

Northern Lehigh High School

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GUIDANCE NEWSLETTER *SPRING 2009*



Welcome to Northern Lehigh Guidance Department's spring newsletter. This edition will feature much of the information you will need to know to conclude your child's school year and prepare him/her for next fall. As always, feedback is welcome, so if there is something we missed or something you feel would benefit the students of Northern Lehigh High School please let us know by calling 610-767-9837.

Welcome

Please welcome the following new faculty/staff members to Northern Lehigh High School for the 2008 – 2009 academic year: Mr. Derek Long, Mathematics teacher, and Ms. Kathy Reese, Guidance Office Administrative Assistant.

As we welcome the above faculty/staff members, let us say good bye and good luck to those who have left Northern Lehigh High School: Mr. David Humenik; and Ms. Susan Dorshimer. Best to both of you in your future endeavors!

Guidance Services

Guidance services are available to all students in the high school. Services can range from counseling and support for personal or academic struggles to college and career exploration. As noted above, students in the high school are assigned a guidance counselor alphabetically. Students with the last name beginning with A-G work with Mr. Anderson (x-1263); H-N work with Mrs. Smith (x-1262); and O-Z work with Mrs. Lanshe (x-1206). Please feel free to contact or make an appointment with the appropriate guidance counselor for help or assistance.



Graduation Requirements



The Northern Lehigh School District requires the following criteria for a student to graduate:

- The student must obtain a 2.00 Cumulative Grade Point Average (GPA).
- The student must obtain 24.00 total credits.
- The student must complete and pass a graduation project.

Student Scheduling Process

Student scheduling for the 2009 – 2010 school year is underway, however the process is a lengthy and complicated task.

As in the past, the Guidance Department has met individually with all current 9th - 11th graders to review the student's academic history and to select courses that are related to that student's future interests. In March, faculty reviewed tentative course selections for their respective departments where they determined whether student selections were appropriate or not based upon past performance or course prerequisites. The Guidance Department will be sending letters home indicating inappropriate student course selections and place students in appropriate courses based on faculty recommendations and parental input.

During the early summer months, the Master Schedule will be developed which will determine what block and semester courses will take place. Once the Master Schedule is completed, the Guidance Department will again send letters home indicating any course conflicts a student may encounter. For example, a student's selected course(s) may not "fit" with the rest of their schedule, therefore that student and parent will need to choose an alternate course that will complete that student's schedule. By August, all course conflicts should be resolved and schedules should be finalized. Students will be mailed their schedules prior to the start of the school year. Please be patient as this process takes time!

Check us out!

If you would like to learn more about the Guidance Department, check our web page on the district's website at www.nlsd.org. Click on high school and proceed to guidance. Here you will find valuable information on scholarships, services, and links to other web sites that assist in career exploration, career information, and college searches. If you have any questions regarding our website please call our office at 610-767-9837.



Mark Your Calendars!

- April 10th – April 13th – No school – Spring Break
- April 23rd - Teacher In-service – No school for students
- May 22nd - Teacher In-service – No school for students
- May 25th – Memorial Day Holiday – No school
- June 15th** – Last day for students

