

Freshman Newsletter

Volume 1, Issue 1

September 2010

Student Services Team

Ms. Ueckermann	A - Da
Mr. Quinn	De - I
Ms. Hart	J - M
Ms. Phillips	N - R
Ms. Fick	S - Z
Ms. Magruder	Secretary
Ms. Buffington	Registrar
Ms. McKinney	Pupil Personnel Worker
Ms. Martin	School Psychologist
Ms. Morales	Hispanic Liason
Ms. Thesing	Hispanic Liaison
Ms. Olney	BSAP Liaison
Ms. Collins	Social Worker
Mr. Riss	MD Tomorrow
Ms. Kai	School Nurse
Mrs. Bechara	Health Assistant

Student Aides

Parent Volunteers

If you need to see your counselor, remember to complete an Appointment Request form located in the Student Services Office (or Counseling Center or Guidance Office). Place it in the appropriate counselor's box located on their office door.

Graduation Requirements

Classwork

- 4 English credits (English 9, 10, 11, 12)
- 3 Social Studies credits (U.S. History, American Government and Modern World History.)
- 3 Math credits (Intro. To Algebra or Algebra 1, Intro. To Geometry or Geometry and 1 additional credit)
- 3 Science credits (Biology and 2 additional credits)
- ½ credit in Lifetime Fitness
- ½ credit in Health
- 1 Fine Art credit
- 1 Technology Education credit
- 2-4 Program Choice credits:
 - 2 World Language credits
 - or 2 Advanced Technology credits
 - or 4 Career & Technology completers
- 3 Elective credits

Additional Requirements

- 75 hours Service Learning
- World of Work Requirement
- Passage of 4 High School Assessments (HSAs')
 - American Government
 - Algebra 1
 - Biology
 - English

Vocabulary Terms

Freshman: student in 9th grade with less than 5 credits.

Sophomore: student in 10th grade with 5 credits (one of which is English).

Junior: student in 11th grade with 10 credits (two of which are English).

Senior: student in 12th grade with 14 credits (two of which are English) and 3 years of high school.

Credit: Earned when a class is passed with a grade of "D" or better. 21 credits (18 in specific course areas) are necessary to graduate.

Required: course you must take in order to graduate.

Elective: a course you may choose to take.

Prerequisite: A course you must successfully complete in order to take another course. It prepares you for the more advanced course.

Review: A class level for students performing below grade level in that subject. Teacher recommendation is required for these courses.

Diploma: a piece of paper received at graduation that states a student successfully completed high school and met all requirement stated by the Maryland State Department of Education.

Certificate: An additional piece of paper you can receive at graduation that states you performed in an advanced manner (academically) during high school. It is issued by the Maryland State Department of Education.

H.S.A. (High School Assessments): A graduation requirement set by the Maryland State Department of Education in efforts to meet standards of a Federal mandate called No Child Left Behind. H.S.A. tests are given in Algebra, American Government, Biology and English)

G.P.A. (Grade Point Average) At the end of each year, letters are converted to numerical grades and averaged. GPA is recalculated every year from courses attempted. GPA also helps determine class rank.

Class Rank: At the end of the junior year, each student's GPA is ranked from highest to lowest. This rank represents how well you have done compared to your classmates academically.

4 Year Plan: A plan which parents and students decide which courses you will take each year. It helps to plan ahead particularly if you are trying to earn a Certificate of Merit.







Semester: One half of the school year. Some courses are only one semester long.

Extra- curricular: activities outside the classroom. Examples include clubs, student government and athletics. Colleges consider extra curricular activities as well as academics in the admissions process. Academic Eligibility is required to participate in extra curricular activities.

Eligibility: Meeting a minimum academic standard to participate in any extra curricular activity. A student must have a min. 2.0 GPA and no "E's" during the quarter prior to participation.

Resource Center

Parent volunteers are available to assist students and answer questions/ address concerns about:

-  College exploration
-  PSAT/SAT/ACT Testing
-  How to choose a college
-  Program descriptions for Culinary Arts or Nursing Programs
-  Technical schools
-  The military

See your counselor about getting a pass and visiting our volunteers from 10:10 – 12:15 everyday

STRESS MANAGEMENT

STRESS MANAGEMENT IS THE ABILITY TO MAINTAIN CONTROL WHEN SITUATIONS, PEOPLE, AND EVENTS MAKE EXCESSIVE DEMANDS.

1. Look around: See if there is something you can control or change in the situation.
2. Remove yourself from the situation. Give yourself a break if only for a few moments.
3. Don't sweat the small stuff: Try to prioritize a few truly important things and let the rest slide.
4. Change the way you react (but not too much at one time). Focus on one thing that is troublesome and manage your reaction to him/her/it.
5. Avoid extreme reactions: Rage or just anger? Depressed or sad? Anxious or nervous? You decide.
6. Learn how to relax yourself: Take a deep breath, count to ten or walk away to clear your mind.
7. Set realistic goals: Reducing the amount of activity in your life could increase chances for successes.
8. Don't become overwhelmed: Do a little at a time as well as you can. Handle things individually as they arrive and prioritize
9. Change the way you view things: Your perception may make situations worse than they really are.
10. Do something for or with others to get your mind off yourself.
11. Get enough sleep.
12. Work off stress with physical activity.
13. Avoid self medication to escape: Alcohol and drugs don't really help the problem – they delay or mask them.
14. Keep trying and ask for help if you must.
15. Be positive.

HELPFUL TIPS TO SUCCEED

MANAGING STUDY TIME

- √ Write down ALL assignments, projects, test quizzes in your agenda books.
- √ Set daily study goals.
- √ Schedule studying time around activities you are not willing to miss.
- √ Build breaks into your schedule.

WHAT ARE THE 8 KEYS TO SUCCESS IN HIGH SCHOOL.....

- *Good attendance & good behavior*
- *Positive attitude (building self-esteem)*
- *Good work attitude*
- *Time for studying & homework*
- *Keeping organized (writing down your assignments)*
- *Have a healthy lifestyle (eat right, exercise, get enough sleep, avoid harmful activities)*
- *Have healthy relationships*
- *Seek advice/guidance from adults (parents, teachers, school counselor, and principal).*

2010 -2011 Calendar Highlights

1 st Marking Period progress reports issued	October 8
Last Day to drop a class w/o penalty (1 st Sem.)	October 20
1 st Marking Period report cards issued	November 15
School closes 3 Hours Early Parent Teacher Conferences	November 23-24
2 nd Marking Period progress reports issued	December 17
Winter Holiday December 24-January 2	School reopens January 3
Midterm Exam Dates	January 18-21
2 nd Marking Period report card issued	February 1
School closes 3 Hours Early Parent Teacher Conferences	February 17-18
3 rd Marking Period progress reports issued	March 4
Last Day to drop a class w/o penalty (2 nd Sem.)	March 16
Spring Break	April 18-25 School reopens April 26
3 rd Marking Period report cards issued	April 12
4 th Marking Period progress reports issued	May 12
Final Exam Dates	June 13, 14, 15, 16
4 th Marking Period report cards issued	Mailed home after school is out
Summer School begins	June 27

