



T-BIRD TALK



BELLEVUE PUBLIC SCHOOLS • BELLEVUE WEST HIGH SCHOOL

October Edition

2022-2023

Counseling Staff

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IMPORTANT DATES

- **October 1**--FAFSA (Free Application for Federal Student Aid) application period opens for seniors. Visit fafsa.gov
- **October 12** -- Testing Day for 9-11 (NO school for seniors)
- **October 12** – Financial Aid Night
- **October 14** -- No School
- **October 19** – Picture Retake Day
- **October 21** – No School
- **November 2** – FAFSA Completion Event
- **November 11** – No School (Veteran's Day)
- **November 21 - 25** – No School (Thanksgiving Break)

FOR SENIORS AND PARENTS: It is extremely important that you verify the spelling of your name in PowerSchool. For your diploma, the student's name needs to be **EXACTLY** how it is stated on the Birth Certificate (no initials for the middle name) it needs to be the FULL NAME, **ABSOLUTELY NO NICKNAMES**. The correct name is to be given to Donna Pearson in the Counseling Office no later than December 1, 2022. **PLEASE BE ADVISED:** a \$25 reprinting fee will be charged for any reprints because of incorrect information.

Class of 2023: The University of Nebraska undergraduate application fee for Nebraska students will continue to be waived through Oct. 31. When applying, students should select "fee waiver" and enter the code "NUforNE" to have the \$45 fee waived. Stop in the counseling office if you have any questions.

Financial Aid Night

We will be hosting a Financial Aid Night on Wednesday October 12th at 6:30pm in the high school cafeteria. The focus of the presentation will be on the cost of college, types of financial aid, overview of the FAFSA, how colleges award financial aid, where to look for scholarships, and where to get free help. We encourage junior and senior parents to attend. We will also be giving away several gift cards to local restaurants for attendees! So come join us for some great information and a chance to win a gift card! Snacks and drinks will be provided.

FAFSA Completion Event

Parents:

We will be hosting a FAFSA completion event on Wednesday, November 2nd at Bellevue West in the College and Career Center to help families complete their FAFSA. The event will run from 4-7:00pm. Additional information will be sent out via email on how to sign up for a time slot. There will be a representative here from EducationQuest to help parents and families complete the application. Bring your questions, big or small!

We will be providing either pizza or mini subs and drinks.

TESTING

ACT Test Dates	Registration Deadline	Late Registration Deadline
October 22	September 16	September 30
December 10	November 4	November 11

**Register online at www.act.org/bts

SAT Test Dates	Registration Deadline	Late Registration Deadline
October 1	September 2	September 20
November 5	October 7	October 25
December 3	November 3	November 22

**Register online at www.sat.org/register

Fee Waivers for Testing

Juniors and Seniors who are on Free/Reduced lunch qualify for a fee waiver for the ACT and SAT Tests. Students should see their counselor to get a fee waiver.

October 12th Testing Day

October 12th will be a Testing Day at Bellevue West HS. Below is a list of the tests and grade levels testing:

- **Practice ACT:** 11th grade students NOT signed up to take the PSAT Test
- **Pre-ACT:** 9th & 10th graders--Free
- **PSAT:** 10th & 11th grade students interested in competing for National Merit Scholarships--students who have paid and registered in the office will take the PSAT in place of the Practice ACT or Pre-ACT.

Note: It is recommended that seniors use this day to apply for college & scholarships or visit a college campus.

On To College ACT Prep for Seniors

Seniors, just a reminder that you still have access to the On To College ACT Test Prep by John Baylor. You can use the ACT Refresher Course or any of the other videos and materials to help prepare for the ACT. If you have questions about your access credentials to the online program, please email Mr. Schultz.

ASVAB

If you are a junior or senior interested in taking the ASVAB test on **November 9, 2022**, please see Mr. Schultz in the College and Career Center to sign up. Cost of the test is free. **You must be signed up by October 30th.** The ASVAB measures developed abilities and helps predict future academic and occupational success. It can be used as a tool for career exploration or if you are planning to join a military branch, be used to help determine military occupation placement. Students can take the ASVAB and use the Career Exploration Program **WITHOUT** being obligated to join the military or be contacted by a recruiter.

MAP Growth Assessment and Edmentum - What are these and how do they impact my child?

