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B-CC Class of 2020

11th Grade Parent Toolkit

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**11th Grade Hot Topics**Five key things parents need to know:

* 22: The number of credits required to graduate.
* 75: The number of SSL hours required to graduate.
* B-CC counselors and the College & Career Coordinator play an important role in your student’s college preparation and application.
* SAT/ACT dates and registration deadlines.
* Naviance/Family Connection and the college process begins in earnest this year.

B-CC Staff and Resources

### **Administration and Contact Information**

Principal: Dr. Donna Redmond Jones
Donna\_R\_Jones@mcpsmd.org
Twitter: @BCCprin

Refer to the [staff directory](http://www.montgomeryschoolsmd.org/directory/directory_Boxschool.aspx?processlevel=04406) for all contact information.

**Class of 2020 Assistant Principal**

Mr Samuel Levine Samuel\_G\_Levine@mcpsmd.org

**Academic Questions**

Please consider having your student raise questions with staff in the following order:

1. Classroom teacher
2. Resource teacher (This may be the same as the classroom teacher)
3. Assistant Principal

### **College & Career Center**

B-CC’s College & Career Center is a resource room for college and career planning. It is located within the Counseling Department, in room A-217. It is open to students and parents from 7:30 am to 4:00 pm daily, including summers, under the supervision of the College & Career Coordinator, Ms. Patricia Parmelee. She can be contacted at Patricia\_B\_Parmelee@mcpsmd.org.

The College & Career Center can help your student with the following tasks with regard to the college search:

* Maximize the use of Naviance/Family Connection
* Develop a standardized texting timeline (ACT/SAT/SAT Subject/ TOEFL, Accuplacer)
* Build a college list
* Write a college essay(s)
* Create a resume
* Complete college applications
* Understand financial aid
* Apply for scholarships
* Explore career options

The center also offers specific events during the year that support the college and career selection process. Those events include:

* Visits from over 200 college representatives
* Evening parent/student meetings on a range of college applicable topics
* Organized trips to the National Hispanic College Fair, the Historically Black Colleges and Universities evening, and the MCPS NACAC College Fair at the Gaithersburg fairgrounds.
* Support for Montgomery College applicants
* Administration of the Armed Services Vocational Aptitude Battery
* Summer College Readiness workshops.

### Visit the [College & Career Center web page](http://www.montgomeryschoolsmd.org/schools/bcchs/collcarcntr/) for more information.

### **College Advisory Committee (CAC): See committees on** [www.bccptsa.net](http://www.bccptsa.net)

The CAC is a PTSA-sponsored committee supporting the B-CC Counseling Department and assisting with programs related to the college application and admissions process.

***CAC programs 2018-2019***These programs are free and open to the BCC community. They take place in the evening, usually beginning at 7pm in the cafeteria (or as specified).

|  |  |
| --- | --- |
| **CAC Program** | **Date** |
| College Admissions Testing SAT, ACT or the Accuplaser | 10/2/18 |
| Financial Aid Forms, Step x Step | 10/18/18 |
| Mock ACT (students only – registration required – 8am) | 10/20/18 |
| Mock ACT Results, presented by Aaron Golumbfskie, PrepMatters (students & parents) – Results are provided & explained | 10/25/18 |
| Thinking Ahead About Financing College, presented by Chad Spencer, Davidson College, NC | 10/29/18 |
| Mock SAT (students only – registration required – 8am) | 11/17/18 |
| Mock SAT Results, presented by Phil Pine, Capital Educators(students & parents) – Results are provided & explained | 11/28/18 |
| College Reps Share How to Find your College Fit and What it Takes to Get in | 1/17/19 |
| College Application Process: Timeline & Resources | 3/13/19 |
| Colleges That Change Lives with Maria Furtado, Eckerd College, FL | 3/18/19 |
| Preparing for Senior Year | 5/29/19 |

### **CollegeTracks**

CollegeTracks is for B-CC juniors and seniors who are first-generation-to-college students to help them navigate the college admission process. CollegeTracks staff and volunteers help students with college applications, financial aid, and understanding the application process. The CollegeTracks office is located in the B-CC College & Career Center and appointments are available during lunch, after school and some evenings. This program is funded in part by B-CC’s Educational Foundation.

