hearts and Minds*. Dr. Burnside is a developmental psychologist who specializes in mindfulness education for adults and children. Parents (who have children of any age) are welcome to participate. During each session participants will learn the fundamentals about mindfulness and starting a practice, have in-class experiences, learn how to cultivate awareness of pleasant experience and how to work with unpleasant experience, deepen the qualities of kindness, compassion and self-care in the parenting role and learn skillful strategies in responding to the variety of situations that parenting presents! **This series meets for eight weekly sessions in Concord. It commences Monday, January 30, from 9:30 to 11 AM and runs through March 26, 2012 (skipping February vacation week).** Fee: \$160 (please inquire about financial assistance if needed). **REGISTRATION IS REQUIRED!** There is a limited number of spots. To sign up, please email us at cpt@colonial.net and write **Mindfulness Course** in the subject line or call us at 978-202-1143.

Report Cards

Second quarter **report cards will be available for viewing on X2 on Friday, February 10th**. Parents are reminded that report cards are not mailed home. You are able to view your student's report card on the parent portal portion of X2. Please encourage your son or daughter to **check the honor roll list** that is posted on the main office window after the announcement has been made in the daily bulletin, that the honor roll has been posted. If he/she does not find his/ her name listed but believes that it should be, he/she should see Dr. Weinstein as soon as possible.

Credit Reduction

Each course has a number of credits. A specific number of credits are required in several areas of study in order to graduate. These requirements are outlined in the Program of Studies booklet or can be clarified with the guidance department. Credit can be reduced when

The student accumulates 2 unexcused absences in a course in a marking term, or

The student accumulates 9 absences (8 excused & 1 unexcused).

The credit will not be reduced from an individual course but from the total number of credits earned. Credit reduction does not affect a course grade, but can affect a student's ability to be promoted or to graduate.

Absences are not accumulated from quarter to quarter. Everyone begins at zero at the beginning of each quarter.



How to Appeal Credit Reductions and have Credit Restored - The Attendance Review Board

A student and/or parent may appeal a credit reduction to the Attendance Review Board. If a credit reduction took place during the fourth quarter, a student may submit an appeal during the first and second week of the first quarter only. All other credit appeals must be submitted before the end of the subsequent quarter. The student must submit an appeal to the Board before the end of the third quarter. Dr. Weinstein, or a student's counselor can assist a student with the appeal form. After hearing the case, the Board will render a decision, and the student will be notified. In order to encourage responsibility, a student is only allowed to serve three probationary periods during his or her tenure at CCHS. Any questions regarding appeals to the Attendance Review Board should be directed to Dr. Weinstein.

Attendance Procedure Information

First and foremost it is important to understand that we believe strongly that a student's attendance in class is of primary importance. We track it closely and try to be as accurate as possible. Penalties for unexcused absences are serious and include loss of credit. Tracking accuracy is to some extent dependent on cooperation from you and receiving good information from you. Certainly, when timely calls are made or notes delivered our system works extremely well. In those instances when the call did not get through or the note did not get delivered there are predictable problems. All parents and students have the capability of viewing attendance by logging on X2. If a problem is identified and needs to be corrected the student can print out an attendance report and have the appropriate staff member sign off any unexcused absences in class, or have a parent call the school with correct information (the only exception to this is dismissals, which will only be excused if a note or phone call has been made prior to the student leaving the building). Students have one week to correct any unexcused absences. Please help your child to understand the importance of good attendance as well as the importance of timely follow up when his/her attendance contains an error. Contact Mrs. Merry at 978-341-2490 x7103 if you have questions or concerns.

REPORTING ILLNESS OR INJURY

Any student who becomes ill or is injured during the school day must report to the nurse's office. Under no circumstances should an ill or injured student leave CCHS without seeing the school nurse. If an accident or illness occurs after school, the student should report to the coach or athletic trainer, to the teacher supervising the after school event, or the nearest available adult.

STUDENT RIGHTS AND RESPONSIBILITIES - INCLUDING SCHOOL RULES AND REGULATIONS

At Concord-Carlisle High School we strive to promote personal, social, and intellectual growth. We expect each person at CCHS to be treated fairly and with respect and dignity by all others at the high school. He or she also has a right to expect that his or her property will be treated similarly. At the same time, each person has an obligation to treat all others and their property with that same fairness, respect, and dignity. These basic rights and responsibilities apply equally to all.

ACADEMIC DIFFICULTY

When a student is experiencing academic difficulty, he/she should always consult with his/her teacher first regarding opportunities for academic support. If he/she continues to struggle academically after working with his/her teacher, the student, parent or teacher should contact the guidance counselor to schedule a student review meeting. When a "student review meeting" is held, the student's teachers, his/her parents, the guidance counselor and a special education teacher are invited to a meeting to review student progress in all areas. Meeting participants discuss teacher and parent observations relative to the student's learning style and course demands, and attempt to develop strategies, which can alleviate areas of concern. Regular education support services (i.e. SSERC, MARC, Title I) are considered as a means of addressing identified needs, and scheduled, when possible, during the school day. After classroom accommodations and learning supports have been put in place, the student should communicate frequently with teachers to be sure that academic achievement is improving. If after a marking period, it is determined that these supports have not positively impacted achievement or a learning disability is suspected, a referral for evaluation under special education should be initiated. The student, parent, and teacher or guidance counselor can make referrals for a special education evaluation by contacting the special education department.



Reminders

Students who show signs of illness should remain at home for their own protection and that of others.

- Except in an emergency, a student who becomes ill at school must obtain a pass from a teacher before going to the Health Office.
- The school nurse is available to discuss health concerns with parents during regular school hours.
- **Any student who becomes ill or is injured during the school day must report to the nurse's office. Under no circumstances should an ill or injured student leave CCHS without seeing the school nurse.**
- Any student who is returning to school following a contagious disease such as chicken pox, infectious mononucleosis, etc., must be readmitted to school by the school nurse or by a doctor's note which should be given to the nurse on re-entry.
- Any student returning to school with a cast, crutches, braces, etc., must be seen by the school nurse.
- Students who need to be excused from physical education class for a medical reason must see the school nurse to obtain a PE excuse. If more than one week is necessary, a doctor's note is required with the diagnosis and the length of time the student is to be excused. The note should be given to the school nurse, who will then issue a PE excuse to the student.

