

February 2021

Bruce J. Peragallo—  
Principal

Brian Stike—

Assistant Principal

Brenda Gupta—

Supervisor of Guidance &  
School Counseling

**Reminders:**

- Freshman Parent Orientation—  
Monday, **February 1st**
- No School— **February 15th**—  
Presidents Day
- Mid-Marking Period—3rd MP—  
**March 10, 2021**

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## Principal's Newsletter—February 2021

### preACT Testing

#### ATTENTION SOPHOMORES:

The preACT will be given to all 10<sup>th</sup> Graders – B Week students— March 2nd & March 3rd; A Week students—March 9th & March 10th

A letter went out to all Sophomores from the School Counseling Office on January 8th in regards to completing an interest form for the Pre-ACT. Please refer to this letter for additional information concerning the testing.

### Sports Physicals

#### IMPORTANT!!!!!! SPRING SPORTS ATHLETES

Sports Physicals for SPRING Sports will take place on **the following days:**

- If your last name begins with the letters A – L — **Thursday, February 25<sup>th</sup>** from 8:30am until 10:30am
- If your last name begins with the letters M - Z— **Thursday, March 11<sup>th</sup>** from 8:30am until 10:30am

You need to let the Nurse know by **Wednesday, February 24th** if you are going to have a Sports Physical and **ALL FORMS MUST BE SUBMITTED TO THE NURSE BY Wednesday, February 24th**. Pick up a physical form from the Main Office (middle table in vestibule). This is also where you would drop off your completed physical forms.

Physicals are valid for 365 days from the date of the examination and must be given to the school nurse. **ATTENTION PARENTS/GUARDIANS/STUDENT ATHLETES:** If you choose to go to your own private physician (PMD), you are not cleared until it is reviewed by the school physician, as required by NJ state law. Sports Physicals completed by your PMD must be handed in to the school nurse **BY Wednesday, February 24th** to sign. **STATE REQUIREMENT: IF YOU CHOOSE TO USE YOUR PMD THEY ARE REQUIRED TO COMPLETE THE STUDENT-ATHLETE CARDIAC ASSESSMENT PROFESSIONAL DEVELOPMENT MODULE. YOUR PMD HAS TO HAVE COMPLETED THIS IN ORDER TO CLEAR YOUR CHILD FOR PARTICIPATION.**

### Freshman Orientation

A Freshman Orientation for parents of 8th grade students who will be entering the high school in the **Fall of 2021** will be held virtually on **Monday, February 1st** and will begin at 7:00pm. The Zoom link information is below and can also be found on the HS Website closer to the February 1st date. All participants will be muted upon entry to the Zoom meeting. Any questions parents/guardians may have can be directed to Mr. Peragallo and/or Mr. Stike through Chat. Specific information about Metuchen High School and its ninth grade program (academic and co-curricular) will be provided.

Zoom Meeting ID : 868 7458 2556

Password: 032880

Click on link below to access Zoom meeting:

[Freshmen](#) Orientation Link





**MHS PTO**

The next meeting for the MHS PTO Meeting is **Monday, March 8th** at 7:30pm. Guest Speaker to be announced and more information to come!

So, mark your calendars, set your reminders!

We will post a **Zoom link** on our Facebook page and school website!

**MHS BOOSTER CLUB**

**Parents of Student Athletes**—don't forget to join the MHS Booster Club. This important group supports MHS athletic teams with equipment purchases and other essentials not covered in the Board of Education budget. The club also hosts the annual Senior Sports Awards program and provides scholarships to graduating senior athletes. ***\*\*Please note: only Booster Club members are eligible to receive scholarships. Please see membership form attached.***

Show your Metuchen Pride - "Buy A Brick" and leave a legacy. Buy an engraved brick paver. The personalized pavers will proudly be displayed by the MHS Stadium. Please see the flyer attached.

# 2021 *Class of* PROJECT SENIORS '21

"Please check out the Project Seniors '21 [webpage](#) for more info, photos, and our ever-evolving calendar. You will also find forms for Donations and Lawn Signs."



On Dec 23rd, the Senior Class participated in a Covid-safe scavenger hunt throughout town. 85 students scoured Metuchen capturing photos found 'items.' The kids had a blast.