### **B-CC Counseling Department**

The B-CC Counseling Department is available to help students and parents manage the college application process. Visit their [webpage](http://www.montgomeryschoolsmd.org/schools/bcchs/counseling/) for additional information.

Counseling Office: 240-740-0420

Each B-CC student is assigned a counselor based on last name as shown below.

|  |  |
| --- | --- |
| Jeannette ReveronJeannett\_Reveron@mcpsmd.orggrades 9-11: A – Barnesgrade 12: A – Barrett | Rina PalchickRina\_Palchick@mcpsmd.orggrades 9-11: (Barro – Contreras)grade 12: (Barrios - Cubilian)    |
| Brett DeMunter Brett\_C\_Demunter@mcpsmd.orggrades 9-11: (Cooper – Genana)grade 12 (Dahiya - Gonzalez) | Richard GordonRichard\_N\_Gordon@mcpsmd.orggrades 9-11 (Geraldo - Johnson) grade 12: (Goodman - Kesterman) |
| Lisa Georgeou-FuryGrades 9-11 (Joholske – Lien) |  |
| Valerie TooleValerie\_P\_Toole@mcpsmd.orggrades 9 - 11 (Lieppe – Nava) grade 12: (Khan – Melgar Lopez) | Marie HenryMarie\_E\_Henry@mcpsmd.orggrades 9 - 11: (Navarrete - Ross)grade 12: (Membreno - Raheem) |
| Mia ShowkerMia\_Showker@mcpsmd.orggrades 9 - 11: (Rota - Terbush)grade 12: (Ramos - Spurney) | Melanie KhaniMelanie\_A\_Khani@mcpsmd.org grades 9 - 11: (Terceiro – Z)grade 12: (Steele - Z) |

#### **How B-CC Counselors Can Help Your Student**

Your child's counselor is the one who sends important parts of the application, including recommendations, to colleges. The counselor can also help with the following items.

* **Finding Colleges**

Your counselor can help your student create a list of colleges to research based on their interests and the characteristics of each college. The counselor can also help refine that list later on.

* **Understanding Application Requirements**

Colleges have different application requirements. Most require applicants to submit an essay. Many ask applicants to send scores from an admission test, such as the SAT or the ACT. Your counselor can explain the requirements of each college and help your student register for admission tests, if necessary.

* **Sending Your Transcript**

Ms. Bonner, B-CC registrar, is responsible for sending your student’s transcript, letters of recommendation and school profile. Students must SEE Ms. Bonner to request that this information be sent. Students receive three free transcripts and each therafter is $3. Waivers are available. Information on the registrar can be found at: http://www.montgomeryschoolsmd.org/schools/bcchs/registrar/

* **Writing Recommendations**

Some colleges specifically ask for a recommendation letter from a high school counselor. Even if the college doesn’t specify that a letter is needed, your student should consider asking their counselor for a letter of recommendation as long as he or she knows the student well enough to speak about their strengths and character. Rising seniors are required to complete the B-CC student self-reflection, accessed through Naviance, in order to request a counselor letter of recommendation.

#### **How Juniors Should Prepare for B-CC Counselor Meetings**

#### College application season is an especially busy time for high school counselors. Early in senior year, your student can help the counselor by staying on top of the application process. Visit [collegeboard.org](http://collegeboard.org) for additional details, but here are some tips the site offers:

* Be early: If your student starts doing tasks- researching colleges, collecting ideas for applications essays, making requests for recommendation letters – well ahead of time, he/she will make it easier for the counselor to give timely answers when they need help.
* Be organized: Urge your student to figure out a system for keeping track of application components and deadlines.
* Be responsible: Your student’s counselor can help in many ways, but this is your student’s project and responsibility. It’s up to your student to ask the counselor for the help. Your student should schedule appointments to talk to the counselor throughout the year to get the assistance they need.
* Be prepared: When your student does meet with his/her counselor, he or she should be prepared with a list of questions and topics to discuss.

