

Subject: Monthly Parent Email from the School Counselor–January

Intro Info: I want to be able to get parents information they can use to help their child and to stay informed--since, as we know, teenagers are awesome but not always the best and keeping us up-to-date on what is happening at school! I send out monthly emails (my goal will be right before the first of every month!) with upcoming important dates, community events and resources, opportunities to give back to the school/community and general post-secondary information. Please feel free to contact me if you ever have any questions, need something or have information that I can use in my next monthly email!
kjones@orleans.k12.in.us or 812-865-2688 ext. 208

NOTE: New information will be listed under NEW Information when I include it the first time. If it is still relevant, but a repeat from the month before, I will put it under a later section that pertains to that topic. I have included a KEY at the end of the email in case I use abbreviations you don't know what they are!

January 2023 Parent Email

--Ways to stay informed:

- School Facebook Page: Orleans Jr/Sr High School
- Having updated email in Harmony that you check for monthly emails and other communications
- Visit Mrs. Jones' website at www.OHSSchoolcounselor.weebly.com regularly for information; especially check the Home page for important dates, the Parents page for any previous parent communications, (senior parents) Scholarship page for available scholarships, the Career/College pages to help you help your child figure out their post-secondary plan, and the Testing page for test information/practice tests/test dates
- Harmony Parent Login to make sure your child is staying on track
- Students are all in a Class of... Google Classroom where they have access to TONS of helpful information from Mrs. Jones

NEW Information

–Important Dates (listed on my website Home page with live links, as well, and will be updated regularly there):

JANUARY

| | | |
|----|-------------------------------------|--------------|
| 2 | Teacher Day; No School for Students | |
| 3 | Semester 2 Begins; Student Day | |
| 5 | Report Cards Posted | |
| 15 | No School; Snow Make-Up Day | |
| 18 | Yoga | BDS; New Gym |

FEBRUARY

| | | |
|----------------|--|---|
| 1 | Yoga | BDS; New Gym |
| 6 | 10th/11th NLCC field trip | 9-11:30 am; North Lawrence Career Center |
| 5-9 | Scheduling Week: Juniors | Mon--BDS meet; Tues-Thurs--Paperwork; Fri--Schedule in English |
| 7 | NLCC Presentation: Freshmen | BDS; Cafeteria |
| 7 | SPRING Ivy Tech Knowledge Assessment DUE | |
| 7 | Financial Aid and FAFSA Night: Seniors/Parents | 6-8 pm; Cafeteria |
| 12-16 | Scheduling Week: Sophomores | Mon--BDS meet; Tues-Thurs--Paperwork; Fri--Schedule in English |
| 12 | SPRING Ivy Tech Spring Course Registration DUE | |
| 15 | Yoga | BDS; New Gym |
| 19 | No School; Snow Make-Up Day | |
| (19) 20-24 | Scheduling Week: Freshmen | Tues--BDS meet; Tues-Thurs--Paperwork; Fri--Schedule in English |
| 22 | Pathway Fair--8th Graders | Pathway class rooms in AM rotation |
| 25 (tentative) | College Goal Sunday | Ivy Tech Bloomington; time TBD |
| 26 | SPRING/YEAR Ivy Tech Add/Drop Date | |
| 26-March 1 | Scheduling Week: 8th Grade | Mon--BDS meet; Tues--Science presentations; Tues-Thurs--Paperwork; Fri--Schedule in English |
| 27 | Register for School Day SAT: Juniors | BDS; Testing Room |
| 28 | 8th Grade Parent Night | 6-8 pm; Cafeteria |
| 29 | Yoga | BDS; New Gym |

–LOTS of important days coming up in the next two months!! Some of the major things: Registration for Spring/Year dual credit (DC) classes, semester 1 report cards and transcripts out, local scholarships starting to be due, scheduling for next year's classes, FAFSA needing to be filed, field trips and guest speakers, registration for SAT and 8th grade parent night!

