

**Nansemond River High School  
Frequently asked Questions  
August 17, 2017**

**To help smooth your transition,  
from middle school to high school,  
below are some questions that are frequently asked.**

**Who are our administrative staff?**

Mr. O'Leary is our principal; Mr. Milteer, Mrs. Bibbo, and Ms. Worley are our assistant principals.

**What is our school address?**

3301 Nansemond Parkway, Suffolk VA. 23434

**How can you contact Guidance?**

Call: (757) 923-4101 ext.1, our fax number is: (757)538-5430 or even e-mail us at:

Mr. Lomax(09<sup>th</sup>) grade counselor: [gregorylomax@spsk12.net](mailto:gregorylomax@spsk12.net)

Ms. Porter (10<sup>th</sup>) grade counselor: [trinitaporter@spsk12.net](mailto:trinitaporter@spsk12.net)

Ms. Phiri(11<sup>th</sup>) grade counselor: [chaunaphiri@spsk12.net](mailto:chaunaphiri@spsk12.net)

Mrs. Cruey(12<sup>th</sup>) grade counselor and PLTW counselor: [mary-lindacruey@spsk12.net](mailto:mary-lindacruey@spsk12.net)



**What is our school mascot?**

The Indian Warrior

**Where can I drop off and/or pick-up my student?**

Please use our side door on the right of our building at the Gym door.

**What is our attendance policy?**

All students receiving high school credits, and missing an excess of ten days a semester in any subject shall receive a failing grade in that subject for that semester.

**How does tardiness work?**

Tardiness, for purposes of consistency, three instances of tardiness will be treated to be one absence.



## Classes for 9<sup>th</sup> grade



Whether they are honors or regular classes, 9<sup>th</sup> graders will take English 9, Math, Science (Usually Earth science, World history/geo. I, Health/PE9 and three other classes (electives)) for the whole school year. In order for our students to have honor classes they must have a B or better as their final grade on the previous course taken. (i.e. English 8).

All of our students must take electives throughout the course year and teachers will give a final in elective classes. (**Electives are courses that generally fall outside of the core academic subject areas** (English, math, history, and science). In order to graduate from a Suffolk Public High School, a student must have earned the required number of elective credits.

We have two diploma types (Standard and the Advanced Studies) with both diplomas students can take honor, AP/ Dual Credit courses. For a Standard diploma you must have six electives prior to graduation and for an Advanced diploma you must have four electives passed prior to graduation.

## Schedules and School Hours

You will follow an Even/Odd day schedule. You will have block seven every day, and it is the shortest and last period of the day. Any staff member can assist you in following your schedule.

### What time do classes begin and What time does the school day end?

You are allowed in the building at 8:00a.m. and announcements begin at 8:25 a.m. School ends at 3:00p.m.

Blocks 1, 2, 3, 4, 5, 6 are all 1hr. and 37min. long, Blocks 5 and 6 are extended because of lunch period. Block 7 you go to everyday, from 2:08 until 3:00p.m.

## Health and Physical Education

You are required to change clothes for physical education. The uniform consists of a white shirt, black or dark blue shorts, white socks and sneakers or tennis shoes with shoelaces. You can buy your PE uniform at school or you can bring your own from home. You can rent a gym lock (\$5.00) or bring one from home. Neither the physical education teacher nor the school is responsible for lost or stolen items. It is recommended that you not bring any valuables to class.





## Lockers

How do I get a locker? When can I go to it? Do I have a locker for PE?

- ◇ Your locker will be assigned by your first block teacher. The price for a lock is \$5.00 at the school. **(Price subject to change)**
- ◇ Students may go to their lockers before or after school and in between classes.
- ◇ Physical Education lockers are available for use before or after class. You can use a lock that you bring from home. You must take the lock off at the end of class each day.
- ◇ Neither the teacher nor the school is responsible for lost or stolen items. It is recommended not to bring any valuables to class.

## Cafeteria



**How much does lunch and breakfast cost?**

The menu for the school year 2017-2018 is posted on the Suffolk Public Schools website.

- ◇ Breakfast- Breakfast is optional and only those eating it should be in the cafeteria in the morning. The cost is \$.85 full price or \$.30 for reduced rate.
- ◇ Lunch- Everyone has to go to the cafeteria for lunch which you can buy or bring from home. The cost is \$1.90 full price or \$.40 for reduced lunch. **(Prices are subject to change).**
- ◇ Snacks can also be purchased.

