



# NPHS Counseling Newsletter



December 2023 - February 2024

**Ms. Bretz:**  
**Counselor (A-L)**  
[rbretz@northposey.k12.in.us](mailto:rbretz@northposey.k12.in.us)  
812-673-4242 (option 2)

**Mrs. Rose:**  
**College Connection Coach**  
[arose@northposey.k12.in.us](mailto:arose@northposey.k12.in.us)  
812-673-4440

**Mrs. Parrish:**  
**Counselor (M-Z)**  
[mparrish@northposey.k12.in.us](mailto:mparrish@northposey.k12.in.us)  
812-673-4242 (option 2)



# Important Parent Information



If you or your student need a transcript for **any reason**, it will need to be requested through Parchment. Seniors should already have an account. If your senior does not have a Parchment account, they need to see their counselor or Mrs. Rose ASAP to make one. Parchment

We encourage you to use the Harmony Parent Access System to have access to your child's grades, attendance, discipline, lunch account balance, and assignment summaries. Email your child's counselor to request information to set up your account if you have not already done so. If you do not have Internet access at home, you can set up a free email account at any public library. Harmony Log In

Seniors who are 21<sup>st</sup> Century Scholars must complete the Scholars Success Program online in order to be eligible for their scholarship. Visit Mrs. Rose in the Counseling Office if you have any questions. 21st Century Scholars

Progress Reports are available online through your Harmony Parent Access. Hard copies are available **only** upon request by calling the office at 812-673-4242.

Seniors have three days to visit college campuses. Juniors have one day to visit a college campus. **If you do not give the high school office notice of your college visit, it will not be counted as excused.** To sign up for College Rep Visits at North Posey, email your counselor. **You must be signed up at least a day in advance to attend the visit.**

# Important Senior Information

Seniors have three days to visit college campuses. **If you do not give the high school office notice of your college visit, it will not be counted as excused.** To sign up for College Rep Visits at North Posey, email your counselor. **You must be signed up at least a day in advance to attend the visit.**

College Board Accounts - please use a personal email and not your school email account. Your school email account is disabled after graduation.  
[Collegeboard.org](https://collegeboard.org)

Seniors who are 21<sup>st</sup> Century Scholars must complete the Scholars Success Program online in order to be eligible for their scholarship. Visit Mrs. Rose in the Counseling Office if you have any questions.  
21st Century Scholars

With questions regarding dual credits, visit Mrs. Rose in the Counseling Office. **Please remember that you need 6 dual credits for the Academic Honors Diploma and 3 of those must be in a core content class (English, Math, Science, Social Studies).**

All seniors must create a Parchment account to request transcripts be sent to a college or university. **Use a personal email account, not your school email.** You may need access to your Parchment account after graduation once your school email is disabled. Parchment

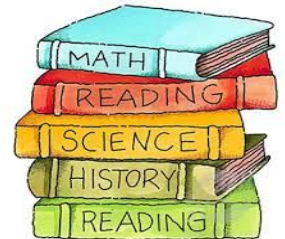
Athletes who plan on participating in Division I or II athletics must register with the NCAA Eligibility Center. Click the link to register:  
[NCAA Eligibility Center](#)

# REGISTRATION FOR THE 2024-2025 SCHOOL YEAR

In early December, students will begin meeting with their guidance counselor to register for classes for the 2024-2025 school year. The 4-year plan feature in Harmony will be turned off at this time so that we can complete course requests for each student. We are not sure when the feature will be turned back on. All schedule change requests after registration must go through your counselor.



Robin Bretz A-L [rbretz@northposey.k12.in.us](mailto:rbretz@northposey.k12.in.us)  
Michele Parrish M-Z [mparrish@northposey.k12.in.us](mailto:mparrish@northposey.k12.in.us)



# FAFSA Deadlines

## STATE DEADLINE

**April 15, 2024**

**Workforce Ready Grant:**

See Mrs. Rose for details

**Frank O'Bannon Grant:** April 15, 2024

by midnight Central Time

**21st Century Scholarship:** April 15, 2024,

by midnight Central Time



## COLLEGE DEADLINE

**Check With the College**

Visit the school's website or contact its financial aid office. School deadlines are usually early in the year, often in February or March, although some are even earlier. These are priority deadlines that could impact scholarships but not state or federal aid.

## FEDERAL DEADLINE

**June 30, 2024**

The FAFSA form must be submitted by 11:59 p.m. Central time (CT) on June 30, 2024. Any corrections or updates must be submitted by 11:59 p.m. CT on Sept. 10, 2024. Filing between April 16 and the federal deadline will only potentially qualify students for federal aid; no state aid will be awarded.