–Orange County REMC Youth Programs: There are several youth programs that are available including Page Day, Indiana Youth Tour (trip to Washington, DC for current juniors), and Camp Kilowatt (for current 6th graders). See if any of these programs pertain to your child! **ATTACHED**

-Seniors:

- Local scholarships will be constantly updated on the counselor website under Scholarships, especially in Jan-April. MAKE SURE your child has done all the prep work to make this a less stressful time—Mrs. Jones went over the checklist and what they need to have done during the Senior Meeting. FYI, there are some scholarships for trade schools, 2-year specific colleges AND students going into the workforce, so make sure your child applies to everyone they qualify for!
- Big changes are happening with the FAFSA (the college financial aid form)—emailing some helpful documents on this on Dec. 18, 2023. **ALL seniors will be required by the state to complete the FAFSA or turn in a form to exempt them from filing the FAFSA.** The FAFSA will open in December and is due by April 15; Mrs. Jones will send an email when she is notified the FAFSA is open. The exempt form is also **ATTACHED in December**. You will file the 2024-2025 FAFSA. Students and all parents (unless a married couple filed jointly in 2022) will need an FSA ID to complete the FAFSA. **There was an FSA ID workshop in October (info to still be able to do this is found on the counselor website under College at the bottom; NOW is a good time to get an FSA ID for your student and possibly you as a parent) and there will be a FAFSA Filing Wkshop on Feb. 7 at 6 pm at OHS and another one on Feb. 25 at Ivy Tech from 2-4 pm if you think you might need some help or extra support. This is a great event to have on your calendar!** See FAFSA information **ATTACHED in December**.

- Seniors/Senior Parents: As you prepare for the new year, a couple of dates you might want on your calendar, since seniors are expected (from the state) to file the FAFSA...

Feb. 7 6-8 pm at OHS--Financial Aid/FAFSA Night

Feb. 25 2-4 pm at Ivy Tech Bloomington (200 Daniels Way, Bloomington)--College Goal Sunday (help with the FAFSA) . No pre-registration is required!

Ivy Tech financial aid staff are also available to help families complete their FAFSA. They take appointments Monday through Friday and can meet families in person at Ivy Tech or via Zoom. Interested families can call 812.330.6160 for an appointment.

- If you would like help with financial matters related to paying for college (like FAFSA or loans, etc.), there is a non-profit called INvestED who can advise you for free and they don't make any money off of you—so it is good advice based on your financial situation. Their contact information is: <https://www.investedindiana.org/> or call 317.715.9000.
- **Next Level Jobs:** If your child (or you) are interested in earning a certificate or technical certificate, there is a tuition-free way to do that in Indiana! Check out the list of programs that offer a free certificate. **ATTACHED in December**
- **Wright Implements Training Program:** Wright Implements was here to present about their training program where, if you work for them, they will pay to have you receive your John Deere Technology degree. This could be a great opportunity for your child. See more information and contact information **ATTACHED**.
- Built to Succeed: This is a program in the construction industry where students can learn a trade close to home and be a union worker (starting out at \$20-25 an hour plus benefits). Check out more information and/or turn in your application to Mrs. Jones **ATTACHED**.

-Testing Updates:

- **SAT Testing in March:** ALL juniors will take the SAT in early March, as required by the state. These will be legitimate SAT scores. They can practice between now and then so they can earn the best score possible—a good score could make them eligible in HS for some dual credit classes, give them a better chance getting into their desired college, or open up some scholarship opportunities for them.

-ALL PARENTS: If you qualify for free/reduced lunch, PLEASE still fill out the form/make sure you have filled out the form this year (and in future years)!!! Even though, all students get free lunch and free books, **your child could still automatically qualify for other things** because of their participation in the program—including but not limited to free dual credit classes, 21st Century Scholars automatic enrollment, fee waivers for college applications and/or SAT or ACT test fees! If you have not filled out the form, email Mrs. Jones at kjones@orleans.k12.in.us and she can send a paper copy home with your student or the student can stop by the office to get an application. Applications can be returned to Courtney in the main office or Mrs. Jones.

