



# The Guardian

*"Like trees, we have our common roots,  
but our growth is very different." Nancy Wood*

Mount Alvernia High School  
Maureen T O'Rourke, Director  
Ann Turcotte, Counselor  
Megan Reilly, Counselor

Volume 11, Issue 3

December 2009

## News from the Guidance Department

Dear Parents and Students:

As we enter the very special season of Christmas, the Guidance Department at Mount Alvernia High School extends to all our families heartfelt wishes for a true sense of the joy, peace and hope of the First Christmas. This is, indeed, a family season. It is also a time for the world family to seek out avenues to "make this world—our inheritance—a better place " for ourselves and for the community of the future. We must resolve that the joy, peace and hope filling our hearts during this special season will continue to grow, and to become not only the foundation, but also, the heart of all society.

Although the student body, faculty, and staff represent many different ethnicities and creeds, we are always able to find our common roots. Language is a difference that can at one and the same time be a barrier or a unifier. In light of this, we again include the annual Christmas Tree (lower right) of varying phrases in some of the languages spoken by our families—Arabic, German, Swiss German, French, Spanish, Finnish, Greek, Armenian, Italian, Gaelic, Portuguese, Lebanese, English, and Latin.—that offers one united wish, "Merry Christmas and peace to all."

Lastly, let us not forget the members of our armed services and those special family members and friends who live on in the recesses of our minds and hearts. May I share this brief excerpt from *The Little Prince* by Antoine de Saint-Exupery with you:

*In one of the stars I shall be living  
In one of them I shall be laughing  
And so it will be as if all the stars  
were laughing when you look at the sky at night*

*...for there is sweetness in the laughter of all the stars...  
and in the memories of those we love.*

Fondly yours,

Maureen T. O'Rourke  
Director of Guidance

### The College Search, 2009-2010 Update

The Class of 2010 has embarked on the College Search, 2009-2010 with much determination. A special thank you to all the parents who scheduled their parent meetings. It was my pleasure to have the opportunity to have this type of contact with you, and my hope that it was a helpful tool for you.

A special thank you to all the **seniors** for their cooperation and seriousness of purpose, to the **parents** who have sorted through the

many catalogs, folders, and review books, have visited the colleges, and proofed the applications, and to the **recommending teachers** for their continued support. The team effort expended now will reap the benefits in the spring.

Congratulations from the administration, faculty and staff to **Sarah Houston** upon her acceptance to Lynchburg College; and to **Danielle Heinsohn** upon her acceptance to Fairleigh Dickinson University.

### Dates to remember

**December 5**  
SAT I & SAT II  
Entrance Exams-grades 7, & 8  
\*\*\*Christmas Tree Sale\*\*\*

**December 12**  
ACT Testing

**December 15**  
**7th, 8th & 9th**  
**Grade Applications Due**

**December 25**  
**Merry Christmas!**

**January 21**  
9th Grade interviews—3-5PM

**January 22**  
Summit SAT Prep Course

**January 23**  
SAT I & II

**February 3**  
Grade 9 Acceptance Letters sent



Pax  
Salam  
Shalom  
Feliz Natal  
Joyeux Noel  
Buon Natale  
Feliz Navidad  
Milad Majeed  
Houska Joulua  
Sourp Dzuoonut  
Kala Xricougena  
Nollaig Sona Gutch  
Frohlechi Wienachte  
Felix Christi Natalicia  
Frohliche Weinachten  
Cul Eed Ou Inti Ib Char  
Peace  
Merry  
Christmas



It's hard to believe that Second Quarter is already underway and soon we will be welcoming in a new year. Students should take time during their break to begin preparing for semester exams, which will be here before we know it! Some suggestions for getting started include gathering old tests and quizzes, organizing class notes, and reviewing flashcards. Students will receive review sheets in each class in order to help them prepare for these exams.

We would like to remind parents about the partnership between Mount Alvernia High School and Summit Educational Group to provide students with a comprehensive test preparation program. Starting in January, Summit will be offering programs at Mount Alvernia High School for students in grades 9, 10, and 11. If you have any questions about these courses, please feel free to call us.

In March, Summit will offer a 3-session program for students in grade 9 which will serve as an introduction to standardized tests including the PSAT and SAT. Students will gain familiarity with the format and nature of standardized testing and will practice answering math questions under timed conditions. The cost of the course is \$65.00.

Beginning in April, 10<sup>th</sup> graders will have the opportunity to participate in a 3-session course for PSAT and SAT preparation. This course will cover key test taking strategies specific to the PSAT and SAT and will cost \$80.00.

The 11<sup>th</sup> graders have the option of participating in a twelve-session course beginning in January and ending in April. This course involves rigorous SAT preparation and the cost is \$695.00. Summit is also offering a two day ACT workshop which will provide students with an overview of the strategies they will need on the ACT Reading, English, Math, and Science tests. The cost of this course is \$200.00. If students in grade 11 sign up for both courses, they will receive a ten percent discount.

Again, we would like to remind you that students are welcome to schedule appointments with us during their study periods, after school, or during arranged times regarding academic and/or personal concerns. You can contact Ms. Reilly at (617) 969-2260 ext. 48 or by e-mail at [mreilly@mountalverniahs.org](mailto:mreilly@mountalverniahs.org) and Ms. Brandt at (617) 969-2260 ext. 49 or [sbrandt@mountalverniahs.org](mailto:sbrandt@mountalverniahs.org) if you have any questions or concerns regarding your daughter.

I hope you and your families have a wonderful holiday season!

Ms. Reilly  
Guidance Counselor 7, 8

Ms. Brandt  
Guidance Counselor 9, 10, 11