## Dress Code and Personal Property

**What you are Not allowed to wear to school?**

1. Sexually suggestive or revealing attire, which shall include any article of clothing that does not cover the midriff, back, or shoulders, reveals cleavage, or exposes undergarments.
2. Clothes having rips or tears above the finger tips when the arms are stretched downward.  
knees.
3. Sagging pants and shorts not securely fastened around the waist.
4. Skirts, dresses, and shorts that rise above the fingertips when the arms are stretched downward.
5. Any article of clothing that advertises alcohol, or an illegal substance, depicts lewd graphics, displays offensive or obscene language, promotes violence or is gang-related.
6. Clothing with slogans or words across the buttocks.
7. Heading covering unless worn for religious or medical reasons.
8. Any accessory that advertises alcohol, or an illegal substance, depicts lewd graphics, displays offensive or obscene language, promotes violence or is gang-related.
9. Sunglasses, wallet chains, and necklaces that hang below the sternum.
10. Sleepwear, lounge wear, "dream pants".
11. Any clothing worn by a student that causes a disruption and/or distracts others from the educational process or poses a health or safety concern.



## Bring your own Device

Effective, December 16, 2013, School Board Policy states that “a device can be a personally-owned laptop, netbook, tablet computer, cell phone or Smartphone, e-reader, or any other personal computing device. Devices can be used during transition time between classes in the cafeteria during breakfast/lunch, and before school/after school. **These devices can only be used during instruction time at the discretion of the teacher.** Using the device to misrepresent an individual, harass or bully, or promote illicit activity will be unacceptable.

## Grading and Promotion Policy

**How can I get promoted to the 10<sup>th</sup> grade?**

Grade 10- Successfully completed at least five (5) units including English 9, a Mathematics, and three (3) other courses AND have at least one verified credit in Science, Social Science or Mathematics.

**How are grades averaged?**

*Grades are averaged like this:* Classwork is worth 30% of the 9-weeks grade, Homework = 5%, Quizzes = 30%, and Tests = 35% \* **Homework really does count\***

**What is our grading scale?**

*Here's the grading scale:* A= 100-90, B= 89-80, C= 79-70, D= 69-60, F=below 60

## Make-Up Work Policy

**What if I miss an assignment due to absence?**

It is the student's responsibility to check with their teacher(s) about all missing and/or make-up assignments.

**How long do I have to make up work?**

Work missed because of absences is due within 5 school days after you return to class.

## The Early College Scholars Agreement

The Early College Scholars Agreement allows students in high school to earn up to 15hrs. of transferable college credits while completing the requirements for Advanced Studies Diploma. Must maintain a “B” average for your final grade throughout high school. Those who are successful will receive a seal on their diploma.





# Paul D. Camp Community College General Studies Diploma Program



Paul D. Camp Community College in collaboration with Suffolk Public Schools has developed a General Studies Associate Degree Program. This program is composed of the twenty-six (26) high school credits required for an Advanced Studies Diploma and the sixty-one (61) college credits needed for the PDCCC General Studies Associate Degree. Students pursuing the General Studies Associate Degree must earn credits in the following disciplines: English, Humanities, Social Science, Science, Mathematics, Health and Physical Education, and Electives. Community college courses are transferrable to four (4) year institutions (check with the four year college/university for their transfer policy). Once students are granted credit for course work, they begin their college career as second semester freshmen or sophomores.

## Paul D. Camp Community College / Degree / Certificate Program

Paul D. Camp Community College in collaboration with Suffolk Public Schools offers a General Education Certificate Program. This program is composed of high school credits required for an Advanced Studies Diploma and thirty-three (33) college credits needed for the General Education Certificate. Students are eligible to participate in this program if the following items are completed: **(a) Student is a high school junior or senior.** Exceptions for freshman and sophomores must be approved by the College president. (b) Approved by the high school principal or guidance counselor director for course registration; (c) Complete Paul D. Camp Community College Application (d) Accepted for admission by the college (e) Qualified, i.e. amply prepared for the demands of a college level course by successfully completing the college placement test or providing acceptable scores from the PSAT, SAT ACT, or SOL Math exam.

## Discipline

### What are the school rules?

**In School Suspension (ISS).** If a student earns an ISS he/she is suspended from classes the student will still come to school and report to the ISS room where he/she will complete assignments (including behavior-related packets and work from teachers). The ISS coordinator will be in charge of the student. If the student does not finish the required work, does not follow the guidelines, or does not show up for ISS an out-of-school suspension (OSS) will be earned.

