

Subject: Monthly Parent Email from the School Counselor–September

Intro Info: I wanted 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 will be sending out monthly emails (my goal will be by 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!**

## September 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](http://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):

#### SEPTEMBER

4	No School; Labor Day	
7	Lilly Applications DUE by 3:59 pm	
13	FALL/YEAR Knowledge Assessment for Ivy Tech completed	
13	<b>11th Grade FT to Metro Indy College Fair (first come, first serve with spots)</b>	
18	FALL/YEAR All registrations for Ivy Tech DUE	
25	Lilly Finalists Essay Session	10 am-11 am; Conference room
25-29	CollegeGo! Week celebrations	BDS

#### OCTOBER

2	FALL Ivy Tech Add/Drop Deadline	
2-6, 9-12	Senior Meetings (parents/student meet with Mrs. Jones)	
3	10th Grade FT to Ivy Tech/IU Bloomington	
5	9th Grade FT to Hanover College	
6	End of 1st 9 Weeks	
10 and 12	Parent/Teacher Conferences	3:30-7 pm
12	Report Cards Posted	
11	PSAT--all sophomores/juniors	8:15-12 pm-ish; location TBD
11	INvested FSA+ presentation	6 pm
13-22	No School; Fall Break	
26	8th Grader FT to Manufacturing Day locations	TBD

### –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!
- **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. So far students have learned about Belly Breathing, Airplane Breathing, and doing a Body Scan as different coping techniques. Ask your child what they are learning and whether or not they connect with the new strategy each week!

**–Seniors:**

- To Do lists for your path (college, career, military) are in Google Classroom so you can see what you need to be doing now to get where you want to go! Start getting things checked off the list; Mrs. Jones will explain more when she visits your English class next week. These are important to keep you from missing typical deadlines!
- Constantly updated on counselor website under Scholarships.
- Big changes are happening with the FAFSA (the college financial aid form). 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. Students and one parent will need an FSA ID to complete the FAFSA. There will be a FSA ID workshop and FAFSA Informational meeting on Oct. 11 at 6 pm. This is a great event to have on your calendar! More information is ATTACHED.

**–Field Trip Opportunities:**

We have several upcoming field trip opportunities for kids this Fall! Please encourage your kids to turn in permission slips so they don't miss out!

- Juniors: Metro Indy College Fair, Sept. 13, permission slips out now and due Sept. 6; first-come, first-serve for space on the bus; great opportunity for kids to see what lots of different colleges have to offer them! ATTACHED
- Sophomores: IU/Ivy Tech Bloomington, Oct. 3, permission slips out next week; great opportunity for young students to see what a big 4-year school and a 2-year school can offer them and a chance to see what a college visit would look like in the safety of a group!
- Freshmen: Hanover College, Oct. 5, permission slips out next week; great opportunity for young students to see what a big 4-year school and a 2-year school can offer them and a chance to see what a college visit would look like in the safety of a group!
- 8th Grade: Manufacturing Day, Oct. 26, permission slips and more information out closer to date; great opportunity for students to see what jobs exist in our area and visit several companies that contribute to our community!
- 8th Grade/Freshmen: Career Fair, TBD in November held in Orange County, permission slips and more information out closer to date; great opportunity for students to see what jobs exist in our area and visit several companies that contribute to our community!

**–College Fair Opportunities:**

There are several College Fairs happening this Fall. Check out these events and go with your child to see what schools look interesting to them in pursuing their post-secondary plan!

- Sept. 13: 9:30-12:30 pm at IU Indy (formerly IUPUI); the Metro Indy College Fair ATTACHED
- Sept. 28: 6-7:30 pm at Hanover College; the Southeastern Indiana Regional College Fair ATTACHED
- Oct. 4: 6-7:30 pm at Mitchell High School; the Tri-County COSMOS College Fair ATTACHED

**–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.

**–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 – 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](http://www.schoolhouse.world) or [www.khanacademy.org](http://www.khanacademy.org).

**–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: Aug. 31, Sept. 14, 28, Oct. 12, 26, Nov. 9, 30, Dec. 7, 14. Dates for semester 2 are still being determined.

**–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.

## **OPPORTUNITIES**

### **ACADEMICS/School Information**

**–Want to order your child a yearbook?** Go to: [jostensyearbooks.com](http://jostensyearbooks.com) or talk to Mrs. Hall at [jhall@orleans.k12.in.us](mailto:jhall@orleans.k12.in.us)

**–Senior supplies:** Information will be coming out soon about caps and gowns and other senior supplies.

**–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](mailto: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.

### **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/>.

**–21<sup>st</sup> Century Scholars**

- **21<sup>st</sup> 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](http://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](mailto: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](mailto: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](mailto: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 Belvly at 1-800-609-8449 ext. 808 or email her at [Christine@inautism.org](mailto: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](mailto: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](http://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