** Date is tentative and subject to change.

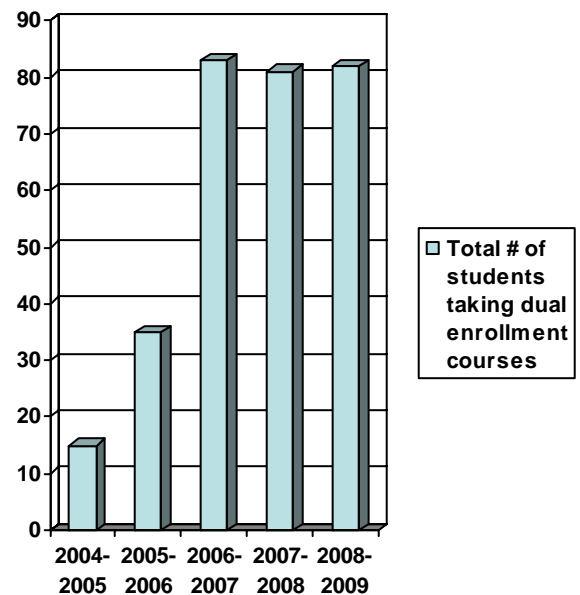
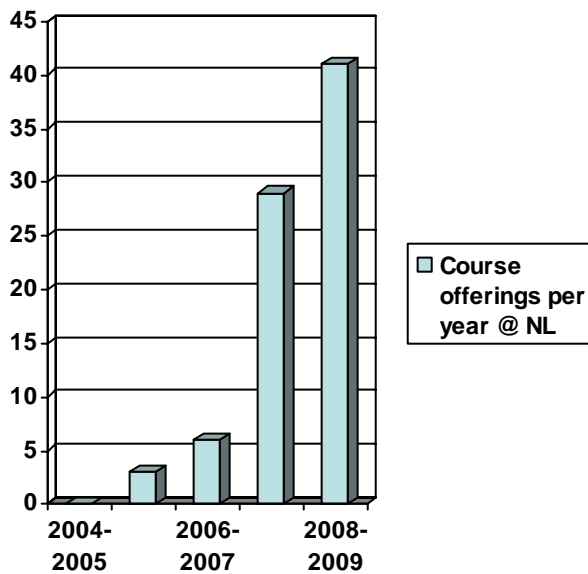


Dual Enrollment: A popular alternative

Northern Lehigh High School's Dual Enrollment Program continues to generate interest and growth since its inception in 2004, making this program a popular alternative for students wanting to challenge themselves academically or for students looking to earn college credit while still in high school.

Since 2004, NL's Dual Enrollment Program has had increasing student enrollment and course offerings, providing students with a variety of college classes from which to choose. Below is a list of dual enrollment offerings at Northern Lehigh High School for the 2009 – 2010 school year. Not included are twenty (20) online courses students may opt to take in lieu of a scheduled study hall. All courses are board approved. Bar graphs are included to demonstrate the growth and maintenance of this option for students at NLHS.

- College English I
- Introduction to Psychology
- United States since Reconstruction
- College Spanish III
- College German III
- Principles of Accounting I
- Calculus and Analytic Geometry I
- Painting I
- Fundamentals of Early Childhood Development



Dual Enrollment: A popular alternative (cont.)

In addition to the above noted courses, Northern Lehigh High School continues its partnership with Northwestern Lehigh High School in order to enhance and expand dual enrollment opportunities for all students. In doing so, Northern Lehigh students may attend Northwestern Lehigh High School to take a college course taught by Northwestern Lehigh faculty for the same reduced tuition that they would pay for a college course at Northern Lehigh. Transportation and any other applicable fees would be at the responsibility of the student and/or parent/guardian. Dual enrollment courses currently offered by Northwestern Lehigh High School include: Anatomy and Physiology; Biology II; Computer AP; Music Theory; Physics II; Fundamentals of Drawing and Painting; Fundamentals of Food Preparation; as well as a variety of Distant Learning courses. The Guidance Department will keep those interested updated as to course times and availability at Northwestern Lehigh.

Seniors and juniors also have the opportunity to take classes at LCCC or Penn State – Lehigh Valley Campus where they are responsible for tuition costs, books, and transportation. Students interested in taking a Dual Enrollment Math or English course at Northern Lehigh or LCCC must take an entrance exam provided by LCCC. If a student scores poorly; LCCC may not grant approval for a student to take a Math or English course. Students who take Math 099 or Math 100 or English 099 or English 100 will not be permitted to count this credit toward their Math or English requirement at Northern Lehigh as these courses are considered remedial. However, the student may receive an elective credit. For students taking Math 105 or higher or English 105 or higher, credit earned will count toward their Math or English requirement at Northern Lehigh. In addition, the student will also receive college credit. Students wishing to have college credits transferred to a university or another college are strongly encouraged to check with that university or college to see if credit earned through LCCC or Penn State will be accepted.

Students engaged in dual enrollment are required to follow LCCC and/or Penn State's policies and procedures with regards to the application process, payment, and other factors involved with taking a college course. If you have any questions regarding the dual enrollment courses being offered, please refer to your child's Program of Studies or contact our office.

