



Principal's Newsletter—March 2021

March 2021

Bruce J. Peragallo—
Principal

Brian Stike—
Assistant Principal

Brenda Gupta—

Supervisor of Guidance &
School Counseling

Reminders:

- Mid-Marking Period —
Wednesday, March 10th
- Spring Sports Physicals—Last
Name M-Z—Thursday, March
11th
- Spring Recess—Monday, March
29th through Friday, April 2nd.

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MHS PTO News

The next meeting for the MHS PTO Meeting is **Monday, March 8th at 7:30pm**. So, mark your calendars, set your reminders! We will post a **Zoom link** on our Facebook page and school website! Guest speaker is Christine DeMuro. During these times many of us feel disconnected, overwhelmed and unsure what to do now, especially our youth. Offering parents a space to ask honest questions and be guided by resources to help support their families. Reconnecting through conversation and mindful practice is the best way to understand the needs of others and cope as a community. Please join the conversation on March 8th.

National Merit Scholarship Program

We are pleased to announce that **Isabel Li** has advanced as a **Finalist** in the National Merit Scholarship Program! **Congratulations!!!!**

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 Cafeteria (enter from outside rear door by the Cafeteria / Courtyard).

MHS Footlighters' Production—Spring Play -SAVE THE DATE!!!!!! April 16, 17 & 18th



The Metuchen High School Footlighters' Spring Musical is **Little Shop Of Horrors**. A Broadway and Hollywood smash musical, **Little Shop** has devoured the hearts of theatre-goers for over 30 years. The meek floral assistant Seymour Krelborn stumbles across a new breed of plant he names "Audrey II" - Over time, though, Seymour discovers Audrey II's out of this world origins and intent towards global domination!

Performances will be streamed

Information about the production and tickets will be sold at www.mhsfootlighters.com

APRIL 16, 17, and 18 @7:00 p.m.

2021

Class of



PROJECT SENIORS '21

It's almost MARCH and we're doing all we can to
finish the year with fun!

Senior Sweepstakes 21

Beginning this Tues and running every week through the 21 weeks of school, PS '21 will be awarding a \$21 gift card to 21 random seniors

Check IG every Tues for the winning SENIOR!

It might be YOU!!!!!!!!!!!!!!

For the final 21 weeks of school we've been spinning the wheel and one lucky senior wins a \$21 gift certificate. Follow the action on our IG each Tuesday:
metuchen_project_seniors_2021



'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, just let us do the 21st of each month.

MHS Project Seniors '21

Shine **BLUE LIGHTS** on your porches in salute to our seniors! Send your blue porch photos to mhsps21@gmail.com and we'll add you to our [slideshow](#).



POWDERPUFF!

Come cheer the teams on **Friday, March 26th** after school!

PROJECT SENIORS '21



NEWS CONTINUED

Checkout [our website](#) for information and **PLEASE**

[Buy a Lawn Sign](#)

[Make a Donation](#)



ANNOUNCEMENTS FROM THE GUIDANCE AND SCHOOL

COUNSELING DEPARTMENT

Upcoming Parent Events

College Financial Aid Planning

Parents, is your child college BOUND?

DON'T MISS THIS FREE WORKSHOP!

Tuesday, March 23, 2021

6:45 pm Registration begins

7:00 pm Workshop begins

Register online: www.mycollegeplan.com

For additional information on any of the announcements on page 3, 4, and 5 please contact the MHS Guidance and School Counseling Office at 732-321-8744, ext. 5020

UPCOMING CONFERENCES

Junior Conferences - College and Career Planning: Juniors and Junior Parents, (if you have not done so already) please contact the Guidance & School Counseling Office to schedule your Junior Conference for postsecondary planning.



ANNOUNCEMENTS FROM THE SCHOOL

COUNSELING DEPARTMENT

TESTING INFORMATION



All Juniors should take the SAT and/or ACT at least once during the Spring of Junior Year.

Upcoming SAT Registration Deadlines:

Visit www.collegeboard.org for more info.

Test Date	Registration Deadline
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.

Please reference the [MHS School Counseling webpage](#) for future events

Upcoming ACT Registration Deadlines:

Visit 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.

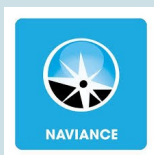
“Naviance Student is a web-based service designed to assist you and your child with every aspect of the college and career planning process.”

ARE YOU CONNECTED?

Naviance Student: <https://student.naviance.com/metuchen>

Naviance Student is the engaging, mobile-responsive replacement for Naviance Family Connection. It is easy to use with familiar layouts and workflows. Naviance Student is accessible to both students and parents. If you do not have a Naviance Student account, contact the School Counseling Department for information on how to get an one.

To watch an Overview of Naviance Student, visit the [MHS School Counseling Page](#). The Naviance Student for Parents and Naviance Student for Students reference guides are also attached.





School Counseling News....

Attention: Senior Students

Inform Guidance 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.connection.naviance.com/metuchen). Find the “Results” column of the list and click on the pencil icon.

Complete the FAFSA (www.fafsa.gov): *If you haven’t completed The Free Application for Federal Student Aid, please do so as soon as possible! Most priority deadlines are between February and March.* It is important to meet the Priority Financial Aid Deadlines in order to receive priority consideration for aid. Every family preparing to send a child to college should complete the FAFSA, regardless of income, since many scholarship and grant programs require it, even those with no income eligibility. It may also assist families with securing lower interest loans!

Search for Scholarships: Please review the scholarship postings on Naviance Family Connection for updates to our scholarship listing (*uses Colleges Tab*).



SAVE THE DATE!!!!!!! Junior /Senior Prom

Metuchen High School is happy to announce that this year's Junior/Senior Fairytale Prom will be held outdoors (in a tent) at the **Pines Manor** in Edison on **Thursday, May 27** from 6:00-11:00pm. Masks will be required. Tickets are \$75 per person and will be sold in early April.