IMPORTANT INFORMATION FOR STUDENTS AND PARENTS - PLEASE TAKE NOTE

The Concord Police Department, Concord Fire Department, and CCHS ask that motorists obey and respect the **No Parking signs that are posted**. Should an emergency occur, it is important that emergency vehicles have access and not be impeded by illegally parked vehicles. **Parking around the circle in front of the high school "Live Parking" has become an issue.**

- ⇒ **If you are going to the Beede Center, please park your car in the Beede Center parking lot.**
- ⇒ **Do not park/block the handicapped parking spots in front of the school or in the back of the school.**
- ⇒ **No "Live Parking" in the circle in front of the school.**
- ⇒ **Do Not Block the handicapped ramp in front of the school.**
- ⇒ **Do Not Block cars that are trying to exit a legal parking spot.**

Illegally parked vehicles may be ticketed or towed at the owner's expense.

STUDENT RIGHTS AND PRIVILEGES

This statement of rights and privileges is based upon the constitutional principles of civil liberty, due process, and the guarantee of equal protection under the law. In addition to the specific rights, which are mentioned below, there are certain privileges that are extended to students who demonstrate by their behavior and academic progress that they are responsible members of the school. These include:

- ❖ Participation in all regular curricular, co-curricular, and special programs of the high school.
- ❖ Use of facilities and equipment owed or governed by CCHS.
- ❖ Freedom of pedestrian and vehicular movement on campus.

FREEDOM OF EXPRESSION

The primary liberties in a student's life have to do with the process of inquiry and learning, of acquiring and imparting knowledge, and of changing ideas. The right of students to freedom of expression in the public schools of Massachusetts may not be changed or taken away as long as the use of this right does not cause any disruption or disorder within the school. Freedom of expression includes without limitation, the rights and responsibilities of students collectively and individually to, (a) express their views through speech and symbols (b) write, publish, and disseminate their views (c) assemble peaceably on school property for the purpose of expressing their opinions



STUDENT TRANSFERS

Because student health records may contain information that is particularly confidential, the health record of a transferring student will be sent by the school nurse of the school the student is leaving directly to the school nurse of the new school.

All STUDENTS should check the lost and found box in the lobby if they are missing any items. You can also check the box behind Mrs. Hammer in the main office. Items not picked up will be sent to Goodwill.

**IMSCC Music Lessons
New Session Starts This Month!**

The Instrumental Music School of Carlisle and Concord (IMSCC) welcome new students for the Winter/Spring session starting in January/February. A fee-based program of the Concord-Carlisle Schools Community Education Department, IMSCC was established 30 years ago to provide after school lessons. IMSCC offers individual lessons on all band and orchestral instruments, as well as piano, voice, guitar and bass guitar, and a Chamber Music program for small ensemble playing. Lessons are given at CCHS and Carlisle Schools. Registration is now open for Winter/Spring classes. For more information or to register for lessons, please visit www.ace.colonial.net/imsc or contact Debbie Levine at 978-341-2490 x7152, dlevine@colonial.net.

COMMUNITY SERVICE

A student must complete a **minimum of 40 hours of documented community service before graduation.** Many students, however, choose to perform much more than the minimum requirement. The amount of community service a student chooses to perform is a matter of choice and circumstances. Factors such as time available, interests, commitment, academic work load, and other outside responsibilities should be weighed before deciding how much time can be devoted to community service. Summer can be a great time to work on volunteer projects, even the summer after 8th grade, before entering CCHS. Community service can be performed during the school day, after school, evenings, weekends, and during the summer when more time is available. It can be done on a regular, ongoing basis for a specific period of time or as a project in which a number of hours are completed over a shorter, less fixed schedule. Students may be eligible for open campus privileges upon completion of 30 hours of community service prior to senior year and completion of 10 hours of community service prior to junior year. Juniors must have 20 community service hours in order to be eligible for 2nd semester off-campus privileges during D, E, & F blocks. For further information on open and off campus privileges, please refer to the [Handbook for Students and Parents](#).

DISCIPLINE - SCHOOL GUIDELINES

Concord-Carlisle High School strives to provide all students with a quality education in a safe school environment. Students are expected to conduct themselves in a manner which promotes a safe, orderly learning environment within the schools and may be subject to disciplinary action if they fail to do so. In imposing disciplinary action the school staff should consider the need to maintain or restore an orderly learning environment, the overall disciplinary record of the individual student, and the need to improve the student's behavior. A student whose safety or learning at school is jeopardized by other students is expected to report the matter to a professional staff member. Staff members who are aware of disruptive students should take the appropriate action, including immediately reporting matters which cannot be appropriately handled in the classroom to the school administration. A student who engages in any behavior which disrupts the safe and orderly environment of the school is subject to disciplinary action. Thus, the following are merely examples of conduct which is prohibited: missing classes, study halls, or other assigned activities without acceptable excuse; truancy; smoking anywhere on campus; gambling; theft; fireworks; loitering in unauthorized areas; throwing snowballs, rocks, or other dangerous objects; insubordination; vulgar or obscene language or gestures; littering; vandalism; hazing; harassment; use or possession of weapons; use or possession of alcoholic beverages, drugs, narcotics, or other controlled substances; and, failure to comply with previously assigned disciplinary action. Discipline which may be imposed includes but is not limited to: contact with parents by mail, telephone or conferences; after-school detention; service duty to the school; monetary restitution; loss of open /off campus privileges; loss of parking privileges; town fines; temporary or permanent removal from classes; in-school suspension; suspension from school; expulsion.



THE PROGRAM OF STUDIES AND COURSE SELECTION MATERIALS

The Program of Studies will be available **only online** as of February 6.

***Course Selection Forms will also be online for all current (Class 2013, 2014, 2015) high school students.**

Incoming freshmen (Class 2016) will have a paper form to fill out from their guidance counselor.

Students will have time to read the Program of Studies booklet, consider classes for next year and consult with their teachers about which courses might be best for them. Teachers in departments which have sequential courses, such as math and foreign languages, will provide specific recommendations about which level of the next course appears most appropriate in light of the student's performance so far. Science teachers will make recommendations about levels, as well, and will also help students determine which science might be best for the coming year. English teachers provide current sophomores with a suggested set of courses for junior and senior year so that a tentative two-year plan can be made. This approach is particularly relevant for social studies students since some elective are offered only on an every other year basis. Art and music teachers can help with recommendations, as well.

