



The Guardian

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

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Volume 11, Issue 2

November 2009

News from the Guidance Department

Empowering Your Daughter

Kathleen Odean, a librarian and former member of the Caldecott and Newbery Award Committees, has gleaned the following ideas from many sources. Try some you haven't considered before, keeping in mind that no parent can expect to be doing all of them all the time.

* Give your daughter time to try to do a task herself rather than "rescue her" by giving advice or doing it for her. Encourage her to be persistent in working out her own solutions.

*Encourage your daughter to state her opinions and thoughts, and listen respectfully to what she says. If she has trouble speaking out in class, practice with her at home and help plan strategies for the classroom.

*Notice how you compliment girls. Typically girls get compliments on what they wear or how they look, while boys get compliments on what they do. Try to give compliments on specific accomplishments, not general qualities.

*Encourage her to participate in sports. Show her you value physical fitness and strength in girls and women.

*Discuss the portrayal of women in the media—how realistic it is, what messages it sends.

*Find ways to help your daughter to develop math, science and computer skills. Look into after school classes or summer camps on math, science, and computers.

*See that she learns some mechanical, building, and repairing skills and become familiar with tools.

*Emphasize the importance of developing talents and interests. Such pastimes give girls pleasure and a self-image that doesn't rely on appearance, popularity, or relationships. Girls need to be good at doing things as well as at dealing with people.

*Examine your expectations for girls and boys. Allow girls to be physically active, outspoken, as well as caring, polite, and thoughtful. Do you expect boys to help with outdoor tasks and girls with indoor tasks?

*Introduce her to strong female role models. Expose her to a variety of career possibilities and women who enjoy their work. Teach her to assume she will have to make her own living someday, as most women.

*Support your daughter in pursuing her interests and in taking risks. Be ready to help, but encourage her to make her own decisions and choices. Praise her for her intelligence, abilities, and initiative, as well as her hard work and dedication. Most of all believe in her.

Recommended Reading

*Bingham, Mindy, et al. Things Will Be Different for My Daughter: A Practical Guide...

*Brown, Lyn M. et al. Meeting at the Crossroads: Women's Psychology & Girls' Development

*Eagle, Carol J. et al. All That She Can Be: Helping Your Daughter Achieve Her Full Potential & Maintain Her Self-esteem During the Critical Years of Adolescence

Did You Know That:

—Almost 800 BA degree granting institutions are now "test optional". Focus will be on marks, rank, essays, recommendations, and interviews.

—Marist College offers 12 full tuition, room and board scholarships to students who choose to major in Computer Science or Information Technology and Systems.

—Two seniors have already received a college acceptance and are being considered for scholarships. See next month's newsletter for details.

Dates to remember

November 1
Mount Alvernia Open House
1:30-4:00

November 7
SAT I & SAT II

November 14
Entrance Examinations for
7th, 8th and 9th Grades

November 19
PTA—12-2 & 6-8 pm

November 20
Faculty Retreat

November 26
Happy Thanksgiving

December 1
Senior College Packets due

December 5
SAT I & SAT II
Entrance Examinations for
7th and 8th Grades only
****Christmas Tree Sale**

Happy Thanksgiving!

*"Knowledge is a comfortable and necessary retreat and shelter for us in an advanced age; and if we do not plant it while young, it will give us no shade when we grow old."
--Lord Chesterfield



*"The children of this nation are seeds of greatness...our task is to help all of them grow."
--Richard Riley, Ed.



It's hard to believe that it's already November and the end of the first quarter. If students are disappointed with their first quarter grades or feel as if they could have done better, we want to remind them that there is still plenty of time to improve. Some study tips we recommend for second quarter include making flashcards for important vocabulary terms, outlining chapter sections, reviewing class notes each night, and preparing study guides from textbook and class notes. We also encourage students to meet with teachers for extra help or consider making arrangements for a National Honor Society tutor.

Report Card Conferences are being held on November 19th from 12:30 to 2:00pm and 6:00 to 8:00pm. We look forward to meeting with those of you who are interested in stopping by our offices to discuss your daughter's progress.

During the second quarter, we will continue to meet with the girls in an effort to get to know them better, to follow their academic progress, and to help them reach their goals. We'd like to remind you that students are welcome to meet with us before or after school, during study periods, or during break and lunch.

Additionally, in the event of student absences, we have reminded the girls that they should be in contact with one or two reliable "homework buddies" from each class while they are out in order to collect homework assignments. If the students have the assignments before they return to school, it makes returning and catching up easier. Students should also get notes from their homework buddies once they return to school. As always, we are available to assist them with scheduling and managing make-up work if necessary.

We hope you and your families have a Happy Thanksgiving!

Please feel free to contact us with any questions or concerns.

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