



GREENVILLE HIGH SCHOOL NEWS

FROM THE DESK OF MR. HILGENDORFF

OCTOBER 3, 2016

Mark Your Calendar

OCTOBER 4

NAVIANCE PARENT INFORMATION SESSION FOR CLASS OF 2017—6 PM

OCTOBER 7

SUPT CONFERENCE DAY—NO SCHOOL

OCTOBER 10

COLUMBUS DAY—NO SCHOOL

OCTOBER 12

FINANCIAL AID PARENT NIGHT—6:30 PM

OCTOBER 17

PTSA—6 PM
BOE—7 PM

OCTOBER 19

PSAT EXAM FOR ALL JUNIORS

OCTOBER 28

HS PICTURE DAY

NOVEMBER 10 AND 22

HALF DAYS FOR STUDENTS PARENT/TEACHER CONFERENCES



GHS Student National Merit Semifinalist

On September 14th officials of National Merit Scholarship Corporation (NMSC) announced the names of approximately 16,000 Semifinalists in the 62nd annual National Merit Scholarship Program. **Scott Davis** has been announced as a Semifinalist from Greenville High School. Scott, along with other Semifinalists, are academically talented high school seniors who have exhibited high scores on both their PSAT's, followed by SAT's. Scott will have the opportunity to continue in this competition for some 7,500 National Merit Scholarships worth about \$33 million that will be offered this spring. To be considered for a National Merit award, Semifinalists must fulfill several requirements to advance to Finalist level of the competition. About 90 percent of the Semifinalists are expected to attain Finalist standing, and about half of the Finalists will win a National Merit Scholarship, earning the Merit Scholar title. Congratulations and best of luck to Scott as he continues with this process!

Yellow Ribbon—Suicide Prevention

Our High School is using the Yellow Ribbon Suicide Prevention program again this year to provide students with a vehicle (a "Yellow Ribbon Card" pictured below) to get emotional support. Please take a few minutes to talk with your high school student about the card and the program. Contact your student's school counselor if you have any questions or want more information.



CLUBS AND CLASSES

SADD	Yearbook
Our debut meeting was held on Wednesday 9/28 from 3-3:30. Our agenda included: General information about program, new member greetings, SADD needs assessment, identify past practices, and short and long term goals. Possible upcoming events include: the "Rock the Belt" Campaign urging motorists to wear seatbelts at all times.	Yearbooks are on sale now. You can order online at ybpay.lifetouch.com and use the HS code: 12459217 SENIORS should get their baby/childhood photos to Mrs. Statham in the HS Office ASAP.
Class of 2018	Art
Ring Ceremony will be Oct 12 from 7:30 am-8:30 am in the HS library. Scones and coffee will be served	At the end of the month we will have our first meeting. Keep listening to the morning announcements.



Question, comments, or concerns please contact Todd Hilgendorff HS Principal
hilgendorfft@greenville.k12.ny.us 518-966-5070 ext 401



GREENVILLE

HIGH SCHOOL NEWS

RESPECT

STUDENTS RECOGNIZED
FOR CHARACTER TRAIT
OF THE MONTH FOR
SEPTEMBER

JOE CALI

BOBBY CORRIGAN

MAXIMILIAN GREGIO

DYLAN HILlicosS

LYDIA MARDAS

THOMAS MASON

DANIELLE MISURACA

DARREN REESE

NICK REESE

PEYTON RUSSELL

MADISYN STANGER

EMILY VETERE

JACOB WINN

CONGRATULATIONS TO
ALL OF THESE STUDENTS!
KEEP UP THE
GREAT WORK!

Dr. Pam—Mental Health Moment

Cultivating feelings of happiness: 10 steps

Dr. Kelly Traver, author of *The Program: The Brain-Smart Approach to the Healthiest You*, advises us of 10 steps that can help you improve your mood and encourage you to feel happier:

- **“Count your blessings and appreciate what you have. Practice optimism. Focus on your own life and making it everything you want it to be. Surround yourself with loving, supportive, positive friends and family. Learn to manage stress. Live in the present. Strive to be part of something bigger than yourself. Volunteer. Learn to accept what you can’t change. Finally, work exercise into your daily routine.”**

Feeling happy not only improves your mental health, but also your physical health and overall quality of life. In order for these strategies to become new, good habits, like anything else you are learning, they need to be repeated. Repetition allows for the brain to develop and grow new connections. So, practice these strategies to become a happier, healthier you!

Adapted from: The Top 10 Happiness Strategies: Scientifically-Documented Ways to Improve Your Mood. (2010, February 16). Retrieved September 27, 2016, from <http://www.tipsonlifeandlove.com/general-health-health/top-10-happiness-strategies-scientifically-documented-ways-to-improve-your-mood>
Kelly Traver, M.D., *The Program: The Brain-Smart Approach to the Healthiest You: The Life-Changing 12-Week Method* (Copyright © 2009 by Kelly Traver, M.D., and Elizabeth Kelly Sargent).

Class of 2017 Parents—Naviance Night October 4

The counseling office at Greenville High School is committed to assisting all students to achieve their post high school plans and reach their full potential. This year, beginning with the Class of 2017 we will be utilizing Naviance eDocs for all college applications. Counselors will be meeting with students in both Senior Seminar and individually to assist with this process. Students will still be applying through Common App, SUNY App, Sendedu and paper applications but will link all applications through eDocs. In order to do this student should watch the following video: <https://vimeo.com/102639828>.

All necessary paperwork for the college application process is available in the "document library" on the right hand column of your Naviance homepage. This includes our Activity Sheet, College Application Processing Form, Procedures for Obtaining Teacher Recommendations and community college paper applications.

Through Naviance Family Connection you are also able to view which colleges and military branches will be visiting Greenville and sign up to speak with the representatives, as well as senior scholarship opportunities. You can find both the upcoming visits and scholarships in the "Colleges" tab.

Parents can obtain their own login to track their child’s progress with their post-high school plans and applications. If you wish to obtain access, please contact your child’s counselor. Additionally, parents of the Class of 2017 are invited to attend a Naviance information session on Tuesday, October 4th from 6:00-7:00pm in the HS Library that will cover the college application process, as well as additional post-high school planning. We hope to see you there!

Financial Aid Night at GHS—October 14

October 14 – Greenville High School Financial Aid Night at 6:30pm in the MS/HS Media Center. Laura Decker from the CGCC Financial Aid office will be our guest speaker. All parents are encouraged to attend.