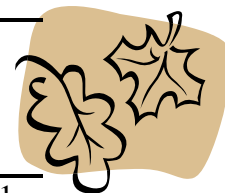




# FRESHMAN and SOPHOMORE GUIDANCE NEWSLETTER



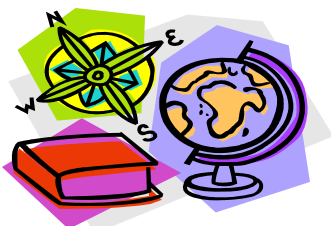
October 2008

Volume 1

**Welcome to the 2008-2009 school year at Oley Valley High School!** For some it feels like we just began, and for others it feels like the summer vacation was forever ago. However, for both, it is time to settle down and have a **GREAT SCHOOL YEAR!**

## ***SO WHAT IS THE NEWSLETTER?***

Several times a year, students will receive a newsletter in homeroom that discusses and highlights significant areas of high school. It is important to read over the newsletter and ask any questions. *The Newsletter and morning announcements are two key ways that information is relayed to students from the guidance office.* Specifically, you will find grade specific information, community service opportunities, extracurricular experiences, and advice to help you succeed in the Newsletter. The Newsletter may also be found on the Oley Valley High School Website in the Guidance Department Section under the Guidance Newsletter link for each grade level. Please take the time to read each month's newsletter, because there is valuable and updated information.



## ***FRESHMAN***

Welcome to OVHS! We hope the beginning to your adventure through high school has started as planned. Your freshman year will help set the tone for your upcoming high school career. This is a time to grow, increase responsibility, and gain independence. Before you know it, you will look back and wonder where the last four years have gone. With this in mind, here are a few hints to navigating your high school adventure.

- ☺ **STUDY, STUDY, STUDY!** High school becomes progressively harder than middle school, and the sooner you develop solid study skills, the sooner you will reap the benefits.
- ☺ **Get Involved!** Oley Valley offers many different activities such as sports, band, chorus, Lynx Broadcast Network, fall play, spring musical, and many clubs to choose. If you do not see a club you are interested in, contact a teacher to see about starting one up.
- ☺ **Get Involved Some More!** No, not just in extracurricular activities but in class. Ask questions, go to teachers for help, and participate whenever possible. Develop a strong academic work ethic by becoming active and involved with your learning. This will follow you throughout your educational career and best prepare you for college. Plus it will help with grades! Be your own advocate.

Your freshman year is one of your most important academic years. This year can set the stage for your upcoming years. If you start off strong, you are likely to stay ahead!

The jump from middle school to high school can be very exciting, but cause many nervous feelings, too. A different building. New teachers. Studying. Harder class work. Homework. Tests. Grades. Wow! It's a lot to get used to!

## ***SOPHOMORE***

**Welcome Back!** One year under your belt and only three more to go. Hopefully you have been helping the freshman and acting as positive role models. Upon graduation, many seniors look back and say how difficult their 10<sup>th</sup> grade year was, having much more challenging classes than ninth grade. It is extremely important this year to continue (or begin for some) to fine tune your study skills. Learning effective study skills will only help with your grades and post secondary plans. Good Luck on another great year! Keep up the solid work.

## **Community Service**

The **Reading Public Museum** is looking for students that are interested in participating in the Arboretum Fall Clean-Up Day. On November 15, 2008, volunteers will be able to help groom the grounds by raking leaves, picking up debris, sweeping, and any other activity to contribute to the award-winning grounds. Preregister by calling 610-371-5850 ext. 252 and leave your name and phone number no later than October 31. You may also email Bob Alberts at [popbob01@ptd.net](mailto:popbob01@ptd.net).

## **Academic Opportunities**

This is the first year that sophomore students were able to sign up for the **PSAT**. The test took place on Wednesday, October 15, 2008. The 56 sophomore students that took the test were extremely cooperative. Thank you for a successful testing period and results will be distributed before the holiday break.

Want to get a jump on the college selection process and see what colleges are out there? Get an early idea of some of the opportunities available by attending the **Berks County College Fair** on Monday October 27, 2008 at Albright College. Over 140 colleges and universities have signed up to attend.

**Interested in scholarship money?** The **2009 Profile in Courage Essay Contest** will give you an opportunity to write an original and creative essay that displays the political courage displayed by John F. Kennedy in *Profiles of Courage*. Essays are to be less than 1,000 words and contain at least five varied sources. Entries must be sent by January 10, 2009 either online or by mail. Top prize receive \$5,000 and an expense paid trip to Boston for an award ceremony. Visit the website at [www.jfklibrary.org](http://www.jfklibrary.org) or see your counselor for more details.

**Do you think that you are the school's top youth volunteer?** Have you made a positive difference through a community volunteer activity during the past year? If so, you could receive \$1,000! Students must apply by October 31, 2008. See your counselor for application information.

**29<sup>th</sup> Annual High School Writing Contest.** Students have the opportunity to write a

personal essay, short story, or poem. Writings must be postmarked by December 12, 2008. Winners will receive a cash prize, and all winners will be considered for publication in *Venture*, Rider University's literary magazine. See guidance for more details.

Interested in a career in the medical field? **The National Youth Leadership Forum on Medicine** is seeking students who have shown academic excellence and leadership potential at the highest level to participate in an intensive 10-day program. See your counselor for more details.

Are you a sophomore with at least a 3.0 GPA and participate in co-curricular activities? Do you have an interest in politics, government, and international relations? If so, the **Presidential Classroom** may be a great opportunity for you. Students from across the country can attend a week long experience that includes exploring the nation's capital, learning about and debating contemporary topics, and staying at Georgetown University. For more details, visit [www.presidentialclassroom.org](http://www.presidentialclassroom.org), or talk with your school counselor. There is a fee for this program.

## Dealing with Stress!

The most important thing about managing stress is to make sure you do it in a healthy way. Dealing with stress in unhealthy and negative ways will eventually add to and increase stress levels. There is no best way to deal with stress; it is a matter of finding out what works best for you. Positive ways to deal with stress are:

- ❑ **Take care of your body**
- ❑ **Physical activity or exercise**
- ❑ **Write**

- ❑ **Talk about your feelings**
- ❑ **Laugh**
- ❑ **Find a fun activity**
- ❑ **Make things simple**
- ❑ **Learn relaxation techniques**

Has everything been going okay? It is important to find someone to talk to if you are having any difficulties, whether personal, academic, family, or whatever. Friends and parents can be very supportive, but sometimes it feels better to talk to someone outside of them. **The school counselors, Mrs. Miller (A-F), Mr. Overberger (G-M), and Mrs. Hunsberger (N-Z), are available to talk whenever needed!**

Also, Kidspeace has developed a safe, anonymous, and free website to help students, [www.teencentral.net](http://www.teencentral.net). Teenagers can find accurate information, direction, or ask questions. Help is provided by trained counselors on topics of your choice.

Need someone to talk to? The **Berks Talkline** is another free and confidential service for students to access. From 11am to 11pm, experienced listeners are available at **610-374-TALK** or online at [www.berks-talkline.org](http://www.berks-talkline.org).

## Fun facts

- ☺ A dime has 118 ridges around the edge.
- ☺ A 10-gallon hat barely holds 6 pints.
- ☺ A giraffe can go without water longer than a camel can.
- ☺ A toothpick is the object most often choked on by Americans!
- ☺ A sneeze travels out your mouth at over 100 m.p.h.