# Scholarships 101

Scholarships - Scholarship Doc



1. This is a working document and will be updated often.
2. **Scholarships due in the spring will not be available until closer to their deadlines.**
3. You must pay attention to the deadlines. Late submissions will not be accepted.
4. Read the directions. Don't assume you know what is required.
5. Do not assume that someone will write a letter for you. **You must ask them.**
6. For letters of recommendation, give who you ask adequate time to complete it.
7. If essays are needed, make sure they are completed timely and have **correct spelling, grammar and punctuation.** Ask a teacher or counselor to proofread your work.
8. Please complete the ***entire application!*** You will not be considered if it's incomplete.
9. Look for scholarships on your own, but *do not pay for any scholarship searches.*
10. Please be aware that what you post on social media is out there for the world to see. Do not assume that scholarship committee members will not see your posts.
11. Search the internet, TikTok, and even where your parents/guardians work for scholarship opportunities.
12. Be creative! There is a lot of money up for grabs for college!

# Scholarships & Financial Aid

**Additional Scholarship Search** → Scholarship Search

This includes ALL opportunities, not just USI

**Posey County Community Foundations** → PCCF Scholarships

These scholarships will be available early December

Amy Smith will be here Dec 12th during Flex to talk about the application process



**FAFSA (Free Application for Federal Student Aid)**

Students may submit the FAFSA once it opens through April 15, 2024, for grants and loans to attend college during the 2024-25 school year. Students and parents will sign in using a Federal Student Aid ID (FSA ID). Mrs. Rose, the College Connection Coach, is available in the Guidance Office to help students and parents who have questions about the FAFSA. When students meet with Mrs. Rose, it is helpful if they know what progress has been made in completing the FSA ID and FAFSA.

**FAFSA\*** → FAFSA

**FSA ID** → FSA ID

\*See next slide for FAFSA Checklist

We plan to have a Financial Aid Help Night in early 2024. Exact date to be announced soon!



# FAFSA Checklist

Create your FSA ID and start your FAFSA!

Complete 24-25 FAFSA year

Use 2022 taxes

StudentAid.gov /fsaid to set up FSA ID

## Federal Student Aid Account (FSA ID)

- \* Must have social security/alien registration number

### Student:

Username: \_\_\_\_\_

Password: \_\_\_\_\_

Personal Email: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_

Backup Code: \_\_\_\_\_

Challenge Question Answers:

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

### Parent:

Username: \_\_\_\_\_

Password: \_\_\_\_\_

Personal Email: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_

Backup Code: \_\_\_\_\_

Challenge Question Answers:

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

## Helpful items when filing the FAFSA:

- ☐ Tax return Go to [fafsa.gov](https://fafsa.gov) to complete the FAFSA
- ☐ W2s
- ☐ Current bank statement
- ☐ Investment records (non-retirement)
- ☐ Value of real estate/rental property (excluding the home you live in)
- ☐ Federal work study earnings
- ☐ Money received or paid on your behalf
- ☐ Child support paid or received
- ☐ Veterans non-education benefits

Save Key: \_\_\_\_\_

1-800-433-3243 FAFSA Help Line


 **FREE** FAFSA filing help:  
317-715-9007


APR 15

FAFSA priority  
deadline  
for State of  
Indiana grants

Contact INvestEd with any questions!

 Outreach@INvestEdIndiana.org

 317-715-9007

 INvestEdIndiana.org





# College Goal Sunday 2024

College Goal Sunday has been planned for February 25, 2024, at 2:00 p.m. Students and families can receive free help filing the FAFSA. Ivy Tech Evansville will be the host for the Evansville area. It is helpful to have the student and parent FSA IDs created before the event. See the FAFSA checklist (previous slide) for other information to take if applicable.





# GUIDANCE ROUND TABLE



When - Every 3rd Monday of the month (except in December and May)

What - Informational meetings on a variety of important topics

Why I should go - To be informed about all of my options for the future

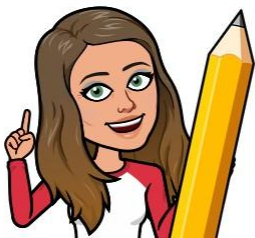
Upcoming Topics: Posey County Community Foundation Scholarships

**SIGN  
ME UP**



Seniors Box 2 documentation

How to Transfer Dual Credits

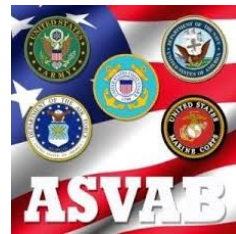


*Any Questions?*



## Upcoming Test Dates – Mark your calendars

**ASVAB - 2/2/2024** (Students who use the ASVAB for their pathway must sign an Intent to Enlist form (that stays in student file))



# SAT Test Window - 3/4/24 - 3/15/24

(for juniors only, required by the State of Indiana)

# ILEARN Biology Test Window - 4/15/24 - 5/17/24

(for students completing Biology)



## Advanced Placement Testing (for students in AP classes)

AP Computer Science      5/08/24      12pm

AP Calculus 5/13/24 8am

AP Physics 5/17/24 8am

(AP Drawing will have a submission deadline for portfolios)

Please contact Ms. Bretz with any testing questions.



