WELCOME BACK!

NEW YEAR, NEW FACES

The Counseling and Guidance Office is excited to announce some staffing changes for this school year. Mrs. St. John has decided to retire. The dedication to her students, the numerous SAT and ACT’s she has organized and her professional experience will be greatly missed. We wish her all the best in her retirement. Consequently, we have the privilege of adding two new academic counselors. Mrs. Nina Muto joined the Counseling staff in September 2018, but in a different role. This year, she will be working with students for scheduling, post-secondary planning and emotional and social health and much more. Mrs. Muto is a graduate of the University of Scranton and comes to Vestal with five years of experience working in the Towa School District. Mrs. Muto is excited to have this opportunity to meet more students and get more involved in the high school program.

Mr. Robert Malvasio is a graduate of Union-Endicott High School where he was involved with football, basketball and track. Mr. Malvasio completed both his bachelor’s and master’s degree at SUNY Oneonta. Vestal was fortunate to have Mr. Malvasio intern in the Counseling and Guidance Office this past spring for the semester. During his internship, Mr. Malvasio met with students, participated in classroom lessons, and was part of many evening programs. Mr. Malvasio may have had UE Tiger pride, but he is excited to begin this new chapter with green and gold Vestal Bears.

The Counseling and Guidance staff recognizes that changes in counselors can be difficult for some students and families. Please know that we have tried to minimize the amount of students who will be impacted by this shift in counselors. This restructuring has significantly reduced counselor caseloads. We are confident that students and families will continue to have their needs met. If you have any concerns, please do not hesitate to reach out to us at 757-2214.

Mrs. Muto

Mr. Malvasio

Your Junior Year Counselor

Students are assigned to their School Counselor based on the first letter of their last name. Since we have added two new academic counselors, your counselor will be as follows:

- A-D will have Mrs. Muto
- E-J will have Mr. Malvasio
- K-M will have Mrs. Smith
- N-R will have Mrs. Jablonowski
- S-Z will have Ms. Martino

Juniors in full-day alternative education programs will have Ms. Wallach.

Rest assured that all of our counselors are excited to be working with you and can help you make the most of your junior year at Vestal.
PRELIMINARY SCHOLASTIC APTITUDE TEST/NATIONAL MERIT SCHOLARSHIP

WHEN: Saturday, October 19, 2019 @ 7:45 am  Plan on 3 hours and 30 minutes of total testing time. Approximate pick up time is noon.

WHERE: Vestal High School

FEE: $20.00 - Cash or checks made payable to Vestal Central Schools

SIGN-UP INFORMATION:
Registration forms will be sent home in the next newsletter and available in the Counseling and Guidance Office in mid-September. Sign-ups will be accepted in the Counseling and Guidance Office on Curriculum Night (September 19) or through October 10th. Juniors should listen to the announcements for more information on sign-ups during September.

MATERIALS:
Upon registration, students will receive a manual with answers regarding the test and a sample test. Please be sure to read the manual. They can also answer practice questions online at www.collegeboard.org. Students need to bring #2 pencils, a calculator and a snack to the test.

Cell phones should be left at home.

MORE ON THE PSAT...ITS PURPOSE AND IMPORTANCE

- You can look at the PSAT as a preview of the SAT Reasoning Test, which is used as a basis for admission to many colleges. Taking the PSAT is the best way to practice for the SAT since the questions, format, and time constraints are similar.

- You can use the PSAT to estimate your probable performance on the SAT Reasoning Test.

- The PSAT/NMSQT is the qualifying test for juniors who wish to participate in the National Merit Scholarship Program. In addition, a wide variety of corporate and school-specific scholarships are based on the results of the PSAT.

- You also have the chance to participate in the Student Search Service of the College Board. Many students who participated in this service in past years received materials from colleges or other post-secondary institutions giving them information about educational and financial aid opportunities that they might have otherwise overlooked.

- Finally, you will get your answers and a key to the correct responses on the PSAT. This will help target your preparation for the SAT Reasoning Test.

Note: Students who need testing accommodations must have authorization from the College Board prior to test day. Letters and request forms were sent home last spring. Please contact your Resource Room teacher to confirm that your accommodations have been approved. You must have been approved by early September to take the October PSAT with accommodations! Students that are approved for extra time must wait out the total time.
COLLEGE PLANNING TIPS...IT’S DEFINITELY NOT TOO SOON TO:

It is never too early to start thinking about your future plans. Below are listed some ideas to get you thinking of how to take the next steps:

- Create a College Board account (www.collegeboard.org) and investigate the Big Future program.
- Create an account at www.actstudent.org and explore their resources.
- Take the most challenging academic schedule that you can while still maintaining a balance in your life.
- Research prospective colleges by completing an online college search. These are available on many websites, including www.collegeboard.org and www.actstudent.org.
- Attend College Day at the Arena.
- Register, prepare for, and take the PSAT/NMSQT.
- Get involved in school and extra-curricular activities. Seek out leadership roles in school and in the community. Make a difference!
- Begin to study for the SAT and/or ACT tests that will be given next spring. Studying over a period of months will be of more benefit than cramming at the last minute. Consider registering for the SAT and ACT Questions of the Day, which are free of charge and are great preparation tools.
- Begin to consider which teachers or other adults you might ask for college recommendation letters.
- Talk to older friends and adults about their college choices and find out what was important to them.

