



North Warren Jr. Sr. High School Guidance Office

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

August, 2020

To the Class of 2024:

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 2024:

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

| 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</i>) (grade 11) | ELA (<i>Common Core</i>) (grade 11) |
| Algebra I (<i>Common Core</i>) | Algebra I (<i>Common Core</i>) Geometry (<i>Common Core</i>) Algebra II (<i>Common Core</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: 2020-2021

Just a few important reminders for this year

1. Visit your *Guidance Grade 9 – Class of 2024* Google Classroom often:
 - Be sure to use this as a reference for important updates and information!
 - Schedule a visit to the Guidance Office during Study Hall or PE times; Remember, you are welcome at anytime *with an approved appointment*.
 - There will be times when you will 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)
 - Chromebook / Planner (Use them!)
 - 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 teacher for extra assistance as needed.
 - Use your Study Hall as effectively as possible, and use extra time 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 a profile at www.choices360.com. Check out the Career Planning 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, *when available*)
- A.V. Club
 - Foreign Language Club
 - Interact Club
 - SADD
 - Student Council
 - Baseball
 - Basketball
 - Bowling
 - Soccer
 - Softball
 - Tennis
 - XC & XC Ski
 - 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. The North Warren Community Service Graduation requirement is a total of 20 service hours over a period of four years, which will be recorded both on your transcript and transcript addendum.
9. In September of 2011, North Warren implemented the Olweus Bullying Prevention Program. During the 2020-2021 school year, this program, in conjunction with the



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Cougar Code of Conduct, will continue to help ensure that North Warren continues to be compliant with the Dignity for All Students Act. Further, during this trans-COVID time, we will also include elements of student and staff support as all transition back to in-person instruction. This information will be incorporated into course curriculum.

10. On **December 3rd**, please plan on attending the **9th & 10th Grade HS and Post-Secondary Planning Night** to learn more about the Early College and Career Academy (ECCA), International Baccalaureate (IB), as well as BOCES Career and Technical Education (CTE) Opportunities available to North Warren Junior and Senior students. The ECCA programs include Business, Electrical Technology / Advanced Manufacturing, Information Technology/Computer Networking and New Media.

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! Please know that together we will work through the transition back to in-school instruction.

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 2020-2021 will be available on Parent and Student portal or mailed home during the last week of August. I look forward to seeing and working with you in September!

Michael Therio
8-12 School Counselor

As you consider your future options, please take some time to check out the Choices 360 program on the following page!



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www.Choices360.com



Sign In

Username:

 Password:

 Forgot your username or password? Need help?
[Create an Account](#)



1. Enter your Username and Password
2. If you can't remember them, you can click on [> Forgot Your Username or Password?](#) (or contact Mr. Therio for assistance.)

From the **Career Planning** tab, try one of the 7 assessments to learn more about yourself. This is the best place to start when choosing the right career for you. Also, be sure to check out the **College Planning** section for great ideas about choosing the right fit school for you!

[/ CAREER PLANNING](#) / [OFF TO WORK](#) / [/ COLLEGE PLANNING](#) / [FINANCIAL AID PLANNING](#) / [YOUR PORTFOLIO](#)

[LEARN ABOUT YOURSELF](#) / [EXPLORE CAREERS](#) / [GET A JOB](#) / [VOICES](#)

LEARN ABOUT YOURSELF

You can learn about yourself in many different ways. Explore how who you are matches with careers by using one or all of the career assessments listed below.

| | |
|---|--|
| <p>Interest Profiler</p> <p>Figure out what interests you have and match them to careers.</p> <p>Duration: 10-20 minutes</p> <p>> Interest Profiler</p> | <p>Work Values Sorter</p> <p>Find your work values and match them to career options.</p> <p>Duration: 5-15 minutes</p> <p>> Work Values Sorter</p> |
| <p>Basic Skills Survey</p> <p>Find out what careers require your basic skills.</p> <p>Duration: 10-15 minutes</p> <p>> Basic Skills Survey</p> | <p>Transferable Skills Checklist</p> <p>See how the skills you've learned can lead to new opportunities.</p> <p>Duration: 30 minutes</p> <p>> Transferable Skills Checklist</p> |
| <p>Career Cluster Survey</p> <p>Find out which career cluster is right for you with this quick survey.</p> <p>Duration: 15-25 minutes</p> <p>> Career Cluster Survey</p> | <p>The Career Key</p> <p>Discover your career interest areas in a few quick steps.</p> <p>Duration: 10-15 minutes</p> <p>> The Career Key</p> |