We've asked all Senior families, the MHS community, and downtown Metuchen to give our seniors a '21 Blue Salute — honor the class by shining blue lights . Please join us! Light —up your homes for our Seniors.



Buy your dinner at Chipotle Metuchen on Feb 2nd—a portion of your meal will help MHS '21. Please see the info flyer attached

Please check out [our webpage](#) for more info, photos, and our ever-evolving calendar. You will also find forms for Donations and Lawn Signs.

## ANNOUNCEMENTS FROM THE SCHOOL COUNSELING DEPARTMENT



**National School Counseling Week 2021 is Feb. 1–5, 2021.** The week, sponsored by the American School Counselor Association (ASCA), highlights the unique contribution of school counselors within U.S. school systems and the tremendous impact they can have in helping students achieve school success and plan for a career. Take a moment to thank your local school counselor(s). Follow #NSCW21 on social media.

To learn more about National School Counseling Week, visit [www.schoolcounselor.org/nscw](http://www.schoolcounselor.org/nscw)



### TESTING INFORMATION

#### Upcoming SAT Registration Deadlines:

Visit [www.collegeboard.org](http://www.collegeboard.org) for more info.

Test Date	Registration Deadline
March 13, 2021	February 12, 2021
May 8, 2021	April 8, 2021
June 5, 2021	May 6, 2021

*If your child receives free/reduced lunch, he/she is eligible for an SAT fee waiver and should stop in Guidance to pick it up. Fee waivers cannot be used for late registration.*

#### Upcoming ACT Registration Deadlines:

Visit [www.actstudent.org](http://www.actstudent.org) for more info.

Test Date	Registration Deadline
April 17, 2021	March 12, 2021
June 12, 2021	May 7, 2021

*If your child receives free/reduced lunch, he/she is eligible for an ACT fee waiver and should stop in Guidance to pick it up. Fee waivers cannot be used for late registration.*

Visit our page for helpful information:

[https://  
www.metuchen  
schools.org/o/  
mhs/page/  
school-  
counseling-  
home](https://www.metuchen schools.org/o/mhs/page/school-counseling-home)



## ATTENTION POTENTIAL COLLEGE ATHLETES

**NCAA Initial-Eligibility Clearinghouse:** Access the website below to find the tools and information you need to navigate the eligibility process for college athletics.

[www.eligibilitycenter.org](http://www.eligibilitycenter.org) - Potential college athletes should register online with the Eligibility Center as early as sophomore year. To create an account, either click on the "New Account" button at the top right of the screen or the cell phone on the left side of the screen. Juniors will need to request for the Guidance Office to send an official transcript, and seniors will need to follow up to request that we send the final transcript. If you have any questions, or need assistance, please call your School Counselor at 732-321-8744, option 3.

For more information please download the NCAA Guide For The College-Bound Student Athlete at [http://fs.ncaa.org/Docs/eligibility\\_center/Student\\_Resources/CBSA.pdf](http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf) and visit the College Athlete Resource Page on Naviance Family Connection, located off the home page.

## ATTENTION SENIOR STUDENTS

**Informing School Counselors of all College Admissions Decisions:** Please inform us of your college acceptances. As you receive admissions decisions, you need to inform the Guidance & School Counseling Office whether you have been accepted, wait-listed, deferred or denied for each school. You may enter this information through your Naviance account under "Colleges I'm applying to" ([www.student.naviance.com/metuchen](http://www.student.naviance.com/metuchen)). Find the "Results" column of the list and click on the pencil icon.

**Complete the FAFSA ([www.fafsa.gov](http://www.fafsa.gov)):** Every family preparing to send a child to college should complete the Free Application for Federal Student Aid (FAFSA). This form is REQUIRED of any student seeking federal and state financial aid (including loans) at any college in the country. Every family should complete it, regardless of income, since many scholarship programs require it (even those with no income eligibility). If you have not yet started the FAFSA, get started now! It is important to meet the Priority Financial Aid Deadlines in order to receive priority consideration for aid. Some priority deadlines are as early as February 15<sup>th</sup>!