Along with course information, students (**Class 2013, 2014, and 2015**) will also be able to fill out their course selection sheet online to register for next year's classes. **Class 2016 will have a paper form to fill out and pass in.** Based on student choices and available staff, decisions about the number of sections of each course to be offered are made. It is very important that choices be made very carefully. When we cannot provide first choices for every student, we schedule on a priority basis with next year's seniors being scheduled first, then juniors, sophomores, and freshmen.

Part two of the course selection sheet is very important to the sign-up process. It asks students to indicate a second choice for each of the courses listed on part one of the sheet. In the event we do not have enough sections to accommodate everyone who wants a specific course; we will provide the second choice course. Given the state regulations for 990 hours of structured learning time, it is important that students understand that signing up for anything just to fill out the sheet with the idea of dropping the course and substituting courses later on, no longer works. If you have questions, please call the department heads or your child's teacher(s) or counselor. We are here to help and look forward to working with you.

CO-CURRICULAR / ELIGIBILITY FOR MEMBERSHIP

While the school encourages all students to become involved in at least one of the activities that comprise the co-curricular program, we remain committed to the primary purpose of the school, which is education. For this reason, certain eligibility requirements have been established for participation in the program. These requirements are:

1. Students must be scheduled for at least 10.00 credits of course work during the current semester (i.e. a minimum of four "major" academic credit courses). Students must have earned at least 10.00 credits during the previous marking period (quarter) unless the student is an entering ninth grader. Students must have a cumulative passing average in courses equaling at least 10.00 semester credits through the previous marking period (quarter).
2. Students must be present at school for the entire school day in order to participate that same day or evening in an activity sponsored by the club, activity or class to which they belong. Exceptions can be made depending upon extenuating circumstances, such as an appointment that should not be scheduled at any other time, provided the student speaks to the activity advisor and receive his/her permission ahead of time. "Activity" refers to events such as practice sessions, rehearsals, contests, performances, field trips, dances.

For additional information about eligibility, please refer to the school rules and regulations, which appear in the Handbook for Students and Parents. This section of the handbook outlines reasons for which students can lose their eligibility and the related consequences.



EXAMS

In addition to quizzes, tests, and exams, which are regularly given by classroom teachers, there is a mid-year and a final exam period for the entire school. Mid-year exams take place during the last four days of the first semester. Final exams take place during the last four days of the school year. Typically, two exams are administered each day during the exam period and each session lasts approximately one hour and forty-five minutes. Students must remain in their exam rooms for the entire period. For the most part, exams are written and students receive full information from their teachers in advance so that they will be aware of the nature of the exam. In some classes, which are project-oriented, a project is assigned in lieu of a written exam. These major exams are designed to provide a planned review of the work for the semester or course and are considered a valuable means of evaluating individual and class progress. Final exam papers are kept on file in the department office until the end of September following the June exam period and may be reviewed with the teacher by making an appointment to do so. It is important to note that it is the policy of the high school to administer these major exams only during the scheduled exam period and during the scheduled make-up periods, which are announced ahead of time. Students are expected to be in attendance for their exams when they are scheduled. If a student is absent on the day of an exam and cannot make arrangements to take that exam on another day of the exam period, he/she will receive a grade of Incomplete ("I") until the exam is made up during the scheduled make-up period. At that time the "I" will be changed to the grade that has been earned. If the exam is not made-up within the time allotted for make-up (extension may be granted in cases of extenuating circumstances), the "I" will become an "F". The make-up period for final exams (those exams that are administered the last four days of the school year) is arranged through the Principal. **(PLEASE NOTE: INCOMPLETES DUE TO RESCHEDULED EXAMS MAY AFFECT ATHLETIC ELIGIBILITY.)** Except in unusual circumstances (i.e. a family will be moving away before the last day of school), final exams cannot be administered prior to the final exam period. We request that families take this into consideration when making summer vacation plans and students take this into consideration when looking for summer employment. A student with an unavoidable conflict may request permission to take a final exam at another time (within the exam period) by submitting a written request, signed by a parent, to the Principal. If approved, the Principal will permit the teacher and student to seek a mutually agreeable time to administer the exam. If mutual agreement on a test administration time cannot be reached the student will take the exam during the designated make-up time.

MEDICATIONS AT SCHOOL

No student should carry medications of any type on their person. The only exception is an inhaler for asthma or an epi-pen for severe allergic reactions when the appropriate forms are on file in the Health Office. Due to potential side effects, allergic reactions, improper usage, or sharing of medications, all medications must be dispensed by the registered nurse in the health office.

FOOD SERVICES - CAFETERIA

The student cafeteria is open from 7:15 a.m. to 1:30 p.m., during which time the snack bar is in operation and a regularly scheduled hot lunch is served. Seating area in the cafeteria is available for use by open campus students from 7:25 a.m. to 2:11 p.m. and after school until 5:15 p.m. Students are requested to eat their lunches in the cafeteria. Trays, chairs, tables, etc. should not be taken outside. Students who use the cafeteria have the right to expect to find a clean table at which to eat. Thus, all students are responsible to pick up after eating. Students who use the cafeteria also have a right to expect that they may use the cafeteria in safety, free from interference or danger caused by others. Those who throw food or other objects create a serious danger to others and for this reason will be subject to Group D of the rules and regulations, and may be subject to suspension proceedings.



PHYSICAL EXAMINATIONS FOR COMPETITIVE SPORTS

All students who participate in competitive, interscholastic sports must have a physical examination **ANNUALLY**. **There are no exceptions.** The physical must be done and on file in the health office prior to participation in the sport, which includes practice and tryouts. The form must include the date on which the examination was given and must indicate that the student is physically fit for competitive sports and indicate if necessary if there are any restrictions.

BULLETIN BOARD SPACE

Bulletin Board space is provided for the use of students and student organizations. Materials to be posted must be dated by the student or student group wishing to post them. If the posting is an announcement of an event, the date must be on the notice posted. The name of the student or student group must also appear on the posting.



THE DISMISSAL PROCESS

During this past quarter we've had a number of students surprised when we told them that we do not accept dismissal notes from parents after the fact. We do not accept parent sign-offs on attendance reports for unexcused absences.