Information above is taken from [collegeboard.org](https://bigfuture.collegeboard.org/get-in/applying-101/applying-to-college-your-counselors-role).

SAT and ACT Resources

### Junior year brings standardized tests – the SAT and the ACT. The new SAT rolled out in March 2016; it looks more like the ACT and the essay, which is required on the current SAT, is now optional. Your student should speak with his/her counselor to decide which test to sign up for. For either test, you must register online, upload a photograph (requirements noted on the respective websites) to create a unique registration ticket, and pay. Test sites fill up so consider registering as soon as possible! B-CC offers financial assistance to help pay for some tests.

### B-CC offers no-risk SAT and ACT tests so your student can practice test taking and get the results without sending them to colleges. Many area test prep companies offer free tests to help your student determine which test is best for the individual.

### **ACT:** <http://www.act.org/products/k-12-act-test>

The ACT is a college entrance exam covering English, reading, math, and science. Some schools may require the writing test, be sure to ask the counselor before your student takes the ACT.

Information for parents: <http://www.act.org/path/parent/tests/aap.html>

Frequently asked questions: <http://www.actstudent.org/faq>

**ACT Test and Registration Dates: 2018/19**

|  |  |  |
| --- | --- | --- |
| Test Date | Registration Deadline | Late Fee Required for Registration |
| Oct. 27, 2018 | Sept. 28, 2018 | Sept. 29 – Oct. 14, 2018 |
| Dec. 8, 2018 | Nov. 2, 2018 | Nov. 3 – 19, 2018 |
| Feb. 9, 2019 | Jan. 11, 2019 | Jan. 12 - 18, 2019 |
| April 13, 2019 | March 8, 2019 | March 9 - 25, 2019 |
| June 8, 2019 | May 3, 2019 | May 4 - 20, 2019 |
| July 13, 2019 | June 14, 2019 | June 15 – 24, 2019 |

**SAT:**  <https://www.collegeboard.org>

A college admissions exam that tests knowledge of reading, math and writing. An overview of the new SAT is provided on the [MCPS website.](http://www.montgomeryschoolsmd.org/curriculum/highschool/)

**SAT Test and Registration Dates: 2018/19**

|  |  |  |
| --- | --- | --- |
| Test Date | Registration Deadline | Late Fee Required for Registration |
| Oct. 6, 2018 | Sept. 7, 2018 | Sept. 26, 2018 |
| Nov. 3, 2018 | Oct. 5, 2018 | Oct. 24, 2018 |
| Dec. 1, 2018 | Nov. 2, 2018 | Nov. 20, 2018 |
| Mar. 9, 2019 | Feb. 8, 2019 | Feb. 27, 2019 |
| May 4, 2019 | April 5, 2019 | April 24, 2019 |
| June 1, 2019 | May 3, 2019 | May 22, 2019 |

**SAT and ACT Preparation**

The B-CC counseling office has a file folder of organizations that offer tutoring. There are pamphlets in the College & Career Center for a variety of test preparation options. Your student can download an app which offers an SAT Word of the Day and there are numerous other free (and paid) resources on line, including the free Khan Academy SAT preparatory program: www.khanacademy.org

**SAT Subject Matter Tests**

Additionally,there are SAT Subject Matter Tests offered; your student should meet with his/her teachers and counselors to decide which, if any, he/she should take. They are different from the SAT which a majority of colleges still require as a part of the admissions process. Some colleges require subject tests; check with the college or university to determine what the school requires. https://blog.prepscholar.com/complete-list-of-colleges-that-require-sat-subject-tests

### **PSAT/NMSQT Resources**

The PSAT/NMSQT is the official route of entry for 11th graders to the [National Merit® Scholarship Program.](http://www.nationalmerit.org/nmsp.php#merit) Furthermore, taking the PSAT will help students understand how they might score on the redesigned SAT, using a test that is developed by The College Board.  It’s important that students and families have the chance to see which type of college admissions test might best reflect their son or daughter’s potential to succeed in college.  This year, the test will be held October 10, 2018.  The test fee is approximately $16.  Students received the PSAT registration form and student guide in their social studies class. Registration and fee are due by **Friday, September 28th!**

