



Mainland Regional High School

Economic Toolkit



Mainland Regional High School's Commitment

Mainland Regional High School is committed to ensuring that all of our students, regardless of the economic conditions in our geographic area, are provided with all necessary resources to succeed. We are also committed to ensuring that each student is able to fully participate in Mainland's extracurricular activities regardless of economic status. **Mainland encourages all families that are eligible to apply for participation in the federal free and reduced lunch program. Participation in this program not only provides your student with a free or reduced cost breakfast and lunch, but also determines their eligibility for SAT, ACT, AP and college application fee waivers.**

Accordingly, we have prepared this toolkit of resources that are available to our students and families:

Free and Reduced Lunch

Mainland Regional High School participates in the federal free and reduced lunch program. Families may apply for participation in this program at any time during the year if their economic status has changed. Program eligibility is based upon the current month's family income including unemployment benefits and severance. A family's income in the months prior to the date of unemployment is not considered. Below is a link to Mainland Regional High School's free and reduced lunch program application.

Free and Reduced Lunch Application

For a confidential appointment with a member of Mainland Regional High School's staff to discuss eligibility for free and reduced lunch, please contact Ms. Jo-Anne Goldberg at (609) 927-0825 or at jgoldberg@mainlandregional.net. You do not need an appointment in order to apply to this program. If you do not apply now and your circumstances change, please do not hesitate to apply at a later date. **

Completed applications should be sent to the attention of Ms. Sandra Pareja, MRHS Cafeteria Manager. You may also send a signed and scanned copy of the application to Ms. Pareja at spareja@mainlandregional.net or drop-off a signed and completed application at the Main Office to be forwarded to Ms. Pareja.

Please be assured that there is no stigma to receiving free and reduced lunch. Once a student is approved, s/he will simply let the cashier know his/her student number when purchasing food. Because we permit all students to pre-fund school lunch accounts, many students regardless of their payment status, purchase meals by this method.

***In the event that your student is not eligible for free and reduced lunch and would like to be considered for a hardship waiver for Mainland Regional sponsored programs and events, please make an appointment with Ms. Jo-Anne Goldberg at (609) 927-0825 or at jgoldberg@mainlandregional.net.*

College Testing

The SAT, ACT and other aptitude or achievement testing is often a prerequisite to applying for colleges and universities. The College Board (the sponsor of the SAT and SAT II tests) and the ACT have fee waivers available for those that meet certain guidelines, including receipt of free and reduced lunch. Below are links to information and applications for both SAT and ACT fee waivers.

SAT Fee Waiver

<http://sat.collegeboard.org/register/sat-fee-waivers>

ACT Fee Waiver (Information Available Under General Questions)

<http://www.actstudent.org/faq/feewaiver.html>

In addition, the College Board permits students who have received testing fee waivers, to send their SAT scores to up to four colleges/universities free of charge. This process is also explained via the link provided above for the [SAT Fee Waiver](#).

College Applications

Almost every college and university permits students that meet certain eligibility requirements the ability to apply without payment of an application fee. These requirements are unique to each college and university. Information regarding college application fee waivers is also explained via the FAQ (Frequently Asked Questions) link below.

[FAQ College Application Fee Waiver](#)

<https://bigfuture.collegeboard.org/get-in/applying-101/college-application-fee-waivers>

Apply to College for Free (*The College Board*)

If you apply to more than one or two colleges – and you should! – the application fees can really add up. For eligible students, the College Board is providing four college application fee waivers. Many four-year and two-year colleges accept application waivers – [view a list of schools](#) that participate in the college application fee waiver process, or use our [online search tool](#).

If you registered for the SAT with a fee waiver, then you're automatically eligible to receive the college application fee waivers. To learn more about college application fee waivers – details about eligibility requirements, how to use fee waivers with the Common App, and more – check out our [college application fee waiver FAQs](#).

Save money with college application fee waivers, then register with [CSS/Financial Aid PROFILE®](#) to apply for financial aid.

