



AAJHS NINTH GRADE COUNSELOR FALL NEWSLETTER

October 2017

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GACTC ASSEMBLY AND TOURS PLANNED

GACTC 9th Grade

Assembly:

**October 23 and 24
(5th pd)**

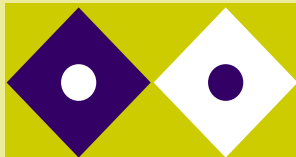
GACTC 9th Grade

Tours:

**November 14 and 15
(8:30-10:30)**

GACTC Open House:

**December 5
5:00-8:00 PM**



24 Credit Standard Diploma:

English	4
Social Studies	3
Math	3
Science	3
Phys. Ed.	1
Health	.5
Arts/Humanities	2
Electives	7 .5

Counselors from the GACTC will be speaking with all 9th graders on October 23 and 24 in the AAJHS auditorium. Students will be viewing a dvd which will exhibit the 27 programs offered at the GACTC. The online application process will also be explained. Students will also have the opportunity to sign up to tour the GACTC on November 14th or 15th. Students will select three shops in which they would like to visit. On the tour students will have the opportunity to spend 20 minutes in each shop to gain insight and knowledge of the programs. Students will be able to hear from the instructors and current students about program objectives, duties, certifications, and perspective future jobs.

All students, parents and guardians may also attend

the **GACTC Open House** on December 5, 2017, from 5:00–8:00pm.

GACTC on-line applications for current 9th grade students are due in January 2018. The GACTC website is also a helpful tool to gain information and insight into each program. (gactc.edu) Don't miss out on a wonderful opportunity to go to the School that is Cool!



Tenth grade students who attend the GACTC next year, will be scheduled at the GACTC for 3 periods. These students will also have their math, English, and science, along with P.E. and Health at AAHS. Tenth grade GACTC students usually do not have social studies during their sophomore year.

Each year we have more and more academic and honors students choosing GACTC. We want these students to still take their world language, so these students take summer school to make room on their schedule for a language and GACTC.

CREDITS START COUNTING THIS YEAR!

In just three short years, you will be graduating from high school! We hope the next few years are full of good grades, self-awareness and goal setting.

This is the first year of high school in which all classes, including elec-

tives, earn students credits toward their graduation. It is important for students and parents to realize how important it is for students to gain these eight credits that they are attempting this year. If you are struggling with a class, please

talk with your teacher or counselor about ways to improve grades. Ninth graders must gain a total of 6.5 credits to be promoted to tenth grade. Parents are encouraged to review their child's grades' on Skyward.

For assistance with Skyward, you may contact the 9th Grade Office at 381-7520. Parents are also encouraged to attend Fall and Spring Parent/Teacher Conferences.



SAIT



The Student Assistance Intervention Team is a group of school and counseling professionals who identify and assist students who may be dealing with a stressful issue. Input is gathered from teachers along with parent input and permission. Working as a team, a strategy is implemented which can hopefully assist the student, ie; group or individual counseling.

This team works in conjunction with the UPMC Altoona Behavioral Health, Impact Counseling, Blair County Drug and Alcohol Services, as well as, Blair Family Solutions, and Home Nursing Agency. Teachers, staff, students, and parents can refer students to the team for reasons

such as academic performance, attendance concerns, disruptive behavior, mental health concerns, or drug/alcohol use. Contact your student's school counselor if you have any questions about the SAIT program.



CHOICES360 PROGRAM

WWW.CHOICES360.COM (ACTIVATION CODE: PA01270)



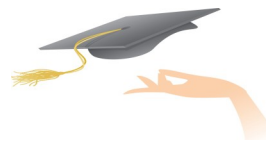
The Altoona Area School District is investing in your child's future. We have available an on-line career based software called "Choices 360". Students are beginning to utilize this tool in the classroom and at home to assist in self awareness activities related to their own interests, attitudes, values associated with careers and the world of work.

We encourage students and parents alike to work together

and explore the many tools on this program including: interest surveys, career finder, college finder, resume writing, job application, interview questions, etc. The possibilities of this program are extra-ordinary. We are hopeful that by understanding themselves better, students will make better

college and career decisions which will lead them into a productive and satisfying careers. We are also hopeful that by utilizing this program, students will have a post high school plan that is well thought out and goal oriented.

Please log on an make an account and begin planning!



How to earn a demer-

AAJHS:

<http://aajhs.aasdcad.com>

Skyward:

<http://grades.altoonasd.com>

Career Education:

www.educationplanner.org

Choices:

www.choices360.com

GACTC:

www.gactc.edu

Parenting Tips:

www.empoweringparents.com

SUMMER SCHOOL FOR 9TH GRADERS

Enrichment: Ninth graders will have the opportunity to attend summer school for health and physical education. Each class is \$75. P.E. is usually offered in both sessions of summer school. Health is offered during the first session, but students will be able to take both classes in the first session and complete both in 12 days. Applications will be available at the beginning of May 2017.