**SAT/ACT OPTIONAL SCHOOLS**

There is a list of colleges that do not use SAT or ACT scores for admitting substantial numbers of students into their bachelor degree programs.  Some schools exempt students who meet a certain grade point average, while others use SAT or ACT scores only for placement purposes.  Please check with the college's admissions office to learn more about each individual college's requirements.  The National Center for Fair & Open Testing publishes a list at:   [http://www.fairtest.org/](https://webmail.mcpsmd.org/owa/redir.aspx?SURL=clwqBVvSp7jcUSAJXxfIt0OhOYeFty8O8wypFV3E-sKFCYvplO3SCGgAdAB0AHAAOgAvAC8AdwB3AHcALgBmAGEAaQByAHQAZQBzAHQALgBvAHIAZwAvAA..&URL=http%2525253a%2525252f%2525252fwww.fairtest.org%2525252f) .

**2018-2019 SAT and ACT PREPARATION OPTIONS**

B-CC students are ***strongly encouraged*** to prepare for the SAT or ACT. Listed below are opportunities to help students do their best.

**COLLEGE BOARD.COM:**  Free sample SAT questions and full SAT practice tests.

[WWW.ACTSTUDENT.ORG](http://WWW.ACTSTUDENT.ORG)**:** Free sample ACT questions and full ACT practice tests.

MCPS Class**:** Offered atsome local high schools – available through the Montgomery College Workforce Development & Continuing Education Office. For information call 240-567-5188 or visit [www.montgomerycollege.edu/wdce/satprep.html](http://www.montgomerycollege.edu/wdce/satprep.html)

**Private Classes:** There are a number of organizations that offer private classes. Many of these organizations will be at B-CC at the CAC-organized College Entrance Testing event on October 5, 2017.

College Search Resources

The B-CC Counseling Department offers many programs for students interested in the college search process including these key meetings:

College Information Meetings for 11th grade students, March 12, through English class. (Confirm with Jeannette Reveron.)

College Application Process evening for 11th grade parents, March 18, B-CC auditorium, 7PM.

### **Naviance/Family Connection: http://www.naviance.com**

Naviance is an online database used by your students to explore college and career options, and by the school to send recommendations and official transcripts in the application process senior year. Teachers and counselors use Naviance to send essential parts of the college application including recommendations, official transcripts and other school information.

*Naviance for Students:* Students received a Naviance registration code during sophomore year to establish their personal account. If new to the Class of 2018, your student will receive his/her registration code this year. If your student loses his/her code, the counseling secretary or counselor can provide assistance. Through exercises and activities on Naviance students can explore career options, assess their strengths, search for colleges, apply for scholarships and track their application progress. They can also create scatterplots that show how they would compare with recent B-CC grads who were accepted at certain schools.

*Naviance for Parents:* Parents can register for their own Naviance account by obtaining a unique registration code from their child’s counselor. Parents can use their Naviance account to monitor their student’s actions and to write a letter to the counselor. This letter is particularly useful for highlighting their child activities outside of school, including volunteer efforts. For maximum impact, this letter should be completed before the counselor needs to write his or her own letter of recommendation for the student.

B-CC College Visits, College Fairs and Gap Year Resources

**College Visits**

From mid-September through Thanksgiving, B-CC hosts over 200 college representatives. These meetings matter. The college representatives are often the first to review your student’s application and some keep attendance sheets to record interest in their school.

To attend a college meeting:

* Log in to the student Naviance account.
* Choose any of the 4 locations to view college visits
	+ Home page: What’s new box
	+ Home page: College Visits link at bottom left
	+ Colleges tab: Home, Collge Visits Box
	+ Colleges tab: Research Colleges, College Visits
* Select the REGISTER button.
* PRINT THE REGISTRATION SCREEN !!!!!
* The print out will serve as the “ticket” to attend the visit.
* At least two days prior to the visit, on this “ticket,” obtain the permission-to-attend signature from the teacher whose class you will miss. Attendance at the college representative visits is always at the discretion of the teacher of the class to be missed; students are expected to make up all work that is missed
* Bring the signed “ticket” for admission to the visit.