OPPORTUNITIES

-Some New Things Happening in the Building:

- **College/Career Lessons:** All OHS students completed a survey identifying what they think their post-secondary plan will be at this point in their lives. Students will meet in groups based on their post-secondary plans to learn more information about it! Groups are divided by: College-Bound (CB), Military-Bound (MB), Work-Bound (WB), and Undecided (UN). There will be different lessons, activities, speakers, and experiences each week for students based on their group to help prepare them for their life after high school. If students change their mind/plan, they just need to let Mrs. Jones know and she can get them into a group that more closely matches what they want to do! Please check with your student often to see what they are learning and/or learning about themselves that will help them make decisions on their post-secondary plans. ANY student is welcome to come to another session (in addition to their sessions); if they see a topic they would like to know

more about, they are welcome to come to the session—i.e. they are CB but saw the Navy will be here and want to learn about how that could help them pay for college or say they are CB 2-Year School but see that Franklin College will be there and want to see what FC has to offer them, etc.

- **CliftonStrengths:** All students have taken the CliftonStrengths Assessment and know their top 5 strengths. Each week we learn about one of the strengths and what that looks like. Check in with your student to see which one they are learning about each week and to see what their top 5 strengths are!
- **Team Peace Mindful Mondays:** Each Monday students are introduced to a new resiliency technique to help them cope with stress, anxiety, etc. and then they practice the technique every day that week. Ask your child what they are learning and whether or not they connect with the new strategy each week!

–Need help? Students have access to finding out how they can get extra food and/or clothing and/or tutoring help. They just need to look in Google Classroom Class of... under Classwork/Resources and then pick what they need for more information.

–Yoga: Yoga has started back up again at OHS, every other Thursday during BDS. Any students are welcome to attend; there is no sign-up prior to the sessions. Scheduled dates include: Jan. 18, Feb. 1, 14, 29, Mar. 14, Apr. 4, 18, May 2.

–Tutoring:

- Any student is encouraged to visit Mrs. Blair (for English help) or Mrs. Newlin (for math help). These teachers are available during BDS every day.
- Local tutoring will typically be available Mon-Wed from after school until 4 pm in Tara Carlile’s room. Students are encouraged to email her if they plan to attend to see if she will be available.
- 1-877-ASK ROSE or <https://askrose.org/> from 7-10 pm Sun.-Thurs.; will begin in a few weeks
- Khanacademy.org is a great resource for help and helpful videos!
- The Indiana Department of Education today announced a new partnership with Schoolhouse.world to support students in grades eight through 12 with free tutoring for SAT preparation, math courses and Advanced Placement (AP) courses.

In addition to resources through Schoolhouse.world, Khan Academy and College Board offer free SAT practice resources. This free resource comes as all Indiana high school juniors prepare to take the SAT this spring. Students can visit [Official SAT Practice on Khan Academy](http://OfficialSAT.Practice.on.Khan.Academy) – a personalized online program that helps students practice for the SAT with thousands of sample questions, instant feedback, video lessons and full-length practice tests. Nationwide, more than 10 million students have signed up for free SAT practice through Khan Academy.

To learn more about these learning resources, and to sign up for a tutoring session, visit www.schoolhouse.world or www.khanacademy.org.

ACADEMICS/School Information

–Want to order your child a yearbook? Go to: jostensyearbooks.com or talk to Mrs. Hall at jhall@orleans.k12.in.us

–Senior supplies: Information is out about caps and gowns and other senior supplies; orders need to be placed ASAP. All seniors who will be walking need to have ordered at least a cap and gown. Talk with Mrs. Jones if this is too much of a financial burden for your family.

–College/Career Coaching: Cade Nolan is a College/Career Coach through Ivy Tech. If you have a student who is struggling with what they want to do after high school and how to figure that out, you might want to contact him! He can also help with college applications and the process—one of the hardest parts about college...the red tape! Contact him at cnolan22@ivytech.edu or call 812-330-6378 or text at 812-727-7847.

–Job Corp: Have a student who struggles and who hasn’t found his/her passion? Job Corp might be able to help. To find out more about this live on-campus program, and to determine if it would be a good fit for your child, see more information that was posted in September of last year.

–Student Opportunities: We have several newer opportunities for our students. They are listed below and information was given to students when Mrs. Jones met with English classes; see Mrs. Jones’ website/Parents/Student Presentations for more info. Explanations of the various projects are also listed below.

- **9th grade:** Indiana College Core information was given to students. COSMOS Work Ethic Certificate was given to students.
- **10th grade:** Indiana College Core information was given to students. COSMOS Work Ethic Certificate was given to students. UpSkill Work and Learn program information was given to students.
- **11th grade:** Indiana College Core information was given to students. COSMOS Work Ethic Certificate was given to students. UpSkill Work and Learn program information was given to students.