[The Common Application](#) is a not-for-profit membership organization that is committed to providing reliable services that promote equity, access, and integrity in the college application process. The Common Application serves students, member institutions, and secondary schools by providing applications that students and school officials may submit to any of over 500 member institutions. Membership is open to colleges and universities that promote access by evaluating students using a holistic selection process. A link to The Common Application is provided below.

[Common Application](#)

<https://apply.commonapp.org/Login>

Financial Aid resources and links provided by **The Common Application**:

[FAFSA](#): The Free Application for Federal Student Aid: a required form for any student seeking need-based financial aid. <http://www.fafsa.ed.gov/>

[Office of Federal Student Aid](#): A resource of the US Department of Education. Learn about different types of financial aid and how to apply for them. <http://studentaid.ed.gov/>

[NASFAA](#): The National Association of Student Financial Aid Administrators. More than 18,000 student financial assistance professionals at approximately 3,000 institutions of higher education, serving over 16 million students. Offering extensive resources for students and parents. http://www.nasfaa.org/students/About_Financial_Aid.aspx

As in prior years, Mainland is hosting a number of “instant decision days” in which students who meet certain eligibility requirements will be admitted to participating colleges and universities on the spot. Most of these colleges and universities, but not all, do not charge application fees for those participating in instant decision days. Information on participating students as well as our developing schedule is available through the Naviance Family Connection portal or through the guidance office.

Scholarships

All of our students and their families are affected by the high cost of post-secondary education. Students may be eligible for various scholarships to help defray some or all of these costs. Many, but not all scholarships, are need based. Students may be eligible based upon their overall grades or grades in a particular subject, community involvement, athletic ability, extracurricular interests, etc. It is imperative that students apply early and often for various scholarship opportunities. Mainland Regional High School utilizes the Naviance Family Connection portal to assist students and their families in planning and preparing for college. Below is the link to the Naviance Family Connection portal. Once logged in to Naviance, click or select the College tab and scroll down to review local and national scholarship opportunities. In addition to the scholarships offered through Naviance, students should check other on-line resources and the scholarships available from their desired colleges and universities.

[Naviance Login](https://connection.naviance.com/family-connection/auth/login/?hsid=mainlandrhs)

<https://connection.naviance.com/family-connection/auth/login/?hsid=mainlandrhs>

Advanced Placement (AP) Testing

Students enrolled in an Advanced Placement course receiving free and reduced lunch are automatically exempt from payment for Advanced Placement (AP) exams. If you do not qualify for free and reduced lunch, but are concerned about paying for an Advanced Placement examination, please contact Ms. Jo-Anne Goldberg at (609) 927-0825 or via email at jgoldberg@mainlandregional.net.

Transcripts

Mainland Regional High School will provide an unlimited number of transcripts free of charge to colleges and universities for all of our current and former students. In addition, if a current or former student needs a transcript for purposes of scholarship or employment, Mainland Regional High School will provide them free of charge. Please contact Ms. Michele Fama, at (609) 927-4139 x. 1030 or via email at mfama@mainlandregional.net in the event that you need a transcript printed.

Academic Tutoring

Mainland Regional High School students that are concerned about their academic performance or are struggling in a class or classes can sign-up for free National Honor Society tutoring in the high school’s library. NHS tutoring is provided by members of our National Honor Society. In addition, students that are concerned about their academic performance should contact and seek assistance from their teachers.

***If you would like additional information on various testing programs, the best time for students to take these aptitude and achievement tests, and/or to discuss completion of the fee waiver forms, please make an appointment with your student’s guidance counselor by contacting the Mainland Regional High School Guidance Office at (609) 927-4139.*

Special Assistance for Mainland Events & Activities

Mainland Regional High School is committed to ensuring that all of our students are able to participate in the Mainland experience. Students and their families may request special assistance due to financial hardship for attendance at our sporting events, participation in field trips, or any other programs or Mainland events. We are working with other organizations, including the Mainland Regional Community Partnership, to subsidize or pay for the costs of the Prom and After-Prom and the purchasing of yearbooks. Please look for additional information, as it is developed, on Naviance, the Infinite Campus Parent Portal, and the [High Schools Website](#). To request special assistance, please contact Ms. Jo-Anne Goldberg at (609) 927-0825 or via email at jgoldberg@mainlandregional.net.

