

# Freshman Parent Handbook

Class of 2023





# Important Numbers

<b>Assistant Principals</b>		
Jeff Rosado	A-Go	522-2411
Sydney Fernandez	Gr-O	522-2419
Susan Rocha	P-Z	522-2409
<b>Guidance Counselors</b>		
Sandra Woolsey/ Sherry Fazzio	A-D	522-2459
Vanessa Goulart	E-LL	522-2480
Ana Franco	LM-RA	522-2428
Dan Amezquita	Rb-Z	522-2484
<b>Deans of Students</b>		
Chris Moore	A-L	522-2416
George Becharra	M-Z	522-2489
Jennifer Hernandez	Dean's Support	522-2417
<b>Support Staff</b>		
Deirdre Louie	Student Advocate	522-2487
Jesus Ramirez	Family & Community Liaison	522-2466
Lupita Yanez	College/Career Advisor	522-2404
Verónica Quiroz	English Learner Center	522-2418
Lorena Moreno	Guidance Support	522-2412
<b>Attendance</b>		
Leslie Cannon	Attendance Account Tech	522-2414



# Current Bell Schedule (2019-2020)



FREMONT HIGH SCHOOL 1279 SUNNYVALE SARATOGA RD., SUNNYVALE, CA 94087 | 408 522-2400 PHONE | 408 522-2468 FAX

## Bell Schedules

### REGULAR WEEK

Monday			Tuesday			Wednesday			Thursday			Friday		
Blocks 1-7			A Day			B Day			A Day			B Day		
1	8:00	8:45 45	1	8:00	9:30 90	Collaboration (no students)	7:50	8:55 65	1	8:00	9:30 90	Collaboration (no students)	7:50	8:55 65
2	8:50	9:40 50	2	9:40	11:15 95	4	9:00	10:35 95	2	9:40	11:15 95	4	9:00	10:35 95
Flex	9:45	10:20 35	Brunch	11:15	11:30 15	Flex	10:40	11:15 35	Brunch	11:15	11:30 15	Flex	10:40	11:15 35
3	10:25	11:10 45	3	11:35	1:05 90	Brunch	11:15	11:30 15	3	11:35	1:05 90	Brunch	11:15	11:30 15
Brunch	11:10	11:25 15	Lunch	1:05	1:50 45	5	11:35	1:05 90	Lunch	1:05	1:50 45	5	11:35	1:05 90
4	11:30	12:15 45	7	1:55	3:25 90	Lunch	1:05	1:50 45	7	1:55	3:25 90	Lunch	1:05	1:50 45
5	12:20	1:05 45				6	1:55	3:25 90				6	1:55	3:25 90
Lunch	1:05	1:45 40												
6	1:50	2:35 45												
7	2:40	3:25 45												

### 4 DAY WEEK

Day 1			Day 2			Day 3			Day 4		
A Day			B Day			A Day			B Day		
1	8:00	9:30 90	Collaboration (no students)	7:50	8:55 65	1	8:00	9:30 90	Collaboration (no students)	7:50	8:55 65
2	9:40	11:15 95	4	9:00	10:35 95	2	9:40	11:15 95	4	9:00	10:35 95
Brunch	11:15	11:30 15	Flex	10:40	11:15 35	Brunch	11:15	11:30 15	Flex	10:40	11:15 35
3	11:35	1:05 90	Brunch	11:15	11:30 15	3	11:35	1:05 90	Brunch	11:15	11:30 15
Lunch	1:05	1:50 45	5	11:35	1:05 90	Lunch	1:05	1:50 45	5	11:35	1:05 90
7	1:55	3:25 90	Lunch	1:05	1:50 45	7	1:55	3:25 90	Lunch	1:05	1:50 45
			6	1:55	3:25 90				6	1:55	3:25 90

### RALLY SCHEDULE

RALLY SCHEDULE		
Collaboration (no students)	7:50	8:55 65
4	9:00	10:35 95
Rally	10:40	11:15 35
Brunch	11:15	11:30 15
5	11:35	1:05 90
Lunch	1:05	1:50 45
6	1:55	3:25 90

Other Special Schedules will be published on the website and announced in advance.

(The rally block replaces Flex Time on rally Fridays)



# Important Dates 2019-2020

August 13	Freshman Firebird Fiesta
August 19	First Day of School
September 2	Labor Day – no classes
October 14	Teacher Work Day- no classes
November 11	Veterans Day - no classes
November 28-29	Thanksgiving Break - no classes
December 20	Teacher Work Day - no classes
December 23 – January 3	Mid-Year Break - no classes
January 6	School Resumes - 2nd Semester
January 20	Martin Luther King Day - no classes
February 17-21	President's Week - no classes
March 16	Teacher Work Day- no classes
April 13-17	Spring Break - no classes
May 25	Memorial Day - no classes
June 5	Last day of school year



# Parent Resources- Staying in Touch

## School Loop

---

School Loop is one of the systems our district uses for sharing information with families. School Loop can be used to see:

- Your student's current grades and assignments
- School News
- Contact your student's teachers

Parents are encouraged to register for School Loop by going to the main page of the FHS website and finding the "Register Now" button under the School Loop logo. You will need your student's ID number. You will be able to register once your student has created his or her own account. Freshman will be doing this during the first few weeks of school during their Library Orientation.

For more information please visit the School Loop FAQ link located below the School Loop sign in button on the main FHS website page.

### School Loop

Login Register Now



## Infinite Campus (IC)

---

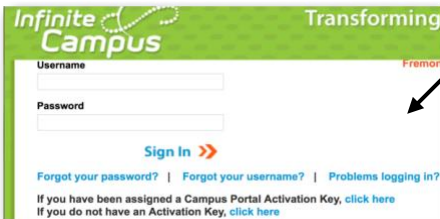
The Infinite Campus Portal is another system that our district uses to share information with families and is available to parents and guardians of currently enrolled students.

The infinite Campus Portal can be used to view the following:

- Attendance
- Progress Reports
- Semester Grades
- Transcripts
- Your student's current schedule
- Food Service Account

There is a link on our FHS website for you to access The Infinite Campus Portal, <https://fhs.fuhsd.org/parent-portal>

however you will need an activation code to register. You will be receiving an e-mail from the District office mid-June that will have your personal access code so that you can create your account.

