

FREMONT High School

BACK TO SCHOOL NIGHT

2021-2022



The Fremont Way

FHS Mission:

Ensuring High Levels of Learning for All Students

FHS Values:

Collaborate, Community, Respect, Support

At Fremont, we are dedicated to creating an inclusive space where students, families, and staff of all gender identifications and racial backgrounds feel safe, supported, and welcomed.



FHS Administrative Team

Principal



Bryan Emmert

----- Assistant Principals -----



Brooke Chan (A-G)
Guidance & Master Schedule



Chris Moore (H-O)
Interventions



Andy Walczak (P-Z)
Athletics & Activities

Executive Assistant



Jennifer Hernandez

----- Deans of Students -----



Connor Smith
(11th & 12th Graders)



Paula Mockler
(9th & 10th Graders)



GUIDANCE TEAM

The mission of FUHSD's Counseling Program is to provide all students with academic, career, and socio-emotional support and resources to develop into confident, competent, healthy, and productive members of their communities. Students will gain the necessary skills to navigate through high school and their post-secondary plans through data-driven, developmentally appropriate curriculum. By strategically supporting and creating partnerships with educators and stakeholders, the counseling program advocates for equity and provides interventions as needed to support all students to achieve their goals.

Guidance Curriculum

9th Grade

- High school and college requirements (A-G)
- 4 year plans
- Naviance

10th Grade

- Career exploration
- Differences between job, career, major

11th Grade

- Transcript review
- College research and setting goals for post-high school

12th Grade

- Post-high school plan
- College applications
- Financial Aid

Flex Workshops

College Rep Visits
College App Help
Resume Writing
Career Presentations
College Testing Information
Senior Panel
College Searches
AND MANY MORE

Guidance Parent Events

Sept. 23 at 6pm - Financial Aid Night (11-12)

Oct. 6 at 6pm - Fall Family Guidance Night (9-12)

Oct. 15 at 9am - Coffee with Counselors (9-11)

Oct. 28 at 4pm - Cash for College (12 only)

**All events on zoom.*

General guidance parent night in Fall and Spring. Check out the website and monthly newsletter for up to date information.



GUIDANCE & STUDENT SUPPORT

The purpose of the Guidance Program is to assist students with their academic planning so they can take full advantage of a range of options upon graduation from high school. FUHSD's Guidance Teams at each site generally include Certificated Guidance Counselors, College and Career Advisors and Administrators. These team members are often the first point of contact for students and families seeking information about FUHSD's high schools. The majority of guidance services are delivered through group presentations in the classroom or in evening presentations for students and their families. Guidance presentations occur throughout the year at each site with topics that include choosing a college and career, financial aid and course selection. The **Guidance team** is available to students and their families for individual appointments for support with:

- College to career planning (including a 4-year plan toward graduation);
- Facilitating positive, collaborative relationships with peers and teachers;
- Navigating the high school experience (including time management, involvement in extracurricular activities, self-advocacy, volunteer and internship opportunities); and
- Social emotional wellness.

The College and Career Advisors are the point of contact for college representatives, military recruiters, volunteer and internship opportunities. They also organize our district's College Fair each fall. College and Career Advisors support Naviance, our district's college and career planning tool, which provides students with personalized surveys and customized career and college exploration resources.

FHS CEEB CODE 053460

[APPOINTMENTS](#)[SCHEDULE CHANGE REQUEST](#)[SCHOOL PROFILE](#)[STUDENT CLERK & OPEN BLOCK INFORMATION](#)

GUIDANCE COUNSELOR AND COLLEGE AND CAREER ADVISOR APPOINTMENTS

Appointments are **ONLY** for current FHS students. To request an appointment with your AVID, HA Guidance Counselor or College and Career Advisor please click the button below:

[Appointment Request](#)[Guidance Team](#)[High School Planning](#)[College & Career Planning](#)[Student Wellness & Resources](#)[Climate Office](#)[Incoming Students](#)

Guidance Update | Grades

2021-22

Report Title	Grades Available
Progress Report 1	10/1/21
Progress Report 2	11/12/21
Semester 1	1/14/22
Progress Report 1	3/4/22
Progress Report 2	4/29/22
Semester 2	6/10/22

10/8/21 = Last day
to drop a class
with nothing on
the transcript.



Official grades are viewable in Infinite Campus.

