HERITAGE HIGH SCHOOL
LITTLETON, CO
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Heritage Counseling News

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Upcoming Semester 2 Events

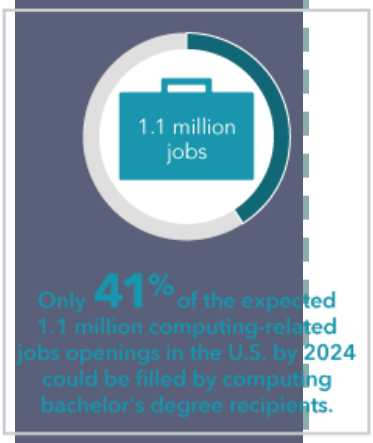
- Registration presentations for current 9th-11th graders: Jan. 26-Feb. 1
- Incoming 9th Grade Registration Information Night– Feb. 7
- Registration for next school year for current 9th-11th graders—Feb. 13-17
- Swim Waiver Test: Feb. 14
- Concurrent Enrollment: for Fall 2017-Feb.13
- Junior State-wide SAT: April 11
- Sophomore State-wide PSAT: April 12
- CMAS Testing: April 11-13
- AP Testing Window—May 1-May 13
- Last day for Seniors—May 19
- Finals for 9th-11th Grade—May 23-26
- Graduation—Wed. May 24

10 Tips for Parents of High School Students

1. Send kids to school rested and ready.
2. Be clear about academic and behavioral expectations.
3. Set rules for homework.
4. Give teachers a heads-up on personality quirks, and other strengths and weaknesses.
5. Encourage your child to participate in extracurricular activities.
6. Have your child set goals for the school year.
7. Help your child move forward in a positive way if they have a set back (best life lessons come from failure).
8. Join the PTO or another school organization.
9. Look for ways to make learning fun.
10. Give your child the gift of time—pay attention to what is going on in their lives.

From mlive.com

Why Computing Matters

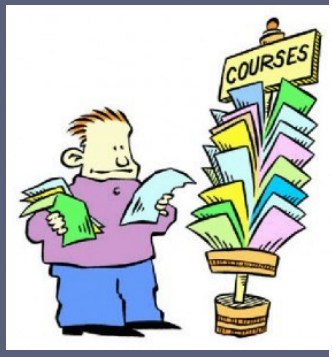


Computing permeates every aspect of our society, creating a high demand for technological innovations that change how we think, connect, conduct research, build products, and more. This demand drives the economy and creates a direct impact on the job market; the U.S. Department of Labor estimates 1.1 million computing-related job openings in the U.S. by 2024, but more than two-thirds of these jobs could go unfilled due to the insufficient pool of college graduates with computing related degrees. Computing underpins every other STEM discipline as a highly versatile and sought-after skillset that is essential in today's information economy.

All students are encouraged to choose from a variety of practical arts, technology and computer science courses at Heritage High School to become technologically savvy!

From: National Center for Women & Information Technology www.ncwit.org

Registration for 2017-2018 Classes



Counselors will be meeting with current 9th-11th graders during Advisory on Jan. 26 with Juniors, Jan. 30 with Sophomores, and Feb. 1 with Freshmen. Students will receive registration materials (registration card and courses available to students) and a copy of their current transcript at that time. Students will then have some time to meet with teachers and discuss with parents about which courses to request for next school year before registration. Core teachers are asked to recommend the appropriate next level of a course on the registration card. If a student is interested in taking an AP course, AP Agreements will also be handed out at that time. An AP Agreement is required for a student to request an AP course. Students will begin registering for courses for next school year during the weeks of Feb. 13 and 17 with their current Social Studies class. Students must have their registration card (signed by a parent) and their AP Agreement (if applicable) in order to register for courses.

Open House for CTE :
LPS will host an open house for all students interested in Fashion Design, Teacher Cadet, and Health Sciences.
Location: Ames Elem.
Thursday, Jan 19, 3-7pm
Wed, Feb. 15, 5-6 pm
Tues, March 14, 3-4 pm

ACTS and CTE Courses

Seniors and Juniors are able to take advantage of some unique programs and courses offered outside of Heritage during the school day. Juniors will receive more information about these programs during Advisory on Jan. 19.

ACTS stands for Area Career and Technical School. LPS works with local districts to offer a wide variety of programs that Heritage students can be a part of. In many cases, students can receive college credit for the program or earn certification that can be used after high school.

Some of the programs that are available:

- Animal Science, Equine Science, and Intro to Vet Science
- Automotive Technology
- Aviation Fundamentals
- Cabinet and Furniture Making
- Criminal Justice
- Commercial Photography
- Fashion Design
- Health Sciences
- Pro Start 1 and 2 (Culinary)
- Teacher Cadet

SAT Test Information

All juniors across the state of Colorado will take the SAT assessment on April 11, 2017. This test provides an important measure of academic competency as students prepare for post-secondary opportunities.

As a result of SB 15-1323, Colorado will now allow for all students to have the option to take the SAT or the SAT with Essay. Both of these options are free of cost. All 11th grade students have been registered for the SAT on April 11. For those students who don't want to take the test with the Essay, no further action is required.

For students who want to take the SAT with Essay, College Board will open a registration window to opt-in for the essay portion from January 27-February 12. The Counseling Department cannot register your student for the essay portion, but can help with answering questions.