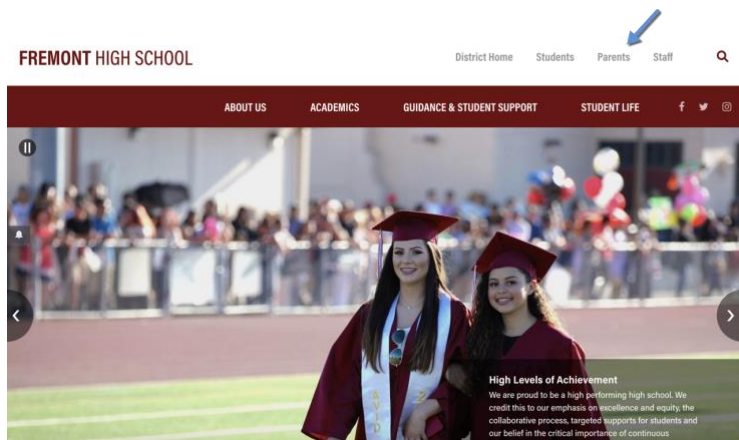


# Parent Resources- Staying in Touch

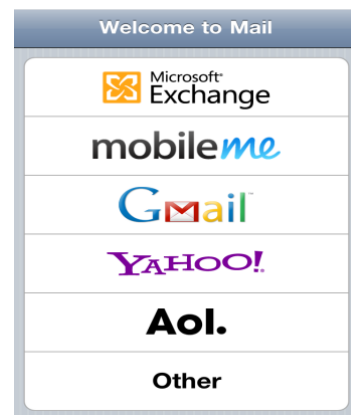
## FHS Website

Visit our Fremont High School Website for up to date information on all the happenings at FHS. There are daily announcements as well as upcoming events and general information available to you on our site. For updates and information about your incoming freshman, go to our FHS website and click on “Parents” then under “Additional Links” click on “Incoming Students.”

<http://fhs.fuhisd.org>



with FHS. Much of the information you will receive from FHS will be through email once your student starts as a freshman. If you do not already have an email account it is recommended that you set one up. Make sure it is an account that you will be able to check often.



## Having an Email Address

It is advised that all parents and students have an email address to communicate



# Getting Started at FHS

## Schedules

---

Preliminary course lists will be distributed to students during Freshman Orientation, which is the week before the first day of school. Final schedules are given the first day of school first thing in the morning (7:35am). You will receive more information about the how students will receive their official schedules in the summer mailer.

All students are guaranteed 6 classes, which is considered a full course load in FUHSD. We recommend incoming freshman begin at FHS with 6 classes since the transition to high school can be demanding.

Students wishing to add a 7<sup>th</sup> class can do so after the first week of school. Announcements will be made telling student what the procedure will be to try and add a 7<sup>th</sup> class. Once again, it is recommended that freshmen have 6 classes.

## Lockers

---

Students will sign up for a locker during Freshman Orientation. They will share with another student. To get a locker, students must do the following:

- Complete a locker application (found on the FHS website), with the names of both students.
- The students must purchase a lock for \$5. Only one lock is required per pair.
- If a student is unable to find a locker partner, the Deans Office will assist in finding a partner.





# Getting Started at FHS

## Progress /Official Grades

Students at FHS receive Progress Reports every 6 weeks. Progress Reports are not official grades, but are used in determining eligibility for sports and sharing your student's current status in each class. These grades can have a + or – in the report card.

Official grades are given at the end of our semester 1 and semester 2 grading periods (December and June). These are the grades that are placed on your student's official transcript and are used to determine whether students receive credit. Official grades will not have + or – on them. Parents can view progress reports and official grades on the Infinite Campus Portal. Please see the Calendar of Important Dates to see the FHS grading periods.

## Getting Started at FHS

### PE

All Freshmen students are required to take PE. They are expected to dress out into the FHS PE uniform each class period.

## Grading at FHS

Students at FHS are graded on a 4 point unweighted scale:

A=4

B=3

C=2

D=1

F=0

Adding up the grades and dividing by the number of classes taken can determine a student's Grade Point Average (GPA).

Daily grades can be seen by logging into School Loop to see your student's progress. Official grades are posted in Infinite Campus about a week after the grading session ends. Parents are encouraged to talk to their student's teacher if they are concerned about a grade in a class. All teacher contact information can be found in School Loop.

Uniforms can be purchased at Freshmen Orientation or the first week of school through their PE teacher. The uniform T-shirt costs \$10 and shorts are \$12. Sweats can be purchased for \$15. If a student loses their uniform during



the year, another can be purchased in the Girl's PE Office.

PE lockers will be issued to the students during the first week of school.

## **ASB Cards**

---

ASB cards can be purchased at Freshman Orientation. Students who do not purchase an ASB card during Orientation can go to the ASB Office to buy one. The cost is \$55. The ASB Card can be used for:

- Getting into FHS home athletic events for free
- Discounts on dances
- Discounts at other FHS events

Lost ASB cards can be replaced for \$5 and may be purchased at our ASB Office in the Student Center.

## **Library/Main Office Hours**

---

The Library is open to students before and after school.

- Monday-Thursday 7:00am-5:00pm
- Friday 7:00am-3:45pm

The Main Office Building is open before and after school.

- Monday- Friday 7:00am-4:00pm



# Getting Started at FHS

## Electronic Policy

---

Below is the Electronic Policy at FHS.

- Devices may be used during passing periods, brunch, and lunch.
- Devices must be silenced and out of sight in and during all classes.
- Students bring devices to school at their own risk. Lost or stolen electronics are not the responsibility of FHS.

If the Electronic Policy is not followed, staff may confiscate the student's electronic device. The student will need to pick it up at the end of the day from the Deans Office. If a student has multiple infractions the parent may be required to pick up the electronic device from the Dean's Office after school. More information can be found in your student's agenda, which they will receive, in the first few weeks of school.

## Food Service

---

We have a brand new beautiful Cafeteria, so come and check it out!

Weekly menus can be found online under the FHS Food Service quick link. They are subject to change.

