

Central High School: School Counseling Newsletter

September 30, 2009
Volume 1, Issue 1

Mr. James - Principal

Mrs. Hogans - 9th Grade Counselor
and Department Chair
Mrs. Sims - 10th Grade Counselor
Dr. Swinton - 11th Grade Counselor
Mr. Sugar - 12th Grade Counselor
Ms. O'Brien - Counseling Intern



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Upcoming Events

- ◆ October HSAs
- ◆ Senior Parent Night (10/1/09)
- ◆ GEAR UP Saturdays (10/3/09)

GEAR UP Corner: Ms. Sheree Leonard, GEAR UP Coordinator Dr. P. A. Swinton, 11th Grade Professional School Counselor

11th GRADE NEWS: It is going to be a fantastic year. Our students have reached a major milestone, 11th grade. Many have passed all HSA's and are focused on the SAT's preparing for college. However over 45% of our 11th graders must pass one or more HSA to graduate. GEAR UP has put in place several activities to assist our students. We are continuing our great partnership with University of Maryland and we have added two new GEAR UP college partners, Bowie State University and Prince George's County Community College.

Back to School Conference Ready, Set, Going to College!

The GEAR UP back to school conference on Saturday, Sept. 12 was well attended. Dr. Petty spoke about "Thug Love" how to maintain healthy relationships in your life. Mr. Akil Bello our keynote speaker of Bell Curves shared strategies to beat the SAT and relevant information about applying to college. Ms. Goff's presentation on financial aid was also very informative. Our college partners brought gifts for our students and plans for the coming year. University of Maryland and Lisa Miles of Assisting Communities and People provided breakfast and University of Maryland provided a delicious lunch for everyone. Every student who attended received a GEAR UP College Planning Portfolio, Flash Drive and ordered uniform cardigan.

Upcoming GEAR UP Activities

HSA Preparation: Tuesday and Thursday 2:30- 5:00 pm
Prince George's County Community College
GEAR UP @ Central High School
Algebra HSA Room 300

Take the Algebra HSA on Computer:
Prepare on Tuesday and Thursday 2:30 - 5pm
Oct. 13- Jan. 7th Library Computer Lab
Test will be given on Jan. 12, 2009

Study Skills/ Life Skills: Tuesdays and Thursday 2:30 - 5:00; Begins Tues. 10/13

Road to Success: Develop attitudes, knowledge and skills for effective learning.

Media REEL Life: Develop Life skills while creating your own Public Service Announcements and DVD's

Field Trips

Sci Life: Saturday 10.24/09 9am-3pm
Health and Biomedical Science Career Planning program, National Institutes of Health- Bethesda, MD
Register on line:
<https://science.education.nih.gov/scilife.nsf/Registration.html#how>
Transportation will be provided from Central to and from NIH Sign up with Ms. Leonard

Colonial Math Challenge: Friday 10/30/09 at George Washington University - Spend the day competing with other student from the Mid-Atlantic region in both individual and colonial bowl team competitions.

Bowie State University: Thursday 10/22/09 - College Tour and information session

GEAR UP Saturdays

Sept. 19 - December 5, 2009 @ 7:45 - 1:30pm at the University of Maryland College Park
Camp Step- College and Career Exploration
Oct. 3 - Dec. 12, 2009 @ 7:30am - 2:30pm, University of Maryland - College Park
Camp Step - Robotics

Scholarship & Financial Aid Center: SAT PREP

Sept. 19, 26, and Oct. 3, 2009 @ 9:00am - Noon @ Largo High School
Three focus sessions for students planning to take the SAT will be held on Oct 10th

In the Community...



Teens Express is looking for singers, rappers, poets, and actors for their performance team.

Building Block Program: Training to build youth volunteers, one block at a time. This program, as part of the Department of Parks and Recreation of Prince George's County, is designed to help teens entering volunteering and job positions. It is for youth ages 13-17 years old.