One Family, One School, One Community

Social Services

Mainland Regional High School's Guidance Counselors, Social Workers, School Psychologists, and Student Assistance Counselor (SAC) are available to assist all of our students, including those who may be experiencing anxiety as a result of transitions due to changes in their parents/guardians employment status. For an appointment or referral please contact Ms. Jo-Anne Goldberg at (609) 927-0825 or via email at jgoldberg@mainlandregional.net.

In addition, the Atlantic County Department of Family and Community Development in partnership with the Atlantic County Division of Public Health and the Atlantic Cape Workforce Investment Board developed [the Source](#), a resource guide for youth and families in Atlantic and Cape May Counties. Below you will find links to useful contacts and resources listed in [the Source](#).

[Crisis Hotlines & Other Useful Numbers](#)

[Clinics, Hospitals, & Medical Centers](#)

[Career Exploration, Education, & Employment Resources](#)

[Emergency Shelters for Men, Women, & Teens](#)

[Family Success Centers](#)

[Insurance Resources for NJ Families](#)

[Legal Resources](#)

[Life Skills & Prevention Programs](#)

[Sexually Transmitted Disease \(STD\) Testing & Information](#)

[Mental Health & Services for Youth and Families](#)

[Pregnancy & Family Planning](#)

[Substance Abuse Information, Counseling, & Treatment](#)

The Atlantic Homeless Alliance (AHA) has been developed to assist individuals and families who are homeless or at risk of becoming homeless in Atlantic County. AHA staff develops a personalized support plan with the primary goal of addressing concerns and challenges relating to homelessness. For more information regarding the services and resources that the Atlantic Homeless Alliance provides, please click the link below.

[Atlantic Homeless Alliance Informational Flyer](#)

The [Atlantic County Dental Discount Card](#) is designed to help uninsured and underinsured county residents save money on their dental service expenses. The Atlantic County Dental Discount Card is provided to you in a joint effort with the National Association of Counties (NACo) and Careington International Corporation to help residents save on most dental procedures including routine and oral exams, unlimited cleanings, and major work such as dentures, root canals, and crowns. Cosmetic dentistry such as bonding and veneers and orthodontic services are also included.

[Atlantic County Dental Discount Card Application](#)

The **Atlantic County Prescription Discount Card** provided to you in a joint effort with the National Association of Counties (NACo), can save you money on many of your prescription purchases. Any county resident without prescription coverage can use this program. If you have insurance for prescription drugs, you may still benefit from the discount card, since it may save you money on prescription drugs your existing plan does not cover. To print your Atlantic County Prescription Discount Card please click the link below.

[Atlantic County Discount Prescription Card](#)

[NJHelps](#) is a free and easy guide for you to determine what programs and assistance for which you and your family may be eligible. [NJHelps](#) will tell you where to go for help and what to bring with you, after you have answered a few basic questions. [NJHelps](#) can also provide you with contact information and links to valuable resources available throughout the State

Atlantic County Government Health Services

[ADULT VACCINATIONS](#) - In addition to seasonal flu shots, the Division of Public Health provides the following vaccinations for adults 50 years and older at no charge for residents without insurance and those whose insurance does not cover these vaccines.

[ANIMAL SHELTER](#) - Featured Pets, Hours of Operation, Adoption Fees, Directions to our Shelter, Free Rabies Clinics, more...

AIDS COMMUNITY CARE ALTERNATIVE PROGRAM (ACCAP) - Eligible individuals diagnosed with AIDS may receive Medicaid covered services including private duty nursing services in the community rather than in a nursing home. Call 1-888-426-9243

[BLOOD PRESSURE](#) - The Division provides workplace cholesterol and blood pressure screening and education programs for all Atlantic County businesses.