- 12th grade: Governor’s Work Ethic Certificate was given to the students.
- **INDIANA COLLEGE CORE**: Class of 2025+ have the opportunity to earn this. It is a block of 30+ credit hours of general education college-level courses that transfers seamlessly among all Indiana public colleges and universities. It can help cut down a student’s time (and money) for college. There are some costs associated with it for courses completed through Vincennes University. Our tentative plan for the next 2-3 years is attached. It will be finalized closer to the end of the semester and definitely by February’s scheduling for next year.
- **UPSKILL WORK AND LEARN PROGRAM**: It is a 2-3 year experience that provides students with a paid job, career credentials and college courses in their field while still in high school. Students interested in Advance Manufacturing, National Security and Defense, Life Sciences, and Business and Information Technology could be matched with an area employer to gain job experience in their field. This is a great opportunity for kids wanting to go directly into the workforce to get their foot in the door at a potential employer. The program is run through ROI (Regional Opportunity Initiatives).
- **COSMOS/GOVERNOR’S WORK ETHIC CERTIFICATE**: By completing the requirements for this certificate programs, students could get the opportunity to get a job or perks because the certificate certifies that the student has excellent employability skills. We are working to connect with various employers to give incentives if students finish the year with the certificate (the COSMOS one for grades 9-11 and the Governor’s one for 12th graders). This is an excellent opportunity, especially if students are looking to get a job while in or right after high school.

Post-Secondary Information

--Scholarships: Constantly updated on counselor website under Scholarships. Seniors have “better” access for updated lists and live links in Google Classroom under Scholarships.

--Underclassmen—Wondering how to pay for college?: Use the Indiana College Cost Estimator to estimate your family contribution to your child’s college. The site uses the FAFSA formula for younger students to give you an idea of what you will have to pay once they are old enough for college! You will need financial information, but the site is very secure. You can compare up to three college costs at one time, including information like GPA, class rank, test scores, etc. that may qualify your child for additional aid. Access it through <http://www.indianacollegecosts.org/calculate-your-college-costs/> or <http://www.indianacollegecosts.org/>.

--21st Century Scholars

- **21st Century Scholars:**

WHO: 7th and 8th graders will be automatically enrolled; 9th-12th graders who qualify will complete three activities a year to stay eligible and learn about the college process.

AMOUNT: At in-state, public two-year and four-year colleges, the 21st Century Scholarship covers up to 100 percent of tuition and some regularly assessed fees, such as technology, student-activity and health-services fees. The scholarship pays part of the tuition at private or independent colleges and approved for-profit specialty or proprietary schools. A list of colleges that accept the 21st Century Scholarship is available at LearnMore Indiana [CLICK HERE](#)

GENERAL INFORMATION: [CLICK HERE](#)

OTHER DETAILS:

To receive the scholarship, students must:

- Graduate from a state-accredited Indiana high school.
- Graduate from high school with a cumulative GPA of 2.5 on a 4.0 scale.
- Earn a minimum of a Core 40 diploma.
- Complete all 12 high school Scholar Success Program requirements and track them in ScholarTrack by high school graduation.
- Apply to and be admitted to an eligible Indiana college, university or proprietary school as a high school senior.
- Submit the Free Application for Federal Student Aid (FAFSA) by April 15 as a high school senior and each year thereafter until college graduation.
- Complete the College Scholar Success Program each year of college to renew your scholarship.
- Complete at least 30 credit hours each year of college.
- Maintain satisfactory academic progress (SAP) standards established by your college.
- Maintain Indiana residency.
- Do not do drugs, commit a crime or delinquent act, or consume alcohol before reaching the legal drinking age.

SCHOLAR SUCCESS GUIDES [Updated 1-10-23]:

- [7th/8th Grade Website Checklist to Prepare for HS/College](#) [CLICK HERE](#)
- [9th Grade](#) [CLICK HERE](#)
- [10th Grade](#) [CLICK HERE](#)
- [11th Grade](#) [CLICK HERE](#)
- [12th Grade](#) [CLICK HERE](#)

- This is also a great time to have Scholars update their contact information--phone numbers, social security number, mailing addresses and email addresses. Scholars can go to www.in.scholars.gov to complete any updates.

