



August 2017

# Plainview- Old Bethpage Central School District GUIDANCE NEWSLETTER

106 Washington Ave, Plainview, NY 11803 (516) 434-3000

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## Director's Message

Keeping with tradition, I am happy to introduce the 2017-2018 Guidance Newsletter with the newly adopted POB school district theme, "Footprints of Excellence". According to Wikipedia, footprints are "the impressions or images left behind by a person walking or running." As we begin a new school year, I imagine a blank slate or a clean, empty beach. What footprints will be left behind by our students and staff this year? How will our children exceed our expectations? We can define excellence in many ways and the meaning may be different for each of us. With that in mind, I hope we all approach the new school year with purposeful intent to strive for excellence.

Happy 2017-2018!

# Exciting Changes for 2017-2018!

The Plainview-Old Bethpage School District is committed to supporting the social and emotional needs of each child and family in our community. With that in mind, our Board of Education and Central Administration approved the addition of new staff members to work with our students, staff and families. We welcome our new colleagues and look forward to providing a closer introduction to each staff member in future newsletter issues!

- Dr. Stephanie Graziosi-Hibbs is our new **Elementary School Counselor**. Dr. Graziosi-Hibbs will collaborate with staff, administration and families to build a caring and positive school climate, promote a foundation of college and career readiness skills and provide parent education programs.
- Ms. Lisa Bernstein is our new **Middle School Social Worker** at Plainview-Old Bethpage Middle School. Ms. Bernstein will be a full-time member of the POBMS staff while Ms. Aviva Sala will be a full-time member of the Mattlin Middle School staff.
- Ms. Jessica Butindari is our new **Drug and Alcohol Counselor**. Ms. Butindari will be based at JFKHS, but will also work with families and provide staff support throughout our district.
- Ms. Jamie Pfeffer and Ms. Melissa Rudes have joined the JFKHS faculty as the new **High School Social Workers**.

*Welcome to the POB Family!*

## Academic Department Contact Directory

### **Fine Arts and Digital Instruction**

*Dr. Ben D. Wiley, Director, 434-3138*

### **Business**

*Mr. Eric Haruthunian, Coordinator, 434-3136*

### **ELA Literacy Coordinator**

*Ms. Eileen Annino, K-6 Chairperson, 434-3254*

### **English**

*Mr. Jeffrey Yagaloff, Chairperson, 434-3185*

### **ENL (English as a New Language)**

*Ms. Dorothy Drexel, Coordinator, 434-3311*

### **Family and Consumer Science**

*Mr. Thomas Schwartz, Coordinator, 434-3267*

### **Guidance**

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

### **Mathematics**

*Ms. Genevieve LaGattuta, Chairperson, 434-3197*

### **Music**

*Mr. Michael Rodgers, Director, 434-3045*

### **Physical Education, Health and Athletics**

*Mr. Joseph Braico, Director, 434-3100*

### **Science, Research and Technology**

*Ms. Joyce Barry, Chairperson, 434-3191*

### **Social Studies**

*Ms. Maria Carnesi, Chairperson, 434-3203*

### **Special Education**

*Ms. Ellie Becker, Executive Director, 434-3020*

*Ms. Jennifer Lott, Assistant Director, Gr. Pre-K-4, 434-3020*

*Ms. Meredythe Alliegro, Assistant Director, Gr. 5-8, 434-3020*

*Ms. Dolores Espinosa, Assistant Director, Gr. 9-12, 434-3020*

### **World Languages**

*Dr. Lionel Chan, Chairperson, 434-3139*



## 2017-18 EXAMINATION & TEST DATES CEEB CODE 334-532

### SAT TESTING SCHEDULE POB JFK HS SAT TEST CENTER #33-764

ANTICIPATED TEST DATES	TEST(S)	REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE (phone/online)
October 14, 2017*	PSAT	October 6, 2017	
August 26, 2017	SAT Reasoning, SAT Subject	July 28, 2017	August 15, 2017
October 7, 2017*	SAT Reasoning, SAT Subject	September 8, 2017	September 27, 2017
November 4, 2017	SAT Reasoning, SAT Subject	October 5, 2017	October 25, 2017
December 2, 2017	SAT Reasoning, SAT Subject	November 2, 2017	November 21, 2017
March 10, 2018	SAT Reasoning	February 9, 2018	February 28, 2018
May 5, 2018*	SAT Reasoning, SAT Subject	April 6, 2018	April 25, 2018
June 2, 2018*	SAT Reasoning, SAT Subject	May 3, 2018	May 23, 2018

