

Have a Heart, RBR!
by Dawn Kaszuba

RBR has always been a school with a heart, led by students dedicated to the human cause. For many years they have not only reaped the benefits of the public's interest in its success, but they have also donated their time, effort and fundraising abilities to improve the lives of others. Whether walking in support of eliminating hunger or stamping out breast cancer, raising funds for medical research or in support of local and national concerns, or contributing their time and talent to organize, host and perform in benefits, RBR students have demonstrated their concern for society. Our students embody the concept of the "points of light" initiative—giving of oneself to benefit others without receiving a reward, thereby improving society as a whole.

While volunteering does not provide monetary rewards to the student, it does have a significant impact on his/her life. It feels good to help others; the selfless act improves one's self-esteem. Furthermore, a study by Yates and Youniss (1999) revealed other personal/societal implications of volunteering including a stronger moral education and experiential opportunities in and around the community—exposure to a world wider than the school, to needs other than their own. However, several of your child's academic needs are met through volunteerism. Whether applying for induction into the National Honor Society or for admission to college, participation in charitable/volunteer activities demonstrates dedication to and responsibility for one's civic duties. While it does not guarantee acceptance to the school or organization, it does ensure consideration.

It is with these thoughts in mind that I urge your children to continue this tradition of caring and giving. There are many volunteer opportunities both within the school and in the surrounding communities. Listed below you will find web addresses for organizations in Monmouth County:

<http://www.nj211.org/> (the United Way)

<http://www.monmouthcountyparks.com/partners/asp> (Volunteers in Parks)

<http://www.volunteermc.org/vmc> (Volunteer Center of Monmouth County)

"Being a man or a woman is a matter of birth. Being a man or a woman who makes a difference is a matter of choice." (Byron Garrett)



NURSE'S NOTES

Gail Canning, RN

Phone: 732-842-8000 Ext. 216 or 241

PHYSICAL EDUCATION EXCUSES

Medical excuses from Physical Education should not be open ended (ex: "until further notice"). Parents, please ask your medical provider to be more specific (ex: "until a specific date" or "until next scheduled doctor's - appointment/procedure/event").

IMMUNIZATIONS

Please keep the Nurse's Office current on your child's immunization history. When your child receives a booster or new immunization, please ask the medical provider for a copy of the record for our files. Our records will prove to be a readily available source when you need the information for college, military, travel, etc.

INFECTIOUS DISEASE

The CDC has determined that hand washing is the single most important thing you can do to prevent the spread of disease. Encourage your child to wash their hands often.

In addition to the lavatory and locker room sinks, there is a waterless hand washing station at the Nurse's Office and two waterless hand washing stations in the cafeteria.

PSAT Interpretation

All students who took the PSAT met on Wednesday, December 12, 2006 to receive their score reports. Mrs. Kingsmore presented a film, "Destination College" which explained how to read the PSAT score report. After the film, Mrs. Kingsmore discussed the online services available to all students involved with the PSAT on www.collegeboard.com/psatextra.

Scheduling for the 2007-2008 school year

Students will begin to select their classes for next year beginning in mid-January. Counselors will be meeting with present juniors first. Students will receive curriculum guides in their homerooms during the second week of January. Parents are encouraged to read this guide with their son/daughter to select courses for next year. The scheduling sheet will be sent home with the students after the selections have been made with their respective counselor. If you have any questions or concerns, feel free to contact the Guidance Office.

Financial Aid Night (Repeat Performance!)

All parents are invited to attend a Financial Aid Discussion Meeting on **Thursday, January 4, 2007 at 7pm** in the Auditorium. This meeting will be hosted by Brookdale Community College Financial Aid Office. The FAFSA will be explained and questions will be answered about the financial aid process at the college level.

Junior College Planning Night

All junior parents are invited to attend a Junior College Planning Night to discuss the college admissions' process. This detailed presentation will involve the steps to take in order to ready your son/daughter for the college exploration process. The meeting will be held on **Tuesday, January 10, 2007 at 7pm** in the Auditorium. Students may attend as well.

Junior College Planning Conferences

All juniors will begin to meet with their respective counselor beginning mid-January for their college planning session. Parents are urged to attend this conference in order to discuss college preparation and selection of courses for senior year. Parents will receive appointment times after the New Year.

College Goal Sunday, January 28, 2007

A one-day event to help students and families complete the FAFSA application for financial aid for education beyond high school will be held on Sunday, January 28, 2007, at 1pm at Long Branch High School in the Cafeteria, 391 Westwood Avenue., Long Branch, NJ 07740.

**THE STUDENT PERSONNEL SERVICES DEPARTMENT WISHES YOU A
HAPPY HOLIDAY SEASON!!!**