**College Visit Dates on Naviance**

The visit schedule is viewable on Naviance at the 4 location mentioned above. Day of and the next day visits are announced on morning announcements and published on the B-CC list serve. A list of visits is posed on the College and Career Center hallway bulletin board.

**National College Fairs**

MCPS College and Career Centers receive information regarding special programs for high school students and parents in the Washington Metropolitan area. While some of these events and materials may not be sponsored or endorsed by the Board of Education of Montgomery County, the superintendent, or your school, parents and students are encouraged to explore the opportunities below. Parents and students participating in National College Fairs meet one-on-one with representatives from colleges and universities to discuss admission and financial aid opportunities at their respective institutions. Register before the college fair to make the most of your time onsite and ensure that colleges can follow up with you. Counselors will be available onsite to help you determine the colleges that meet your requirements regarding
major, location, and other areas of interest.

**Upcoming College Fairs**

If you and your student plan to participate in any of these, remember to inform B-CC that your student will not be in school that day and send in a note to the attendance office. This is just a sampling of visits.

* ALCANZA Latino College Fair The fair will be held on October 17, 2018 from 11 am to 12:30 pm at George Mason University, EagleBank Arena (formerly the Patriot Center).  Free, more than 200 colleges participating; register online, as space is limited:  <http://admissions.gmu.edu/rsvp/alcanzahighschools/>.
* Mt. Calvary Baptist Church HBCU College Fair The fair will be held on Saturday, November 3, 2018 from 8:00 am to 2:00 pm at Mt. Calvary Baptist Church, Leon Grant Family Life Center, 608 North Horners Lane, Rockville, MD 20850.  To register:  [https://yourfuture.splashthat.com/](http://yourfuture.splashthat.com/)  Lunch provided for students, parents, college representatives, exhibitors and workshop facilitators.  On-site admissions available.
* BALTIMORE NATIONAL COLLEGE FAIR The fair will be held on October 30-31st, 2018 from 9 am to noon and 6:30 to 8:30 pm on the 30th and 9 am to 11:30 am on the 31st at the Baltimore Convention Center. Visit [www.nationalcollegefairs.org](http://www.nationalcollegefairs.org/) for the most current listing of institutions participating and workshop information.
* GREATER WASHINGTON DC NATIONAL COLLEGE FAIR The fair will be held on Sunday, November 3, 2018 at the Walter E. Washington Convention Center, Washington DC from 2 to 5 pm. Free and open to the public, National College Fairs allow students to interact with admission representatives from a wide variety of postsecondary institutions.
* NATIONAL HISPANIC COLLEGE FAIR The fair will be held on November 8, 2018 from 10 am to 1 pm at the Bohrer Center in Gaithersburg, MD.    B-CC plans a field trip each year for juniors and seniors to this event during the school day.
* WASHINGTON DC PERFORMING AND VISUAL ARTS COLLEGE FAIR The fair will be held on Sunday, Nov. 4, 2018 at the Walter E. Washington Convention Center, Washington DC from 1:00 pm to 3:30 pm The Performing and Visual Arts (PVA) College Fairs are designed for students interested in pursuing undergraduate and graduate study in the areas of music, dance, theater, visual arts, graphic design, and other related disciplines.
* MCPS Historically Black College and Univesities Fair. Friday, February 8, 2018. Location TBD.
* MCPS NACAC College Fair. April 1 and 2. B-CC is usually assigned the first day. The fair is open to families the evening of April 1. B-CC will have a field trip for juniors to the fair during the school day.
* COLLEGES THAT CHANGE LIVES will visit BCC on March 18, 2019, with a discussion led by Maria Furtado from Eckerd College, Florida.

**Take a Campus Visit Online**

If you can’t make the physical trip to a campus, visit the college’s website and look for the Virtual Tour link.

**Gap Year**

A Gap Year is when a student chooses to wait a period of time after graduating from high school and before starting college.

**Gap Year Meeting for Parents & Students:**

The BCC Peer Parents will be hosting a program for parents and students interested in learning more about gap years on **December 11, 2018 at 7pm in the BCC Cafeteria**.

