



Plainview-Old Bethpage Central School District

Excellence in Education

Guidance Newsletter

Plainview-Old Bethpage
Central School District
106 Washington Ave
Plainview, NY 11803
(516) 434-3000

AUGUST 2014

INSIDE THIS ISSUE:

Welcome Class of 2027	1
College Testing: They are a-changing	2
PSAT/NMSQT Information	2
College Testing Information: Dates, Registration Deadlines	3
Know Your Resources	4
Important Dates	4
Connecting with Your Child's Counselor	5
Academic Department Contact Directory	6

*Parent/Guardians of
children in
grades K-8:
Before you go
shopping,
remember to check
your child's school
website
for grade level
Supply Lists!*

Thoughts from the Director of Guidance

Recently, I read a quote that resonated with me, and I thought it was an appropriate one to share as we prepare for the new school year. Author Ray LeBlond wrote, "You learn something every day if you pay attention." This is a simple yet meaningful thought. It reminds us to be present throughout each day; to be mindful of what is happening around us. Similar to the "if you see something, say something" ad campaign, I encourage all of the adults in our community to be mindful of our children as they begin their school year. This can mean taking notice if a child's behavior suddenly changes or if they seem to be struggling academically or socially. This can also mean to celebrate achievements, even if they seem minor. This helps to build a child's self-confidence and self-esteem.

Of course, if there are concerns, I encourage you to reach out and utilize the many levels of support that are available in our district. If you're not sure who to call, please contact me at any time. Send me an email at llynn@pobschools.org, or call me at 434-3150.

This newsletter contains information that will help parents and students begin the new academic year in a well-informed and well-prepared manner. Please make a note of the dates and deadlines that apply to your family. Welcome to the 2014-2015 school year!

Laurie B. Lynn, Director of Guidance

Welcome Class of 2027!

In an online article, author Maya Cohen offers advice for helping children transition to Kindergarten. These strategies can also be useful for older children who may be anxious about going back to school in September.

- Before school begins, discuss Kindergarten with enthusiasm and excitement. See how your child feels about starting school.
- If you think your child is anxious about spending time away from you, try a sleepover at Grandma's or a close family friend.
- If there is anxiety or distress on the first day of school, remain cheerful and reiterate that you will see him/her at the end of the school day. Remind your child about all of the exciting things that he/she will learn. Then, say goodbye. Make your goodbye cheerful and brief.
- Plan playdates with your child's classmates. Children will be less anxious if they have new friends in school.



*Go confidently in
the direction of
your dreams. Live
the life you
imagined.
-Thoreau*

*“Excellence is not
a skill. It is an
attitude.”
– Ralph Marston*

College Testing: *They are a-changing*

Last year, the College Board announced that the SAT was undergoing a major revision. These changes are scheduled to be in effect for the March 2016 SAT, affecting our current sophomore class. The test is being revised in terms of focus as well as in scoring. There will be a continued emphasis on reasoning alongside a clearer, stronger focus on the knowledge, skills, and understandings most important for college and career readiness and success. Vocabulary will still be tested, but in more extended context. Although there will still be a writing section, this will now be an optional portion of the test. There will no longer be deductions for blank or incorrect responses; there will be rights-only scoring (a point for a correct answer). Scores will again be based on a 1600 point scale, with the essay score being reported separately.

The ACT has also announced changes to take place in 2015. Students will receive new readiness scores in addition to the 1-36 scores that are already in place. The readiness scores will include a STEM score, which will represent the student's overall performance in math and science as well as an ELA score, combining English, reading and writing.

Stay tuned for further updates!

PSAT/NMSQT INFORMATION

What is the PSAT/NMSQT?

The PSAT/NMSQT (Preliminary SAT/National Merit Scholarship Qualifying Test) is a practice version of the SAT's taken by juniors, and sometimes, by sophomores. By taking the test, juniors may qualify to enter competitions for prestigious awards and scholarships. It is a two-hour and twenty minute test that measures critical reading skills, math problem solving and writing skills. It will be administered at POB JFKHS on Saturday, October 18, 2014. Students should arrive by 7:30 a.m. The test will end at approximately 12:00 p.m.

Should sophomores take the PSAT?

When considering whether or not to take the PSAT as a sophomore, remember that sophomore scores do not count as a qualifying test for the National Merit Scholarship Program. The purpose of taking the PSAT in the sophomore year is to give students an extra practice test. Even though the SAT will be changing, the additional opportunity to practice is worthwhile for most students.