Students can buy brunch and/or lunch by:

- Paying cash daily
- Bringing cash or check to be placed in their food service accounts
- Parents can log on Infinite Campus and place money into their food services account

Cost:

- Brunch \$3.00 (\$.30 reduced)
- Lunch \$4.50 (\$.40 reduced)



# FHS Graduation Requirements

## Earning Credits

- FHS has two semesters each year (Fall and Spring).
- Students can earn 5 credits per class per semester (Total of 10 per year per class).
- All classes are yearlong. Students do not change classes at the semester.
- Students must earn 220 credits by senior year to graduate.
- These credits must be earned in specific areas of study (See chart)
- Students must receive a grade of A, B, C, or D to earn credits from the class.
- Students that fail a class may be able to recover the credits in summer school, if the course is being offered.
- Students may earn no more than 70 credits per year.

## College Requirements (“A-G” Requirements)

Subject Area	High School Graduation
History	30 credits
English	40 credits
Math	20 credits (Algebra 1 and Geometry)
Science	20 credits (Life and Physical Science)
World Language	10* credits
Fine Art	10* credits
Applied Academics	10* credits
Physical Education	20 credits
Electives	70 credits
<b>Total Credits</b>	<b>220 credits</b>
<b>Earn Credits</b>	<b>Must be a “D” or higher</b>
<b>* Means students must complete 2 of the 3 areas for graduation</b>	

College planning does begin the freshman year. At FHS we want all our students to have the opportunity to apply to a four-year university of their choice their senior year. Below are the classes that many colleges require for students to be eligible to apply to the school. They are called the “A-G

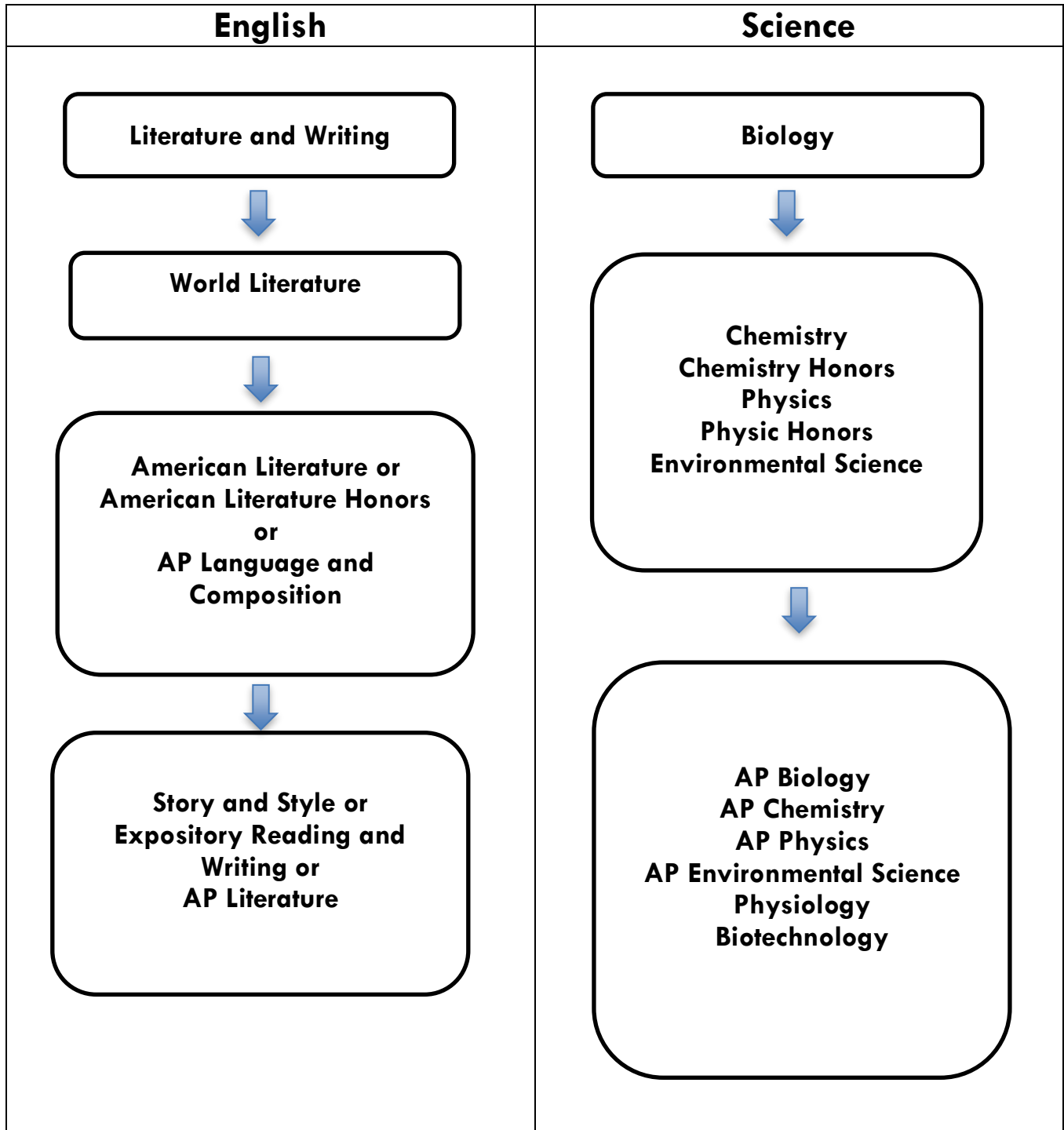


Requirements”. Freshman will be given information about planning out their high school courses for the four years during several Guidance Presentations given freshman year. Parent will also be given information about how to help your student plan at our Parent Guidance Nights.