*For more additional information please visit: google classroom:  
Class code: v4dzjc*

# WELCOME TO 9<sup>TH</sup> GRADE SCIENCE

Note: Honors Science classes do not have summer work assignments.



## ★ Online resources

- ✓ **Teacher blogs**  
<http://nrhs.spsk12.net/our-school/faculty/science-department/>
  - See blogs for **SUPPLY LISTS** and other resources
- ✓ **Topical video lectures**  
<http://www.bozemanscience.com/>
- ✓ **SOL test practice**  
<http://education.jlab.org/solquiz/index.html>
- ✓ **SPS Student Portal**
  - <http://students.spsk12.net/>

## ★ Strategies for Success

- ✓ **Expect that you will earn your grades.**
  - Complete all assignments.
  - Be prepared for class every day.
    - Bring homework, supplies, & textbook.
- ✓ **Be responsible for your learning.**
  - Maintain good school attendance.
  - Check your grades in Home Access Center.
  - Read your textbook and utilize online resources.
- ✓ **ASK FOR HELP.**





# Nansemond River Mathematics

## Typical Freshman Math Courses: Algebra 1 Part 1, Algebra 1 and Geometry\*

\*Students taking **honors geometry** should have the summer assignment completed by the **first day** of class. The assignment will count as a quiz grade. For details, visit [www.spsk12.net](http://www.spsk12.net) and select "Summer 2015" from the Quick Links menu.

## Math General Supply List

Mead Five Star 1-subject Notebook (heavy duty cover) for Geometry

One 3-ring binder (at least 1 1/2 inch)

Index dividers

Five packages of loose-leaf paper

Pencils

Graph paper

Colored pens or pencils

4 different colored highlighters

Glue sticks

TI-83+ or TI-84 Graphing Calculator (highly recommended)  
(Calculators available during class time)

Tissues, Paper towels, AAA batteries (given to math teacher)

### Tutoring and Extra Help

High school math courses will challenge your student. Expect homework every night.

- All teachers provide tutoring at some time during the week.
- Activity buses will begin in October (check the school website)
- Stay on top of things by keeping contact with the teachers and signing up for home access center (check with guidance/office)

### End of Course Test: Verified Credits

- Students taking Algebra 1 or Geometry will take an End of Course SOL test for verified credit in May.
- Students must earn verified credits in order to complete graduation requirements.

## Graphing Calculators

### TI-83 plus or TI-84 Prices:



#### TI-83 plus

Wal-Mart-\$88.00

Office max-\$99.99

Amazon.com New- \$ 85 and up

▪ Used starting around \$44 and up

#### TI-84 Plus Silver edition

Wal-Mart \$99.00

Office max-\$129.99 (look for sales)

Amazon.com New- \$91 and up

▪ Used starting around \$65 and up

#### TI-84

Wal-Mart \$94.00

Office max-\$119.00

Amazon.com New- \$ 88.00 and up

▪ Used starting around \$69.00 and up



You can always check out a pawn shop, Craig's list or eBay. -College students sell them once they finish school



## Nansemond River Math Department Info Sheet

- ❖ Have students rewrite or summarize the notes and examples from the day.
- ❖ Stay on top of things by keeping contact with the teachers
- ❖ Check Student grades weekly
- ❖ If you are not sure of something, please contact the teacher
- ❖ Sign up for text reminders if your teacher participates in Reminder101.
- ❖ All Teachers have tutoring sometime during the week: AM, PM, or both. Activity buses will begin in October-
- ❖ Check teacher websites for helpful links.
- ❖ Check with local churches and YMCAs for tutoring programs
- ❖ Check with neighborhood friends and older teenagers for tutoring.