[CANCER](#) - Risk assessment and education for breast and cervical cancer.

[CHILD HEALTH VACCINATIONS AND WELL VISITS](#) - Childhood Check Ups, Shots, Hearing/Vision Screening, Home Visits, Lead Screening.

[CHOLESTEROL](#) - The Division provides workplace cholesterol and blood pressure screening and education programs for all Atlantic County businesses.

[CHRONIC ILLNESS PREVENTION & CANCER](#) - Cancer risk assessment & screening, cholesterol and blood pressure screening, diabetes education, more..

[COMMUNICABLE DISEASE PREVENTION & CONTROL](#) - Tuberculosis, Rabies, Flu Shot information, Sexually Transmitted Disease, Other Infectious Disease.

[DENTAL SERVICES](#) - The John Cronin Dental Center offers general dentistry to low income families and senior citizens over the age of 60,

having no dental insurance and based on a sliding scale payment fee. Appointments are necessary and proof of income is required. Medicaid is accepted. Open to Atlantic County residents only. Hours of operation are Monday-Friday, 8:30 a.m. to 5:00 p.m. For appointments and information, phone (609) 645-5814.

[DIVISION OF PUBLIC HEALTH](#) - Offering comprehensive health services to enhance your work, your family, your neighborhood and your life.

[FLU SHOTS, ADULT](#)

[LYME DISEASE INFORMATION](#) - Information about the prevalence and prevention of Lyme Disease.

[HEALTH INSURANCE, Adult](#) - The NJ Medically Needy Program provides medical benefits to certain New Jersey residents who have incomes that are too high to qualify for the regular Medicaid program.

HEALTH INSURANCE (NJ FamilyCare) - a program for some children under 18 years old. Information and applications are provided by the [Department of Family and Community Development](#) (PHONE (609) 345-6700, ext. 2640) and the [Family Centers](#).

[HEALTH INSURANCE, Senior](#) - The State Health Insurance Program provides counseling and assistance to seniors and disabled persons on Medicare regulations.

[HEALTH INSURANCE PORTABILITY AND ACCOUNTABILITY ACT \(HIPAA\) COMPLIANCE](#)

[HEALTH TOPICS A - Z](#)

[MENTAL HEALTH](#) - The Atlantic County Mental Health Administrator.

[MOSQUITO CONTROL](#) - The Atlantic County's Office of Mosquito Control carries on a program of Integrated Pest Management including inspections, biological controls, water management and public education,

coordinated with the DEP and health agencies.

[NURSING HOME SERVICES](#) - Meadowview Nursing and Rehabilitation Center.

[PRESCRIPTION SAVINGS PROGRAM](#) - Atlantic County residents and their dependents (living in the same household) can receive a discount of up to 10% to 50% off retail prices on all prescription drugs.

[PUBLIC HEALTH](#) - The Atlantic County Division of Public Health.

[RABIES, RABIES CLINICS](#)

[SARS \(Severe Acute Respiratory Syndrome\)](#) - Learn more about SARS.

[SENIOR HEALTH](#) - National Institute of Health site featuring Health resources for Older Adults.

[SEXUALLY TRANSMITTED DISEASE](#) - Screening, counseling and treatment.

[SUBSTANCE ABUSE SERVICES](#) - Treatment services, Driving While Intoxicated program, Alliance for the Prevention of Alcohol and Drug Abuse, substance abuse services for youth (TRY-IT Program).

[TICK-BORNE DISEASES](#) - Downloadable guide, County incidence map, Rocky Mountain Spotted Fever, Human Ehrlichiosis

[TRANSPORTATION](#) - Life Essential Transportation Services for dialysis, chemo and other cancer therapies, Prescribed Physical and Occupational Therapy programs, and Non-Emergency medical and laboratory appointments.

[TUBERCULOSIS](#) - Screening & treatment.

[WEST NILE VIRUS](#) - Frequently Asked Questions, reducing your risk, more...

[WORKPLACE HEALTH INFORMATION](#) - Information is available about Right to Know Laws, in-door air quality, and other topics