This is where we need your help – If your child needs to be dismissed from school, we must hear from you **before** he/she leaves school. We do all that we can to ensure that your child is safe from the time he/she steps onto school grounds until they leave. Once they are here, we have a “duty to care” for him/her. We take that responsibility very seriously. If we do not know where they are, certainly you can understand how this impinges upon our ability to know that they are safe. In addition to our legal responsibilities, your child cannot learn if they are not in the classroom. Students being dismissed from school must be excused by a parent with a note or phone call to the main office with an excusable reason per the student handbook. **For the dismissal to be considered excused, the note must be submitted or the phone call made on the same day and PRIOR to the dismissal,** Mrs. Hammer will issue a dismissal slip and the absence will be “excused.” After the appointment, the student must check back into the main office and receive a pass back to class. This process allows us to know that your child had permission to leave the building and that they have returned. Therefore, if we had a building emergency, we would know that he/she was safe. Again, our utmost concern is your child's safety. Please assist us in the process by letting us know when your son/daughter will be out of the building prior to their departure.

FEBRUARY CALENDAR

_____ SUBJECT TO CHANGE

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|--|--|
| <ol style="list-style-type: none"> 1. MCAS 2. MCAS
BATTLE OF THE BANDS- <i>SET UP</i>
PIT ORCHESTRA REHEARSAL 3. BATTLE OF THE BAND – <i>SET UP</i> 4. BATTLE OF THE BANDS 5. FREE 6. PRINCIPALS COFFEE - 8:30 A.M. - ROOM A-7 7. 8TH GRADE PROGRAM OF STUDIES NIGHT (FOR ALL PARENTS OF INCOMING 9TH GRADERS) 8. CARNATION SALE BEGINS
SCHOOL ADVISORY
SBBC MEETING 9. PIT ORCHESTRA REHEARSAL 10. REPORT CARDS 11. ACT 12. FREE 13. SENATE MEETING 14. <i>BACK UP NIGHT</i> FOR 8TH GRADE PROGRAM OF STUDIES MEETING
NEWSLETTER DEADLINE 15. FREE | <ol style="list-style-type: none"> 16. GUIDANCE PARENT COFFEE
PIT ORCHESTRA REHEARSAL 17. FREE 18. FREE 19. FREE 20. <i>REHEARSAL – VACATION</i> 21. <i>REHEARSAL – VACATION</i> 22. <i>REHEARSAL – VACATION</i> 23. <i>REHEARSAL – VACATION</i> 24. <i>REHEARSAL – VACATION</i> 25. FREE 26. FREE 27. FREE 28. JOINT SCHOOL COMMITTEE MEETING 29. SCHOOL ADVISORY |
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STUDENT DRIVING

ALL STUDENTS ARE ENCOURAGED TO USE SCHOOL TRANSPORTATION IF AT ALL POSSIBLE. Driving and limited parking on school grounds are privileges extended to responsible students, who demonstrate that they can follow the few driving regulations that have been established for everyone who drives to school. A parking fee is charged to students who drive their vehicles to school.

REGISTRATION OF VEHICLES

All vehicles must be registered in the main office. Registration forms are made available to students according to a schedule that is announced the first week of school. Only one parking permit per household will be issued. Parking permits will be issued to seniors on a first-come first-served basis. Juniors may be issued permits on a space available basis but should have no expectation of or right to a permit. The school will issue about 10% more permits than spaces in order to accommodate the demand from juniors. Once the senior permits have been given out, a lottery will be held for the members of the junior class. After the initial lottery, other lotteries will be held as spaces become available. The latter lotteries typically happen after the end of the first semester and after the end of the third quarter.

To obtain a permit students must present their driver's license, the registration for the car they will be driving, and a completed CCHS Parking and Driving Contract (copies of the contract are available in the high school main office). Sophomores will not be issued parking permits. One-day permits will be allowed for those students who must drive one day due to a special circumstance. Student should speak with Dr. Weinstein in advance. If a vehicle registration number changes, or if the plates are transferred to another vehicle, the change must be recorded on the registration cards in the main office.

DRIVING ON SCHOOL GROUNDS – STUDENT VEHICLES ENTER AND EXIT FROM WALDEN STREET

1. Owners are responsible for their vehicles at all times, regardless of who may be driving.
2. Caution should be used at all times when driving. Riding on the hood, bumpers, or any other exterior part of a vehicle is prohibited. In addition, blocking traffic, "live" parking in roadways or parking lots, speeds in excess of 20 mph, hot-rodding, screeching tires, and other actions which are disruptive to the school and dangerous to people are prohibited.
3. Pedestrians and school buses always have the right of way on campus.
4. Traffic on the drive behind the school is restricted to service vehicles, staff members authorized to use the parking lot behind the school, and school buses. **STUDENTS' VEHICLES ARE EXCLUDED FROM THE REAR DRIVE DURING SCHOOL HOURS.**
5. Seniors are not allowed to transport any student off-campus who does not have off-campus privileges and/or who has not been properly dismissed.
6. Juniors are not allowed to leave campus without being dismissed according to the school's dismissal procedures.

Please refer to Group E for the consequences for violating school regulations pertaining to driving and parking.

PARKING ON SCHOOL GROUNDS

1. All vehicles parked on school grounds must be parked in a marked parking space and should be left locked.
2. Student parking is permitted only in the student lot adjacent to the L and S buildings. Specific locations for student parking are explained to students when parking permits are issued. Students who need to return to their vehicles for any reason other than leaving school grounds at the end of the school day must have permission from the main office. Students leaving the parking lot in student-driven vehicles must proceed directly to the Walden Street exit and must re-enter by the Walden Street drive when returning.
3. Staff parking is permitted in the lot adjacent to the L and S buildings, along non-restricted portions of the driveway, and reserved spaces have been assigned to staff in the lot behind the school. The lower gym lot is reserved during and after the school day for specified school personnel, coaches, officials and visiting team buses.
4. Visitors are requested to enter school grounds from Walden Street and to park in the Visitor spaces on the side of the cafeteria. They must register in the main office before going to any other area in the school.
5. After 2:15 p.m. on school days the only additional location where students may park is along the front drive on the front hillside of the driveway. Vehicles parked in that location should be headed in the direction of the Thoreau Street exit. All other areas, unless expressly authorized by an administrator, are not parking areas for student vehicles.

ILLEGALLY PARKED VEHICLES MAY BE TICKETED OR TOWED AT OWNER'S EXPENSE



CLASS NEWS – SENIORS, CLASS 2012

Make A Note!