## KEY POINTS TO REMEMBER

### English 9 and Honors English 9

- ✓ Do your **READING!!!!** Expect your teacher to assign reading for outside of class, and reading comprehension quizzes will be given. FYI—reading Shmoop.com or another on-line summary is not the same as processing the actual work of the author! Your grade will suffer.
- ✓ Use resources such as Remind 101, Edmodo, teacher blogs, and your own student planner to keep current on **HOMEWORK**. Many teachers will NOT accept late homework. Homework is 10% of your grade and typically teachers assign 8-12 assignments per grading period, so each one may count for a full point or more of your average.
- ✓ Show your teacher that you **WANT TO LEARN**—be attentive (be on time, sit up in your seat, lean forward, and keep your eyes on the teacher or presenter, put your phone away), ask questions, and ask for help when you don't understand (extra help during class or after school is available).
- ✓ Avoid **ACADEMIC DISHONESTY** (cheating, failure to mark a paper honestly, lying, etc.) and **PLAGIARISM** (copying or paraphrasing without giving credit). Zeroes will be given for all infractions, and a zero a research paper will count as one or more zero test grades.
- ✓ **MONITOR** your grades. You and your parents need access to the school's online grade program. If your average falls to a 50 or below for several weeks, you may need to consider moving from Honors to Regular English 9, and/or to schedule weekly tutoring. If you wait until after 1<sup>st</sup> semester to make a schedule change, be aware that the pacing is different between the two courses. You may transfer in the middle of unit such as *Romeo and Juliet*.
- ✓ **ATTENDANCE** is critical! You need to be on time and present as much as possible. English is a skills-based course, and when you are late or absent, you will miss opportunities to practice your literary analysis, writing, etc. You will also miss important discussions.
- ✓ **MAKE-UP WORK** is your responsibility. If you are absent, you must see the teacher to schedule a time during class, before school, or after school to take care of your business. Do not wait until after the test, end of the grading period, etc., and expect to complete makeup work. We want to help you with this, so don't be shy about asking.
- ✓ **TECHNOLOGY** will be part of your curriculum, and you may be asked to type, research, or read online outside of class time. If you do not have access to the technology at home, you can use the school library before and after school as well as during your lunchtime. A teacher note is required only for lunchtime access. Printing in black and white is free. Do not plan to email papers, etc. to your teacher for printing. Use a flash drive, Google docs, or your Edmodo "backpack" to transfer documents for printing. Please keep in mind that the public library has computers available for your use. The key, though, is to plan ahead.

### MATERIALS FOR HONORS ENGLISH AND ENGLISH 9

- ✓ Binder or folder to house your materials and handouts
- ✓ Ample supply of college-ruled paper, pencils, and black ink pens. (Writing in non-black colors may not be accepted.)
- ✓ 2 sturdy folders: 1 for your journal and 1 for research paper(s)
- ✓ Colored pencils to keep in your binder/bookbag for interactive notebook projects
- ✓ Highlighter for home and school use
- ✓ 1 dry erase marker to leave in the classroom
- ✓ Craft supplies (posterboard, markers, etc. for projects at home)

*\*This list reflects the typical requests from English 9 teachers. Your teacher may substitute a different item(s). Please double check with the teacher during Open House or the first week of school.*

# NANSEMOND RIVER HIGH SCHOOL

## PHYSICAL EDUCATION DEPARTMENT 2016-2017

### CLASS OFFERINGS:

Ninth Grade Physical Education-Required course for graduation

Tenth Grade Physical Education-Required course for graduation

Adaptive Physical Education- Required course for students with special needs

### REQUIRED MATERIALS:

1. Notebook for classroom units
2. Writing utensil
3. School Uniform and athletic shoes for days in PE

### NINTH AND TENTH GRADE OVERVIEW:

- Classes are co-ed and will alternate every two weeks from physical education to classroom activities.
- Classroom Driver Education is taught to all tenth-grade students as part of the curriculum. Behind the wheel is no longer available through Suffolk Public Schools. Other classroom subjects for the tenth grade include mental health, emotional health, and family life.
- There is a virtual component that is required to complete outside of classroom instruction, in the event that class time or computer lab time is limited. This counts as the student's virtual credit for graduation and if the student fails to complete this portion of the class in ninth and tenth grade, it may result in lack of graduation requirements.
- Ninth grade students are taught personal wellness, nutrition, fitness and lifestyles, first aid and safety, disease prevention and control, drug, alcohol, and violence awareness, and family life education as part of the curriculum.
- During the physical education sessions of the year, all students must wear the school uniform to receive full daily credit. These uniforms consist of a white T shirt (Nansemond River or Suffolk Public Schools), black shorts (Nansemond River or blue Suffolk Public Schools), white socks, and sneakers. Uniforms may be purchased from the P.E. staff. Prices are \$17.00 for S-XL, \$19.00 for XXL, and \$20.00 for XXXL.
- Non-participation in physical education due to an illness or injury that has been verified by the school nurse and/or a parental/medical note may require the student to complete written assignments, or required dress and limited participation as indicated by their instructor. Parental notes must be verified by the school nurse. **Excused non-participation in any activity portion of the class for more than one day requires a doctor's note.**

### PHYSICAL EDUCATION GUIDELINES:

1. Students will enter the gymnasium before the tardy bell and enter the appropriate locker room with their belongings. All personal property should be left in the locker room, and taken home at the end of the class period. **Do not bring valuables into the locker room.**
2. Students have eight minutes after the tardy bell to dress for class and sit in their assigned squad.
3. **Students who do not dress, or have the wrong color clothing,** will be escorted to the ABC room and will receive a grade of zero. While in ABC, if the student completes the work packet in its

I have read the Nansemond River High School Physical Education Department Guidelines. I also understand that if I fail to secure my items in a locked locker (this means that I put a lock on it), I am responsible for any missing or stolen items.