Visit our page for helpful information:

<https://www.metuchenschools.org/o/mhs/page/school-counseling-home>



### Yearbook News

There is still time to preorder the 2021 Blue Letter Yearbook. Visit [www.jostens.com](http://www.jostens.com) to order. If you order before **February 15th**, you can still personalize the book for your student. We still have some pages left for parent/buddy ads for seniors but time is running out. Contact [Ms. Wisniewski](mailto:Ms. Wisniewski) with any questions. **Yearbooks will be distributed in July.**

**We have advertising space available and we need advertisers to keep our book affordable for our students. Please consider advertising in the MHS yearbook. Contact [Ms. Wisniewski](mailto:Ms. Wisniewski) at [lwisniewski@metboe.k12.nj.us](mailto:lwisniewski@metboe.k12.nj.us) for advertising information.**

*The Blue Letter* would like to reach out to the Metuchen Community to help “sponsor a Yearbook for a student.” There are several students, due to financial issues who cannot afford the yearbook. The yearbook is a memory keepsake. If you are interested in donating a book you may go to [www.jostens.com](http://www.jostens.com) or you may contact Ms. Wisniewski at [lwisniewski@metboe.k12.nj.us](mailto:lwisniewski@metboe.k12.nj.us). Thank you for supporting our students.

### MHS School Newspaper—The Bulldog’s Bark

Our MHS school newspaper, *The Bulldog’s Bark*, is written entirely by students and is self-supporting. We are always looking for advertisers. Contact Ms. Wisniewski at [lwisniewski@metboe.k12.nj.us](mailto:lwisniewski@metboe.k12.nj.us) for advertising information.

To order a yearbook,  
please visit  
[www.jostens.com](http://www.jostens.com)

## METUCHEN SCHOOL DISTRICT—COVID-19-TESTING

Metuchen School District has partnered with Back to work Solutions to provide a PCR testing program at no cost to you. Staff and students, and now family members too, can set up COVID-19 tests on Thursday and Saturdays.

You need to register (link is on attached flyer), schedule and complete a virtual “telemedicine visit”, schedule test time and you must complete the Telemed Evaluation prior to being test. **YOU MUST ARRIVE AT YOUR TEST WITH YOUR PRINTED TELEMED COVID -19 TEST SCRIPT IN HAND. Testing is held in the MHS Wrestling Room (enter from outside rear door by the Baseball Field).**

Please see the attached flyer for additional information.



## Music Parents Fundraiser—Designer Bag Bingo Blues



Join Us and Support the MHS Music Department:

MMEDO presents an

Online Prize Auction for the Designer Bag Bingo Blues!

The Auction will begin online February 12th at [biddingowl.com/mmedo](http://biddingowl.com/mmedo)

\*More Prizes will be uploaded regularly until the start of the Auction!

Great Items FOR SALE include:

- Our usual Designer Bags of Bingo
- Local Restaurant and Store Gift Cards
- Health & Beauty Baskets
- Barbecue Grill
- Yamaha Guitar
- Home Goods
- Games & Gadgets
- Art & Literature
- Apparel
- Accessories
- and more!

If questions, kindly email [treasurer@mmedo.org](mailto:treasurer@mmedo.org)

Thank you & Happy Bidding!

-The MMEDO Executive Team

## Senior Class Fundraiser!!!! Valentines Day!!

The Metuchen High School Senior Student Council is holding a bake sale this Valentine's Day! Staff and students will work together to **drop off your orders to your doorstep** the day before Valentine's Day! Please see the attached flyer for additional information and items for sale.

Link to order baked goods :

<https://forms.gle/Ucub4LvWW93uPuGX6>





## Reminders For Students Driving With Probationary License

I would like to remind all parents that if you have a child who is 17 years of age and has a **Probationary Driver's License** (formally known as Provisional License), your child must follow the following requirements:

Practice unsupervised driving for at least one year

You must observe the following requirements and restrictions while driving with a **probationary** (formerly provisional) license:

