

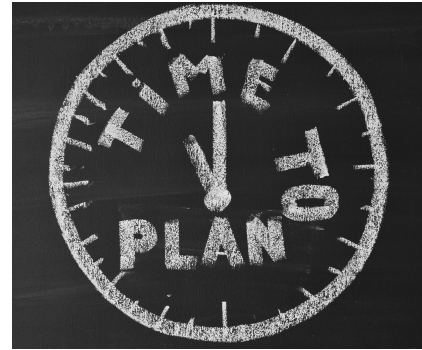
Sophomore Newsletter

Counseling and Guidance Office (607)757-2214

CLASS
of
2026

Time to Start Planning

It is hard to believe that you are almost halfway through high school! Over the next month, School Counselors will be introducing you to a wide variety of programs and opportunities that are available to VHS juniors and seniors. Now is a great time to start thinking about your future plans, both for the rest of high school and beyond. Please carefully consider all options and make a solid plan for yourself.



As you think about your future, we invite you to visit the Counseling and Guidance Google Classroom. There you will find a variety of information on college and career searching. It is never too early to start driving through different college campuses to get an idea of what you like or do not like. Start brainstorming what interests you might have after high school. Whether it is the world of work or college - the future is bright!

Scheduling for 2024-2025 will begin in early January. Students can start thinking about what courses they might be interested in taking. Students can visit the Course Description Guide Book in the Google Classroom or on the website. Hard copies will be made available to students in their classes.



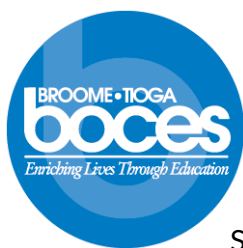
Thinking about the IB Diploma?

Vestal High School is one of 5,700 schools worldwide that is authorized to confer the International Baccalaureate (IB) Diploma. The IB diploma is designed to provide rigorous coursework across all subject areas and to prepare students for the demands of college and the challenges and opportunities of a global society. Students may take individual IB courses or pursue the full diploma. Vestal also offers Advanced Placement (AP) courses in multiple subject areas. Mr. Dunham will visit 10th Grade English classes to give more information about these unique offerings. If you still have questions, please talk to your school counselor or Mr. Dunham in the IB/Honors Office.

The IB/AP Parent Night will be held on January 4, 2024 at 6:30pm in the high school auditorium. A recording will be available on the Vestal YouTube page after the event.

The end of the semester is quickly approaching. Second semester courses will start on January 29, 2024. Please be sure you are finishing up your course work and any allowable back work to get those grades up

Happy New Year!



Are you Interested in BOCES?

BOCES stands for **B**oard of **C**ooperative **E**ducational **S**ervices and is a school specifically designed for career and technical education. All programs are two years long, involving half of your day in both the Junior and Senior year. Available programs are listed below.

School Counselors will review the opportunities at BOCES when they go into 10th grade classes to discuss 11th grade course options. Please check out the BOCES website at www.btbores.org for more information.

Intro Courses:

Building Trades and Plumbing Careers, Business Management and Computer Careers, Clean Energy Battery Solutions, Hospitality Industry Careers, General Automotive Services

Intermediate Courses:

Agricultural Science, Auto Body Repair, Computer Aided Design - CAD, Carpentry, Cosmetology, Culinary Arts, Electricity, Heavy Equipment Repair and Operation, Masonry, Video Production, Welding

Advanced Courses:

Automotive Technology, Criminal Justice, Graphics and Gaming Design, Health Sciences, IT Specialist, Manufacturing,

SAVE THE DATE

In conjunction with Broome-Tioga BOCES, Vestal sophomores are invited to participate in the BOCES field trip on February 27, 2024. Students will have the opportunity to visit three of the above programs. Counselors will have permission slips available when we discuss course options for next year.

In time of crisis, don't forget....



Each student will be issued a yellow ribbon card at the beginning of the school year. This ribbon carries the message that there are those who care and will help! If you are in need of help and don't know who to ask, take this card to a counselor, teacher, clergy, parent or friend and say: "I need to use my Yellow Ribbon"

Meet the Counseling and Guidance Staff



Mrs. Schneider

Last Names: A-F



Mrs. Yezzi

Last Names: G-I



Mrs. Smith

Last Names: J-O, W, X, Y, Z



Ms. Martino

All students in BOCES



Mrs. Jablonowski

Last Names: P-V



Mrs. Pomerantz

Social Worker

Vestal Counseling Office – 8:00 AM – 3:00 PM – 757-2214
United Health Services – 24 Hour Hotline – 762-2302

Some 10th graders, who are advanced in math and science, tried the PSAT in October. Next year, all 11th graders will have the opportunity to try the PSAT before taking the SAT. It is never too early to start practicing. Students can go to www.collegeboard.org to start reviewing. Both the SAT and PSAT's will all be computer-based this spring.



"You are braver than you believe,
stronger than you seem and smarter
than you think"

A.A. MILNE

Interested in Getting a Job or Volunteering?

Students are looking to start building their high school resume. This can be done with working a part time job or volunteering in our local community. These opportunities can help round out a college application or make a scholarship opportunity become a reality. Many of our students are working at local grocery stores such as Weis or Wegman's. Volunteer opportunities exist at Lourdes and UHS, along with Kopernick, local animal shelters and even within the Vestal school.

These opportunities will be posted in the Counseling and Guidance Google Classroom. In order to obtain working papers, students must have an up to date physical and complete the required paperwork. Students may stop in the Counseling and Guidance Office to pick up these materials. Please see your School Counselor if you are looking to get involved and want to know where to start! It's never too early to try some new opportunities.

101st HIGH SCHOOL STUDENTS

PARENT-STUDENT MEETING
JANUARY 25 7:00-8:30PM

CLASSROOM SESSIONS
IN PERSON
JAN-APRIL 5:00-6:30PM

DRIVING SESSIONS
TUESDAYS/THURSDAYS
FEB-APRIL 5:00-6:30PM

Call 778-5012 to
REGISTER

WORKFORCE DEVELOPMENT
& CONTINUING EDUCATION
(607) 778-5012
sunnybroome.edu/ce

NYS Five Hour Pre-Licensing Course

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EDUCATION
778-5012

NEXT CLASSES
ZOOM
Feb. 4, Apr. 14 3PM-8PM
Mar. 11, May 8 4PM-9PM
← IN PERSON → 4PM-9PM
Jan. 26, Feb. 23,
Mar. 22, Apr. 26

Learn.
Experience.
Succeed.

WORKFORCE DEVELOPMENT
& CONTINUING EDUCATION
(607) 778-5012
sunnybroome.edu/ce

Sometimes self-care is exercising
and eating right. Sometimes it's
spending time with loved
ones and taking a nap. And
sometimes it's watching
an entire season on TV
in one weekend while you
loungue around in your
pajamas. Whatever
soothes your soul.

Nanea Hoffman

it's OKAY to



@OLIVEBRANCHPRINTSHOP