# SAT Dates 2023-2024

North Posey Code  
153635

<u>Test Date</u>	<u>Registration Deadline</u>	<u>Late Registration</u>
Mar 11	Feb 10	Feb 28
May 6	Apr 7	Apr 25
Jun 3	May 4	May 23

**\*\*ALL JUNIORS WILL TAKE THE SAT IN MARCH OF 2024\*\***

Here is a link for understanding your SAT Score Report:

Your SAT Score Report Explained



# ACT Dates 2023-2024

North Posey Code  
153635

<u>Test Date</u>	<u>Registration Deadline</u>	<u>Late Registration</u>
Feb 12	Jan 7	Jan 21 - Feb 4
Apr 2	Feb 25	Mar 11 - Mar 25
Jun 11	May 6	May 20 - Jun 3
Jul 16	Jun 19	Jun 24 - Jul 8

Here is a link for understanding your ACT Score Report:

[Understanding your ACT Scores](#)

TODAY'S TEST DAY?!



I LOVE TESTS!!



# Workforce Ready Grant



The Next Level Jobs Workforce Ready Grant pays the **tuition** and **mandatory fees** for eligible high-value certificate programs at Ivy Tech Community College, Vincennes University, Indiana Institute of Technology, or other approved providers. The grant is available for two (2) years and covers up to the number of credits required by the qualifying program. The grant does not cover courses that do not directly apply to the student's certificate program. Program-specific fees and equipment are not covered.

The qualifying high-value certificate programs were selected based on employer demand, wages, job placements and program completion rate. These programs are aligned with Indiana's highest demand sectors:

- Advanced Manufacturing
- Building & Construction
- Health Sciences
- IT & Business Services
- Transportation & Logistics



Visit **Workforce Ready Grant** for more information.  
See Mrs. Rose for details.



# Indiana College Core

By taking advantage of dual credit, AP, and additional courses, students can earn 30 college credits within 6 competencies. By completing this, students will earn a technical certificate before they graduate high school which completes their first year of college. See Mrs. Rose for details and ask your counselor about courses you can take next year when registering for classes.







# Nurse Notes

---

A meningococcal booster dose is required for students entering grade 12. The meningococcal booster is not required for students in Grade 12 who received dose #1 on or after their 16<sup>th</sup> birthday.

Students are also required to have both doses of Hepatitis A vaccines. Please talk with your child's healthcare provider about the meningococcal and Hepatitis A vaccine.

Tis the season to get sick! As we head into the cold & flu season I just want to remind everyone that if you are sick to please stay home. If your student has a fever ( $>100.2$ ), you must be fever free for 24 hours ***without*** the use of fever reducing medications. If your student is experiencing vomiting or diarrhea, they must have no vomiting or diarrhea for 24 hours before returning to school.

For any other questions please contact Jerra Rhoads at 812-673-4242 (option 4).



# North Posey Debit Card



Earn funds for your school with every purchase made using your North Posey debit card available exclusively from Liberty Federal Credit Union.

A percentage of all your purchases will benefit the students of North Posey!

**Application** —→ [North Posey Debit Card](#)



# Hotline Contacts

National Suicide Prevention Lifeline:  
988

National Teen Dating Abuse Helpline:  
866-331-9474

The Trevor Project:  
866-488-7386

National Domestic Violence Hotline:  
800-799-7233



## [Advice from Our Professionals – Youth First](#)

Informative articles by Youth First Social Workers

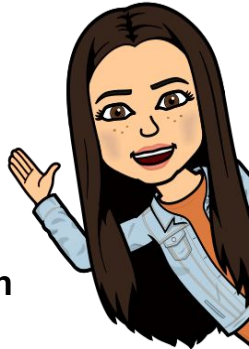


**Mrs. Parrish**



**Ms. Bretz**

***We are here  
for you!***



**Mrs. Rasch**

# **Articles About the Dangers of Vaping**

<https://www.zeptive.com/post/5-warning-signs-your-child-may-be-vaping>

<https://www.health.nsw.gov.au/tobacco/Factsheets/vaping-factsheet-parents.pdf>

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

<https://dentalstore.com/blog/vaping/>

# Other Office Staff Contacts



**Sean Fisher - Principal**  
[sfisher@northposey.k12.in.us](mailto:sfisher@northposey.k12.in.us)  
812-673-4242



**Amy Duvall - Assistant Principal**  
[aduvall@northposey.k12.in.us](mailto:aduvall@northposey.k12.in.us)  
812-673-4242



**Shelly Eagan - Office Secretary**  
[seagan@northposey.k12.in.us](mailto:seagan@northposey.k12.in.us)  
812-673-4242 (option 7)

**Carolyn Price - Treasurer**  
[cprice@northposey.k12.in.us](mailto:cprice@northposey.k12.in.us)  
812-673-4242 (option 6)



**Lori Lingafelter - Attendance Secretary**  
[llingafelter@northposey.k12.in.us](mailto:llingafelter@northposey.k12.in.us)  
812-673-4242 (option 1)

**Officer Charles Carter, SRO**  
[ccarter@northposey.k12.in.us](mailto:ccarter@northposey.k12.in.us)  
812-673-4242