Date \_\_\_\_\_

Instructor \_\_\_\_\_ Block \_\_\_\_\_

Print Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Parent e-mail: \_\_\_\_\_



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Graph paper

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Glue sticks

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(Calculators available during class time)

Tissues, Paper towels, AAA batteries (given to math teacher)

### Tutoring and Extra Help

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#### ▪ TI-84

Wal-Mart \$94.00

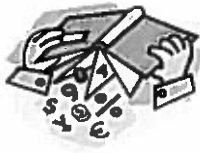
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Amazon.com New- \$ 88.00 and up

▪ Used starting around \$69.00 and up



You can always check out a pawn shop, Craig's list or eBay. -College students sell them once they finish school



## Nansemond River Math Department Info Sheet

### NRHS Math Supply List:

One 3-ring binder (at least 1 ½ inch)

Index dividers

Five packages of Loose-leaf paper

Pencils

Graph Paper

Colored pens or pencils

4 different colored highlighters

Glue sticks

TI-83+ or TI-84 Graphing Calculator (*highly recommended*)

(Calculators available during class time)

Tissues, Paper towels, AAA batteries to be given to the math teacher

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### What to expect in math:

- ❖ Each student will take notes including sample problems and vocabulary
- ❖ Complete daily practice
- ❖ Engage in class activities
- ❖ Warm-up of review problems each class
- ❖ Projects, varies by teacher
- ❖ Review homework problems
- ❖ Yes, homework every night!



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### What Parents can do:

- ❖ Have conversations about math any hands-on activities, songs, talk about shapes, equations, parallel lines, vocabulary, etc.
- ❖ Encourage children to use logical reasoning.
- ❖ Have your child teach you the lesson they learn that day.



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- ❖ Check teacher websites for helpful links.
- ❖ Check with local churches and YMCAs for tutoring programs
- ❖ Check with neighborhood friends and older teenagers for tutoring.



### ARE YOU READY?


PLANNING FOR GRADUATION AND BEYOND

### BUILDING THE RESUME




- QUALITY VS. QUANTITY
- BUILD A PORTFOLIO
- KEEP TRACK OF HOURS AND ACTIVITIES
- REFERENCES- WHAT DO YOU REALLY WANT THEM TO SAY ABOUT YOU?
- SERVICE REQUIREMENTS
  - DEDICATION AND COMMITMENT
  - LEADERSHIP
  - INTEGRITY


### GETTING READY FINANCIALLY



- ATTEND THE COLLEGE AND CAREER READINESS FAIR
- VISIT [www.falssa.org](http://www.falssa.org)
- ORGANIZATION MAKES THE PROCESS EASIER
- IT IS NEVER TOO EARLY TO START WORKING ON SCHOLARSHIPS
  - VISIT THE SCHOLARSHIP PORTAL
  - START A COLLECTION OF ESSAYS
  - REFERENCE LETTERS




### GET A PLAN



- REALIZE THAT STUDENTS HAVE 3 YEARS TO BUILD THEIR GPA, NOT 4 BEFORE APPLYING TO SCHOOLS
- ADVANCED COURSES- ONLY HELP YOU IF YOU DO WELL IN THEM
- VISIT COLLEGES EARLY/KNOW WHAT THEY ARE LOOKING FOR
- EXPLORE ALL OPTIONS AND PROGRAM OPPORTUNITIES
- REPUTABLE SCHOOLS LOOK TO SEE IF A FULL SCHEDULE WAS TAKEN IN THE SENIOR YEAR


### TOP TEN SKILLS SOUGHT BY COLLEGES AND EMPLOYERS




- Analytical Thinking
- Researching
- Organizing
- Speaking
- Writing
- Human Relations and Interpersonal
- Quantitative and Scientific Reasoning
- Ethical Applications
- Understanding of Technology
- Career Planning

### THE FINISH LINE

- THERE IS A DIFFERENCE BETWEEN GETTING INTO COLLEGE/TRAINING PROGRAM AND STAYING IN
  - INDEPENDENCE
  - INTEGRITY
  - WORK ETHIC
  - PASSION AND INTEREST