The meeting will feature a panel of speakers including a recent BCC grad who took a gap year, a parent of a gap year grad, and Sue Di Filippo, founder of Gap Year Explorer.  Sue will discuss her process in providing guidance to students and their parents and provide examples of great gap year options such as volunteering in the national parks, international volunteering or interning to learn about a field of interest.

USA Gap Year will also hold an annual Gap Year Fairs in January or February of 2019. Exact date has not yet been announced. Check their website, [www.usagapyearfairs.org](http://www.usagapyearfairs.org) for updated information.

**Resources on Gap Year Programs:**

More information is available in B-CC’s College Career Center and on these websites:

* [www.gap-year.com](http://www.gap-year.com)
* [www.collegegapyear.com](http://www.collegegapyear.com)
* <http://gapyearadvisor.org>
* [http://usagapyearfairs.org/fair/washington-dc-2](http://usagapyearfairs.org/fair/washington-dc-2/)
* <http://www.interimprograms.com>

Academic Resources at B-CC

### **Time for Academic Progress (TAP)**

TAP is a FREE after-school program at B-CC funded by the BCC Educational Foundation. All students can receive EXTRA HELP with Math, Science, English or Social Studies. This is a very popular program for students with their own BCC teachers. TAP is held on Tuesdays, Wednesdays, and Thursdays from 2:45 to 3:45, students should go to room C109. TAP is a "drop-in" program. Students may stop by for help with a particular question and leave after a few minutes or stay longer if they need additional help. They can go as often they need /want, it is also a nice place to do their homework.

See: <http://www.montgomeryschoolsmd.org/schools/bcchs/academics/tap.aspx>

**Academic Peer Partners**

Academic Peer Partners is a student-to-student academic support program. A student who would like support in a particular class is paired with another student who is/was very strong in this subject. The partnership commitment is to meet at least once a week for a semester in support of academic success. During the 2017-2018 school year over 300 students participated in this program. Mrs. Parmelee is the program sponsor.

### **Language Lab**

B-CC has a 34-person Language Lab in Building C that houses recently upgraded high tech teacher and student workstations, complete with computer monitors, recording devices, headsets and software. Students are able to practice self-recorded drills, engage in paired conversation, and hear voice playback to gain greater confidence in linguistic fluency. Students can access DVDs or the internet to listen to foreign language (or English) television and radio to work on listening comprehension.

### **Internet and Computer Access**

The Cyber Café is located next to the cafeteria and offers students 16 Internet-enabled computers, a printer and a scanner. It’s open before and after school and during lunch. B-CC also has six computer labs, each with 33 computers, throughout the school.

### **Career Partnership Day**

### This program is an opportunity for juniors to learn more about a particular job or interest, get career advice, and connect with people who could help them with a job in the future. The Internship Coordinators are Roberta Ricci, Stacy Farrar and Nicole Sofarelli, reachable at: Roberta\_A\_Ricci@mcpsmd.org, Stacy\_K\_Farrar@mcpsmd.org and Nicole\_M\_Sofarelli@mcpsmd.org.

### **Maryland State Department of Education's Division of Rehabilitative Services (DORS)**

DORS transition specialists help students with disabilities prepare for the future. Students who have been in special education programs (IEP), received accommodations in school (504 Plan) or have significant health conditions may be eligible for services. <http://dors.maryland.gov>

Parent Teacher Student Association (PTSA)

### Parent involvement is critical to B-CC operating smoothly and keeping our students learning and engaged, even in 11th grade! The PTSA and various booster groups can always use more volunteers.

### Bookmark the [PTSA website](http://www.bccptsa.net) along with the [B-CC High School website](http://www.montgomeryschoolsmd.org/schools/bcchs/parents/) for easy access. All events are listed under upcoming events on the home PTSA page.

### PTSA President: David Welch: davidnwelch@gmail.com

**A sample of relevant PTSA and parent committees are below. All committee descriptions can be found on the** [PTSA website](http://www.bccptsa.net/#!ptsa-committees/ccjp).