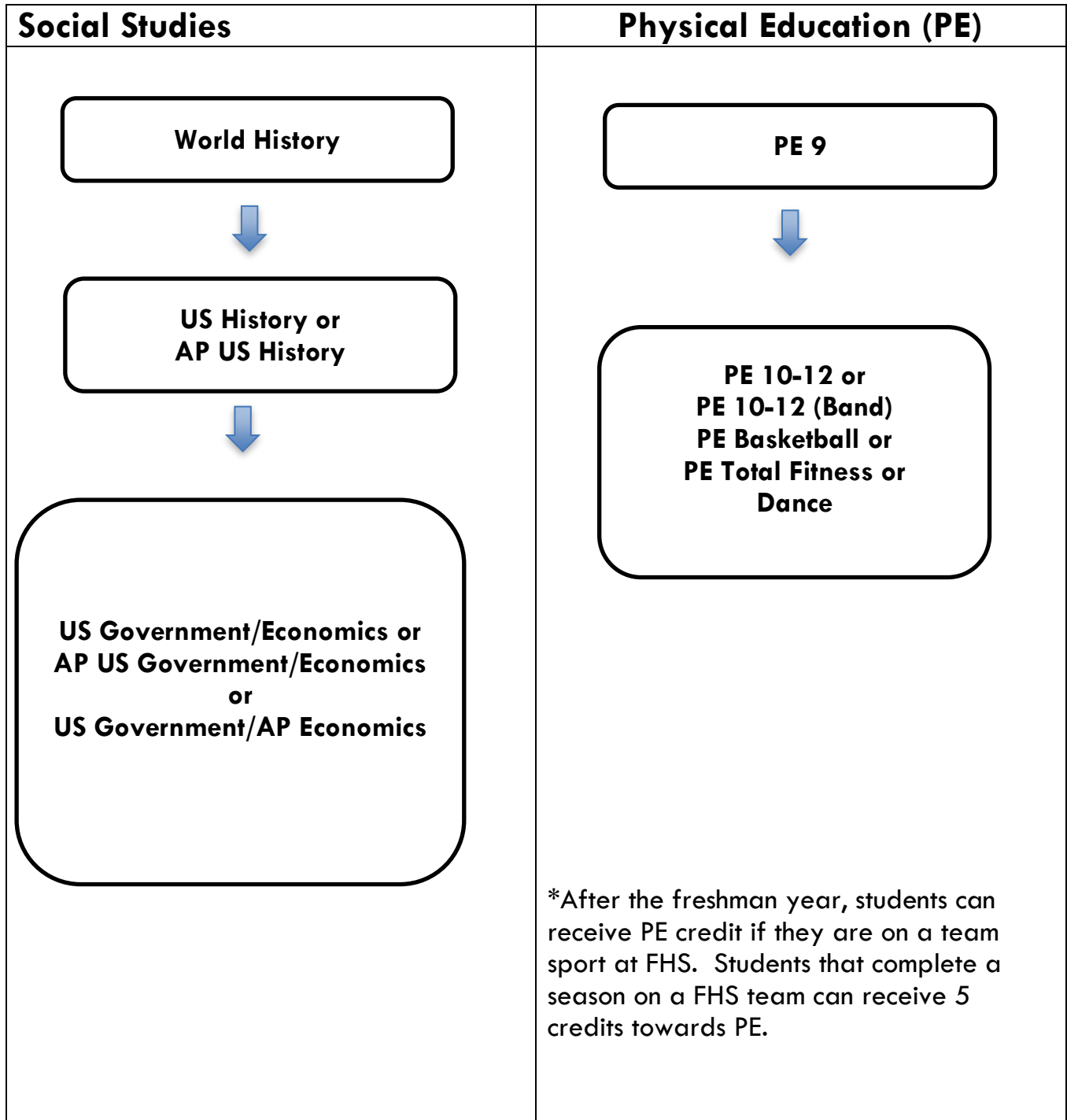
Subject Area	A-G College Requirements
<b>History (A)</b>	20 credits
<b>English (B)</b>	40 credits
<b>Math (C)</b>	30 credits (40 recommended) (Algebra 2 or higher)
<b>Science (D)</b>	20 credits (30-40 recommended) (Life and Physical Science)
<b>World Language (E)</b>	20 credits (30-40 recommended)
<b>Fine Art (F)</b>	10 credits
<b>College Prep Elective (G)</b>	10 credits
<b>Total Classes</b>	15 or more a-g classes
<b>Earn Credits</b>	Must be a “C” or higher
<b>Tests</b>	SAT or ACT (Some may require the writing portion)