--Military

- **Recruiter Information:** Under Every Student Succeeds Act (ESSA), schools are required, by law, to give recruiters the name, address, and telephone listing of secondary school students served by that school, unless the parent of a student (or a secondary school student who has reached 18 years of age) has submitted a written request to the school to opt out of this disclosure. As a matter of Department of Defense policy, military recruiters routinely request this information only on juniors and seniors in high school.

--College Information/Help

- **Learn More Indiana Activity Bank**
Did you know that Learn More Indiana has an Activity Bank with activities for EVERY GRADE LEVEL on how to Plan, Prepare and Pay? You can find it at: <http://www.in.gov/learnmoreindiana/2413.htm>!
- **Learn More Indiana is on Facebook** - Have you seen our Facebook page? Like us to stay updated on our campaigns! [facebook.com/LearnMoreIN](https://www.facebook.com/LearnMoreIN) Amber Audrain, the new College Success Campaign Manager, is the contact for questions regarding Learn More initiatives, including College GO! Week, Cash for College, KnowHow2Go, and 15-to-Finish. Email: aaudrain@che.in.gov

WAYS TO MAKE A DIFFERENCE!

--Do you want to help children? CASA (Court Appointed Special Advocates) volunteers are needed. With 30 hours of training, you can be equipped to be the voice for a child who has no one to speak on their behalf. If you are interested in becoming a CASA, call Robin Brown at 812-723-2411 ext. 136 or email orangecountycasa@outlook.com

COMMUNITY HAPPENINGS

COMMUNITY RESOURCES

--WorkOne opportunities: WorkOne has many services to offer students and their families. They can help with paying for college, job searches, GED, career searches, and much, much more! They/You can contact the Paoli office to make an appointment: Cathy Tucker at 812-723-2359.

--College Coaching for Latino Students: See how to contact and get help from a college coach for your Latino/Latina child by contacting Fanny Cruz at fcruz@indianalatinoinstitute.org.

--Want to quit smoking/vaping? Call 1-800-QUIT-NOW (1-800-784-8669) for support and help.

--Thinking about suicide? Call or text: 988 to get help and information or visit <https://www.in.gov/issp/> for other resources and support services before it is too late.

--Autism Society of Indiana: This organization helps support families dealing with autism. For more information, contact Christine Belviy at 1-800-609-8449 ext. 808 or email her at Christine@inautism.org.

--New Beginnings opportunity This is a program that provides support to parents of children involved in a troubling event (divorce or separation), providing tools to the parents to minimize the trauma that children may experience during this time and address multiple issues that may arise in their child's developmental process. The cost is \$65 (for the workbook) and the commitment is for 10 weeks for two hours a week in New Albany. Call Our Place with questions at 812-945-3400 ext. 110 or email them at ourplace@ourplaceinc.org.

--SafePlace If youth need some place to go or need for someone to help them, they can go to www.nationalsafeplace.org, text "SAFE" and current location (address, city, state) to 4Help (44357), or call Hoosier Hills PACT at 812-723-2621

--The National Maternal Mental Health Hotline is LIVE! The Hotline, funded by the U.S. Health Resources and Services Administration (HRSA) and powered by Postpartum Support International, is available 24/7, 365 days a year, in English or Spanish and other languages by request. Staffed by licensed and credentialed perinatal mental health and healthcare providers, childbirth professionals, and certified peer specialists, the Hotline provides immediate and informed access to support, understanding, brief intervention, and resources to all pregnant, postpartum, and post-loss individuals AND their partners and families. Call or text the

Hotline anytime to connect. **You do not need a diagnosis to reach out for help – we are here for you. National Maternal Mental Health Hotline: 1-833-943-5746**

KEY

AHD=Academic Honors Diploma

CB=College-Bound

DC=Dual Credit

GC=Google Classroom

Governor's Work Ethic Certificate=GWEC

HS=High School

Indiana College Core=ICC

JH=Junior High

MB=Military-Bound

WB=Work-Bound

THD=Technical Honors Diploma