### HOW TO GET STARTER



- CAREFULLY EXAMINE THE PROGRAM OF STUDIES
- ALWAYS THINK ABOUT HOW A GRADE IS GOING TO IMPACT YOUR GPA
- TRY TO REMAIN WELL-FOUNDED
- PARENTS MUST BE INDEPENDENT AND THEIR OWN ADVOCATE
- A STRONG WORK ETHIC IS ONE OF THE MOST IMPORTANT QUALITIES

### IS COLLEGE IN YOUR FUTURE?

- START EARLY
  - KNOW THE REQUIREMENTS-PRIVATE SCHOOLS ARE OFTEN DIFFERENT THAN PUBLIC ([www.colv.org](http://www.colv.org))
  - SAT/ACT- EVERY LITTLE POINT INCREASE COULD EQUAL MORE MONEY
  - TAKE TOURS
  - ASK ABOUT FINANCIAL AWARDS- THAT THE SCHOOL GIVES OUT



## GOVERNOR'S *EARLY COLLEGE SCHOLARS* AGREEMENT

The responsibilities of each party are outlined herein and the corresponding signature assures acceptance of responsibility of each party.

### The student agrees to:

- Earn an Advanced Studies Diploma with a Governor's Seal. To receive a Governor's seal, students must:
  - Complete the requirements for the Advanced Studies Diploma;
  - Earn a "B" average or higher; and
  - Successfully complete college-level coursework that will earn the student at least nine transferable college credits in Advanced Placement (AP), International Baccalaureate (IB), Cambridge, or dual enrollment courses
- Earn at least 15 transferable college credits while enrolled in high school. College credits toward completion of this Agreement will be considered earned by:
  - Completing dual enrollment/dual credit courses and earning a "C" or better in the courses
  - Completing advanced placement courses i.e., AP, IB or Cambridge and
    - Scoring a "3" or higher on the AP examinations or
    - Scoring a "4" or higher on any form of the IB examinations or
    - Scoring a "D" or better on the Cambridge examinations
  - Earning college credits by passing College Level Examination Program (CLEP) examinations
  - Completing college-level courses and documenting credit awarded
- Apply and be accepted to a college or university

\_\_\_\_\_  
Student Name (Printed)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

### The parent/guardian agrees to:

- Support and monitor student's academic work and progress in school, particularly as it relates to fulfillment of the requirements for the Governor's *Early College Scholars* Agreement.

**I understand that the actual number of transferable college credits awarded depends on the criteria of the admitting college or university.**

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

### The high school agrees to:

- Provide the student opportunities to access college-level courses and/or advanced placement courses needed to fulfill this agreement.
- Provide the counseling services needed to fulfill the requirements of the Governor's *Early College Scholars* Agreement, including assisting students in developing a program of study.
- Provide the Virginia Department of Education with data regarding participation and completion of the Governor's *Early College Scholars* program.

\_\_\_\_\_  
High School Principal Signature


\_\_\_\_\_  
Date

\_\_\_\_\_  
School Counselor

\_\_\_\_\_  
Date



## SESSION A. QUESTIONS AND ANSWERS



## Speakers


Trinita Porter  
(10<sup>th</sup> Grade Counselor)

Nicole Duplaine  
(Graduation Coach)

### Understanding Your Schedule

- ▶ High school classes begin at 8:25am and end at 3:00 pm.
- ▶ The schools operate on an alternate day schedule – Three 90 minute block classes that meet every other day and One single 55 minute block that meets everyday.

### Graduation Requirements



### Advanced Studies Diploma Requirements

Discipline Area	Standard Credits	Verified Credits
English	4	2
Math	4	2
Laboratory Science	4	2
History & Social Sciences	4	2
Foreign Language	3 or 2/2	
Health & Physical Education	2	
Fine Arts or Career & Technical Education	1	
Economics & Personal Finance	1	
Electives	3	
Student Selected SOL		1
<b>Total</b>	<b>26</b>	<b>9</b>

### Standard Diploma Requirements

Discipline Area	Standard Credits	Verified Credits
English	4	2
Math	3	1
Laboratory Science	3	1
History & Social Sciences	3	1
Health & Physical Education	2	
Foreign Language, Fine Arts or Career & Technical Education	2	
Economics & Personal Finance	1	
Electives	4	
Student Selected SOL		1
<b>Total</b>	<b>22</b>	<b>6</b>

### New Graduation Requirements

- ▶ Effective 2017–2018 school year for all incoming 9<sup>th</sup> grade students.
  - Academic & Career Plans
  - Industry Credential
  - Virtual Course (Health & EPF)
  - 50 hours Community Service (local requirement)
  - First Aid/CPR/AED Training
  - Diploma types: Advanced, Standard

### Requirements for Honors, AP or DC courses

- ▶ Students **MUST** meet at least a "B" average or better in the prerequisite course to request honors, AP or DC courses.