MAP Growth Assessment:

- is a test that is given to all 9th and 10th graders in BPS.
- is given to students three times a year, in August, December, and May.
- is a reading test and a math test that each student takes.
- is adaptive to each student's individual learning level. No two students take the same test.
- is aligned to the Nebraska state content standards for reading and math.
- provides immediate actionable data on our students.
- provides a score using a scale that allows teachers to measure student growth over time. This scale correlates with a percentile at the grade level to allow teachers to see how students are performing.

Edmentum: is our district's intervention to be implemented for students struggling with math and reading. It is an online software program that personalizes learning for each student according to the details of their most recent MAP Score.

- Detailed scores from the MAP test are loaded into Edmentum (typically within one month of the testing window).
- Edmentum software creates an individualized learning pathway, or "Exact Path", for every student. This identifies what concepts in reading or math the student is "ready to learn now" and will start students on lessons that are theoretically within the range of their current math or reading abilities.
- **This year, West will use Edmentum with our 9th and 10th grade students identified as performing at or below the 20th percentile in regards to their MAP scores. These students will work on the personalized learning activities in Edmentum for twenty minutes, three times a week during study hall, resource or GPS.**

UPCOMING EVENTS

AP Exam Information 2022-23 [DEPOSITS DUE NOVEMBER 1ST](#)

Dear AP Students and Families,

Welcome to the 22-23 school year and another opportunity to earn college credit or advancement through Advanced Placement classes. Taking the AP exam is an important culmination to an Advanced Placement class. Bellevue West High School encourages and expects that all students currently enrolled in an AP class will register for and take the corresponding AP exam in May of 2023.

How to Register for an AP Exam

- Create a College Board account or login to your account at myap.collegeboard.org
- Be sure to make a note of your username and password for accessing AP Classroom throughout the year
- Connect to each of your AP classes using the specific join code from your teacher/class section
- Set your exam decision indicator to "YES" for each exam you would like to order for testing in May
- Students will receive a bill in their student email account from MySchoolBucks.com for each AP class on their schedule. Students who indicate they do not want to take the exam will have their invoices removed.

Payment of Exam Fees

- The cost of each AP exam is \$80.00; Payments can be made online at MySchoolBucks.com or at school with a cash or a check made out to Bellevue West
- A \$40.00 deposit *per exam ordered* is due to Bellevue West by November 1, 2022
- Students who qualify for free or reduced price lunch will pay a total of \$15.00 per exam, due by November 1
- Students who dual enroll in a class through UNO must indicate "YES" on College Board for each exam they plan to take AND pay the \$40.00 deposit. (Although AP exam fees are paid for through UNO dual enrollment, the deposit is required and will be refunded in June provided exams are completed.)
- ALL EXAM FEES FOR 22-23 LESS ANY DEPOSITS ARE DUE BY MARCH 1, 2023

Other Important Information

- Exam orders and deposits are due by November 1, 2022
- Deposits for AP exams are NON-REFUNDABLE, except for UNO Dual Enrollment students who complete exams in May
- Exams ordered between November 1, 2022 and March 1, 2023 will be charged a \$40.00 late order fee PER EXAM
- No exams can be ordered after March 1, 2023

More information is available on the Bellevue West website under "Academics" then "Advanced Placement," or at ap.collegeboard.org. Please contact susan.polk@bpsne.net with any questions.

Tutoring Resources through Metro Community College

If you are taking ANY class at Metro Community College, you can use these tutoring services for any class (not just an MCC Class)! Click link for more information: [Metro Tutoring - Math & Writing](#)

2022 World Language Fall Festival

Friday, October 14th from 4:00pm - 7:00pm! If you are interested in volunteering please reach out to a World Language teacher. There will be lots of food trucks and fun to be had! For more information, please click on this link [World Language Fall Festival](#)

SCHOLARSHIP SPOTLIGHT

VFW Voice of Democracy Scholarship: \$100-\$30,000 in scholarships are available for 9th-12th grade students at vfw.org. Prepare a 3-5 min essay (recorded on a cd or flash drive) on the topic "Why is the Veteran Important?".

Suggestion: write essay, proof then record on phone or computer & transfer to cd/flash drive. Turn in essay, cd/flash drive & entry form to Mrs. Britten by **Oct 31, 2022** .

Additional scholarships for freshmen through seniors can be found on the Bellevue West website under Academics >Scholarships. Parents and students can also contact Kathie Britten, Scholarship Coordinator, with any questions relating to scholarships at 402-827-5990 or Kathie.britten@bpsne.net.

