



North Warren Jr. Sr. High School Guidance Office

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

August, 2018

To the Class of 2022:

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 2022:

NWCS GRADUATION REQUIREMENTS
 (Subject to change based on New York State Board of Regents Approval)
 Class of 2016 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>	22	<i>Total Required Credits</i>	22
(*) 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 * (grade of 65 or better required)	Required Regents Exams * (grade of 65 or better required)
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: 2018-2019

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 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)
 - 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 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)
- 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 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. In 2011, North Warren implemented the Olweus Bullying Prevention Program. During the 2018-2019 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 the start of school and students will be participating in curriculum and class meetings starting in September and continuing throughout the year.

10. In January, 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), 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!

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 2018-2019 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

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



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www.Choices360.com



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!