- Display a [reflectorized decal](#) (for under 21 drivers only) on each license plate (front/back); decals available at motor vehicle agencies, \$4 per pair
- No driving after 11:01 p.m. and before 5:00 a.m.
- Permit and probationary drivers under 21 may drive outside the prescribed hours for employment or religious reasons.
  - Drivers must carry legible documentation on letterhead signed by the employer, organization or religious institution stating the reasons for this request. It must include the title, address and telephone number of designated official.
- You must be accompanied in the front seat by an adult supervising driver who is at least 21 years of age, and who possesses a valid NJ driver's license, and has a minimum of three years driving experience.
- Parent(s), guardian(s) or dependant(s) are allowed as passengers. A dependant can be the driver's child, not brother or sister
- **Only one additional passenger is allowed unless accompanied by a parent or guardian.**
- You cannot use cell phones, hand-held video games or any other interactive, wireless device, whether it is "hands-free" or not.
- Seat belts must be worn at all times.

Please go over these requirements with your child.

Please note the circle in the front of the school is a no parking zone. When you are picking up or dropping off, please do not park around the circle.

Thank you.





## **Metuchen High School**

400 Grove Avenue  
Metuchen, New Jersey 08840

Telephone: 732-321-8744  
Fax Number: 732-321-8740  
School Counseling: 732-321-8744, ext.  
5020

### **Mission Statement**

Metuchen High School, building on a tradition of academic and co-curricular distinction, provides a healthy and safe learning environment which challenges and supports our students. Our technology-rich instruction and diverse curricular offerings are an integral part of an evolving program that meets each student's intellectual, social, and emotional needs.

Our school encourages all students to discover their talents, develop their strengths, and become global citizens with a strong moral compass. We achieve this through exceptional classroom instruction, data-driven decision-making, and emphasis on developing students' 21st Century skills.

**We're on the web!**

**[www.metuchenschools.org](http://www.metuchenschools.org)**



Please Join!  
 Our Athletic Teams  
 Appreciate Your  
 Support!

**Metuchen High School**  
**Booster Club**  
*"The Team Behind the Teams"*



MHS Booster Club is a volunteer organization and a vital part of our athletics program. The Booster Club fundraises to support MHS athletic teams with equipment purchases and other essentials not covered in the Board of Education budget. The club also hosts the annual Senior Sports Awards and provides scholarships to graduating senior athletes **(Please note – senior athletes must be a member of the MHS Booster Club in order to be eligible for sports scholarships).**

**Every family who has a child participating in MHS athletics should join the club.** All of our funds are raised through our membership drive, selling of Bulldog apparel at various events and operating the snack bar at home sports games.

**\$25.00 Membership fee per year per family to join**  
**Please make checks payable to: MHS Booster Club**  
**MHS Booster Club, c/o Metuchen High School, 400 Grove Ave., Metuchen, NJ, 08840**  
[metuchenboosterclub@yahoo.com](mailto:metuchenboosterclub@yahoo.com)

\*\*\*\*\*

**2020-21 MHS Booster Club Membership Form**

Athlete's Name \_\_\_\_\_ Grade \_\_\_\_\_ Sport(s) \_\_\_\_\_  
 Athlete's Name \_\_\_\_\_ Grade \_\_\_\_\_ Sport(s) \_\_\_\_\_  
 Athlete's Name \_\_\_\_\_ Grade \_\_\_\_\_ Sport(s) \_\_\_\_\_  
 Athlete's Name \_\_\_\_\_ Grade \_\_\_\_\_ Sport(s) \_\_\_\_\_  
 Parent/Guardian Names: 1. \_\_\_\_\_ 2. \_\_\_\_\_  
 Parent/Guardian Email: 1. \_\_\_\_\_ 2. \_\_\_\_\_  
 Parent/Guardian Phone: 1. \_\_\_\_\_ 2. \_\_\_\_\_

Email address & phone numbers are only used for MHS Booster Club business and will not be shared with any other organizations

**I want to help! Please contact me about volunteering**  
 Please check items below that interest you in helping MHSBC

- Football Snack Bar**
- Basketball Snack Bar**
- Wrestling Snack Bar**
- Sports Awards**

**Too Many Hats?** Are you too busy to help with Booster Club activities? We understand! In lieu of helping, please consider making a \$50 donation (this would include your \$25 membership fee).

Please return your membership form in September so that we can promptly update our membership database.