Lastly, the Pennsylvania Department of Education has made a Dual Enrollment Grant possible for districts aimed at reimbursing students and/or parents a percentage of tuition and book costs, making dual enrollment opportunities available to all students. Because of this grant, the Northern Lehigh School District was able to reimburse its students and/or parents 100% of their costs for the 2007 – 2008 school year. The Northern Lehigh School District has been fortunate enough to receive the grant again for the current school year, however reimbursement percentages have yet to be determined.



Lehigh/DeSales University High School Scholars Program

The Lehigh or DeSales University High School Scholar's Program provides senior students in excellent academic standing the opportunity to apply and be accepted to Lehigh or DeSales University for a course at no charge. The cost of books, lab fees, transportation, and other course related materials are at the expense of the student and/or parent/guardian. The Guidance Department receives new applications each spring and fall and encourages students to explore these highly competitive programs. Both scholars programs are open to current juniors who are going to be seniors. This year, 1 senior is attending Lehigh University's program and 2 seniors are attending DeSales University's program. If you or your student is interested in learning more about the Scholars Program, please contact our office.



Important Test Dates

-Scholastic Aptitude Test (SAT) – June 6, 2009 (*Registration deadline: May 5, 2009*).
Students can find information or register for the SAT at: <http://www.collegeboard.com> or stop by the Guidance Office for details.

-American College Test (ACT) – June 13, 2009 (*Registration deadline: May 8, 2009*).
Students can learn more about the ACT at: <http://www.act.org/> or stop by the Guidance Office for details.

****Juniors should take the SAT or ACT in the spring if interested in attending college.**

- The Pennsylvania System of School Assessment (PSSA) Science test – April 28 - 29, 2009.
All juniors are required to take this test as mandated by the Pennsylvania Department of Education .



Career Cruising

The Northern Lehigh School District, in a consortium with all Lehigh County School Districts, continues its license with Career Cruising. Career Cruising is a web-based program that assists students in identifying their interests, researching careers, colleges, scholarships, and assists in tasks like building a resume and other work related skills. Students are able to develop portfolios that can be accessed throughout their years in high school and beyond. To date, over 2,200 students have used and created an electronic portfolio on Career Cruising. We encourage you to check out this valuable web site at www.careercruising.com. To gain access, please use the following information: username: **nlhs** and password: **bulldogs**.

No Child Left Behind and the Armed Services

A provision of the No Child Left Behind Act of 2001 requires high schools to give military recruiters student information unless a parent/guardian files a written request with the school district to opt out. Every school year, the United States Armed Services requests a list of our current junior and senior students. It is the responsibility of the Armed Services to treat student information as confidential and to use information obtained for military recruiting purposes only.

If any parent/guardian wishes to invoke the opt-out provision of the No Child Left Behind Act, they must sign and date the form letter requesting that their son/daughter's student information not be given to the Armed Services. Please be sure to check the appropriate box. Letters will be mailed during the summer months. This written request will be due upon returning to school in September 2009. If you have any questions, please call the Guidance Department.



Lehigh Career and Technical Institute

The Lehigh Career and Technical Institute is currently offering half-day programming for 9th – 12th graders, as well as a full day program for 10th - 12th graders. Students choosing to attend LCTI for their ½ day program will have their academics at Northern Lehigh and technical labs at LCTI. Further, students wanting to attend LCTI for the full day program will have their academics and technical labs on site at LCTI. If your son/daughter is interested in attending LCTI and has not completed an application to date, please encourage them to visit the Guidance Office for more information and an application booklet.

Lehigh Career and Technical Institute will be sponsoring a summer camp at LCTI's campus in Schnecksville. Campers can choose from over 30 careers and academics to explore including: Extreme Culinary Creations; LCTI CSI; Extreme Physical Challenge; and Extreme Home Makeover Carpentry, Plumbing, Electrical, and Masonry.