How to register for the PSAT:

- Registration fee is \$25. Check or money orders (no cash) should be made payable to "POB CSD"
- PRINT student's name and current grade level on the front of the check.
- Bring the check to the JFKHS Guidance Office.
- Registration begins on September 15th.
- All checks must be submitted to Guidance by **October 10th!**

How do students receive their scores?

Detailed score reports are received in the Guidance office in December and are mailed home. These score reports are excellent resources to help students begin their preparation for the SAT exams that are taken in the spring of junior year.

PLAN AHEAD—TEST DATES

2014-2015 COLLEGE TESTING DATES

PSAT/SAT/SAT SUBJECT TESTING SCHEDULE

CEEB CODE: 334532

POBJFKHS TESTING CENTER CODE: 33764

TEST DATE	TEST(S)	REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE**
October 11, 2014*	SAT and Subject Tests	September 12, 2014	September 30, 2014
October 18, 2014*	PSAT	October 10, 2014	N/A
November 8, 2014	SAT and Subject Tests	October 9, 2014	October 28, 2014
December 6, 2014	SAT and Subject Tests	November 6, 2014	November 24, 2014
January 24, 2015	SAT and Subject Tests	December 29, 2014	January 13, 2015
March 14, 2015	SAT	February 13, 2015	March 3, 2015
May 2, 2015*	SAT and Subject Tests	April 6, 2015	April 21, 2015
June 6, 2015*	SAT and Subject Tests	May 8, 2015	May 27, 2015

You must register for the SAT and Subject tests online at www.collegeboard.org

ACT TESTING SCHEDULE

POBJFKHS ACT TEST CENTER: 216650

TEST DATE	REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE**
September 13, 2014	August 8, 2014	August 22, 2014
October 25, 2014	September 19, 2014	October 3, 2014
December 13, 2014	November 7, 2014	November 21, 2014
April 18, 2015	March 13, 2015	March 27, 2015
June 13, 2015*	May 8, 2015	May 22, 2015

You must register for the ACT online at www.actstudent.org

***Tests Administered at POBJKHS**

****There is an additional fee for late registration**

Contact Guidance for information on SAT Prep courses offered through SCOPE, Method Test Prep and Princeton Review

Questions about College Testing? Contact Ms. Lynn, Director of Guidance and Testing Coordinator

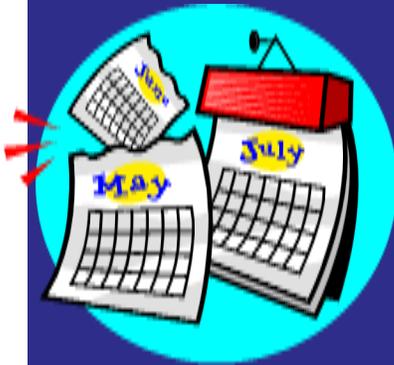
FYI: We will be hosting a FREE practice SAT and ACT for Juniors on Saturday, November 8th. This exam administration, conducted by Princeton Review, will be followed by an evening program on November 13th for the distribution and review of scores. MORE INFO TO FOLLOW!!

Know Your Resources

As the school year is set to begin, it is a good time to review the available resources available to students and parents. For questions that are specific to academic classes, content and student's progress, parents are encouraged to speak with their child's classroom teacher. Contact information is available on the website. Parents should never hesitate to contact the supervisor of the academic department with additional questions or concerns. A listing of administrative contact numbers is located on Page 6 of this newsletter.

When parents are concerned about their child's behavior, or worried that their child is feeling stressed or anxious, parents should reach out to the district's psychologists, social workers or school counselors. Check out each school's website for these contact numbers.