## **PROJECT SENIORS '21**

Covid19 & quarantine have changed our kids' senior year in every way possible. What will come of Homecoming, Prom, Project Graduation – all of the school events they've been looking forward to and will make their crowning-year memorable? We can't say for sure. BUT, our goal is to proactively introduce safe and alternate substitutes.

We need your help. First, we need the funds to make things happen. We cannot hold event fundraisers and so we're asking for a contribution on behalf of every senior.

We're hoping that you are able to send at least \$50 per senior. We really need at least double that amount and so if you're able to send more, please do. There will be no raffle sales or dinner events. Just a check.

We also welcome you to join our efforts. If you have an idea for a Covid19 protocol-friendly event and would like to help make it happen or if you have access to resources that might enable an activity to happen, please email us at [mhsp21@gmail.com](mailto:mhsp21@gmail.com).

All contributors will be noted in the Graduation Program. We sincerely thank you for help.



CONTRIBUTION FORM

Contributions are requested by **Friday January 8, 2021**

**Please Make Checks Payable to: MHS Project Graduation 2021**

Student Name(s): \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent email address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Contribution: \$ \_\_\_\_\_

- |        |          |
|--------|----------|
| \$50   | Donor    |
| +\$50  | Silver   |
| \$100+ | Gold     |
| \$250+ | Platinum |
| \$500+ | Diamond  |

**Please send form along with your Contribution/Sponsorship to:**

MHS Project Seniors 2021, Metuchen High School, 400 Grove Ave., Metuchen, NJ 08840

All Contributions/Sponsorships are 100% Tax Deductible

# '21 BLUE SALUTE!

COVID has changed their senior year, let's shower them with support!



Please help us to honor  
and celebrate the  
**MHS CLASS OF 2021**

by shining blue lights  
on your homes  
and businesses.

Choose your own lights and design,  
just make them bright & blue!

Lights can shine through  
graduation, June 15 or on  
the 21st of each month.

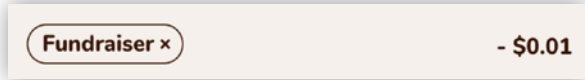
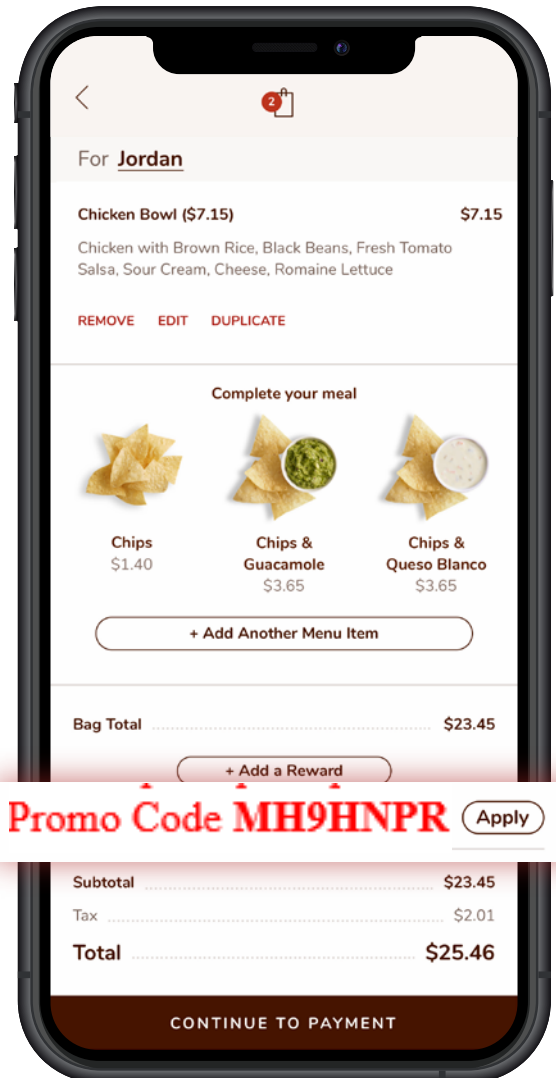
# ONLINE FUNDRAISERS



## MHS Proj Seniors '21 FEB 2nd

Below are details on how to participate in your fundraiser online through the **Chipotle App** or **Chipotle.com**. Please note all online orders for your fundraiser must be within your scheduled hours (4PM - 8PM) and only at the restaurant hosting your event (Metuchen Location).