The **CONCORD CARLISLE SCHOLARSHIP FUND (CCSF)** is currently accepting applications for 2012-2013 academic year scholarships. Graduating seniors should go to the CCSF website, www.ccscholarshipfund.org, for further information and downloading of applications. The deadline for submission of applications and supporting information is May 1st.

LOTS OF SCHOLARSHIP OPPORTUNITIES ARE AVAILABLE. CHECK WITH THE COUNSELING/GUIDANCE OFFICE AND THEY WILL POINT YOU IN THE RIGHT DIRECTION.

Caroline Hill Scholarship Application

Applications for the Caroline Hill Scholarship awards are available to Carlisle's current high school seniors for continuing post-secondary education including colleges, universities, and vocational schools. These need-based awards typically range from \$500 to \$2,000. The awards are made in June. Applications are only available online. You may download them from the Board of Selectmen page at www.carlislema.gov. Look for Scholarship Applications.

Contact Diane Powers -978-369-9191 with any Questions

Albert B. & Evelyn H. Black Fund of Concord - Bank of America Scholarship Application Instructions.

Applications are now available and may be picked up from Mrs. Tessari in the registrar's office.

Middlesex Savings Charitable Foundation

A. James Lavoie Scholarship

The Middlesex Savings Charitable Foundation announces the sixth annual \$5,000 A. James Lavoie Essay Contest Scholarship. The scholarship is open to all graduating seniors who meet the criteria.

Download the application from

www.middlesexbank.com/mscf

Application deadline is Friday, March 23, 2012.

Notification will be in May.

COLLEGE DECISIONS

SENIORS should be speaking with Mrs. Tessari about all of your college applications/decisions. If you owe transcript money please clear up your account before the end of the school year.

COLLEGE DEADLINES

Questions – please see Mrs. Tessari. The “Student Record Consent Form(s)” must be passed in to Mrs. Tessari, Registrar at least 15 school days before the actual college deadline.

AP EXAM

Sign up begins on February 6 and ends on February 17. Students interested in taking AP Exams must see Mrs. Coleman in the main office. Payment for exams must be made at the time of sign up. Make check payable to CCHS. Each exam is \$87.00

MATERIALS TO BE RETURNED

SENIORS should be taking care of any materials or items not returned beginning now. Make sure all of your obligations are taken care of so you won't have to deal with them in June.

CAP AND GOWN

There are still a number of students who have not purchased a cap and gown. Please see Mrs. Coleman as soon as possible. You will not be able to participate in graduation without a cap and gown.

This is the LAST CALL.

HEALTH RECORDS

Health records are given to students when they graduate. The health office does not keep copies of health records. We recommend that parents keep these records in a safe place for future reference



CLASS NEWS – SENIORS, CLASS 2012

Welcome to the 2nd Half of Senior Year! It's finally 2012 and nearing time for our kids to graduate from high school... with a little help from their parents. This winter and spring will be filled with many fun and exciting events and activities, many to commemorate our children's last months at Concord Carlisle High School.

Upcoming Events for Kids and Parents of the Class of 2012:

St. Patrick Day Luncheon for Senior Citizens, CCHS Staff Appreciation Lunch, Senior Week: Senior Breakfast, Senior Barbeque, Senior Banquet (new this year), Graduation and All Night Live! We will be asking for your support (financial and volunteer time) to make sure all these events go smoothly, or you can feel free to contact any of the Parent Reps to get more involved.

A message from Sara Zirkel – "Thank you to all who bought "Mid Term Treat Bags" for their studying students. It was a fundraiser for the Senior Class that will really help support Senior Week activities and class plans as they close this chapter of their lives!"

Read on to learn more...

St. Patrick's Day Luncheon for Senior Citizens

In March, the Senior Class will be hosting a St. Patrick's Day Luncheon for Senior Citizens, with our help. Please consider volunteering for this wonderful event! Jill Bruins has offered to Co-Chair but we need another parent to step forward to join her. In addition, other parent volunteers will be needed to help with planning before and the day of the event. Please contact Jill at 978-369-1686 or j.bruins@comcast.net. For more information on the Luncheon details, you can contact Nancy St. Jean at: nrsj@hotmail.com

Preliminary Plans for Senior Week The Parent Association has been working hard to provide the Class of 2012 with a memorable Senior Week. Here is a Preliminary plan for the week:

- **Monday, June 4**: Graduation rehearsal (8:30-10:00am), followed by a breakfast and the traditional aerial photo of the graduating class.
- **Tuesday June 5**: A second graduation rehearsal (10:00-11:30am), followed by a Senior Lunch and Service Day.
- **Wednesday, June 6**: tentatively, a Senior Dinner from 5:30 to 8:30 PM
- **Thursday, June 7**: 6 Flags trip
- **Friday, June 8**: FREE day
- **Saturday, June 9**: Graduation and that night, Senior All Night Live! ****CALL for Photos for the All Night Live Video!****

Please contribute photos and videos to the annual 2012 Musical Video and Slide Production, to be shown at All Night Live The final video will consists of over 3000 photos from proms, baby pictures, gatherings, clubs, yearbook candids and more. Time permitting; the slide show will contain photos from the Senior Prom and a video from this year's Senior Prom and last year's Junior Promenade. Our master photographer/producer, Frank Breen will put it all together for the Class of 2012! It's easy to make your photo contribution: You can send photos as email attachment files, files on CD or DVD, or actual photo prints to Frank Breen.

- Email photos: to Frank Breen: flbreen@yahoo.com (and if that fails try) francisbreen@gmail.com. If you use the gmail account please send an email with photos attachments to flbreen@yahoo.com.
- Mail prints and CDs to: Frank @ 48 Philip Farm Road Concord, MA 01742.

Please provide a stamped, self-addressed envelope for return of your photos/CDs.

Have a look at all of the 2012 photos already gathered online: <http://carlislevideo.smugmug.com/CCHS-Alumni/2012>

For additional information or questions, contact joycehogan@gmail.com.

Lots of parent help will be needed to ensure a great ending to our children's senior year. Look for more information and specific requests in your email. Please contact any of the Parent Representatives with questions or ideas on how to support the Senior Class.



CLASS NEWS – SENIORS, CLASS 2012 - CONTINUED

UPCOMING EVENTS

March – Seniors vs. Teachers Basketball Game (date TBD by Class officers)

March 17 – St. Patrick’s Day Luncheon

April 5 – The Final “Class of 2012 Moms Night Out”, 7pm, location TBD

May 8 -- Teacher & Staff Appreciation Lunch

The Class Parents will host a CCHS Staff Appreciation Lunch, to say “Thank You” to all those who shepherd our children through the high school years. All parents are encouraged to get involved in the planning, preparation, and “day of” responsibilities for this lunch. Please email Lauren Huyett to volunteer: 7huyetts@gmail.com.

