

Roxbury High School

Guidance Gazette

Issue No. 1 Marking Period One 2021

Welcome Back RHS!

Welcome to the 2021–2022 school year! We are very excited to have you all back in the building with us. The RHS Guidance Department would like to welcome Mrs. Benson and Ms. La Capra to the guidance team! Ms. La Capra will be working with our freshman class and Mrs. Benson will be working with grades 10–12.



Important Upcoming Dates:

- September 29th – Back to School Night
- October 4–6th – Strong Testing
- October 4–8th – Week of Respect
- October 13th – PSATs (Grades 10 & 11)
- October 18–22nd – School Violence Awareness Week
- October 25–29th – Red Ribbon Week
- October 29th – College Fair (Grades 11 & 12)
- November 11th – End of First Marking Period
- November 18th – College Fair

What You Need to Know

Seniors

You made it! Your last year at RHS! Be sure to enjoy everyday. This year will be over before you know it! Here are some things to help you start planning for life after high school.

- Don't forget to start your Common Application!
 - Please be sure to keep in touch with your counselor about upcoming application deadlines!
-

Juniors

Welcome back Class of 2023! This year you will be working a lot with the guidance department. Future planning and discussions will be a focus of the year. Some dates to keep in mind:

- October 13th - PSAT's
 - October 29th and November 18th - College Fair
-

Sophomores

Welcome back Class of 2024! Last year was an interesting and difficult year to begin high school. Some of you were on the hybrid/full day schedule and some of you remained virtual all year. If you have not yet been to the high school for in person classes know that you are not alone. Please make sure to reach out to any of the counselors if feeling overwhelmed or even confused with your schedule. We are here to help! This year will be better than last.....

• Let The •
Adventure
Begin

Freshmen

Welcome to RHS! We hope you take advantage of all the wonderful things RHS has to offer. There truly is something for everyone! The next four years are going to fly by. We encourage you all to start your high school career off on the right foot.. Remember EVERYTHING COUNTS!

Meet the RHS Guidance Department

- Mrs. Mann
Director of Guidance
- Mrs. Barbolini
Counselor
- Mrs. Belfiore
Counselor
- Mrs. Benson
Counselor
- Ms. La Capra
Counselor
- Ms. San Emeterio
Counselor
- Mrs. Kenny
Student Assistance
Counselor



Be In The Know!

Stay up to date with all things guidance by visiting our website [Click Here](#)

- Mrs. Osterman
Guidance Secretary
- Mrs. Seelinger
Guidance Secretary

Back to School Tips

- Breakfast really is the most important meal of the day. Students are more alert and perform better in class if they eat a good breakfast!
- Get enough sleep! Studies show that teens need at least 8 1/2 hours of sleep each night to feel rested. Lack of sleep can lead students to fall asleep in class. It is more productive to get enough sleep than it is to stay up late cramming. In fact a recent study found that students who got adequate sleep before a math test were nearly 3 times more likely to figure out the problem than those who stayed up all night.
- Do more at school and you will have less to do at home. Take advantage of your VIP's and any free time you may have. Get a head start on your homework or project, study for an upcoming test....you will then be ahead!
- One of the best ways to make friends and stay connected with school is by joining clubs, sports teams, and other school activities. Find something that you think you will enjoy it will help you feel like a part of things.

