

# Saddlebrook Preparatory School

Fall 2011  
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## Dear Parents,

This letter is the first in a series of letters that you will receive from the Guidance Office at Saddlebrook Prep. Newsletters will be created in the fall, winter and spring. The purpose of these newsletters is to keep you informed about various topics to include: academic, testing and college related matters that affect your son or daughter. For your convenience, the newsletter will be divided into categories according to the students' grade level. You will also find a general information section. Parents of students in grades 9-10 are encouraged to read the sections pertaining to juniors and seniors to see what is come in future years. I would like to expand the newsletter to include questions from parents that I may have not considered. If you have questions or would like more information on a topic included in a newsletter, please contact me by e-mail: [alanderos@saddlebrook.com](mailto:alanderos@saddlebrook.com) or via phone: 813-907-4516.

Thank You,  
Alyson Landeros, M.A.  
Guidance Counselor

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### Upcoming Events

- ◆ PSAT  
10/12/2011
- ◆ SAT 10/1/2011
- ◆ ACT 10/22/2011
- ◆ Parent's  
Weekend 10/20-  
10/23
- ◆ Red Ribbon Week  
10/24-10-28

### General Guidance Information

As the year progresses issues may arise for developing youth and those will be addressed as needed. Current programs scheduled are as follows: Red Ribbon Week (drug awareness) October 24-29, 2011, and Health Week which will take place in the spring prior to spring break.

Individual time with me is always open to any of the students who might be experiencing difficulty in transitioning to a new school, academic, athletic or peer difficulties.



## Testing

Most American colleges require some form of admission test such as the SAT or ACT; most colleges or universities will accept either test. Some colleges will also require the TOEFL to be taken for international students. Collegeboard.com, as well as individual college's websites lists what admission test(s) are required and minimum scores accepted. I encourage all students to learn about the differences of each test, and take them both to see on which they achieve a better score.

Practice versions of both tests are available in the Guidance Office and on-line.

There are also many SAT/ACT/TOEFL preparation books that can be purchased. Saddlebrook Prep students grades 3-11 will take the Stanford 10 in the spring. This is a standardized test used to ensure students are adding to their knowledge and meeting national academic standards from year to year.

## National Collegiate Athletic Association (NCAA) News

The National Collegiate Athletic Association (NCAA) is the regulating body for college and university athletic programs. The NCAA has many specific requirements for college athletes.

**Note:** Even if your child is not a senior it is important to familiarize yourself with NCAA rules if your child plans to attend an American University upon graduation.

Attached is the quick fact sheet from the NCAA website that breaks down all necessary requirements for incoming freshman.

**Note:** Even if your child is not a senior it is important to begin to familiarize yourself with college planning process, testing such as SAT, ACT, TOEFL and NCAA rules/regulations if your child plans to attend an American University upon graduation.

## Elementary School News

Strengthening our Guidance Program for our elementary and middle School grade levels is a priority for S.P.S this year. As the counselor, I plan to go into the elementary and middle grade classrooms twice a month to teach lessons and provide students with activities to meet their developmental needs.

### Some Topics Covered

- Responsibility
- Healthy Relationships
- Bullying
- Drug awareness
- Other topics requested by teachers, parents, or students.

## Middle School News

Strengthening our Guidance Program for our elementary and middle School grade levels is a priority for S.P.S this year. As the counselor, I plan to go into the elementary and middle grade classrooms twice a month to teach lessons and provide students with activities to meet their developmental needs.

### Some Topics Covered

- Time Management
- Peer Pressure/Bullying
- Drug awareness
- Emotional & physical health
- Other topics requested by teachers, parents, or students.

## Ninth Grade News

This **is** the year to begin thinking about college! Beginning in Ninth grade, all grades earned will be permanently on your official transcript when sent to any college you apply to when you are a senior.

Sophomores and freshmen are encouraged to take the PSAT/PLAN. The PSAT will be given Wednesday, October 12, 2011. The PLAN will be given at the beginning of 2012. This is

a great way for students to get a feel for what the SAT/ACT will be like. Taking the PSAT/ACT tests can also help students to identify their areas of strength and weakness in the test taking process. These scores will **NOT** be reported to any colleges.



## Tenth Grade News

All sophomores are *strongly* encouraged to take both the PSAT in October and the PLAN in late January. These are the college entrance exams that colleges and universities require as a part of their admission process.

These tests are considered "practice" and will not be reported to colleges or universities.

Tenth grade year is when students and parents need to begin having dialogue about colleges and universities of interest. Sophomores need to begin thinking about the rigor of their academic caseload. This is an aspect that schools weigh into their admission decision process.

## Eleventh Grade News

Juniors should take the PSATs in the fall and PLAN in the spring. The PSAT is offered at Saddlebrook Preparatory on October 12, 2011. The PLAN's date is yet to be determined. Following the PSAT/PLAN, I suggest juniors take the SAT/ACT at least once in the spring of their junior year. There is no research to support students having a distinct advantage in taking any of these tests more than two/three times.

Taking any of these tests prior to their junior year is not recommended due to the fact that the math tested is higher level algebra and geometry. These courses are typically not completed until the second semester of a student's sophomore year.

Junior year of high school is an especially important year to be concerned about grades. It is the last full academic year that will appear on transcripts when applying to college in the fall/winter of their senior year. It is also time to begin discussing where your child may like to attend college.

This process includes researching college and university websites, looking at academic requirements, reviewing tennis and golf programs, and planning campus visits. It is essential to know the rules of NCAA when to speaking with coaches as a junior. NCAA.org is a very helpful website.

**Note:** Check out *Saddlebrook Preparatory's complete College Planning Handbook on our website under the academic tab.*



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## Twelfth Grade News

In the first few weeks of the 2011-2012 school year I will work individually, and in groups, with all seniors to ensure the following has been completed:

- They have registered with the NCAA eligibility center.
- They have taken and/or are registered to take the SAT, ACT or TOEFL.
- Review graduation requirements and fill out a graduation contract (you will receive a copy of this). Register for on-line courses if a student is short any required courses and/or are short credits required for graduation.
- Identify and select colleges that meet students' academic and athletic requirements: safe/stretch schools.
- Be sure students are comfortable with the college admissions process.

I have developed a senior check list that will be reviewed and given to your student. This checklist was made in anticipation that your child will take the lead in their college admissions process, as this will build good responsibility and leadership qualities.

In addition, many colleges and universities and the NCAA will only speak with the student not the parent or counselor.

*At Saddlebrook Preparatory our mission is to expand student's minds, build their bodies and shape their character.*

## Ten Core Values Statement

*The Saddlebrook Preparatory School educational community shares the following values and will create an environment in which students will:*

- Be inspired and motivated to achieve success at the highest possible level in appropriately differentiated instruction.
- Be encouraged and inspired to train at their highest possible level in order to perform well in competition.
- Develop skills, knowledge, and attitudes from research-based instruction measured against state and national standards.
- Develop responsibility and ethics in the use of twenty-first century technology and communication skills.
- Respect cultural and ethnic differences and demonstrate respect for themselves and their school community.
- Develop a positive work ethic by being self-directed, self-disciplined, and responsible.
- Demonstrate organizational, logical, and higher level thinking skills.
- Learn and appreciate the value of their service to others.
- Learn how to cope with adversity in a positive manner in the classroom, in the athletic environment, and in their daily lives.
- Develop positive self-esteem from experiencing success in learning.

We're on the Web!  
[www.saddlebrookprep.com](http://www.saddlebrookprep.com)