Building Block 1 - My Space: The Real Thing (focus: developing the true meaning of service to the community) 10/7 and 11/4/2009

Building Block 2 - Take it Personal (focus: developing personal skills) 10/21 and 11/18

Building Block 3 - The Leadership Academy (focus: developing interpersonal relationships and how it affects team work and team building) 10/14 and 12/2/2009

Building Block 4 - Getting' Ready! (focus: developing a proper work ethic) 10/28 and 12/16/2009

All programs are 7-9 pm at The Prince George's Sports and Learning Complex, 8001 Sheriff Rd. Landover, MD 20785

For more information:

301-446-3321

www.pgparcs.com

(Under "Things to do" click on Volunteer opportunities. Click on "individual volunteer" and under "Youth Development" category, select "Youth Block Trainings")

Parent Corner

(Reprinted from the Board of Education of Prince George's County's "Stay Well for Life" September 2009)

How Can I Protect My Teens From "Cyberbullying" Online?

There are measures adults can take to help teens stay safe and act responsibly as they use today's technology.

- Keep the computer in a "public" space, such as the family room or kitchen. Monitoring children's online activities may reduce their risk of becoming

Teens Express! is looking for youth ages 10-15 to be a part of their performance team. The team includes *singers, rappers, poets, and actors*. Free professional training is provided, along with the opportunity to perform in original CD and DVD productions, in online videos, before live audiences, or to be a guest on WTMR.

If interested, visit

www.teensexpress.org or call the Program Director, Keba Freeman at 240-305-1594 for the Youth Registration Form.

Note to parents: Teens Express is a youth development performing arts nonprofit organization where your child will participate in all of the above activities, plus life skills training, college prep resource, and other support services designed to help your child to develop into a productive, successful adult. An Orientation will be held for all potential Teens Express Parents. (Reprinted from Teens Express flyer)

FreshView Books and Seminars has "What to Do When People Get on Your Nerves!" a book and seminar on interpersonal relationships. Your purchase of the book supports Teens Express! The book can be purchased online at www.freshviewbooks.com or by phone at 1-800-247-6553. To schedule a workshop call 301-856-8051 or visit www.freshviewonline.org

victims or perpetrators of electronic aggression.

- Talk with your child about what he or she is doing online.
- Tell your child that you may review his or her online communications if you think there is reason for concern.
- Consider installing parental-control filtering software or tracking programs.

BONJOUR, Hola, Hello Central Parents!

This is your Parent Liaison **India Brown** bringing news from the Falcon's Nest. I would like to take this opportunity to thank and acknowledge all parents who started the school year off by attending orientations, workshops and Back to School Night. You are "VIEP's!" Very Involved and Engaged Parents!



Volunteer & Community Spotlight

The light is shining on the exceptional volunteer work of Mrs. **Deborah Crite**. She collaborated with Mrs. Hogans, Professional Guidance Counselor to create a class of 2013 parent email list serve group.

Community Partnership in Action: Thank you to **The Marvelous and Magnificent Moms of Maryland!**

Ms Veronica Hutchinson and members of this awesome organization presented book bags filled with school supplies at Back to School Night.

Our PTSA Executive Board for their dedication and commitment to serve the Central High School Community. Back to School Night Volunteers:

Beverly Austin, Secretary
Dorothy Bailey, Delegate
Melva Carty, Vice President
Sherry Hayes, President



PTSA
PTSA

3rd Tuesday of the month at 7 p.m. ~ Cafeteria

Parents Assisting Teachers - PAT Program



Parent's who anticipate volunteering through out the school year should plan to attend one training session. Complimentary fingerprints and background checks will be available after the completion of your training.

Dates

October 20 6-9 p.m. (site TBD) November 10 6-9 p.m. (site TBD) December 8 6-9 p.m. (site TBD)

October 31 9-12 noon (site TBD) November 21 9-12 noon (site TBD) December 19 9-12 noon (site TBD)

Applications are available in the main office.



Men Make a Difference Day Oct. 12th



"If not here, "where?" "If not now, "when?" "If not you, "who?"

Fathers, Granddads, Uncles, Brothers and significant male role models are encouraged to visit their child's school Monday October 12th. 8a.m. -12 p.m. This Columbus Day discover and explore your child's school environment. Classroom Observation & Parent Visitation Forms are available in the main office.

Be Involved. Be Engaged. Be Here. 8 a.m. - 12 p.m.

Quote:

...impossibilities are merely things which we have not yet learned.

~Charles W. Chesnutt, Writer

Senior Parent Night

We will have a very important Senior Parent Night on **Thursday October 1, 2009** from 6:30 to 8:00 p.m.