# Course Sequence

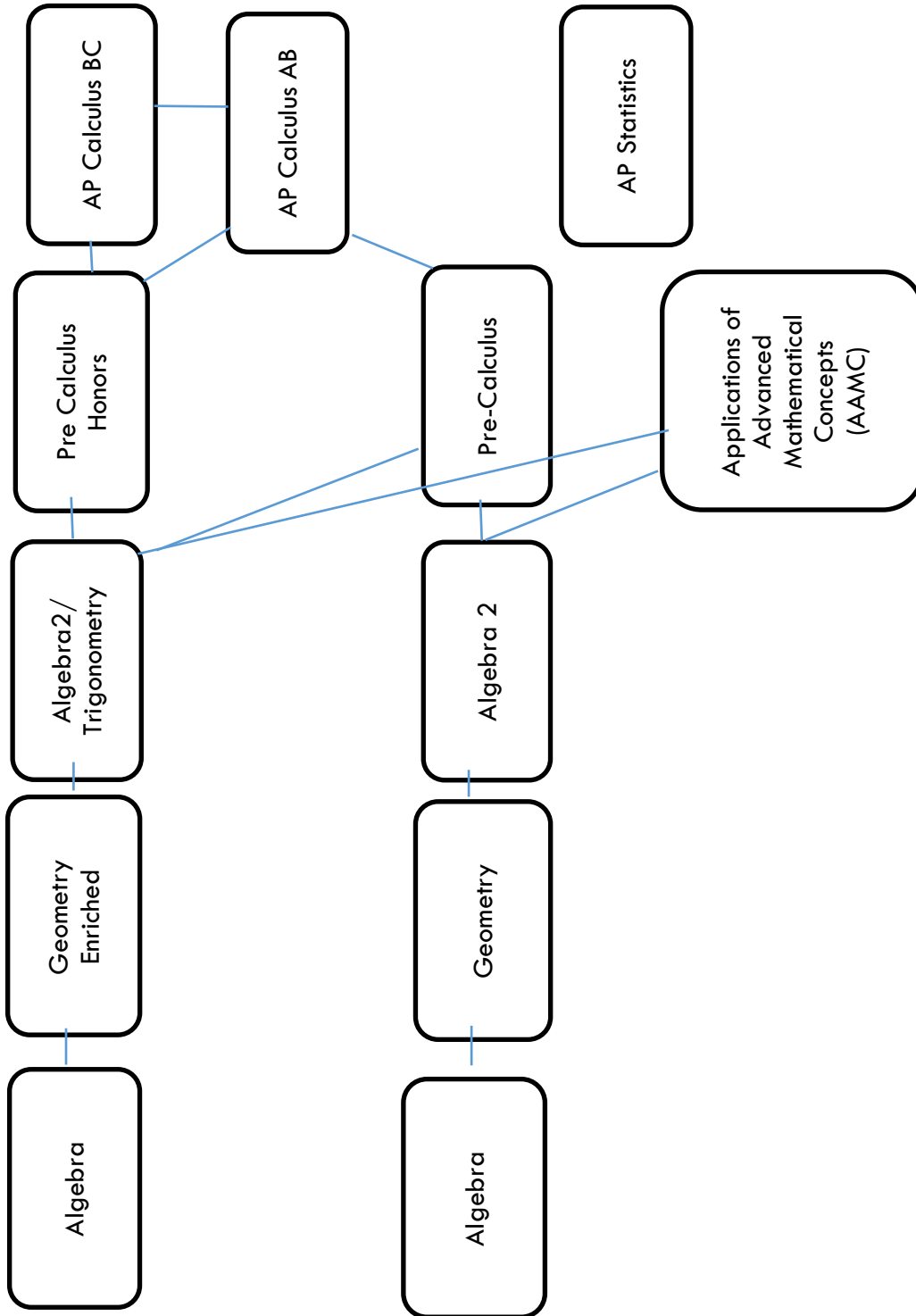


# Course Sequence



# Course Sequence

## Math





# Four-Year Planning- Blank Form

Subject	Grade 9	HS CR	A-G	Grade 10	HS CR	A-G	Grade 11	HS CR	A-G	Grade 12	HS CR	A-G	Total Credits Earned
English (40)	Lit/Writ	10	Y	World Lit	10	Y		10	Y		10	Y	
Math (20+)													
Social Studies (30)				World History	10	Y	US History	10	Y	Gov't/Econ.	10	Y	
Science (20+)													
Physical Education (20)	PE 9	10	N	PE		N							
World Language (10+)*													
Fine Art (10+)*													
Applied Academics (10)*													
Other Electives													
<b>Credits</b>	Ideal credits = 60		Ideal credits = 60		Ideal credits = 60		Ideal credits = 60		Ideal credits = 60		Ideal credits = 60		
			Ideal total = 120		Ideal total = 120		Ideal total = 180		Ideal total = 180		Ideal total = 220		



# Four Year Planning- Example

	UC/ Highly Selective	CSU	Community College	Vocational/ Technical School
9 <sup>th</sup> Grade	• Lit/Writ	• Lit/Writ	• Lit/Writ	• Lit/Writ
	• Algebra 1 or higher	• Algebra 1 or higher	• Algebra 1 or higher	• Algebra 1 or higher
	• Biology	• Biology	• Biology	• Biology
	• PE 9	• PE 9	• PE 9	• PE 9
	• Language – Level 1	• Language – Level 1	• Language – Level 1	• Elective Class
	• Fine Art elective	• Fine Art elective	• Fine Art or Applied Academic elective	• Fine Art or Applied Academic elective
10 <sup>th</sup> Grade	• World Lit/Writ	• World Lit/Writ	• World Lit/Writ	• World Lit/Writ
	• Algebra 2 or higher	• Geometry or higher	• Geometry or higher	• Geometry or higher
	• World History	• World History	• World History	• World History
	• Chemistry (H) • Physics (H)	• Chemistry • Physics	• Biology • Chemistry • Physics • Environmental Science	• Biology • Chemistry • Physics • Environmental Science
	• PE 10-12, Basketball, Total Fitness, Dance, or Team Sport	• PE 10-12, Basketball, Total Fitness, Dance, or Team Sport	• PE 10-12, Basketball, Total Fitness, Dance, or Team Sport	• PE 10-12, Basketball, Total Fitness, Dance, or Team Sport
	• Language – Level 2	• Language – Level 2	• Language – Level 2	• Elective/CTE Elective
11 <sup>th</sup> Grade	• Am. Lit Honors • AP Eng Lang & Comp	• Am. Lit Honors • Am. Lit	• Am. Lit	• Am. Lit
	• Pre-Calc or higher	• Algebra 2 or higher	• Algebra 2 or higher	• Algebra 2 or higher
	• AP US History • US History	• AP US History • US History	• US History	• US History
	• Physics H • Physiology • AP Chemistry • AP Biology	• Physics H • Physics • Chemistry • Physiology	• Physics • Chemistry • Physiology • Environmental Science	• Physics • Chemistry • Physiology • Environmental Science
	• Language Level – 3	• Language Level – 3	• Language Level – 3	• Elective
	• Elective	• Elective	• Elective	• CTE Elective
12 <sup>th</sup> Grade	• AP Eng Lit & Comp • Expository Read/Writ • Story & Style	• AP Eng Lit & Comp • Expository Read/Writ • Story & Style	• Expository Read/Writ • Story & Style	• Expository Read/Writ • Story & Style
	• Pre- Calculus or higher	• Pre-Calc /AAMC or higher	• Pre=Calc/AAMC or higher	• Algebra 2 or higher
	• AP US Gov/ Econ • AP Microecon/US Gov • US Gov/Econ	• AP US Gov/ Econ • AP Microecon/US Gov • US Gov/Econ	• US Gov/Econ	• US Gov/Econ
	• AP Biology • AP Chemistry • AP Physics • AP Environmental Science	• Physics Honors • AP Biology • AP Chemistry • AP Physics • AP Environmental Science	• Physics • Physiology • Environmental Science	• Physics • Physiology • Environmental Science
	• Language – Level 4 H or AP	• Language – Level 4 H	• Elective	• CTE Elective

Where Can My Student Get Academic Help?



## Students for Success

---

Students for Success (SFS) is available for all students who need tutoring or homework help. It is staffed with peer tutors for every subject as well as adult tutors for English and Math. Students at SFS also have access to computers. Students check in and parents can request attendance slips. The hours are as follows:

Mon- Thur 7<sup>th</sup> block Rm 76

Mon-Thur 3:25-5:00 Library

The screenshot shows a website page for 'STUDENTS FOR SUCCESS'. The page is divided into several sections:

- STUDENTS FOR SUCCESS**: A paragraph describing the program as a peer tutoring program for academically current FHS students, supervised by Molly Knott.
- STAFF**: Lists Richard Stufien, Dick Canavese, Susan Rocha (Assistant Principal), and Rosalie Walton (SFS).
- Departments**: A list including AVID, English Language Development (ELD), Students for Success, Course Offerings, and Library.
- WANT TO BE AN SFS TUTOR?**: A section for students interested in becoming tutors, mentioning a contract to be signed in Room 76.
- NONDISCRIMINATION STATEMENT**: A statement of commitment to equal opportunity for all individuals.