### Promotion Policy



### Suffolk Public Schools Promotion Policy

- ▶ Grade 9 Successfully completed Grade 8
- ▶ Grade 10 Successfully completed at least 5 units including English 9, a Math course, and 3 other courses AND have at least 1 verified credit (SOL) in Science, Social Science or Math.
- ▶ Grade 11 Successfully completed at least 10 units including English 10 and 1 Math, 1 Science, and 1 Social Science AND have verified 1 Math, 1 Science and 1 Social Science for a total of 3 verified credits (SOL).

### Suffolk Public School Promotion policy - cont'd

- ▶ Grade 12 Successfully completed at least 15 units including English 11 and 2 Math, 2 Sciences, and 2 Social Studies and enrollment in those courses which will lead to graduation upon successful completion AND have verified 1 Math, 1 Science, 1 Social Studies and 1 English for a total of 4 verified credits (SOL).
- ▶ Graduation Successfully completed at least 22 units and at least 6 verified credits: 2 English, 1 Math, 1 Science, 1 Social studies, and 1 student selected.



### Virtual Course Requirement

- ▶ The Health Course may serve as the virtual course.
- ▶ Selected modules will be assigned in the blended HPE9 course and the remaining modules will be assigned to HPE10.
- ▶ This requirement will be met over a 2 year period.
- ▶ Economics & Personal Finance can also be used to meet this requirement.

### **EARLY COLLEGE SCHOLARS PROGRAM**

- ▶ Earn at least 15 hours of transferable college credits while completing the Advanced Studies Diploma.
- ▶ More productive senior year and a substantial reduction in college tuition (estimated average of \$5,000).
- ▶ To qualify a student must:
  - Have a "B" average or better;
  - Be pursuing an Advanced Studies Diploma; and;
  - Take and complete college-level course work (i.e., Advanced Placement or dual enrollment) that will earn at least 15 transferable college credits.

### ***PAUL D. CAMP COMMUNITY COLLEGE (PDCCC) Associates Degree Program***

- ▶ This program is composed of high school credits required for an Advanced Studies Diploma and 61 college credits needed for the Associates of Arts & Science Degree.
- ▶ Students are eligible to participate in this program if the following items are completed:
  - Student is at least 16 years of age;
  - Maintain at least a B average or better;
  - Complete Paul D. Camp Community College Application
  - Complete Suffolk Public Schools & Paul D. Camp Community College Associate's Degree Program Agreement; and
  - Successfully complete the Virginia Placement Test.
- ▶ This program begins the summer of the Sophomore year.
- ▶ For more information please see your counselor.

### ***PAUL D. CAMP COMMUNITY COLLEGE (PDCCC) General Education Certificate***

- ▶ This program is composed of high school credits required for an Advanced Studies Diploma and 32 college credits are needed for the General Education Certificate.
- ▶ Students are eligible to participate in this program if the following items are completed:
  - Student is at least 16 years of age;
  - Maintains at least a B average or better;
  - Complete Paul D. Camp Community College Application;
  - Complete Suffolk Public Schools & Paul D. Camp Community College GEC Program Agreement; and
  - Successfully complete the Virginia Placement Test.
- ▶ This program begins the summer of the Junior year.
- ▶ For more information please see your counselor.

### **Governor School for the Arts**

- ▶ Participants in a GSA program take academic classes at their high school during the day and attend GSA in the afternoon during the school year. There are no tuition fees and transportation is provided.
- ▶ The programs of the Governor's School for the Arts are housed in facilities in the City of Norfolk.
- ▶ Students may audition during the Winter of their 9<sup>th</sup>, 10<sup>th</sup> or 11<sup>th</sup> grade year.

### **SAT & PSAT Testing**

- ▶ SAT<sup>®</sup> is a globally recognized college admission test.
  - Test includes verbal & math skills.
  - The writing is optional.
- ▶ The PSAT is the Pre-test. Given in October each year.
- ▶ SAT is given at each high school in October, November, December, January, March, May & June each year.
- ▶ Best taken Spring of the Junior year or Fall of the Senior year.
- ▶ Sign up and pay online at sat.org. Deadlines are about 1 month before the test.

