



OCTOBER/NOVEMBER
NEWSLETTER

Longhorn Wellness & Nutrition

Last spring, the Burwell Board of Education adopted a new wellness policy. A key component of the new wellness policy is the creation of a community committee which is made up of parents, medical officials, teachers and students. The committee's main role will be to "promote" and "educate" in helping to create a school environment that helps students learn the value of a healthy lifestyle.

The committee would like the 7-12 students to participate in a health and wellness questionnaire to determine how they perceive the various issues that surround health and wellness. As part of our parent involvement policy it is required that parents are notified when a survey is administered to students. If you **DO NOT** want your son or daughter to participate in the questionnaire, please go to the Burwell Public Schools website and look for the Longhorn Wellness & Nutrition article and click on the Wellness & Nutrition Opt Out Form, sign the consent form and return it to the high school office. If it is okay for your child to participate, you need not do anything.

If you have questions about the Longhorn Wellness & Nutrition Program, please contact Lesa Gideon at 308-214-0865 or Marcie Smith at 308-346-4150. A copy of the questionnaire is on file with Mr. Owen.

Upcoming Dates to Remember

October 11, 2017– 10AM Late Start

October 18, 2017– Picture Retakes

October 24, 2017– Fall Concert

October 27, 2017– NO SCHOOL FALL BREAK

November 10, 2017– Veterans Day Program

November 14, 2017– Talent Show/One Act Play

November 22, 2017 1PM Dismissal/ Thanksgiving Vacation

November 23-24, 2017– NO SCHOOL Thanksgiving Vacation

October 2017 Newsletter

Counselor's Corner by Miss Tetschner

The school year is off to a great start and much has happened in the first few weeks. I have several mini-lessons planned for the year for the 7-12th grade students and I'm eager to visit their classrooms and get to know them better.

Junior High School: Many junior high students have a difficult time adjusting to the academic responsibilities and the new atmosphere of the high school building. There are several dependable students that have volunteered to tutor and offer suggestions on how to better adjust to the expectations of junior high school. If you think your son/daughter could benefit from a one-on-one session, please contact me.

7-11th Grade: In the first quarter of school I will meet with each grade, 7-11, to discuss their academic career, academic planning, transcripts, test scores, etc... and how that all works together and a holistic picture of them as an academic student. I strongly believe the more informed students are in regards to their academic status, what colleges and scholarship committees look for, and employers consider, the more students comprehend the importance of a quality education and the seriousness of their studies.

College Reps: Any student 9-12 can stop by to visit with College Reps that come visit our school and students can gather information. Colleges are in the process of calling to schedule a College Rep appointment. Please keep posted on college visitors in the daily bulletin, emails, and posters in the hallways. Take the opportunity to meet with these college reps, ask questions, and gather information. All college reps are scheduled during Encore time in the library.

College Rep Dates (so far);

October 2 – Wayne State College

October 11 – Joseph's College

October 18 – Central Community College

November 14 – Chadron State College

Juniors: It's not too early for juniors to start gathering information from colleges they are interested in. It's also not too early for juniors to start going on college visits. A campus visit is a great way to get a good feel for the college and the atmosphere, as well as ask questions and get admission and financial aid information. Setting up a college visit is as easy as a phone call or a click to register online.

Juniors will receive their ASVAB results from Sgt. Matt Williams of the Army National Guard. Please ask your son/daughter to see their results.

Juniors who are looking at a 4-year college are encouraged to take the ACT Test at least once their junior year. The ACT Test score is used for college admission and scholarship purposes. Most colleges only take the ACT Test through December of their senior year, so taking the ACT Test early their junior year is important. For more information go to www.actstudent.org or stop by my office. Some juniors are taking advantage of the ACT Academy and learning tips and tools about taking the ACT Test through John Baylor.

Juniors who are looking at a 2-year college are encouraged to take the ACCUPLACER test at least once their junior year. This test is used for academic placement their freshman year of college, scholarship dollars, and admission to certain programs. To take the ACCUPLACER at CCC in Ord contact Crystal Ramm crystalramm@cccneb.edu or call 308-728-3299. Also junior who plan to attend a 2-year school should apply NOW as programs tend to fill up fast. It is better to be on a waiting list now, than to have to wait a semester or year after you graduate from high school to get in. Stop by my office and I can help you.

Seniors: Thank you to the seniors and senior parents for your participation in the senior parent meeting. Please remind your son/daughter to return the needed information to me ASAP if you haven't already done so. Parents, if you missed the meeting and would like up-to-date information that comes through my office, please send me your email address to julie.tetschner@burwellpublicschools.com.

Go Visit!!! Seniors if you haven't been on a college visit to your top college choices, go!!! It is important that you get on campus to get a feel for the college and its atmosphere, as well as ask questions.

Apply for admissions. Senior it is important to apply early for college admissions. If you are interested in a two-year program apply ASAP as some programs fill up fast. Please apply to your top college choices by the end of October. Once you apply the college will send you an acceptance letter and other information about scholarships, etc... but you must apply to get the process started.

It is FAFSA (Free Application for Federal Student Aid) time!!! Seniors can start applying for the FAFSA starting October 1st.

Burwell will host a Financial Aid Presentation on Monday, October 9th at 6:00pm. All juniors, seniors, and parents are strongly encouraged to attend. If you are unable to attend, contact EducationQuest for this free service available all year round (1-800-666-3721) or www.educationquest.com.

As college bound seniors, you will soon complete and submit the FAFSA (Free Application for Student Aid) <http://www.fafsa.ed.gov/>.

Colleges will use your FAFSA results to determine how much they will award you in financial aid, work study, and student loans.

Use the College Funding Estimator on the EducationQuest website along with your income tax information to better understand how the FAFSA works for you.

Filing your FAFSA online is quick and easy. Students and parents should sign up NOW to get your FSA ID (this is your electronic signature) fsaid.ed.gov.

Complete your Academic/Activities Resume. When you have completed a draft of your academic/activities resume, please give me a copy to edit and offer suggestions. Remember this one page piece of paper is your first impression to scholarship committees.

Important Dates:

October 1 – Apply for Financial Aid – FAFSA

October 9th – Financial Aid Program at 6:00pm in the BHS high school

October 11 – PSAT Test for juniors who registered

October 17 – End 1st quarter

October 28 – ACT Test

November 3 – ACT Test registration deadline for Dec. 9th test

Junior and Seniors To Do List:

Attend College Fairs

Go on College Visits

Get involved in school and community activities

Register for ACT Tests

Look for scholarships

Apply to colleges

Stay informed:

Read the daily bulletin

Email – check your emails daily

PARENTS – of juniors and seniors who would like instant messages of important information that comes through my office, please share our email address with me. Simply send me an email: Julie.tetschner@burwellpublicschools.com.