There are two 'Tutor Sign In' buttons and one 'Tutee Sign In' button on the page.

## Flex Time

---

Flex time is an opportunity for your student to get help or accelerate in a class during the school day. Students may be assigned or can request to meet with a certain teacher during flextime. Guidance Counselors may also meet with students during this time for various workshops. Attendance is taken for this Flex Period. Students will be scanned in to their Flex Time assignment by using their student ID cards. (See example below)



# Getting Involved- FHS Athletics

Fall Sports Teams	Winter Sports Teams	Spring Sports Teams
Football	Wrestling	Baseball
Boys & Girls Water Polo	Boys & Girls Basketball	Softball
Cross Country	Boys & Girls Soccer	Boys Volleyball
Girls Volleyball		Track and Field
Girls Tennis		Swimming
Cheerleading (year long)		Badminton
Featherettes		Golf

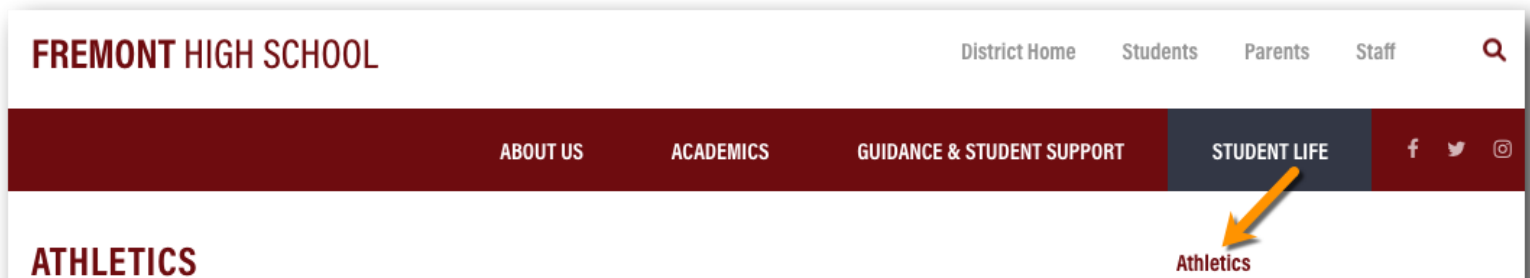
Prior to participation in any practice or competition, all FUHSD student-athletes must have all forms completed and on record with the FHS Athletic Directors. Below are a list of the forms necessary to complete before your student can practice or compete on any FHS team:

- Code of Conduct/Steroid Policy Form
- Athletic/Activity Participation and Emergency Form
- Physical Exam Form Part 1
- Physical Exam Form Part 2
- Concussion Information Form

All forms can be found on the FHS website under the "Student Life-Athletics" tab.

Students need a physical to complete the Physical Exam Form Part 1 & 2 and can come to FHS for a sports physical exam. More information will be available on the website closer to the start of the new academic school year.

For information on how to contact a particular coach or to learn more about tryouts for a certain sport, please visit our Athletics page under "student life."



# Getting Involved- FHS Clubs

Club	Description
Animal Awareness Advocators	The purpose of this club is to educate students on the various endangered species and spread the important of pursuing actions that make the world a safer place for all animals alike.



AP Study Club	The purpose of this club is to provide students with opportunities to seek help for their AP classes. During meetings, elected representatives or invited guests who have completed the AP courses will answer the questions.
Athletic Society	The purpose of the club is to provide students with an opportunity to gain connections with new people over a similar interest in sports.
Awaaz	Awaaz is a club that spreads indian culture through dancing in teams that students are able to try out for, practicing both older and more modern styles of indian dancing.
Bio Olympiad	The purpose of this club is to help students cultivate in biology and help prepare them for the United States Biology Olympiad.
California Scholarship Federation (CSF)	The purpose of this club is to recognize and encourage academic achievement and community service among middle and high schooler students in California.
Chess Club	The purpose of this club is to create a serene environment where students can learn and enjoy the game of chess while having fun and potentially making friends.
Chinese Club	Chinese Club's mission is to spread awareness of Chinese culture around campus to celebrate Chinese holidays on campus.
Creative Adaptive Lucid Mind	CALM interrogates research, technology and play to create a generation of emotionally and socially intelligent youth who have intellectual control over their well being and are equipped to do jobs that machines cannot.
Creative Union of Literature	The Creative Union of Literature is established to offer a collaborative environment to any writers or people who enjoy the written word and want to improve. Having people to share, edit, comment on, and bounce ideas off of is a tremendous resource for improvement.
D.I.Y. Club	The purpose of this club is to provide a creative space for members to try out different craft and projects. Members will be inspired to change old common materials into a new creation to keep. We will also create projects for the community to make an impact beyond the school
Drama Club	The purpose of this club is to create connections across different forms of theatrics and to build community among all forms of theatre.
E-Club	The purpose of our club is to encourage the inclusion of atypical children in daily life through inclusive sports. Our club is looking for people who are willing to spend an hour to make children feel included in team sports.
Feminist Advocacy Movement	The purpose of this club is to advocate equality between both sexes and have a safe place for people to learn about feminism and how they can spread awareness and practice feminism.
FHS Sol	FHS Sol is a Columbia Middle School outreach club where the club members go to Columbia's after school KLAS program and help the students with their homework or tutor them on the material they are learning in class.
FHS Volleyball Club	The FHS Volleyball Club mission is to produce an environment that inspires students/athletes, coaches, parents, and the community to collectively create a positive atmosphere for the FHS Volleyball program. Our desire is to build strong moral character and academic excellence in students/athletes while searching to raise fund for our volleyball program as we strengthen the status of the program and support the financial needs of FHS students/athletes.
Firebird Buddies	Firebird Buddies is a club created to establish an environment where students with developmental or intellectual disabilities can feel welcomed and accepted.
Filipino Youth Organization	FYO aims to create an environment in which Filipino-American students can embrace and learn more about their culture. Non-Filipino students are also welcome to learn about the culture and the country of the Philippines.
<b>Club</b>	<b>Description</b>
French Club/ French Honor Society	Our purpose is to foster and share a love of french culture as well as allow upper-level French students to tutor other French students through French Honor Society. *French Club: anyone interested in French Culture *French Honor Society: 2nd Semester