COLLEGE & CAREER PLANNING

FAFSA opens October 1

The **2023-24 FAFSA** opens Friday, October 1. EducationQuest has lots of free resources to help your seniors and their parents prepare for and complete the form.

- **FAFSA Tutorial Webinars** (October) walk students and parents through the FAFSA form.
- **FAFSA Tools** help families through the process. They include:
 - **Financial Aid FAQs** answer common questions about financial aid.

- o **Paying for College Video Series** provides a quick overview of the types of colleges, financial aid, the FAFSA process, and how colleges award aid.

- **The WhyFAFSA webpage** explains why students should complete the form.

You can also contact EducationQuest for more information on appointments to help complete your FAFSA. Contact them at 402-391-4033.

Metro Community College Secondary Partnership

The office of Secondary Partnerships at Metropolitan Community College supports early college experiences for high school students by providing the opportunity to earn college credit while in high school. Students can take advantage of different programs such as Career Academy, College Now!, Kickstart Online, Concurrent Enrollment and Gateway to College. Click here for more information on the different programs.

<https://www.mccneb.edu/secondarypartnerships> Current Nebraska High School students, grades 9 - 12, are automatically eligible to take credit classes at no tuition cost. Students will be responsible for tools, textbooks, and any other associated course fees. Tuition for dual enrolled students will be paid for by federal funding, directed by the State and CCPE.

Metro Community College South Campus

Women in Manufacturing - Women in Manufacturing Lunch and Learn will be held on Thursday, October 20 starting at 11:30 am until 1:30 pm at MCC's South Omaha Campus. Please pass this along to anyone interested in attending this event. Registration information can be found on the following link.

📎 [WiM Lunch Learn 2022.pdf](#)

Career Exploration Day - Sponsored by National Guard Armory

Wednesday, Oct 26, 2022 from 9:00am to 12:00pm, for a registration form and information please click the following link. <https://www.kearneycoc.org/career-exploration-day>

UNK's Pre-Law Day

Tuesday, October 25 from 9:00am - 1:00pm visit the campus to learn more about Pre-Law

- meet with advisors and KLOP Director
- hear from current pre-law students
- observe in-class demonstrations
- enjoy lunch and tour the UNK campus

UNK's Health Sciences Virtual Career Day

October 13th at 9:00 am (CST) for high school seniors, juniors and sophomores who are interested in a health care profession. Students may join this free event individually or in a classroom setting. There will be time for students to chat and ask questions. [Career Day Registration](#)

Southeast Community College Virtual Program Showcase

Students can attend as many as they'd like and will learn about [SCC's Programs of Study](#).

[Register Now](#)

Perry Virtual Experience

Free, 2.5-hour, interactive online experience for high school and college-aged students who gender-identify as female or nonbinary and are interested in pursuing careers in orthopaedic surgery and engineering. Dates and details for each session can be found at <https://perryinitiative.org/calendar/>

Boy Scouts Of America

Please check out the link attached! Lots of opportunities for activities and mentorships!

<https://mac-bsa.org/programs-activities/exploring/>

VOLUNTEER

SHARE Omaha has over a hundred volunteer opportunities for students. To find out more, go to

<https://shareomaha.org/>

UNMC Munroe-Meyer Recreational Therapy Program would like to invite you to volunteer! Our programs offer student volunteers, ages 13 to 25, hands-on experience with children and youth with developmental disabilities. All new volunteers are required to attend training in December before participating. For more information on this volunteer opportunity, training dates and application, please see Ms. Moore in the counseling office. [Program Details](#)

The Open Door Mission has many volunteer opportunities. Go to opendoormission.org/volunteer to check out how you can become a volunteer and give back to your community.

The Omaha Food Bank for the Heartland is grateful for our extraordinary volunteers who donate their time to help our neighbors in need across Nebraska.

To find out how you or a group can help, Go to volunteerfoodbankheartland.org

Pottawattamie Arts, Culture, & Entertainment (PACE).