May 12 -- Junior/Senior Prom

June 1 -- Last Day of School for Seniors! Senior Breakfast at 7am

June 4-8 -- Senior Week

June 9 -- Graduation and ANL (All Night Live) !!!!

From the Class of 2012 Parent Representatives:

Sandra Curran currankidz@comcast.net

Joyce Hogan joycehogan@gmail.com

Lauren Huyett 7huyetts@gmail.com

Lucy McBride lucymcbride330@gmail.com

Nancy St. Jean nrsj@hotmail.com

Betsy Yamron blyamron@aol.com

Sara Zirkel zirkelhouse@yahoo.com

A Reminder to all Seniors: Don't forget to send Thank-You Notes

- Send thank-you notes by U.S. Mail, not email or text message
- Thank-you notes should be handwritten in blue or black ink, not in some funky color or in pencil.
- Demonstrate that you are literate. Spell and punctuate correctly, do not have cross outs or corrections and do not scrunch words at the end or in the margin. In other words, write a draft, check it out for correctness, and then copy it over neatly. If you do need more room, include an extra sheet. Sign your full name, not merely your first or nickname.
- Write neatly and horizontally, not sloppily or up-hill/down-hill.
- Be specific about the help rendered and/or the benefit gained.
- Mail thank-you notes as soon as you can, preferably within a week but anytime up to a month is okay.





CLASS NEWS – JUNIORS, CLASS 2013

Our students are halfway through their junior year! This month they will pick their courses for the first term of their senior year. They are now planning their last year in high school. While some may be completing a sequence in a particular subject area, others may still be exploring new areas.

The transition out of high school was the focal point of “Junior Night” which many of you attended and enjoyed. Even though many of us expect our students to already have clarity about what they will do after high school – many of our students will change and grow dramatically in these next 12 months. Many of us will discover that the student who in February 2012 planned to do one thing after graduation will – in February 2013 – have a totally different (and currently unimagined) future in mind. This is one of the joys and challenges of parenting high school students – enjoy the ride!

Here are a few important dates for Class of 2013 to mark on your calendar.

Friday February 10: 2nd term report cards distributed

Week starting February 13th: Juniors meet with Guidance Counselors

Saturday February 18 -- Sunday February 26: No School – Winter recess

March 9 and March 16 Weekend evenings: Winter musical: A Little Night Music

Wednesday March 21 evening: Spring instrumental concert

Thursday March 29 evening: Spring choral concert

Friday April 6: No school, Good Friday.

Friday April 13: 3rd term report cards distributed

Saturday April 14 -- Sunday April 22: No School – Spring recess

Please note: Make sure you are part of the CCHS Class of 2013 email system. Please remind your friends and neighbors to sign up, in case they are not on the list. This is the primary source of information about class activities and school news. You can join the list by visiting www.lists.ptg-concord.org/mailman/listinfo and entering your name, student's ID number (found on his/her class schedule) and your email address.

If you have any questions, please contact Pat Bentley, Class of 2013 List Moderator: cchs2013@gmail.com

Thank you for your support of CCHS!

Julie Anastos, Pat Bentley, Renee Di Prima Burns, Ellen Canepa, Annie Hill, Beth Holmes, Deedo Painter, Holly Salemy, Laura Schofield, Bonnie Sellev

Class of 2013 Parent Representatives



ATTENTION SOPHOMORES – Class 2014

Raise your hand if you want to...



Meet new people your age!
Build your leadership skills!
Challenge yourself!
HAVE FUN!

INTRODUCING RYLA

Applications are now being accepted for the
20th Annual District 7910

Rotary Youth Leadership Awards Conference

June 22nd through June 24th, 2012

The Conference is aimed at giving young women and men an opportunity to develop their leadership potential. It will feature many thought provoking events including interactive Leadership Labs, exciting guest speakers, and challenging mental and physical activities that will provide you with a chance to excel amongst and with your peers.

If selected, you will live, work and interact together with other students your age in an atmosphere of friendly competition. The program will challenge you to utilize and improve your skills and accept the responsibilities of leadership. Topics will include critical thinking, decision-making and ethics, communicating effectively and public service.

There is no charge to attend RYLA! But, there is a limit to how many can participate...

The Rotary Club of Concord will be conducting interviews and awarding Conference scholarship(s). **APPLY EARLY! Applications must be submitted to Mrs. Coleman before February 28, 2012 to be eligible to attend.** For more information, contact Mrs. Coleman in the main office.

Application on next page



Rotary District 7910 Youth Leadership Conference RYLA CONFERENCE STUDENT APPLICATION FORM

Dates: June 22-24, 2012
Place: Worcester State University
Worcester, MA

- The entire cost of attending the RYLA Conference will be paid by your local Rotary Club.
- Successful applicants will be required to provide a medical history and liability waivers.
- Attendees are required to attend the *entire* conference and must remain on campus until the end of the program on Sunday. Exceptions will not be made.

Please type or print your responses and be sure your responses are legible.

Name:	Age:	Gender: <input type="checkbox"/> M <input type="checkbox"/> F
Street Address:	City:	Zip:
Phone #:	Email Address:	
High School:	Grade:	
School Reference:	Phone:	
Personal Reference:	Phone:	
Interests, special talents, hobbies (music, sports, acting, writing, debating, etc.):		
Awards (civic and school):		
Extra-curricular Activities (school and community):		
Leadership Positions (in and out of school):		
Service to Community (in and out of school): Rotary International's motto is SERVICE ABOVE SELF.		
What profession(s) are you considering after high school?		

Signed:	Date:
---------	-------

FOR CLUB USE ONLY	Interview Date: ___ / ___ / ___	Time: _____ AM / PM	<input type="checkbox"/> PA
	Club Interviewer(s) _____	Rotary Club of _____	

This page is for use by the student for applying to the club for consideration. It is in no way part of the registration materials that selected students will need to complete and that your club will return to the RYLA Committee.



CLASS NEWS – SOPHOMORE, CLASS 2014

Is it February already? Where did January go? The Class of 2014 moved its January 6th dance to February 10th. We will need volunteers to help chaperon (a total of 8 Parents from 6:45-10:30). Please consider taking a shift (6:45-8:15, or 8:15-10:30).