Camp LCTI is offered for two, one-week sessions. Campers may enroll in one or both weeks. The designated weeks are June 22nd – June 25th and/or June 29th – July 2nd. Eligible campers must be completing 5th thru 8th grades. Costs for the program are \$100 per session. Lunch and a t-shirt are optional costs of \$15.00 and \$10.00 respectively per session. If you have any questions or are interested in enrolling, please contact Mr. Dana Torok at 610-799-1307 or apply/visit www.lcti.org.

Emerging Health/Engineering Professionals Program

Students interested in pursuing a career in health care or engineering have the opportunity to apply to the Emerging Health or Emerging Engineering Professionals Program sponsored by Lehigh Career and Technical Institute, local businesses, and higher education institutions.

The Emerging Health Professions Program provides students the opportunity to take college level science courses through Penn State-Lehigh Valley two days a week, and to participate in lectures and job shadowing experiences at Lehigh Valley Hospital three days a week. The Emerging Health Professionals Program is a half-day program that operates throughout the school year. Students and/or parents/guardians are responsible for all transportation and fees including: tuition; books; lab fees; and other applicable costs. This program is competitive as it is available to high school seniors throughout Lehigh County.

The Emerging Engineering Professionals Program affords students the opportunity to take college level math and pre-engineering courses at Lehigh Carbon Community College or Penn State-Lehigh Valley two days a week and to participate in pre-engineering labs at Lehigh Career and Technical Institute or job shadowing experiences in local engineering firms three days a week. The Emerging Engineering Professionals Program is a half-day program that operates throughout the school year. As with the above program, students and/or parents/guardians are responsible for all transportation and fees including: tuition; books; lab fees; and other applicable costs. This program is competitive as it is available to high school seniors throughout Lehigh County.

If you or your student is interested in obtaining more information regarding these programs, please contact the Guidance Office where brochures and other pertinent information are available.



Class News & Information



9th Graders (Freshmen)

Freshmen have the opportunity to meet with Guidance Counselors on an individual basis when needed. It is important for 9th graders to do well in their classes so as to attain the 2.00 GPA needed for graduation. Soon-to-be sophomores may choose to take the PSAT test (practice SAT) in October. The cost for the test is typically \$13.00. If a 9th grader has failed a course for the year, he/she has the option to retake that class in the 10th grade year or retake the course over the summer through a correspondence program or summer school. Costs for the correspondence course or summer school are the responsibility of the student and/or parent/guardian. Students who attend LCTI will need to take failed core courses (English, Math, Science, Software) through a correspondence program or summer school as their schedule at the high school will not permit retaking the course the following year. If correspondence courses or summer school classes are not taken, the student will not be permitted to attend LCTI in the fall. Lastly, to be promoted to 10th grade, a current 9th grader will have had to earn no less than 4.5 credits.

10th Graders (Sophomores)

Sophomores should have begun to explore their future in terms of college, employment, military, etc. 10th graders should also have begun to think about their graduation project and continue working on or maintaining a GPA of 2.00 needed for graduation. Also, soon-to-be juniors should consider taking the PSAT test (practice SAT) in October if interested in attending a post-secondary institution. Scoring well on the PSAT may qualify them for the National Merit Scholarship program. Cost for the test is typically \$13.00. If a 10th grader has failed a course for the year, he/she has the option to retake that class in the 11th grade year or retake the course over the summer through a correspondence program or summer school. Costs for the correspondence course or summer school are the responsibility of the student and/or parent/guardian. Students who attend LCTI will need to take failed core courses (English, Math, Science) through a correspondence program or summer program as their schedule at the high school will not permit retaking the course the following year. If the student chooses not to take the needed course(s) through correspondence or summer school, that student will not be permitted to return to LCTI in the fall and resume a full day schedule at the high school. Lastly, for a 10th grader to be promoted to 11th grade, 10.5 credits must have been earned during the first two years of high school.

11th Graders (Juniors)

Juniors should begin making decisions about attending college, trade/technical school, the armed services, or entering the work place. Juniors should register to take the SAT or ACT in the spring and/or early fall of their senior year if attending college. Likewise, juniors interested in attending college should consider visiting these colleges/universities during the summer.