We will meet in the Auditorium at 6:30 and will then give parents and students an opportunity to attend various "breakout sessions." Each session will last for 20 minutes and will discuss critical issues that students and parents should be familiar with.

These are:

High School Assessments
The College Application Process
Graduation Requirements
Financial Aid

Please make every effort to attend this most important parent session.

Upcoming College Visitations

October 12th - University of Maryland Eastern Shore (9:00 am)

October 14th - Morgan State (9:00 am)

October 26th - St. Mary's (8:30 am)

October 27th - Frostburg (9:00 am)

October 29th - Hair Academy (9:00 am)

November 16th - Delaware State (9:00 am)

November 16th - University of Hartford (9:30 am)

Announcements will be made prior to each visit as a reminder to students. Please sign up in the Guidance office and include your first period teacher's name. Passes will be distributed in your first period class the day of the visit.

Come prepared with questions! Now is your chance to speak with a representative of the school; this is an opportunity to find out information regarding financial aid/scholarships, majors, special programs, and anything else the school offers.

Ninth Grade News

Project Enrich - A College Preparatory Program

Project Enrich is a special program designed to provide high school students, beginning at the ninth grade level, with educational foundations and preparatory experiences which would assist them in their enrollment in and adjustment to higher education institutions committed to the educational development of black youth, particularly the Historically Black Colleges and Universities.

- Students must begin in 9th grade
- College scholarships guaranteed for four-year participants
- Monthly sessions; activities including college tours, essay contests, workshops, etc.
- Annual \$25 registration fee (put in scholarship pool for four-year participants)

Contact:

Roland Byrd, Coordinator, Project ENRICH (301) 731-9192
 Marion Massey, Chairman, Charles Drew Memorial Scholarship Fund, Inc. (301) 420-4520

* Information from Project ENRICH brochure. See Mrs. Hogans for a copy of the brochure.

S.A.S.S.I.E. (Sisters Achieving Self-Understanding, Success, Individuality, and Excellence) - Mentoring services for teenage girls

Services:

- Monitoring academic achievement
- Peer-to-peer mediation
- Individual, group, and family counseling
- Self enrichment activities in school, after school, and in the community
- Monitoring and promoting self growth and development
- Provide mentor-mentee relationships with an on-going follow up

Contact:

S.A.S.S.I.E. Mentoring Services

P.O. Box 1363

Greenbelt, MD 20768

Phone (301) 357-0511

Fax (866) 799-2148

www.sassiellc.com

* Information taken from S.A.S.S.I.E. brochure. See Mrs. Hogans for a copy of the brochure.



Central High School
200 Cabin Branch Rd.
Capitol Heights, MD 20743

(301) 499-7080 - Main
Office

(301) 499-7087 - Fax

(301) 499-7033 - Guidance
Office

Your school motto
here.

We're on the Web!
<http://www1.pgcps.org/central/>

HSA Dates for the Month of October

Algebra/Data Analysis - October 6, 2009
Government - October 7, 2009
English - October 8, 2009
Biology - October 10, 2009

Make sure that you are prepared before each test! You can practice online and review other important test information by visiting this website:

<http://www1.pgcps.org/hsa/>

To pass the HSAs, you need to do one of the following:

- Pass each test
- Get a combined score of 1602
- Use the Bridge Plan for Academic Validation

A passing score is

Algebra/Data Analysis - 412

Biology - 400

English - 396

Government - 394

The number of projects you must complete for the Bridge Plan depends on your test score. You need to do fewer projects the closer you are to a passing score.

For more information, also visit HSAexam.org or call 1-877-HSAEXAM.

Questions can be emailed to onlinehsa@msde.state.md.us

SAT Prep Course

The University of Maryland's Pre-college Programs presents: Lift SAT Prep Course.

- 14 hours of instruction on test-taking strategies
- 2 full-length practice tests
- College Board Official SAT Guidebook
- Individualized score reports

Participants choose between 3 different 6-week sessions on Saturdays from 9am - 12:30 pm.

The cost is \$250.00 per session.

More information can be found at www.precollege.umd.edu/lift.html or by calling 301-405-0227.

School Name
Street Address
Address 2
City, ST ZIP Code

**RECIPIENT NAME
STREET ADDRESS
ADDRESS 2
CITY, ST ZIP CODE**