Each year, except freshmen year, a class gets to hold an all school dance to raise funds to offset other social venues (namely prom costs and senior week expenses). Freshmen parents chaperon the Spring Formal; so if you did not chaperon the 2011 Spring Formal please step forward and chaperon the February 10th Dance.

There is really NO time for you to gawk or stare at the dancing or your child (you probably will never see them) ... Consider it an event every parent must experience once to appreciate all the many volunteers do to keep dances at our school. – Thank you!

Some important upcoming dates to be aware of:

- **Friday February 10th 2012** Sophomore/Class of 2014 All School Dance - We will need Sophomore Parent Chaperons so please think about volunteering... *email classof2014cchs@gmail.com
- **Dodge Ball tourney:** Class of 2014 has postponed the tournament at this time.
- **Saturday, May 5** Semi-formal dance sponsored by the Sophomore Class – we will need parent volunteers to help the students with: decorations and food for the evening – interested? Please email kim.marie.mcnamara@gmail.com

We are always looking for parents to host social events and coffees. If you would like to volunteer to host or an event, please contact: Chrissy Honan at CDHonan@comcast.net or Theresa Cohen at theresaecohen@aol.com (Parent Social Co-Chairs).

Please contact your parent representatives with any questions, concerns or insights:

Debbie Duggan deborah_duggan@hotmail.com Co-Chair

Kim McNamara kim.marie.mcnamara@gmail.com Co-Chair

Emily Bliss ebloss1@aol.com

Carey Sands-Bohrer number2cbs@yahoo.com

Theresa Cohen theresacohen@aol.com

Laurie Foster lauriefoster@verizon.net

Chrissy Honan CDHonan@comcast.net

Sally Williams shmwilliams@yahoo.com

Donna Margolies dwmrn@comcast.net

List Moderator: Joan Wesolowski Joan.wesolowski@unisys.com



CLASS NEWS – FRESHMEN, CLASS 2015

No News This Month



Concord-Carlisle High School



Master Calendar School Year 2011-2012

<u>January</u>							<u>January 2012 Notes</u>							<u>February</u>							<u>February 2012 Notes</u>						
S	M	T	W	Th	F	S	2 New Years Day Holiday	S	M	T	W	Th	F	S	20 Presidents' Day												
1	2	3	4	5	6	7	16 Martin Luther King, Jr					1	2	3	4	20-24 February Recess											
8	9	10	11	12	13	14	27 Prof Dev. Gr. 6-12	5	6	7	8	9	10	11													
15	16	17	18	19	20	21		12	13	14	15	16	17	18													
22	23	24	25	26	27	28		19	20	21	22	23	24	25													
29	30	31		26	27	28	29																				
<u>March</u>							<u>March 2012 Notes</u>							<u>April</u>							<u>April 2012 Notes</u>						
S	M	T	W	Th	F	S		S	M	T	W	Th	F	S	6 Good Friday												
				1	2	3		1	2	3	4	5	6	7	16 Patriots' Day												
4	5	6	7	8	9	10		8	9	10	11	12	13	14	16-20 April Recess												
11	12	13	14	15	16	17		15	16	17	18	19	20	21													
18	19	20	21	22	23	24		22	23	24	25	26	27	28													
25	26	27	28	29	30	31		29	30																		
<u>May</u>							<u>May 2012 Notes</u>							<u>June</u>							<u>June 2012 Notes</u>						
S	M	T	W	Th	F	S	14 Frosh/Soph Awards Night	S	M	T	W	Th	F	S	1 Senior Last Day												
		1	2	3	4	5	21 Jr/Sr Awards Night						1	2	4-8 Senior Week Activities												
6	7	8	9	10	11	12	28 Memorial Day	3	4	5	6	7	8	9	9 Graduation Day												
13	14	15	16	17	18	19		10	11	12	13	14	15	16	19 Last Day of School												
20	21	22	23	24	25	26		17	18	19	20	21	22	23	20 Teacher PF Day												
27	28	29	30	31		24	25	26	27	28	29	30	20-26 Snow Days														

Coming to CCHS in March
A Little Night's Music
Don't Miss It!



Guidance & Counseling Department Publication
“Counselor Bulletin”

February 2012

HAPPY VALENTINES DAY

Student Meetings with Counselors: In the month of February all freshman, sophomores and juniors will receive a letter in the mail with an appointment to meet with their guidance counselors. This meeting is for the students only. The meetings are to discuss course selections for next year and to review their current progress toward graduation. All meetings are scheduled during the student’s study or lunch blocks. If they were mistakenly scheduled during a class or cannot make the meeting time, please have them see Mrs. MacHaffie, guidance secretary, as soon as possible.

Meeting Schedules : (letters are mailed one week prior to the meeting)

February 6-10 – Sophomores

February 13-17 – Juniors

February 27- March 2 – Freshmen

Parent Discussion with the Guidance & Counseling Department:

Parents from the classes of 2013, 2014 and 2015 are invited to hear about the Program of Studies for the school year 2012-2013. The morning program will be on **Thursday, February 16th at 8:00 am in the auditorium.** After the 30 minute overview of the program of studies the classes will break out to small groups to discuss grade specific courses and topics.

College Entrance Exam Information for Juniors

College-bound juniors should plan to take college entrance exams this spring. There are two major testing services in the United States that administer college entrance exams: **The College Board**, which administers the SAT Reasoning Test and the SAT Subject Tests, and **ACT, Inc.**, which administers the ACT.

With very few exceptions, colleges will accept either the SAT Reasoning Test or the ACT for admission. Information outlining the differences between the SAT and ACT is available in the counseling office and on the counseling department webpage. One of the major differences between the two tests is the writing section, which is required on the SAT and optional on the ACT. Because SAT and ACT test dates never conflict, it is possible for a student to take both exams.

In the past, the CCHS guidance and counseling department has recommended that all students take the SAT and, only in rare cases, has recommended the ACT. However, with recent changes to both college entrance exams and trends in college admissions, we now recommend that every junior consider taking both the SAT and the ACT in the spring. The SAT can be taken in March or May (depending on a student’s preference and possible preparation timetable) and the ACT can be taken in April. Because the ACT does not historically report testing scores to colleges and there is no penalty for guessing (unlike the SAT), juniors should try this test without the need for extensive preparation or specialized courses. Since it varies whether or not the writing section of the ACT is required, students should check admissions requirements for their colleges of interest to determine whether or not they should take the ACT with or without the optional writing section. Once a student’s SAT and ACT test scores are available, the student should consult with his or her counselor for recommendations on what additional testing (if any) should be planned for fall of the senior year.

