



North Warren Jr. Sr. High School Guidance Office

6110 State Route 8
 Chestertown, NY 12817
 (518) 494-3015 ext. 752
 mtherio@northwarrencsd.org

August, 2016

To the Class of 2020:

Dear Freshman Students and Parents,

Congratulations on starting your first year in High School! I am looking forward to having the opportunity to work with you for your high school experience. It's very important to emphasize how important this year will be in determining your future college and career options, as well as eligibility for scholarships. All work performed this year will become a permanent part of your grades and student transcript for high school. Whether your plans after graduation from high school include college or career, it is very important to choose your high school academics and activities carefully. This freshman letter is intended to help provide you with information to make the transition to high school a little bit easier.

Listed below are the graduation requirements for the Class of 2020:

NWCS GRADUATION REQUIREMENTS
 (Subject to change based on New York State Board of Regents Approval)
 Class of 2015 and beyond

REGENTS DIPLOMA		ADVANCED REGENTS	
<i>Required Courses</i>		<i>Required Courses</i>	
	Credits		Credits
English	4	English	4
Social Studies	4	Social Studies	4
Math	3	Math	3
Science	3	Science	3
Foreign Language	1	Foreign Language	3 *
Art/Music	1	Art/Music	1
Health	.5	Health	.5
Physical Education	2	Physical Education	2
Electives	3.5	Electives	1.5
<i>Total Required Credits</i>	<i>22</i>	<i>Total Required Credits</i>	<i>22</i>
(*) Students who earn a 5 unit sequence in Art, Music, Business, Technology, or a Vo-Tec Program may be exempt from this requirement.			



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Required Regents Exams * <i>(grade of 65 or better required)</i>	Required Regents Exams * <i>(grade of 65 or better required)</i>
ELA (<i>Common Core 2014</i>) (grade 11)	ELA (<i>Common Core 2014</i>) (grade 11)
Integrated Algebra (<i>Common Core 2014</i>)	Integrated Algebra (<i>Common Core 2014</i>) Geometry (<i>Common Core 2015</i>) Algebra II/ Trigonometry (<i>Common Core 2016</i>)
Global Studies (grade 10)	Global Studies (grade 10)
U.S. History (grade 11)	U.S. History (grade 11)
Science	2 Science Exams

(*) The **Regents Diploma with Honors** requires an average of a 90 for the 5 exams, while the **Advanced Regents Diploma with Honors** requires an average of 90 for the 8 exams
 A **Mastery in Science and/or Math** designation requires a score of 85 or greater for each of the 3 exams in each discipline.

Freshman High School Planning: 2016-2017

Just a few important reminders for this year

1. Visiting the Guidance Office
 - Come as often as you need to!
 - Study Hall time is best, but you are welcome at anytime *with a signed pass*
 - There will be times when you may be contacted to come to guidance

2. Remember critical Study Skills
 - Organization
 - Time Management (make effective use of your schedule & stress)
 - Study Area at Home (quiet, free of distractions, comfortable, well-lit)
 - Planner (Use it!)
 - Take notes (You can't learn via osmosis!)
 - Study even when you don't have "homework"
 - Don't be afraid to ask for help
 - <http://www.how-to-study.com/>

3. How to request homework when you are sick
 - Set up a homework buddy who can get your assignments for you
 - Otherwise, have your parent call the guidance office or high school office to request it

4. Seek assistance from teachers if you are struggling with course work.



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- Make arrangements with your teachers to ask them if they are available after school to get extra help in your core subjects as needed.
 - Use your Homebase as effectively as possible, and use extra time at lunch wisely.
5. Credits for Graduation
- All courses taken this year will appear on your permanent transcript
 - If you pass all courses scheduled each high school year, you will graduate on time with sufficient credits
6. Check out Career Options for your future
- A great resource is available at <https://www.careerzone.ny.gov>
 - Every North Warren Student has (or will have) a profile at www.bridges.com. Check out the Planner option!
 - Take time to understand your interests, skills, and values about the world of work
 - Learn where you want to go, and what it will take to get there!
7. Get involved at NWCS! (Clubs, Organizations, Sports)
- Interact
 - Student Council
 - SADD
 - Baseball
 - Basketball
 - Field Hockey
 - Soccer
 - Natural Helpers
 - Just to name a few... All provide a great enhancement for your transcript and an excellent high school experience!
8. Community Service – Giving back to our community builds better relationships, higher self-esteem and an improved culture overall. As a job preparation and self-discovery skill, community service opportunities can benefit you greatly. In April of 2016, the North Warren BOE enacted a Community Service Graduation requirement, which requires a total of 20 service hours over a period of four years. More information about service opportunities and how community service hours are tracked will be provided to students in September.
9. Five years ago, North Warren implemented the Olweus Bullying Prevention Program. During the 2016-2017 school year, this program, in conjunction with the Cougar Code of Conduct, will continue to help ensure that North Warren continues to be compliant with



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the Dignity for All Students Act. All North Warren staff will be participating in program training prior to school starting, and students will also participate in a kick-off assembly within the first two weeks of school starting. The Monthly Class meeting format will continue with the morning Homebase time each week.

The transition from Middle to High School is the start of an exciting time of preparation for the future. I would like to encourage all freshman students and parents to feel free to contact me with any questions that you may have, in order to get the most out of this experience that you can.

Having a balance between academics, athletics, extracurricular activities and personal time to simply do what you want to do is very important. It is my hope that you enjoy what is left of summer, and are getting ready for a great year ahead!

If you have any questions, please do not hesitate to contact me at 494-3015 ext 752, or via email at mtherio@northwarrencsd.org. Your schedule for 2016-2017 will be mailed home during the last week of August. I look forward to seeing and working with you in September!

Michael Therio
9-12 School Counselor

A great career, interest and college exploration resources:

www.bridges.com

Use your existing profile, or build a new one! Site ID=0106466, Password=warren

The image shows a screenshot of the Bridges.com website. At the top, there is a navigation bar with the "Choices PLANNER" logo on the left and four menu items: "home", "work", "learn", and "your portfolio". Below the navigation bar, there is a "Español" link. The main content area is divided into two columns. The left column is titled "work" and features a cartoon illustration of a man and a woman. It contains the text "Check out career profiles and clusters as well as personal assessments:" followed by a list of links: "Career Finder", "Interest Profiler", "Work Values Sorter", "Basic Skills Survey", "Cluster Finder", and "more...". The right column is titled "learn" and features a cartoon illustration of a woman reading a book. It contains the text "Find post-secondary schools, programs, financial aid and course planning:" followed by a list of links: "School Finder", "High School Planning", "Scholarship Finder", "Compare Schools", "Course Plan Builder", and "more...".