**College Advisory Committee (CAC)**

Supports the B-CC College & Career Center and assists with programs related to the college preparation process and guidance topics.

Co-Chairs: Tahniat Saulat at trsaulat@gmail.com and Marina Bowsher at marinabowsher@yahoo.com

**Inclusive Learning Committee**

Supports parents and students who have IEPs and 504s. They host speakers on college
readiness, time management and organization, as well as standardized testing for students with educational accommodations.

Chair: Libby Nealis at libbynealis@yahoo.com

**BCC Diversity Parents Council**

This Council was created to empower African American, students of color, and/or other minority parents to take a more pro-active role in their children’s education.

# **B-CC VP/DPC Liaison**

Corinne Goldsmith: Corinne.Goldsmith@gmail.com

# **Co-chairs:**

Lorena Alvarez: benlorena@yahoo.com

Sandra Van Bochove: svanbochove@orizon-inc.com

RoseMarie Broadbell: rbroadbell@gmail.com

Georgette Scott-Nash: GeorgetteScottNash@gmail.com

Health and Wellness

The Health and Wellness Committee wants parents to be aware of an ongoing program at BCC, Sources of Strength ([www.sourcesofstrength.org](http://www.sourcesofstrength.org)). It builds peer-led social networks and connects teens to trusted adults in school to prevent dangerous behaviors.

The Sources of Strength networks will create the opportunity to engage students, to share information and improve awareness on issues considered relevant.

As in previous years, the prevention of substance abuse will receive attention, but we plan to add other issues, based on the input received by students, staff and families. Body image, mindfulness and nutrition are issues we would propose to the Sources of Strength networks.

Here are some resources to help prevent or reduce underage drinking and drug use:

* Have conversations not confrontations: [www.drugabuse.gov](http://www.drugabuse.gov) and teens.drugabuse.gov
* Dispose of all expired and unused medicines: www.fda.org
* Lock up your alcohol and prescription medications: [www.drugfreekids.org](http://www.drugfreekids.org)
* Understand how to use pain medicines safely:
[www.fda.gov/ForConsumers/ConsumerUpdates/ucm095673.htm](http://www.fda.gov/forconsumers/consumerupdates/ucm095673.htm)
* Talk to your child's counselor and get information booklets: Call the B-CC Counseling Office at 240-354-6320
* Seek a professional assessment if you suspect substance abuse: Call Pathways to Services at 301-354-4905
* Seek help if you are worried about mental health: Call Montgomery County Hotline at 301-738-2255

# **BCC Health and Wellness Committee**

**Chairperson:** Libby Nealis: Libbynealis@yahoo.com

Receive Information from B-CC and MCPS

**Alerts by text message and email**

Receive text messages or email from MCPS during weather-related emergencies and other
major events that impact school system operations.
<http://www.montgomeryschoolsmd.org/emergency/alertmcps.aspx>

**Listservs**

* **BCCNet listserv**: Important information from B-CC. To sign up, follow the link on the right side of the B-CC PTSA website. Then “click here to join the listserv“. This list-serv is for B-CC-only related announcements and it is maintained by the PTSA.
* <http://www.montgomeryschoolsmd.org/schools/bcchs/parents/listserves.aspx>
* **BCCcommunity listserv:** A Community-Run Information Resource

This is a privately maintained, unaffiliated to B-CC or PTSA, resource for B-CC community announcements. To sign up, send an email to: bcccomunitysubcribe@yahoogroups.com

**Barons Blast text message**

Text (571) 512-3853 with the message @baronsbl or email baronsbl@mail.remind.com

**B-CC Phone App**

Free and available in the App Store. Use it to access important announcements and all
information available on the B-CC website.

**Student Newspaper**

The Tattler is the oldest student-run newspaper in the county and winner of a gold medal awarded by the Columbia School of Journalism for 2000/2001. [www.tattlerextra.org](http://www.tattlerextra.org)

**This document was updated by the 2018-19 11th Grade Peer Parents.
To offer feedback, please contact:**

Nicole Veilleux: geomeekins@yahoo.com

Sophie Toujas: momincharge5@gmail.com

Kerri Valencia: kerrivalencia@yahoo.com