Important Dates



ELEMENTARY SCHOOL	MIDDLE SCHOOL	HIGH SCHOOL
9/4: <i>KC Back to School Night</i>	9/8: <i>MS Fall Sports begin</i>	9/9 <i>Teen Driving Meeting</i>
9/5: <i>Old Bethpage Movie on the Lawn</i>	9/12: <i>MMS Gr. 5 BBQ</i>	9/10: <i>Gr. 12 Guidance Meeting</i>
9/5: <i>Pasadena Family Picnic</i>	9/16: <i>MMS Club Fair</i>	9/17: <i>Back to School Night</i>
9/10: <i>Old Bethpage, Pasadena, Parkway, Stratford Rd Back to School Night</i>	9/18: <i>MMS/POBMS Gr. 5/6 Back to School Night</i>	9/19: <i>HS Club Fair</i>
10/10: <i>Old Bethpage Fall Festival</i>	9/19: <i>POBMS PEP Rally and Back to School Picnic</i>	10/1: <i>Gr. 9 Parent Meeting</i>
10/17: <i>KC Fall Festival</i>	9/23: <i>MMS/POBMS Gr. 7/8 Back to School Night</i>	10/1: <i>Gr. 9 Parent Meeting</i>
	10/9: <i>MMS/POBMS Gr. 5 Parent Welcome</i>	10/2: <i>Teen Driving Meeting</i>
	10/14: <i>Progress Reports Posted</i>	10/14: <i>Progress Reports Posted</i>
	10/17: <i>MMS Pride PEP Rally</i>	10/21: <i>Gr.9/10 Financial Aid Night</i>
		10/24: <i>Pep Rally</i>
		10/25: <i>Homecoming</i>
		10/23: <i>Parent/Teacher Conf.</i>
		10/28: <i>Parent/Teacher</i>

Nassau Counselors' Association
 Fall College Expo
 Sunday, September 21, 2014
 12:00 pm—3:00 pm
 Clark Athletic Center
 SUNY College at Old Westbury

10/22: ESL Parent Orientation for all parents @ JFKHS, 7:30pm

Connecting with Your Child's School Counselor

Students in grades 5-12 are assigned to a school counselor who will work with them throughout their time in that building. At the middle schools, counselors work with students in one grade. At the high school, each counselor works with students in grades 9-12; each grade is split among eight counselors.

- Understand the expertise and responsibilities of your child's school counselor. Professional counselors function as a facilitator between parents, teachers and the student in matters concerning the student's goals, abilities and any areas needing improvement.
- Meet or contact your child's counselor at least three times per school year. By communicating with one another at the beginning, middle, and end of the school year, parents and counselors can have a definite impact on a child's success.
- Discuss your child's challenges and concerns with the counselor. As a parent, you know your child best. It is important to encourage your child's expression of needs, hopes and frustrations.
- Learn about your child's school and social connections from the school counselor. When you need information or assistance, your child's counselor can help you: get in touch with the appropriate school officials, learn about school policies on behavior, attendance, and dress, and review the calendar of important dates.
- Work with the school counselor to identify resources and find solutions to problems. If your child is having problems at school, it is important to work with your child's counselor to find solutions.

Source: ASCA (American School Counselor Association)

If you haven't already done so, sign up for the Parent Portal!
The portal connects parents to student data online, anytime!



Academic Department Contact Directory

Art

Dr. Judith Chen, Supervisor, 434-3138

Business

Mr. James Bolen, Coordinator, 434-3125

English

Mr. Jeffrey Yagaloff, Chairperson, 434-3185

Family and Consumer Science

Mr. Thomas Schwartz, Coordinator, 434-3267

Guidance

Ms. Laurie B. Lynn, Director, 434-3150

Mathematics

Mr. Christian Bowen, Chairperson, 434-3197

Music

Mr. Joshua Golbert, Director, 434-3045

Physical Education, Health and Athletics

Mr. Joseph Braico, Director, 434-3100

Science, Research and Technology

Mrs. Joyce Barry, Chairperson, 434-3191

Social Studies

Ms. Maria Carnesi, Chairperson, 434-3203

Special Education

Ms. Ellie Becker, Director, 434-3020

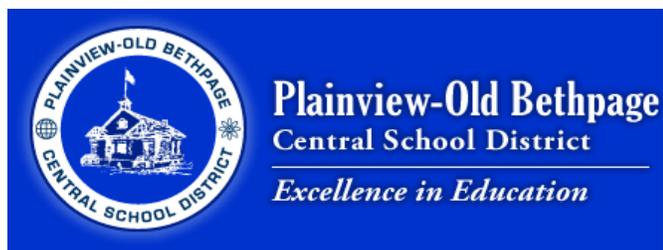
Mrs. Kim Christ, Assistant Director, Gr. Pre-K-4, 434-3020

Ms. Dolores Binstock, Assistant Director, Gr. 5-8, 434-3020

Ms. Suzanne Sugarman, Assistant Director, Gr. 9-12, 434-3020

World Languages

Mr. Robert Dennis, Chairperson, 434-3179



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Newsletter Editor:

Laurie B. Lynn, Director of Guidance
llynn@pobschools.org
(516) 434-3150

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