See your counselor for more information.

FAFSA Myths

All college-bound seniors and their families are encouraged to complete the FAFSA, regardless of current income. Many colleges use the FAFSA to determine eligibility for both need-based and merit-based aid. In many cases, money is given out by a university on a first come first served basis, so families are encouraged to apply early.

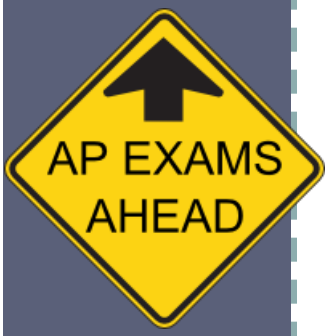
7 Common Myths About Financial Aid

1. My family makes too much money to qualify for aid.
2. I need to file taxes before completing the FAFSA.
3. The FAFSA is too hard to fill out.
4. My grades aren't good enough to get aid.
5. My ethnicity or age makes me ineligible for aid.
6. I support myself, so I don't have to include parent info on the FAFSA.
7. I already completed the FAFSA so I don't need to complete it again.

Leadership Enrichment Programs

- **Boys State**—Six day hands on experience iin the operation of oru Republic form of Government. Available to all current junior boys. More info at www.colegionboysstate.org
- **Girls State**—Learn how to hold elections for public office; write, debate and pass bills; and work with other girls across the state. Application due April 1. Available to all current junior girls. Apply at http://www.alacolorado.com/girls-state.html
- **HOBY**—HOBY seeks out students who want to become leaders. It is for current 10th graders and is a no cost summer program. Interested students need to apply by Feb. 13. More info at hoby.org and see your counselor for application.
- **Rocky Mountain Rotary Youth Leadership Academy (RYLA):** Free 5 day leadership conference for any 10th or 11th grader. More info at http://www.rmryla.org
- **World Affairs Seminar (WAS)** - Free enrichment program for 10th and 11th graders. Seminar this year will cover education and social justice. More info at www.worldaffairsseminar.org
- **Colorado Student Leaders Institute:** 4 week summer college immersion program for rising 10th and 11th graders. More info at www.costudentleaders.org

AP Testing Schedule



All students enrolled in an AP course are required to take the AP Exam, per Heritage policy. Students paid a $15 deposit fee at the beginning of the school year and will be billed the remainder of the balance this semester. AP exam dates are determined by the College Board and can only be administered during the scheduled time. More information can be found in the AP Bulletin.

Monday, May 1: Chemistry (AM), Environmental Science (AM), Psychology (PM)

Tuesday, May 2: Computer Science A (AM), Spanish Language (AM), Physics 1 (PM)

Wednesday, May3: English Lit (AM)

Thursday, May 4: US Government (AM), Seminar (PM)

Friday, May 5: German (AM), US History (AM)

Monday, May 8: Biology (AM), Music Theory (AM), Physics C (PM)

Tuesday, May 9: Calculus AB (AM), Calculus BC (AM), French (PM)

Wednesday, May 10: English Lang (AM), Macroeconomics (PM)

Thursday, May 11: Statistics (PM)

Friday, May 12: Human Geography (AM), European History (PM)

Cyber Safety

Cyber Safety Pieces for Reflection

You have probably heard of someone's computer being hacked, his or her identity being stolen online, or even having some embarrassing pictures posted online. "Nah, it can't happen to me," you think. Well, if you use the following Internet safety tips, you have a good chance of being right.

1. Keep Your Online Identity Secret

Don't tell anyone your real name and address or what neighborhood you live in. Here's the general rule: Don't give out any information that a stranger could possibly use to find you.

2. Your Username and Password Belong to You … And Only You

Don't give your username or password to anyone. It's just that simple. What if a friend logs on and pretends to be you, and then says something really awful and gets you in trouble?

3. The Internet has a Great Memory … So Keep Its Memory of You Clean

Just because the Internet is so massive does not mean that embarrassing or risqué pictures, rude or mean comments, or illegal activities will disappear forever. Watch what you post about yourself or others -- or allow your friends to post about you -- because you may have to live with it for a long, long time.

4. Be Good Online … Just Like You Are Offline

Writing "hate" emails, hacking into other people's computers, illegally downloading music or movies and making online threats are just as illegal on the Internet as they are in the real world.

5. Be Extremely Careful about Meeting Someone in Person

The FBI gives an all-out blanket warning: "Never meet anyone in person that you meet online." That said, many teens do make good friends online. You just have to be super-cautious and make sure other people you know and trust also know this "new" online person.

6. Your Parents Are Ultimately Responsible for Minors Online

Even if your parents don't know much about the Internet, tell them what types of web sites you go to. They may help you avoid potential problems if a web site or new "friend" looks sketchy.

Some Extra Words of Caution

Almost Everything on the Internet Is Traceable

Every search, web site visit, online posting and email is registered or recorded somewhere on the Internet. Once you send something out on the Internet, it's almost impossible to take it back. You have to be careful -- not impulsive -- when you write email or go to chat rooms. If someone asks you to send them sexual pictures, be very suspicious -- and don't do it. Alert your parents.

Information taken from the WorldWideWeb at WebMD Feature: "Teen Internet Safety Tips"
By Debra Fulghum Bruce, PhD