*You will receive instructions on how to register for the PSAT through the Guidance Department in the Fall.*

*You may register for the SAT and Subject tests online at [www.collegeboard.org](http://www.collegeboard.org)  
If you register late, you may not get your choice of test centers and there is an additional fee for late registration.*

### ACT TESTING SCHEDULE POB JFKHS ACT TEST CENTER #216650

TEST DATES	TEST	REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE
November 4, 2017*	Pre-ACT	October 30, 2017	
September 9, 2017	ACT	August 4, 2017	August 5-18, 2017
October 28, 2017	ACT	September 22, 2017	Sept. 23 – Oct. 6, 2017
December 9, 2017	ACT	November 3, 2017	November 4-17, 2017
April 14, 2018	ACT	March 9, 2018	March 10-23, 2018
June 9, 2018*	ACT	May 4, 2018	May 5-19, 2018

*You may register for the ACT online at [www.actstudent.org](http://www.actstudent.org)  
If you register late, you may not get your choice of test centers.  
There is an additional fee for late registration.*

TEST DATES	TESTS
May 7-11, 2018*	AP Testing
May 14-18, 2018*	AP Testing

\*At P-OB JFK HS

# College Testing

## PSAT/NMSQT Information

### What is the PSAT/NMSQT?

The PSAT/NMSQT (Preliminary SAT/National Merit Scholarship Qualifying Test) is a practice version of SAT 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. This year, the PSAT will be given on **Saturday, October 14, 2017**. All juniors are strongly encouraged to take this exam.

### 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 additional opportunity to practice the test.

### How to register for the PSAT:

- Registration begins on September 18 in the Guidance Office.
- Students MUST sign up for the PSAT no later than October 6
- Students must bring a check (payable to "POBCSD") for \$16.00 when registering

### How do students receive their scores?

Students will be able to access their scores online. In addition, detailed paper 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 typically taken in the spring of junior year.

### Where will the PSAT take place?

Testing will take place in the high school. Students should arrive no later than 7:30 am.

### Can students have extra time for testing?

Students who require any type of testing accommodation MUST be preapproved by the College Board. This approval process can take approximately eight weeks. For additional information, parents can contact Ms. Lynn at [lynn@pobschools.org](mailto:lynn@pobschools.org)

## Pre-ACT Information

The Plainview-Old Bethpage School District will be hosting the Pre-ACT this fall. The Pre-ACT simulates the ACT testing experience and will provide students and parents with a predictor of student performance on the ACT. The Pre-ACT is a two hour and 15 minute multiple choice test and encompasses English, math, reading and science. There is no writing section. Similar to the PSAT, this is a practice test and is designed for high school sophomores and juniors. Here are some important details about the test administration:

**Date:** November 4, 2017

**Registration and cost:** Students will register in the Guidance Office. Registration will take place from October 16 to October 31, 2017. Students must bring in a check (made payable to "POBCSD") for \$12.

**Location:** POBJFKHS

**Time:** Students should arrive no later than 7:30 am, and testing will begin by 8:00 am. The test administration should last for approximately 3 hours.

**Testing Accommodations:** Students that have approved testing accommodations through an IEP or a 504 Plan will be given the same testing accommodations on the PreACT. There is no additional approval process.

## What Should I Bring on Test Day?

- Three sharpened soft lead (No. 2) pencils with good erasers. (no mechanical pencils)
- A watch to pace yourself (No smart watches)
- An acceptable calculator (visit [collegeboard.org](http://collegeboard.org) and [actstudent.org](http://actstudent.org) to review the calculator policies)

# Helping Your Middle School Child

In an article published in the Scholastic online magazine, a middle school principal offered advice on how to help your child succeed in middle school and beyond. Here are some of his tips:

- **Help your child manage homework time.** Check with teachers to see how much time should be necessary to complete homework.
- **Show interest in your child's studies.** Talk to him/her daily about what he/she is learning and doing in school. Don't accept "nothing" as a response!
- **Contact counselors, administrators and teachers periodically.** Find out what your child should be learning, how they are progressing, and how you can help.
- **Encourage him/her to pursue interests and make friends through extracurricular activities.** Be certain, however, that he/she selects no more than a few activities so there is adequate time for schoolwork.
- **Know your child's friends.** Know where your child is at all times. Be clear and consistent with discipline.
- **Encourage your child to get to know their counselor.** The counselor is invaluable in supporting your child's academic, social and emotional growth. In addition, the counselor is one of many potential adult role models for your child.
- **Attend parent meetings and school events.** Open Houses, PTA meetings, parent workshops are all intended to provide you with information to help your child. In addition, parents can build their own support network.
- **Consistently acknowledge and reward efforts at school.** While schools sometimes provide incentives and motivation for academic success, parents need to recognize their child's accomplishments.



# WELCOME CLASS OF 2030!

The first days of kindergarten are filled with what seems like a never-ending list of exciting “firsts” for children. This time represents a major change in the lives of children as well as the lives of the parents and families of our students. It is natural for parents/guardians to feel a range of emotions. Along with feeling anxious about how your child will fare, parents/guardians may also feel sad because their child is growing up so quickly. Remember that feelings are always OK! Here are some quick reminders to help your child in their transition to school:

- ★ Wake up early. Leave enough time for a relaxed breakfast and any unplanned issue that may arise.
- ★ If your child is nervous or upset, encourage them to talk to you about their feelings. Don't burden your child with your own fears and anxieties. Focus on the fun that they will have and the new friends that they will meet.
- ★ Stay involved with your child's classroom experience. Join the PTA and volunteer at school. Most importantly, ask your child about their experience every day.
- ★ Pack lunch wisely. Make sure your child can open all of their own lunch containers and they like the food that you have packed.
- ★ Don't be afraid to be your child's advocate. If you have any concern, reach out to your child's teacher or the building administrator.

## KINDERGARTEN

### ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN

By Robert Fulgham

- 1 Share everything
- 2 Play fair
- 3 Don't hit people
- 4 Put things back where you found them.
- 5 Clean up your own mess.
- 6 Don't take things that aren't yours
- 7 Say u r sorry when u hurt someone
- 8 Wash your hands before u eat
- 9 Fluzh
- 10 Warm cookiez and cold milk are good for you
- 11 Live a balanced life:  
Learn. Think. Draw. Paint. Sing. Dance. Play. Work.
- 12 Take a nap every afternoon.
- 13 Be aware of wonder
- 14 Look around
- 15 When you go out into the world, watch for traffic, hold hands, & stick 2gether.

@sylviaaduckworth



**Nassau Counselors' Association Fall College Expo**

**Sunday, September 17, 2017**

12:00 p.m. - 3:00 p.m.

Clark Athletic Center, SUNY College at Old Westbury

**Long Island National College Fair**

**Sunday, October 1, 2017**

11:00 a.m. - 3:00 p.m.

Health, Sports and Education Center, Grant Campus  
Suffolk Community College

**NYC Performing & Visual Arts College Fair**

**Wednesday, September 27, 2017**

6:00 p.m. - 9:00 p.m.

Jacob K. Javits Convention Center

**STEM College and Career Fair**

**Sunday, October 15, 2017**

1:00 p.m. - 4:00 p.m.

Jacob K. Javits Convention Center

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**Attention Class of 2018!**  
**College Kickoff!**

**New this Year!**

**Friday, August 25: Operation Apply: 10am - 2pm, JFKHS Library**

Counselors will be stationed in the Library for "walk-in" assistance with college applications, college searches, Naviance, essays, resumes, etc.

**Monday, September 11**

Daily announcements will begin! Learn about POB's "College Readiness Certificate"

**Tuesday, September 12: Senior Night**

Seniors and parents are strongly encouraged to attend the Senior Information program presented by the high school counselors. Topics to be discussed include the college application process in detail. Students who attend will be entered into a raffle for prizes to be distributed throughout the remainder of the week.



**Wednesday, September 13: College Awareness Day**

Students and staff are encouraged to wear their favorite college gear.

**Thursday, September 14: College 101 Workshop: "How to Communicate with College Reps"**

Students will have the opportunity to learn about the best and most appropriate ways to network with college admissions professionals.

**Friday, September 15: Operation Apply - Round Two!**

Still have questions? Counselors will be stationed in the Library throughout the entire day for "walk-in" assistance.