FBLA	The purpose of Future Business Leaders of America is to bring business and education together in a positive working relationship through innovative leadership and career development programs.
Gamers Club	Our purpose of this club is to show off games we enjoy by playing and watching other people play games.
Garden Club	The purpose of this club is to gain knowledge and experience in topics such as botany, biology and environmental science. Members will learn how to grow flowers and tend vegetables as well as meet new friends who share a common interest in gardening.
Gay Straight Alliance	The purpose of this club is to foster the community and support LGBT+ students.
Genesis 2.0	The purpose of this club is to develop improvisational skills and play music and possibly create and write new songs and riffs.
Girls Who Code	The purpose of this club is to provide the enriching as well as supportive environment for coders of all levels. We aim to further members' skills, create a lasting community of coders, and close the gender gap in computer science.
Glee Club	The purpose of this club is to provide a place for people to sing acapella together and to further learn and understand singing.
Hip Hop Club	The purpose of Hip Hop club is to teach the students about Hip Hop culture and Hip Hop cultures in different areas and countries. Hip Hop club will learn to dance and hopefully participate in rallies and events.
Industry Connections Club	The purpose of this club is to give Fremont students an idea of different career opportunities in the future. Guest speakers will inform students about their jobs. Students will benefit from real life insights into careers and work places.
Interact Club	Interact is a service and leadership club that operates as a subset of Rotary International. We fundraise for international and community causes and provide service events. Our club is part of Area 12 (FUHSD Interact clubs) and District 5170 (the Interact Clubs across the Bay Area.)
IT Student Leaders	This club will help students gain the knowledge needed for high paying careers in the Silicon Valley. In addition, the club will empower member to ask questions, provide tech support, and help district, students, staff and the community with tech resources.
Japanese Club	Japanese Club spreads knowledge of Japanese culture, activities, and encourage students to partake in Japanese events within the District.
Jewish Student Union	The purpose of this club is to educate the jewish and non-jewish community of students about Jewish traditions/ holidays and current events. This is also a place where students feel comfortable to get educated and ask questions.
Key Club	The purpose of Key Club is to provide students with an outlet to be more involved and to give back to community as well as to encourage leadership skills and character building within our members.
Koinonia Christian Service Club	The purpose of this club is to serve the community such as lunch specials for our janitors on campus, Saturday or weekday volunteering at Manor Cave, and providing a place on campus where Christians can gather and freely worship.
LINK	LINK is to ease the transition of moving to high school to make sure all incoming freshmen feel safe, welcome and excited. We are also in charge of organizing freshman orientation with admin and train LINK leaders.
Latin@ Student Union	The purpose of the Latin@ Student Union is to celebrate Latina and Latino heritage, culture and emphasize education.
Mock Trial	The purpose of this club is to allow students to gain courtroom experience in a hands-on way, while also preparing students for mock trial competitions. Students who participate in Mock Trial gain analytical skills from analyzing cases, gain real-life team working experience, improve their problem solving and speaking skills, and improve their ability to compose effective arguments and respond to questions or disputes.
Muslim Association Meeting	The purpose of this club is to combat negative stereotypes about Muslims in the media, create a safe and welcoming environment for Muslim and Non-Muslim students, to learn



	about Islam and cultures where Islam is present, and to raise awareness about world issues faced by Muslims today.
National Honors Society	The purpose of NHS is to recognize hard working students at Fremont and provide them with opportunities to give back to their community. These students are able to utilize their skillsets and help their peers and community by serving hours that are through activities that they're passionate about as well as NHS approved events that focus on education.
Octagon Club	The goal of this club is to help our community while gaining leadership skills and learning teamwork along the way. We find events that can be enjoyable to maximize the learning experience and also make sure it is a good environment.
Philosophy Club	The purpose of this club is to participate in engaging discussion about the nature of our daily lives, society and various other interesting topics. The club encourages lively debate and controversial viewpoints.
Programming Club	The purpose of this club is to develop programming interests and skills. All students are welcome regardless of level. We will engage students with different activities based on skill.
Quiz Bowl	The purpose of Quiz Bowl is to expand general knowledge through research and trivia questions and to compete in tournaments against other schools.
Red Cross Club	The purpose of Red Cross (FHS) is to gain valuable CPR, AED, and First Aid Training for free and to raise awareness and fundraise for national disasters. Additionally, FHS Red Cross saves as a license to promote Silicon Valley Red Cross First Aid Programs.
Science Olympiad	One objective of this club is to introduce more Fremont High School students to the world of STEM and to encourage them to delve deeper into the world of science. In addition, Science Olympiad hopes to create one team of dedicated and competitive scientists who will compete at the regional competition and place in many events.
Society of Women Engineers	The purpose of this club is to support the future female engineers on campus; linking our students with mentors, competitions and awards, informing and signing up for seniorship.
Spanish Honors Society	The purpose of this club is to advance and educate Spanish students in the culture and language of the Spanish world. This club is also to tutor struggling students to advance and succeed in their classes.
Speech and Debate	Students of all skill levels can improve public speaking confidence in a friendly but also hard working environment.
Tabletop Club	The purpose of this club is to give students a time and place to enjoy themselves and make friends by playing board and card games (brought in by teachers). Our secondary objective is to teach students life skills through strategic games.
Tea Club	The purpose of this club is to build the community, encourage thoughtful conversation, and promote the enjoyment of tea.
Tri-M Music Honor Society	Our club consists of motivated individuals who want to share their passion for music with others in the community. We give students the opportunity to volunteer, cultivate leadership skills, and represent Fremont at community events and other venues.
Wellness Club	The purpose of this club is to advocate awareness, embrace imperfection, silence shame, raise stigma, promote mental wellness, reduce stress and inspire laughter through connection, prevention and outreach.
Writing in Literature and Media Club	The purpose of this club is to discuss and learn about writing in literature and media.