- 1** Access the **Chipotle app** or order on our **website**.
- 2** Choose **“Pickup”** and select the location of the restaurant which is hosting your fundraiser.  
Delivery orders or orders placed through other apps will not be counted towards your fundraiser.
- 3** Build your order with all your faves.
- 4** Once you're ready to place your order, input your unique online fundraiser code in the **“Enter a Promo Code”** section. Don't forget to click **“Apply.”**
- 5** Provide payment information and submit your order for pickup (not delivery).  
**Reminder, pickup must be within the hours of your scheduled fundraiser.**



### HELPFUL TIP

Once you apply your fundraiser code, your cart will show “Fundraiser” and an amount of -\$0.01. Don't panic — this is totally normal and how we track the code in our system.

If you or your supporters forget to input and apply the code at checkout, please email us your order information at [fundraisers@chipotle.com](mailto:fundraisers@chipotle.com).

# Virtual Financial Aid

## Presentation

*presented by the:*

## **NJ Higher Education Student Assistance Authority (HESAA)**

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**HESAA is the only NJ state agency with the sole mission of providing students and families with the financial and informational resources needed to pursue education beyond high school.**

***Parents and students are welcome!***

**THURSDAY, FEBRUARY 11, 2021  
6:30PM-8:30PM**

***Reservations are required***

Please register online [here](#) to receive your Zoom Meeting link



**METUCHEN SCHOOL COUNSELING  
DEPARTMENT PRESENTS**

# **COLLEGE PLANNING NIGHT**

**Thursday, February 4th 6:30pm-8:30pm**

**Sign up :**

**<https://forms.gle/qHYrQHpwvP6PmJx57>**

***The Zoom Meeting link will be sent few  
days prior to the event.***



# METUCHEN SCHOOL DISTRICT COVID-19 TESTING

(updated 1/13/21)



Back to Work Solutions and the Metuchen School District have partnered to provide a PCR testing program at no cost to you. (PCR is the nasal swab test considered to be the "gold standard" COVID-19 test). Staff and students, and now family members too, can set up COVID-19 tests on Thursdays and Saturdays.

**Who:** Any Pre-K through Grade 12 student, staff and administrator, or family member of the same

**What:** COVID-19 test with two to three-day results turnaround.

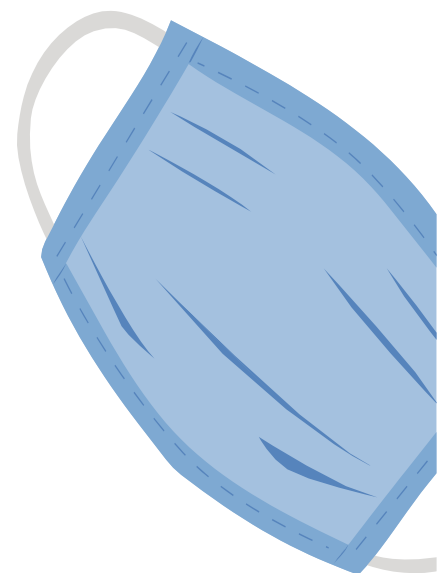
**Where:** Metuchen High School Wrestling Room (enter from outside rear door by baseball field)

**When:** Thursdays, from 2:30 to 6:30 pm. Saturdays, from 9:30 am to 12:30 pm. **Pre-registration is required. No walk-ins.**

**How:** 1. Register Now: <https://tinyurl.com/yay4dps7>  
2. Schedule and Complete a virtual "telemedicine visit" (instructions will be provided) 3. Schedule your test time for an upcoming Thursday or Saturday. You must complete the Telemed Evaluation prior to being tested. You must arrive at your test with your **PRINTED TELEMED COVID-19 TEST SCRIPT IN HAND.**

**Learn more:**

[backtoworksolutions.com/MetuchenPSD.html](http://backtoworksolutions.com/MetuchenPSD.html)  
or email [CovidTesting@metuchenschools.org](mailto:CovidTesting@metuchenschools.org)



JOIN US AND SUPPORT  
THE METUCHEN HIGH SCHOOL MUSIC PROGRAM



**MMEDO**

**PRESENTS:**

**Online Prize Auction  
for**

**Designer Bag Bingo Blues**

Categories include: Designer  
Bags, Home Goods,  
Accessories, Gift  
Certificates, Dining, Music  
and more!