We are a non-profit arts and culture organization that runs the Hoff Family Arts & Culture Center. PACE is proud to host an awesome volunteer group named the PACE Ambassadors and PACE Junior Ambassadors. PACE Junior Ambassadors are a group of volunteer youths that are eager and ready to help support the arts. We are looking to bolster this program by bringing students in to help support arts and culture by ushering shows, working in our art galleries, helping teach art classes, assisting in administrative tasks, building sets, helping in our day-to-day operations, running lights and sound in our theater, helping backstage on shows, help set up art shows, classes, programs, and *so much more*.

Students can either visit the [PACE Ambassador Volunteer Portal](#) at pace.galaxydigital.com or use our handy app - [CauseConnect!](#)

CHI - Midlands Teen Volunteer Service

Are you looking for volunteer hours? Well, CHI Health Midlands Teen Volunteer Program currently has openings! To learn more about joining the fun, please visit www.chihealth.com/volunteer-services or email Terra Smith at terra.smith@commonspirit.org to for more information.

FAMILY RESOURCE

Wellness Counselor available at Bellevue West - Angela Erickson, LIMHP

Is your student having social, emotional, and/or behavioral problems at home or school? Does your student seem to be sad, angry, worried, or have difficulty following basic rules? Bellevue Public Schools has partnered with CRCC, an independent third party agency, to help your student with counseling support. CRCC's Student Wellness Counselor at Bellevue West is Angela Erickson, a Licensed Independent Mental Health Practitioner. Her confidential counseling services can help your student put the pieces together to cope with life's stressors. Please contact your student's school counselor for more information or to make a referral.

Angela is a licensed independent mental health practitioner (LIMHP) in the state of Nebraska. She earned a bachelor of science degree in psychology from the University of Utah in 2012, focusing on neurobiology and development across the lifespan. In 2016 Angela completed her master of arts in clinical

counseling from Northwestern University specializing in working with children and adolescents, and trauma informed care.

Since beginning her counseling career in 2015, Angela has gained experience working with a wide range of patients in the private practice setting. While Angela has a broad and unique experience base as a counselor for all ages, children to geriatrics, she has a strong interest in working with and advocating for the adolescent population as they transition through the many emotional and physiological changes that take place during this time of their lives.

Angela offers supportive, encouraging, and strength based treatment options with a holistic, integrative approach to client-centered therapy, using traditional psychodynamic and family systems work, cognitive behavioral techniques, dialectical behavior techniques, and motivational interviewing. Angela has diversified experience working with domestic violence, grief, trauma related disorders, complex personality disorders, mood disorders, schizophrenia, and is trained in clinical hypnosis.

In her free time, Angela spends as much time as possible with her husband, children, and two Corgi's. Angela also loves to spend time creating with the use of different mediums...specifically her miter saw, drill, and nail gun.

Athletics Department

Mr. Jon Mauro, Activities Director, 402-293-4046, jon.mauro@bpsne.net

Ms. Nicole Jaros, Secretary, 402-293-4052, Nicole.jaros@bpsne.net

Athletic Schedules can be found at: mhsaaconference.org

2022-23 Athletic Admission Prices:

Varsity Football : \$7 Adults, \$5 Students

All other Sporting Events: \$6 Adults, \$4 Students

All students with an Activity Card are admitted free into all regular season home games

Winter Sports: Girls Basketball, Boys Basketball, Girls Wrestling, Boys Wrestling, Girls Bowling, Boys Bowling, Girls and Boys Swimming - Officially begin on Monday, November 14th. - Please contact coaches prior to tryouts for information.

Administration Staff

Mr. Kevin Rohlf, Principal, 402-293-4049, kevin.rohlf@bpsne.net

Dr. Larry Murry, 10th Grade Principal, 402-293-4044, larry.murry@bpsne.net

Ms. Mary Sasek, 9th Grade Principal, 402-293-4086, mary.sasek@bpsne.net

Mrs. Dorthena Wallace, Principal Secretary, 402-293-4049, dorthena.wallace@bpsne.net

Parents can access updated grades, attendance, assignments, and the daily bulletin by logging into the PowerSchool Parent Portal. If you need assistance logging in, please contact Kathie Britten at kathie.britten@bpsne.net.

YEARBOOKS can be ordered online. Visit <https://yearbookforever.com/#>

Follow Bellevue West on Social Media

Twitter: @TbirdEMPIRE

Facebook: Search “Bellevue West”

Student Publications Department: thethunderbeat.org (includes streaming video, articles & pictures)

District Website: www.bellevuepublicschools.org (under school tab, click on Bellevue West—includes contact info for teachers)