All juniors have been administered the PSSA Math and Reading test in March and will be administered the Science test in late April. These tests are mandated by the Pennsylvania Department of Education. Students who score Basic or Below Basic will have the opportunity to retest in the fall of their senior year. Juniors who score Proficient or Advanced on these tests will have the opportunity to be exempt from some of their final exams their senior year.

Juniors should have started their graduation projects and should be maintaining a GPA above 2.00. If an 11th grader has failed a course for the year, he/she has the option to retake that class in the 12th grade year or retake the course over the summer through a correspondence program or summer school. Costs for the correspondence course or summer school are the responsibility of the student and/or parent/guardian. Students who attend LCTI will need to take failed core courses (English, Math, or Social Studies) through correspondence or summer school as their schedule at the high school will not permit retaking the course the following year. If the student chooses not to take the needed course(s) through correspondence or summer school, that student will not be permitted to attend LCTI in the fall and should resume a full

Class News & Information (cont.)

schedule at the high school. Lastly, for an 11th grader to be promoted to 12th grade, 16.5 credits must have been earned during their first three years of high school.

12th Graders (Seniors)

Seniors are close to concluding their last year at Northern Lehigh. Those seniors attending college, a trade school, or the armed services should be making this decision soon. Seniors need to complete a final transcript release form so that a final transcript will be mailed to the college/university to which the student will be attending. Seniors also need to make certain their graduation project is completed and passed, that they have a minimum of 24.00 credits, and attained no less than a 2.00 cumulative GPA. If a senior fails a core course or does not have a cumulative GPA of 2.00, he/she will not graduate with the Class of 2009. In order to make-up a failed course(s) or attain a 2.00 cumulative GPA, the student has the option of returning to Northern Lehigh in the fall or take the needed course(s) through a correspondence program. Costs for the correspondence course are the responsibility of the student and/or parent/guardian. Once the grade from the correspondence program is received, the Guidance Department will recalculate the student's credits and GPA and will release the diploma if all standards are met. Scholarship information for graduating seniors continues to be available in the guidance office. **Applications for local scholarships, such as the NLHS scholarships, are now available.** Please remind your child to check Guidance for newly listed scholarships. Additional scholarships can be found on our web site at www.nlsd.org. Please click on high school and proceed to the guidance web page. Lastly, seniors pursuing post-secondary education, whether it is a trade/technical school, a community college, or a four year college/university, should have completed and submitted the FAFSA (Free Application for Federal Student Aid). If not submitted to date, seniors are encouraged to do so at www.fafsa.ed.gov. This is a free process and the student and/or parent/guardian should not incur any cost.



“Senioritis”

As seniors proceed toward graduation of high school, some may feel tired and worn-out by the previous years or become just plain lazy as the year winds down. This is what many refer to as “senioritis”. Decisions regarding college, technical/trade school, or work may be finalized, the graduation project is completed, and classes or grades may no longer matter. So what is a senior to do? Steve Frappier from Washington University in St. Louis encourages students to do the following:

- ❑ First, continue to earn good grades as this may compensate for poor grades received earlier in the student' high school career. Remember a 2.00 Cumulative GPA is needed to graduate.
- ❑ Second, remain involved. Frappier suggests that continued involvement in clubs or sports while maintaining a rigorous course schedule will better prepare students to manage their time after high school.
- ❑ Third, seniors are encouraged to stay focused. Students making early decisions regarding college or work will be required to provide a final transcript or recommendation regarding that student's performance throughout the year. A poor recommendation or report card may result in a warning letter or a rescinding of one's previous offer.

Lastly, Frappier wants seniors to “enjoy the experience”. After all, this is their final year of high school. Enjoy friends, activities, and the ceremonies that go along with graduating from high school



NL Faculty Continues Its Winning Streak

The high school faculty was again victorious as they defeated the Class of 2009 in volleyball prior to the winter break, bringing their overall record to 7–1 against the seniors. The faculty will go for the sweep against this year’s seniors during the annual Faculty vs. Senior Softball game. Stay posted for further details! Good luck seniors.