Thinking about your future...

Now is a good time to start reflecting on your college and career goals. Where do you want to end up? Do you want to go to college, the military, or straight to work? What type of college are you hoping to attend? Are you thinking about graduate school after college? By deciding what is important to you, you can make plans for the next two years that will support your long-term goals. If you are thinking about college, be sure to review the planning tips above so you will put yourself in the best position to navigate the college admissions process.
September 5, 2019 is the date that Declaration of Interest forms for National Honor Society will be available. You can pick one up in the Principal’s Office. They are due back to the Counseling & Guidance Office no later than Friday, September 13th. Mrs. Stephanie Lewis will be the new NHS Advisor.

October 10, 2019 is the deadline for registering for the PSAT.

October 16, 2019 is College Day at the Arena. Permission slips will follow in the next newsletter.

November 2, 2019 is the deadline for registering for International Baccalaureate (IB) exams. The exams are given in May. Registration forms will be sent home in October to all students in IB classes but, for planning purposes, you can expect the cost to be approximately $180 for registration and $125 per exam.

**Greater Binghamton College Day**

**DATE:** OCTOBER 16, 2019

**TIME:** 11:00 AM — 2:00 PM

6:00 PM — 8:00 PM

**LOCATION:** Floyd L. Maines

Veterans Memorial Arena, Binghamton, New York

This is a great way to get information about a wide variety of colleges. We urge you to attend. Students can attend during the school day or in the evening with their families. More details will follow in the next newsletter.

Feel free to check out the website at:

www.greaterbinghamtoncollegeday.org
Anxiety and stress look different in every person. These are some examples of how anxiety and stress can affect your student throughout the year. School Counselors are available to assist students during difficult times. Feel free to reach out if you or someone you know needs help. Contact us by stopping in the Counseling and Guidance Office or call 757-2214.

Class of 2021

Sign up for important updates from the Counseling and Guidance Office

A. If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link: rmd.at/2b9c9h

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

B. If you don't have a smartphone, get text notifications.

Text the message @2b9c9h to the number 81010.

If you're having trouble with 81010, try texting @2b9c9h to (832) 564-3286. * Standard text message rates apply.

Stay up to date with College Visits

Find out about Scholarships

Stay involved

*Parents and Guardians can sign up as well to get the latest information*
Statement of Overall Objectives
School attendance is both a right and a responsibility. The School District is an active partner with students and parents in the task of ensuring that all students meet or exceed the New York State Learning Standards.

Definitions
Whenever used with the Comprehensive Attendance Policy, the following terms shall mean:
1. Scheduled instruction: Every period that a pupil is scheduled to attend instructional or supervised study activities during the course of a school day during the school year.

2. Absent: The pupil is not present for the entire period of the pupil’s scheduled instruction.

3. Tardy: The pupil arrives later than the starting time of the pupil’s scheduled instruction.

4. Early departure: The pupil leaves prior to the end of the pupil’s scheduled instruction.

5. Excused: Any absence, tardiness, late arrival, or early departure for which the pupil has a valid school approved excuse. Such excused non-appearance shall include: personal illness, illness or death in the family or significant other person, religious observance, quarantine, required court appearances, attendance at health clinics or other medical visits, approved college visits, military obligations, absences approved in advance by the Principal, and other reasons as may be approved by the Commissioner of Education.

6. Unexcused: Any absence, tardiness or early departure of which the pupil has the knowledge and consent, stated or implied, of his parents for other than legal reasons. Such unexcused non-appearance shall include shopping trips to the local mall, family vacation, babysitting younger siblings, and any other absence that is not excused.

7. Truancy: A student whose parents expect him or her to be in school and in class and who does not attend for other than lawful reasons.

In order to encourage student attendance, the following strategies and incentives shall apply:
1. Notices of Absences to Parents or Guardians
2. Disciplinary Procedures
3. Classroom-Based Incentive Program
4. Intervention Strategy Development
5. Counseling

Former Policies:
7.3-1 Creation of Attendance Office 10/26/71
7.3-7 Annual School Census 5/23/89
7.13-8 Summer School Attendance 2/23/82
7.3-10 Class Attendance - Grades 7-12 2/26/85

Reviewed: 6/11/02
Adopted: 6/25/02
Broome County is a place where you can enjoy a successful career and experience a fulfilling life.

PARENTS AND STUDENTS!

Connect with representatives about:

- Full-time employment
- Part-time employment
- Seasonal employment
- Career exploration