Kate Spade,  
MK, Coach,  
Gift Cards  
& more!

**Live Kickoff Feb 12 at 7:00pm**

MC Mr. Messenger will be accompanied by student  
performances and bidding instructions.

Go to: [mmedo.org](http://mmedo.org)

to register and receive a zoom link.

**Bidding opens:**

Friday, Feb 12 at 8:00 pm

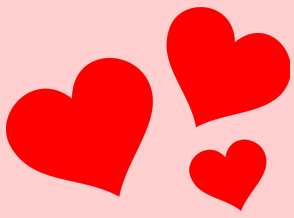
**Bidding closes:**

Sunday, Feb 21 at 8:00 pm

**[biddingowl.com/mmedo](http://biddingowl.com/mmedo)**

Questions: please email [treasurer@mmedo.org](mailto:treasurer@mmedo.org)





# Valentine's Day Bake Sale

*\*Home Delivered\**

The Metuchen High Senior Student Council is  
hosting a bake sale this Valentine's day!

In order to be safe, staff and students will work together to drop off your orders to your doorstep the day before Valentine's Day.

We are selling:

- **Cookies - \$1 for bundle of three**
  - Chocolate Chip
  - Snickerdoodles
  - Raspberry thumbprint
  - Sugar Cookies
- **Brownies - \$1 each**
- **Cupcakes - \$5 each**
  - Vanilla
  - Chocolate
  - Mini Cheesecakes
- **Cake Pops - \$2 each**
  - Vanilla (vegan)
  - Chocolate
- **Breads - \$1 per slice**
  - Banana bread
  - Banana nut bread

*\*You can choose as many items as you would like\**

You can also make an order and send it to  
someone else with a handwritten note, and you  
can choose if you want it to be gift wrapped!

Fill out the Google form before February 10th:

<https://forms.gle/Ucub4LvWW93uPuGX6>



# AMERICA'S CLASS JEWELRY

## Metuchen High School

### Class of 2021 **CAP & GOWN ORDERS**



Dear MHS Class of 2021:

Due to Covid-19 we are all doing things differently.

What won't change is the Class of 2021!

Click the link below to order your Cap & Gown Online.

**[CAP & GOWN ORDER LINK](#)**

Questions call 1-800-JOSTENS (567-8367)

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SCAN TO ORDER  
YOUR CAP & GOWN



# AMERICA'S CLASS JEWELRY

## Metuchen High School Class Rings



Dear Sophomores and Juniors:

Due to Covid-19 we are all doing things differently.

Your class ring is a symbol of your unity.

Click the link below to order your Class Ring Online. If interested please see the following page for our size guide.

**SCAN TO ORDER CLASS JEWELRY**



**[CLASS RING ORDER LINK](#)**

Questions call 1-800-JOSTENS (567-8367)

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# JOSTENS RING SIZER GUIDE

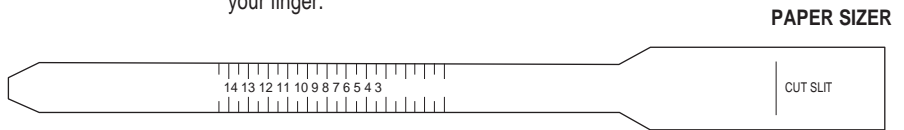
For accuracy, please ensure that you print this PDF at 100%

## PAPER TEST

1. Cut out the paper sizer. Cut a small slit in the end for the ring sizer marks to slide through.
2. Slip the pointed end through the slit and place it around your finger.
3. For an accurate measurement, pull the end so it slides to a snug fit. Make sure that you are able to get this over your knuckle and back off your finger.
4. Read the number that lines up next to the slit. This is your ring size.