### **ACT**

- ▶ ACT- The ACT with writing includes the four subject tests plus a 40-minute writing test.
  - English
  - Reading
  - Math
  - Science
- ▶ ACT results are accepted by all four-year colleges and universities in the US.
- ▶ ACT is given at Lakeland High School & other local high schools.
- ▶ Visit actstudent.org. Sign up and pay online.

## AP Testing

- Advanced Placement tests are given to students who take an AP course.
- Tests given in May (dates & times set by the College Board).
- Students are not required to take the test if they are enrolled in the course.
- Colleges accept AP test scores of 3 or higher based on individual college policies. (See apstudent.collegeboard.org for more details.)
- See your counselor about signing up for AP courses in 10<sup>th</sup> - 12<sup>th</sup> grade.

## Community Service

- Students must obtain 50 hours of community service hours to graduate starting with the Class of 2017.
  - Any non-profit or other agency.
  - Students may not get paid.
  - Students must fill out the top portion of the online form.
  - The agency sponsor will fill out the middle portion.
  - Students log hours on the bottom of the form and get it signed by the sponsor and parent each day.
  - Student writes essay on the back about the experience & signs form.
  - Turn form in to counselor.

## Community Service Opportunities

- Tutor an individual or a small group of students in an academic subject (must be supervised by a teacher).
- Translate and interpret for our families who are non-native English speakers.
- Assist a teacher by helping to set up a classroom.
- Catalog, shelf, or mend books in a library.
- Mulch, rake, weed, paint or otherwise beautify location (Supervised by a Community group or school).
- Prepare or collect food for the hungry (church or Salvation Army).
- Several of the clubs at NRHS offer opportunities for students to earn hours.
- Tap into local civic groups for other opportunities.

## Expectations

## Nansemond River High School Clubs

**Art Club**  
 All club members to design, draw, and create projects that focus on inspiring creative thinking.

**Band**  
 This is a musical organization that provides an opportunity for students to learn and perform music.

**Chess**  
 Chess is a board game for two players that involves strategy and logic.

**Choir**  
 This is a group of students who sing together and perform songs.

**DECA**  
 DECA provides opportunities for high school students to learn business and financial literacy skills.

**DEAF**  
 DEAF is a deaf and hard of hearing club that provides a safe space for students to share their experiences.

**Environmental Club**  
 This club focuses on environmental awareness and sustainability through various projects and activities.

**Future Teachers of America**  
 This club prepares students for careers in education through professional development and networking.

**Golf**  
 Golf is a sport that involves hitting a ball with a club into a hole on a green.

**Interact**  
 Interact is a service organization that focuses on community service and social responsibility.

**Journalism**  
 Journalism is a profession that involves reporting news and writing articles for the school newspaper.

**Key Club**  
 Key Club is a service organization that focuses on community service and social responsibility.

**Model UN**  
 Model UN is a simulation of the United Nations where students represent different countries.

**Music**  
 Music is a form of artistic expression that involves creating and performing songs.

**Robotics**  
 Robotics is a field of study that involves the design and construction of robots.

**Spanish**  
 Spanish is a language spoken by millions of people around the world.

**Student Government**  
 Student Government is an organization that represents the student body and works to improve the school.

**Tennis**  
 Tennis is a sport that involves hitting a ball with a racket over a net.

**Yearbook**  
 Yearbook is a book that captures the memories and experiences of the school year.

## Meal Prices 2017-18

	Elementary	Secondary
Breakfast Reduced	\$ .30	\$ .30
Breakfast Full Price	\$ .85	\$ .85
Lunch Reduced	\$ .40	\$ .40
Lunch Full Price	\$ 1.60	\$ 1.75

## Online Pre- Paid Meals

- Suffolk Public Schools offers an online pre-payment option for student meal accounts at all 20 schools.
- [my.luncheon.com](http://my.luncheon.com)
- This service provides peace of mind to parents and faster lunch lines for students. Parents can prepay for their child's school food charges, using a credit card through a secure website. The new program also allows parents to set spending limits and to monitor what their children are buying in the cafeteria.
- All personal and payment card information is protected by the most advanced internet security. Student information is safe and private.
- Parents of current students will register directly on the website, using their child's student ID number. Students should know their own ID number because they use it to log on to school computers. The student ID can also be found on the report card and through an active Parent Connection account.

## Questions ??