\*Clubs subject to change year to year based on student participation

## Parent Involvement

### PTSA

The PTSA plays an important and collaborative role at Fremont High School. It is a great way for parents to get involved. The Fremont PTSA provides:

- A communication link between parents and the school
- Support for many school activities



- Opportunities for parents to get connected to the school and its staff
- Important services to students
- Parent education on a number of areas affecting teenagers and their families

Some of the benefits of joining the PTSA include:

- Having a voice in your school community
- Establishing relationships with school administrators, teachers, parents and students
- Gaining information concerning legislative issues affecting your child's education
- Getting the Daily Bulletin emailed to you directly

The Executive Board meets monthly and all parents, students and staff are welcome to attend.

## **School Site Council**

---

The FHS School Site Council (SSC) is a forum for teachers, administrators, students, and parents to discuss and resolve issues of importance to the Fremont High School community. As part of their charter, they also develop an annual school plan.

The School Site Council annually reviews the school plan, establishes a new School Improvement Program budget, and if necessary, makes other modifications in the plan to reflect changing needs and priorities of our school.

Meetings are on the third Wednesday of the month from 5:00-6:30pm.

Representatives are elected onto the School Site Council Board each year, with staggered 2- year terms. Interested parties can nominate themselves to be on the ballot. Parents vote during Back to School Night.





# Parent Involvement

## Los Padres

---

Los Padres meets on the first Wednesday of every month at 6pm in the FHS library to discuss ways to become involved in the school, as well as to share information about academic and social supports available at FHS and in the community.

Fremont High School parents, students, and staff are welcome to attend the monthly meetings. There is no membership fee to join the Los Padres.

### Contacts for Los Padres:

Jesus Ramirez, Family & Community Liaison  
Phone: 408-522-2466

Ana Franco, Guidance Counselor  
Phone: 408-522-2428

Sydney Fernandez, Assistant Principal  
Phone: 408-522-2416

## ELAC

---

The English Language Advisory Committee (ELAC) is a parent advisory group whose members are active participants in assisting their children in the following ways: attain English proficiency, achieve at high levels in core academic subjects, and meet California state standards.

### Contacts for ELAC:

Veronica Quiroz, EL Program Assistant  
Phone: 408-522-2418

Email: [veronica\\_quiroz@fuhisd.org](mailto:veronica_quiroz@fuhisd.org)

Jesus Ramirez, Family & Community Liaison

Phone: 408-522-2466

Email: [jesus\\_ramirez@fuhisd.org](mailto:jesus_ramirez@fuhisd.org)

George Becharra, Dean of Students  
Phone: 408-522-2489

Email: [george\\_becharra@fuhisd.org](mailto:george_becharra@fuhisd.org)

# Parent Involvement

## Athletic Boosters

---

### Athletic Booster's Mission

(a) To conduct fundraising activities that raise money to support and bridge the Fremont High School athletic budget.



(b) To build community for ALL Fremont athletics.

(c) To facilitate recognition of Fremont Athletes.

The Boosters strive to fund both general and specific needs for our athletic programs, such as uniforms, officials, weight room, scoreboards and various sports equipment. The Boosters believe a strong athletics program reflects favorably on our school and provides a source of pride for the entire school community, while athletic events allow parents, alumni, students and school staff an opportunity to come together in a fun and positive atmosphere.

## **Volunteer Opportunities**

*Athletic Booster Board:* The Athletic Booster Board is staffed entirely by parent volunteers. If you have a student athlete, this is a great way to get involved and provide support to our athletic programs.

*Other Volunteer Needs:* Our primary fundraising effort each year is running the BBQ and concessions at all home football games. We are always in need of volunteers to help set-up, work during the games or help close down after the games.

## **Parent Involvement**

### **Music Boosters**

---

If you have a student in any of the Band classes, the Orchestra, the Marching Band, Auxiliary (Guard), Winter Percussion or Winter Guard groups; then you are automatically a member of the FHS Music Boosters. There are no dues or fees, just your desire to continue the tradition of supporting Mr. Kelly and his Staff in what they do for the programs. The primary purpose of the Music Boosters is to provide financial support to the Bands and Auxiliary units.

The Marching Band Season (fall) is the busiest for Boosters. There are many ways to get involved. The Marching Band will have competitions in the fall and during a Field Show (the competition) the Band needs helpers all day (Saturdays) – that can mean from 7:00 am until 12:00 midnight. There are little jobs, some can be done at home, and of course you can spend the whole day with the Band if you want.



During the year the Boosters ask for help with carpools, sewing, food shopping, and dine out coordinators. The Boosters have a silent auction at the December concerts, were we need help. The Boosters help at every home football game. The Boosters have a few fundraisers for the students to find creative ways to pay their accounts. We celebrate all our successes at the end of the year with the Awards night.

There are four Booster meetings during the school year. There is a Booster Board that meets monthly with Mr. Kelly. There is a Booster Secretary that assists with communication needs.



## Important Guidance Dates

<b>Residency Verification</b>	<b>January 26- FHS Library; 8:00am-2:00pm</b>
<b>Guidance Counselor Visits to Middle Schools</b>	January 30- Cupertino Middle School
	February 6- Lawson Middle School
	February 7- Sunnyvale Middle School
	February 7- Columbia Middle School
<b>8th Grade Electives Night</b>	February 26th- In front of the Cafeteria; 6:30-8:30pm
<b>Incoming Freshman Course Selection Night</b>	March 12 & March 13 <a href="https://fhs.fuhisd.org/">https://fhs.fuhisd.org/</a> - Based on Students last name, at 7:00. March 12 (Last Name A-L) March 13 (Last Name M-Z) Shannon Theater, Cafeteria, Small Auditorium, ( <b>Spanish</b> ) March 13 (for all last names A-Z) at 6:30pm in the FHS Library
<b>Placement Tests for World Language Classes</b>	April 4 <sup>th</sup> , 2019- At 3:30pm at FHS; invitations to be mailed out based on course selection
<b>Course Request Verification</b>	Mid-April- To be mailed home
<b>Freshman Orientation &amp; Parent Night</b>	August 13- Orientation will be held during the day; The Parent Night in the evening at 6:30pm.