**Tips:** Be careful not to wrap the paper too tight. Aim for a comfortable, snug fit. For the most accuracy, have someone help you measure.

**DOUBLE CHECK FOR ACCURACY.**



## STRING TEST

1. Cut a small piece of string, thicker thread or ribbon.
2. Wrap it snugly around your finger for an accurate measurement.
3. Compare your measurement with our ring sizing chart below.



YOUR RING SIZE	SIZE 3	SIZE 3.5	SIZE 4	SIZE 4.5	SIZE 5	SIZE 5.5	SIZE 6	SIZE 6.5	SIZE 7	SIZE 7.5	SIZE 8	SIZE 8.5
MEASUREMENT (MM)	43.9 MM	45.2 MM	46.5 MM	47.8 MM	49 MM	50.3 MM	51.6 MM	52.9 MM	54.2 MM	55.5 MM	56.9 MM	58.1 MM
YOUR RING SIZE	SIZE 9	SIZE 9.5	SIZE 10	SIZE 10.5	SIZE 11	SIZE 11.5	SIZE 12	SIZE 12.5	SIZE 13	SIZE 13.5	SIZE 14	SIZE 14.5
MEASUREMENT (MM)	59.4 MM	60.7 MM	62 MM	63.3 MM	64.4 MM	65.9 MM	67.2 MM	68.5 MM	69.8 MM	71.1 MM	72.4 MM	73.7 MM

**Tips:** Be careful not to wrap the string too tight. Aim for a comfortable, snug fit. For the most accuracy, have someone help you measure.

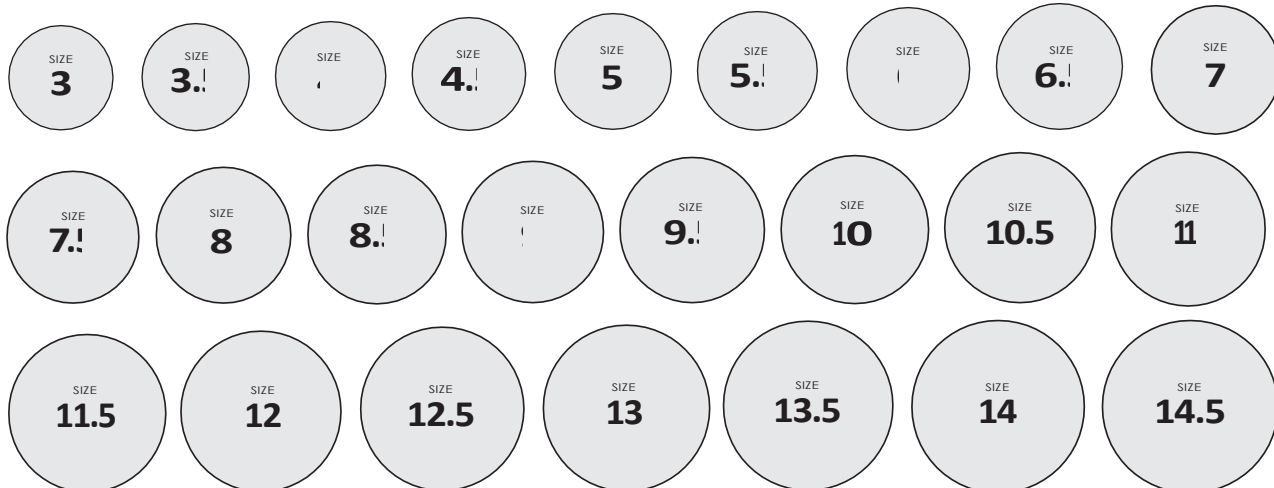
**DOUBLE CHECK FOR ACCURACY.**

## EXISTING RING TEST

1. Choose a ring that fits the desired finger.
2. Match the inside edge of the ring with the closest circle.
3. The circle should fit inside of the ring. If the ring falls between two sizes, select the larger size.



**DOUBLE CHECK FOR ACCURACY.**



All rings purchased on Jostens.com come with a Limited Lifetime warranty which includes free ring resizing.  
This Ring Sizer Guide serves as a guide to help you size your finger at home.