It is also important to note that many colleges do not require SAT Subject Tests. The schools that do require them for admission will specify how many subject tests should be taken and may even specify which subjects a student should take. Because these tests are often related to classroom work, students should consult with their classroom teacher as to whether additional preparation for the test is recommended. Juniors are usually advised to take the exams as late in the junior year as possible. Additionally, several colleges will accept the ACT in lieu of both the SAT and SAT Subject Tests. Therefore, it is important for students to check the admissions requirements for their colleges of interest to ensure that they are prepared to meet those requirements.



Students are encouraged to register for college entrance exams online. Registration information is available in the Guidance and Counseling office and will be distributed to juniors during course selection groups in February. There is an additional charge for late registration and preferred testing locations may not be available.

College Board Testing Dates

<u>Test Date</u>	<u>Test</u>	<u>Deadline</u>
March 10, 2012	SAT	Feb 10, 2012
May 5, 2012	SAT or SAT Subject Tests	April 6, 2012
June 2, 2012	SAT or SAT Subject Tests	May 8, 2012

To register for the SAT or SAT Subject Tests, go to www.collegeboard.com Remember to include the CCHS school code (220645) on your registration

ACT Testing Dates

<u>Test Date</u>	<u>Test</u>	<u>Deadline</u>
April 14, 2012	ACT or ACT w/Writing	March 9, 2012
June 9, 2012	ACT or ACT w/Writing	May 4, 2012

To register for the ACT, go to www.actstudent.org
Remember to include the CCHS school code (220645) on your registration

Junior College Conferences

Juniors will receive mailings from counselors inviting them to a course selection meeting in February and a college planning meeting in March. At both these meetings, juniors are encouraged to follow up with individual counselor meetings. Counselors are available to meet with parents by appointment. Please call the counseling secretaries at extension 7108 or extension 7109 one week in advance.

Naviance

Naviance is an online college search program that allows students to take a career interest test, conduct a college search, and use test scores and GPA to develop a list of colleges. If you have never registered, please contact our guidance secretary, Mrs. MacHaffie, at ext. 7108 or your child's counselor. Counselors will be using the Naviance program in the March junior groups.

The **CCHS Counseling/Guidance Web Site**, which can be found at www.concordcarlisle.net presents students and parents with much information about a variety of counseling/guidance-related topics organized mostly around grade levels.

Major features include the monthly Counseling/Guidance newsletter, handouts from previous parent evening programs, information about the college search process, college entrance exams, and financial aid, along with links to hundreds of other useful sites and information on the Internet. These links may contain additional information and resources for further research.

Depending on the needs of the individual, the web site can help students:

- Initiate thinking about career goals or college interests.
- Assist students with the post-secondary planning process.
- Connect to specific information about most U.S. colleges and universities.
- Provide information to students with specific interests or special needs.
- Provide links to other helpful web sites



Health and Normalcy: Thoughts from the School Adjustment Counselors

School Adjustment Counselors are often called upon to consult to parents about issues related to substance use and abuse, adolescent mood and anxiety concerns, motivation, and determining what is “normal” for adolescents. Many people believe that if a lot of kids engage in a behavior, its “normal”, but from the point of view of developmental health, “normal” from a statistical point of view and healthy are not always the same thing. For example, take a look at these statistics from the 2010 Youth Risk Behavior Survey:

48% of juniors and 64% of seniors report drinking alcohol in the last month.

44% of seniors report binge drinking (5 or more drinks per occasion) in the past month.

54% of seniors, 40% of juniors, 28% of sophomores, 22% of freshmen and 6% of 8th graders report attending parties in homes where alcohol use by teens is permitted.

33% of juniors and 42% of seniors report smoking marijuana in the past month.

Are these behaviors normal? Are they healthy? Assuming you would like your teen to tip the averages away from substance abuse, consider the following:

Marijuana is an addictive drug. It causes mild-moderate habituation. Smoking marijuana twice or more weekly causes withdrawal symptoms when pot is unavailable or use is ceased. Withdrawal symptoms most commonly experienced are difficulties with sleep, irritability, memory problems, and mood issues. It is also interesting and important to note that considerable recent research has linked use of marijuana to an increase in severity and earlier onset of symptoms of mental illness, particularly for teens whose family history includes relatives with schizophrenia, depression or anxiety disorders. The developing teenaged brain can be molded, shaped and influenced by use of substances, including marijuana.

Some people are more susceptible to addiction. Students benefit from knowing if there is a history of addiction in the family tree. The longer teens delay trying substances, the longer their judgment centers in the prefrontal cortex have had to develop, making addiction less of a risk (all other things being equal) for young adults (18-21) than for younger teens (especially teens under 16). Young teens experimenting with substances, especially if there is a family history of substance abuse and/or mental illness, run a high risk of becoming habituated or addicted to substances. Talk to your teens and preteens about what you want them to do regarding substance use and encourage them to think about the risk of addiction. If you don't use, you won't get hooked, even if your family tree is rife with addiction.

Binge Drinking may be “normal” in some circles, but it is not healthy. When people (teens and adults) binge drink, they are susceptible to adverse health effects, impulsive behavior, and poor judgment. There are thousands of cases each year of students who drink themselves to death or near-death when they keep drinking past the point that their livers can process the alcohol. Teens frequently overestimate their tolerance, and can endanger themselves and their friends through binge drinking. Most rapes, unintended sexual experiences where consent appears to have been given, and physical assaults occur in the presence of alcohol, most often during binge drinking.

Talk to your teens about what you expect from them, and the difference between what is “normal” and what is healthy. Demonstrate good judgment and moral courage by refusing to provide alcohol at parties where teens are gathering. Help your sons and daughters to find fun without substances, and show them that you can do this as well. If you are concerned about your child's potential substance use/abuse, please call the School Adjustment Counselors Dan Simone (dsimone@colonial.net) and Kelli Kirshtein kirstein@colonial.net at the CCHS Counseling Department, 978-341-2490 X7108, or call Project Interface for a confidential referral for a family or individual counselor (617-332-3666 X411).