Remedial: Ninth graders who do not pass a core class will have the opportunity to take that class in summer school at the high school. Each class is \$75, and the most classes a student can take is **two**. Each failed class must be taken in each session. For example, if a student fails English and Civics, he/she would have to pay \$150, and it would take 24 days to complete both. Remember that English must be passed every year of high school, and civics and biology are not taught at the high school, so it must be passed during the regular school year, or taken in summer school.





RAISE . ME

Through a new program called raise.me, students can automatically earn scholarships from colleges each time he or she achieves any of the following goals in school. Examples:

- Get an A in a course (\$100 - \$1,000)
- Get a B in a course (\$50 - \$600)
- Participate in a school club or sport (\$25 - \$250)

Altoona Area Junior High School is among the first in the country to take advantage of this opportunity, which is funded in part by

the Bill & Melinda Gates Foundation and U.S. colleges. Here is how you can best take advantage of and get the most from this opportunity:

1. Create an account at www.raise.me.
2. Strive for good grades, community service, extracurricular activities, and other achievement
3. Enter achievements to your raise.me "Portfolio" in order to earn "Micro-Scholarships" from

colleges. You are eligible to receive scholarship money for each achievement from the start of 9th grade until midway through 12th grade.

We hope using raise.me will make your path to college both more fun and affordable. If you have questions, we encourage you to contact your counselor or send an email to support@raise.me.

Increasing numbers of public and private colleges continue to join the raise.me program. Colleges

are added on a monthly basis and you can request colleges at any time. You will automatically get related Micro-Scholarships from all new colleges as they become available.

RESPECT EACH OTHER!



Ninth graders have a big responsibility to be role models for our younger students at AAJHS. We expect mature, responsible and respectful behavior in classrooms, hallways and during class activities.

Most ninth graders realize how important this year is and have learned to stay out of "drama". Here are some tips on how to have a drama

-free, successful year.

- Surround yourself with positive good friends.
- Don't gossip or repeat negative things you hear. (This is a drama maker!)
- Don't feel obligated to tell friends negative things you hear about them. (It will only make them feel bad.)

- If you see someone being mistreated, don't just be a bystander. Say something to someone; if not the person being mean, then a trusted adult.
- Be a responsible digital citizen. Don't post negative comments or inappropriate pictures. Nothing is private on phones and the inter-

net. (Teens are facing criminal charges and fines for these mistakes.)

- Treat others the way you want to be treated. Sound familiar? (You all learned this before Kindergarten.)
- Following these simple steps can make this year your best one yet; full of laughs, memories, and great times with good friends.



TEENS AND DEPRESSION

The teen years can be a pretty rocky time: full of emotions, hormones, new relationships, and conflicts. It is not uncommon for teens to feel down and out at times. Depression, however, is more than being sad. People with depression are not interested in doing activities that they once enjoyed.

Here are some other signs of depression:

Extreme sadness, hopelessness or an empty mood that lasts most of the day and interferes with daily life like going to school or wanting to be with friends. Feeling angrier than usual or trouble with eating or sleeping are other signs.

Symptoms usually last two weeks or more. Depression usually does not go away on it's own. It may be caused by a traumatic or stressful event, by a chemical imbalance in the brain (lack of serotonin), or by genetics.

The good news is that depression is treatable. Often teens need psychotherapy (talk therapy) and/or medication to overcome depression.

If you think you know someone who may be depressed, please let an adult know such as your parent or school counselor.

Helpful Numbers:

Text Crisis Line : 741741

Community Crisis Center: 889-2141

National Suicide Hotline: 1-800-784-2433

Lifeline: 1-800-273-8255



Upcoming Dates:

October 23 and 24: GACTC Assemblies at AAJHS

November 14 and 15: GACTC tours

December 5: GACTC Open House 5:00-8:00 pm

AAJHS



How important is attendance?

Attendance is extremely important because students are more likely to succeed in academics when they attend school consistently. It's difficult for students to do well in classes when they are not there to hear and learn the lessons. In addition to falling behind in academics, students who are not in school on a regular basis are more likely to get into trouble with the law and cause problems in their communities.

DEMERITS ! KEEP AWAY !

it:

- 4 Unexcused Tardy: 1 demerit
- 8 Unexcused Tardy: 2 demerits
- 12 Unexcused Tardy: 3 demerits
- 16 Unexcused Tardy: 4 demerits
- 20 Unexcused Tardy : 5 demerits



- Saturday Detention: 1 demerit
- In-School Suspension: 1 demerit
- Out of School Suspension: 1 demerit

Every 3 Illegal Absence: 1 demerit

5 Demerits will remove you from all school activities including: Dances, Reward Assemblies/Movies, Recess Day, Sports, Clubs, Concerts, Field Trips, and Parades.

* Students will have one opportunity to remove their 4th or 5th demerit. See warning letter to review details or call the 9th grade office.

