



MVRHS Back to School Guidance Newsletter
2023 - 2024
Sophomore Year

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School Adjustment Counselor: Matt Malowski, 508-560-2642 - mmalowski@mvyps.org

Guidance Administrative Support: Cindy Grant, ext. 121 - cgrant@mvyps.org

Welcome

We hope you are having a great summer and are looking forward to the next school year. You are no longer a freshman, and you now clearly know the expectations of high school. We encourage you to reflect on your freshman year, and set goals for yourself for the upcoming year. It's not too late to recover from any challenges you may have faced and stay on track with your goals!

Remember that the most successful students:

- Consistently work hard and think critically
- Demonstrate resilience when faced with setbacks or challenges
- Have a quiet place at home to study (*set this up now if you haven't yet!*)
- Complete all assignments on time
- Plan ahead for absences when possible, and make up work in a timely manner after being out
- Take advantage of test corrections or re-doing assignments when offered
- Ask questions when they don't fully understand a concept or an assignment
- Attend FLEX with academic teachers regularly
- Have good attendance, are on time for classes, and are actively engaged during class
- Are well rounded, get involved, and take advantage of the wide variety of opportunities that MVRHS has to offer!

Counselor Assignments

You have all been assigned a new counselor for the remainder of your high school career. Your new guidance counselor will be reaching out to you later in August to introduce themselves, and they look forward to getting to know each of you this fall. Your new counselor will be helping you with any scheduling questions or issues that you might have (see below for info about schedules). If you are unsure who your new guidance counselor is, you can call our office anytime at 508-693-1033, ext. 121. If you would like to meet with your counselor at any time, please stop by guidance, or email your counselor, and set up an appointment.

Summer Work

Certain subjects require students to complete summer work. All courses that require work and associated assignments are listed on the high school website on the [Summer](#) page.

Student Schedules - ADD/DROP

Student schedules will be available for viewing on PowerSchool on **August 14th**. Every effort was made to honor the course requests you made in the spring. On a handful of occasions, there were class conflicts after the computer generated the master schedule. Also, a small number of elective classes were overenrolled and you might not have found a seat in that class.

If you feel you need to make an adjustment to your class schedule, please email your new guidance counselor beginning **August 29th**, and they will fix your schedule asap and email you back. You are more than welcome to come to school and meet face-to-face with your counselor, but please email them first and set up a time.

After school begins there will be a two-week add/drop window to make final decisions on your schedule. During this window, students should seriously consider the classes they are enrolled in. Students will not be able to drop electives, or levels in academic classes, without permission of the teacher, approval of the director of guidance, and/or high school administration.

PSAT Testing ~ Wednesday, October 11th

MVRHS offers the PSAT to all juniors on October 11th. In addition, the math department encourages sophomores who are in Advanced Algebra 2 to take the practice test, if they are interested. The reason for this distinction is that the PSAT covers both Algebra and Geometry concepts. Many of our students have not taken Geometry as they begin their sophomore year, so generally, it makes sense to wait until students have the appropriate math background before attempting the test. The math department, in collaboration with the guidance department, will make announcements in September regarding how to register for the PSAT. If you have any questions about the PSAT, and whether you should take the practice test in October, please contact your guidance counselor at the end of September.

MCAS Testing Dates for 10th Graders

The sophomores will sit for the ELA, Math, and Biology MCAS exams in the spring. Students need to pass each subject in order to earn an MVRHS diploma. Testing dates can be found [here](#).

Naviance

Naviance is a program that all MVRHS students use during their four years of high school. Guidance counselors use Naviance to work with students on a variety of topics- personality profiles, career exploration, college major information, college search, and post-high school planning. The sophomores were introduced to Naviance by Mr. Fiorito in 9th grade, and they can access their Naviance accounts through their high school email account. As sophomores, the guidance department will dig deeper into the resources Naviance can provide to students and families. Remember to keep a record of your activities, jobs, volunteer experiences, and awards in the resume section of Naviance.

School Website

The MVRHS school website, www.mvrhs.org, has valuable information having to do with your schooling. Our Program of Studies, calendar, school announcements, wellness programs, student handbook, athletic information, and links to FamilyID & PowerSchool are all on the website. For guidance-related subjects, just click on “Guidance” to reach our homepage. We strongly recommend that you visit this site to learn more about our many available resources.

PowerSchool

PowerSchool is MVRHS’s online student information system. PowerSchool offers students and parents real-time access to grades, attendance, homework assignments, and other class/school information. You can also email your teachers through PowerSchool. The PowerSchool Daily Bulletin is used to provide information to parents, students, teachers, and administrators about general school information including important events, fundraising activities, parent nights, grading terms, etc.

MVRHS Student Registration

All students are required to complete/update their yearly school registration profile through **FamilyID** on www.familyid.com by Friday, September 1st. Please have your parent or guardian log into their account from last year or, if needed, create a new account on FamilyID and click on “Student Registration-Demographic & Medical 2023-2024”. Only a person over the age of 18 can complete this registration and sign off on the required questions. It is suggested that you sit with your parent/guardian during this process as there is information and questions that you need to hear and agree to. If you are interested in participating in an MVRHS sport, you must also register on FamilyID under *Athletics* for each season you intend to play. Again, this registration must be completed by a parent/guardian over the age of 18 at www.familyid.com. If you have any questions, please contact Maureen O’Mally (maureen.omalley@mvyvs.org or call 508-693-1033, ext. 110).

Clubs and Activities

Visit www.mvrhs.org, and look under the *Student Life* tab to learn about ways to get involved. Remember to keep a record of your activities, jobs, volunteer experiences, and awards in the resume section of Naviance (which is a post-secondary planning tool you will learn about during the first semester).

Closing Remarks

Your counselor will work with you over the next 3 years to help you with any issues, questions, problems, or situations which may arise. In addition, your counselor will help you develop your educational program with an eye on your future. We encourage you to also start having serious discussions with your parents and guardians about your future goals. They can support you on this journey and can offer advice while you determine what’s best for you.

Good luck, and we look forward to working with you! As always, please do not hesitate to come by or contact us at any time with questions or concerns.