Student’s Assistance Program (SAP)

The Northern Lehigh High School Student Assistance Program is aimed at identifying and helping students who may be struggling with problems or issues that impede their academic success. The SAP team is comprised of guidance counselors, school administrators, school nurse, and teachers. Students can be referred to the SAP team by any school personnel, peers, parents, or self. Some of the services available to students can include: mentoring; mental health group counseling by Valley Youth House, Crime Victims Council, and the Center for Humanistic Change; individual mental health assessments; or Drug/Alcohol assessments conducted by the Adolescent Central Intake Unit. Thus far this year, the SAP team has assisted over 50 students. If you feel your child may need assistance, please call the Guidance Office.

New Resource for Parents

The following information is taken from the Treatment Research Institute in Philadelphia, PA.

Parents who feel helpless when they see signs of drugs or alcohol use in their children can access [Time to Act](#), a science-based multi-media resource that offers compassionate but actionable tips for parents who want to do something when things “don’t look right to them”.

Available at the web site of the Partnership for a Drug Free America, [Time to Act](#) offers scientific knowledge for parents who suspect or know something is wrong, but do not know what to do. [Time to Act](#) offers straightforward science-based recommendations from experts and other parents who have seen, heard, and experienced it all, while recognizing that parents can be an effective and efficient agent of change.

For more information please visit www.drugfree.org.

“Quotable Quotes”

- » A person who never made a mistake never tried anything new. Albert Einstein
- » Do the right thing. It will gratify some people and astonish the rest. Mark Twain
- » Baseball is ninety percent mental and the other half is physical. Yogi Berra

Leadership/Enrichment Program Opportunities

Throughout the school year, Northern Lehigh High School personnel are occasionally asked to nominate students for various leadership/enrichment programs. While we consistently nominate students to programs that incur no cost to the parent or district such as the Keystone Girls & Boys State, sponsored by the Rotary, and Camp Leidig, sponsored by the Lions Club, we are hesitant in nominating students to other programs which incur a cost, some in excess of a \$1,000, as these fees become the responsibility of the student and/or parent/guardian. Some programs that require a cost include: the People to People Ambassador Program initiated by President Eisenhower; and the National Youth Leadership Forum which conducts sessions related student's future career interests including law or medicine.

Despite the costs of some of the aforementioned programs, Northern Lehigh High School has had students attend leadership/enrichment programs where they have indicated these experiences to be quite interesting and informative. Because of the interest displayed by some of our students, the Guidance Department does announce these opportunities as they arise and will nominate appropriate students who demonstrate an interest. Any student or parent/guardian who is interested in a leadership/enrichment program should contact the Guidance Office for more information.

Pennsylvania Governor's Schools of Excellence – Cancelled

The recent economic downturn has necessitated cutbacks in a wide variety of state programs. The Governor's state budget for fiscal year 2009 - 2010 does not contain funds for the operation of the Governor's Schools during the summer of 2009. The following Governor's Schools have been cancelled:

- The Pennsylvania Governor's School for the Arts at Mercyhurst College.
- The Pennsylvania Governor's School for the Agricultural Sciences at Penn State.
- The Pennsylvania Governor's School for International Studies at the University of Pittsburgh.
- The Pennsylvania Governor's School for the Sciences at Carnegie Mellon University.
- The Pennsylvania Governor's School for Teaching at Millersville University.

The following schools will move forward under different names and will be supported by a combination of private funding sources and tuition charges to participants. They are no longer called Governor's Schools. Each has indicated that an attempt will be made to assist students with financial need. For information contact:

- **Pennsylvania School for Global Entrepreneurship**, Lehigh University, Bethlehem, PA. Contact: Ms. Trisha Alexy, (610) 758-3401.
- **2009 University of Pittsburgh Health Career Scholars Academy**, University of Pittsburgh, Pittsburgh, PA. Contact: Ms. Karen Narkevic, (412) 647-8129.
- Information about the status of the **School for Information, Society and Technology** (Drexel) will be available on or about March 16, 2009.



The Northern Lehigh Guidance Department wishes all our graduating seniors the very best.
Congratulations and Good Luck in your future endeavors.

HAVE A SAFE AND ENJOYABLE SUMMER!

**SEE YOU ON TUESDAY SEPTEMBER 8TH
FOR THE START OF THE 2009 – 2010 SCHOOL YEAR!**