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.



Yearbook News

To order a yearbook, please visit www.jostens.com.

The Blue Letter would like to reach out to the Metuchen Community to help "sponsor a Yearbook for a student." There are several students who, due to financial issues, 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 or you may contact Ms. Wisniewski at lwisniewski@metboe.k12.nj.us. Thank you all for supporting our students. Please note if you do not preorder a yearbook there will be limited quantities at the end of the year for sale. Last year we sold out of additional yearbooks.

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 for advertising information.



To order a yearbook, please visit www.jostens.com



Metuchen High School

400 Grove Avenue
Metuchen, New Jersey 08840

Telephone: 732-321-8744

Fax Number: 732-321-8740

School Counseling: 732-321-8700, ext. 5020

School Counseling Fax: 732-321-8760

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

METUCHEN SCHOOL DISTRICT COVID-19 TESTING

(New Location – updated 2/22/21)



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 their family members, 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 one to three-day results turnaround.

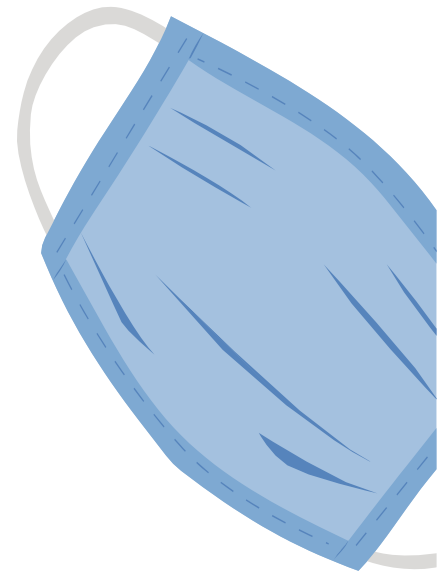
Where: NEW LOCATION: Metuchen High School Cafeteria (enter from outside door only; Door 29; by student parking)

When: Thursdays, from 2:30 to 6:30 pm. Saturdays, from 9:30 am to NOON. **Pre-registration is required. No walk-ins.** Moss, Campbell and Edgar students must be accompanied by an adult in order to be tested.

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
or email CovidTesting@metuchenschools.org



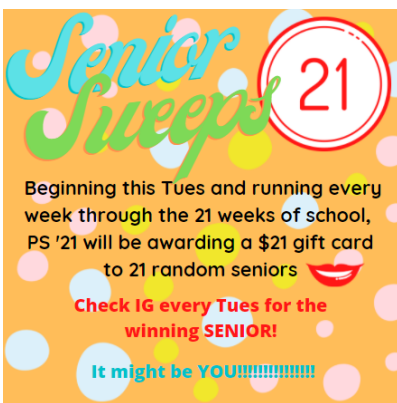
2021

Class of



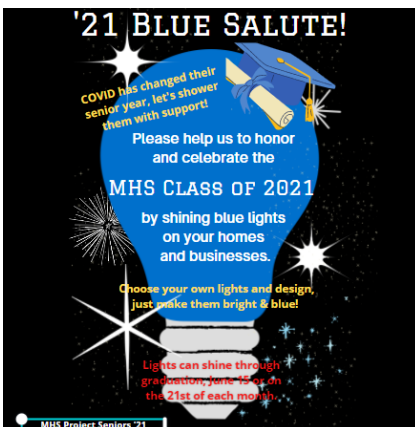
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POWDERPUFF!

Come cheer the teams on Friday,
March 26th after school!

2021 *Class of* 21

PROJECT SENIORS '21

Look for info on the following events coming soon!



TOPGOLF



DRIVE-IN MOVIE



STUDENT CAR WASH

DECISION
DAY
VIDEO

&



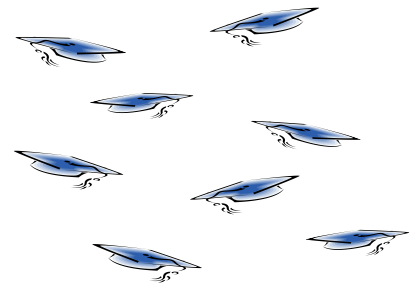
Checkout [our website](#) for information and

PLEASE

[Buy a Lawn Sign](#)

[Make a Donation](#)

Free College Financial Planning Night



***PARENTS, IS YOUR CHILD COLLEGE BOUND?
DON'T MISS THIS FREE WORKSHOP!***

Tuesday, March 23, 2021

**Metuchen High School
Zoom Workshop Webinar**

7 pm Workshop begins

*****Please be on call 5 – 10 minutes before start time*****

Reservations are required

Register online [here](#) to receive your Zoom meeting link

Please join us for a FREE Educational College Financial Planning workshop that will focus on high school freshman, sophomores, juniors and seniors.

We'll discuss the FAFSA form and all the other information you need to understand in order to maximize the amount of financial aid you are eligible to receive!

Even if your family is not eligible for need-based aid, we will cover the best strategies on how to pay for college on the most tax efficient basis—without it putting a strain on the rest of your finances.

In this workshop, you will learn:

- How to *increase* your tax deductions and tax credits.
- How to pick colleges that will give you the best financial aid packages.
- How to send your child to an expensive private university for *less* than a state school.
- Which assets are taken into consideration when the U.S. Department of Education calculates your Family Contribution.
- How to pay for college in a failing economy without relying on 529 plans, expensive private student loans or raiding your retirement accounts.
- How to get ahead by developing a customized plan to meet all the college costs you will incur as a family.
- How to lower your “out-of-pocket” costs and get the maximum amount of money from each school.

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
 Wrestling Snack Bar

Basketball 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.