Activities and Athletics

Consider Buying a Yearbook or ASB card

Three options for purchase:

- \$60 ASB card only
- \$90 FHS yearbook only
- \$120 Yearbook/ASB card combo

ALL funds go straight into student activities

FHS Athletics

Attending games as a family is a way to be involved in FHS community

Athletics tab on website provides details for winter/spring sports

Follow Felipe on Twitter:

@FHS_Sunnyvale

FHS School Site Council

- School Site Council will convene in early October on Zoom
- If parents are interested in serving (we need 5), email Connor Smith: connor_smith@fuhsd.org
- Once we receive the candidates, there will be virtual election through a Google Form

FHS SFS (Students for Success)

- Students for Success is a peer tutoring program
- All FHS students are welcome
- Tutoring available for every subject and in multiple languages
- Offered Monday - Thursday (Room 76)
- Additional info on website

Partnerships with Parents



***Los Padres**

***Kababayan**

***Band Boosters**



Fremont High PTSA Mission



**Support your
student's
educational
journey at
Fremont High¹³**

JOIN FHS *PTSA* TODAY !

STAY INFORMED

- Priority registration for Parent and Teen Ed Speaker Sessions
 - College and career prep
 - Behavioral
- Connect with other parents
- Learn about Volunteering opportunities

Why Join?

SUPPORT STUDENT PROGRAMS

- SAT Prep
- Scholarships
- LINK
- JOB SHADOW Day
- And many more...

MAKE A DIFFERENCE

- New student programs
- Support Staff requests
- Volunteer
- Hospitality
- Make your voice heard

Sponsored by FHS PTSA

- **Staff and activities grants**
- **Job shadow day**
- **Partner program for students-** TGIF conversation, Link, SFS, FHSOL.
- **Staff appreciation**
- **Honorary Service Awards**
- **College test prep discounted courses and mock events**
- **Speaker events**
- **Scholarships** - Scholarship for seniors and Tim Shannon project
- **Grad Night Party & Baccalaureate**

15

Supported by YOUR contributions and corporate matching!

Connect, Participate & Stay Informed

- **ENTER THE NATIONAL REFLECTIONS CONTEST FOR 2021-22 - DUE DATE OCT 15**
- **REGISTRATION IS OPEN FOR ONLINE SAT/ACT/PSAT MOCK TESTS ON**
 - **PSAT/NMSQT: Saturday, September 11**
 - **SAT: Saturday, September 18**
 - **ACT: Saturday, September 25**
- **Parent Q&A with Principal Emmert**
 - **First one on Thursday, September 16 (7:00-8:00pm on Zoom)**
- **PTSA STAFF GRANTS**
- **VOLUNTEERS NEEDED FOR JOB SHADOW COMMITTEE 2021-22**

Be Involved....

- All parents and students are encouraged to become a **PTSA member and donate**; YOUR GENEROUS SUPPORT REACHES EVERY STUDENT AT FHS! Please consider donating any amount that you can to support our students.
- **Donate & join the PTSA** online <https://www.fremontptsa.org> (Paypal or Credit card)
- OR make a **check payable to Fremont High School PTSA** and bring it to the school office or mail it to **FHS PTSA, 575 W. Fremont Ave, Sunnyvale CA 94087**
- If your workplace offers **matching employer donations**, please apply for it. Additionally, contact your tax advisor to determine if your donation is tax deductible.

We want to hear from YOU

Saranya Vasu

Rachana Shah

Apolina Ravi

Manisha Anarkat

Ravi Narayana

Bernie Urbina Alonso

Achala Joshi

Deepali Saswade

Samu Suryanarayana

Mali Shchory

Shipra Sodhi

Kavita Gaitonde

Suvarna Gadgil

FHS PTSA Board School Year 2021/22



We support **ALL** Varsity and JV sports teams *plus* Cheer team

- **Join us!** Memberships available
- **Volunteer!** Join the Board; volunteer at concessions
- **Help us!** Future fundraising opportunities
- **Website:** fhsathleticboosters.org
- **Questions?** Contact Jen Gray
fremontboosterspresident@gmail.com

Athletic Boosters - SPIRIT WEAR

Check out what is available at fhsathleticboosters.org/store



FUHS Foundation



What We Fund

- Naviance and Schoology
- STEM Education
- Annual Choral Festival
- Athletics / Drama / Journalism / Art
- Robotics / FBLA / DECA
- Grants to Teachers for Innovative Projects
- AVID – College Visits
- New! - Science Coach Stipends for Competitions
- New! – Mental Health Support

FUHS Foundation



PETER

A SENIOR AT CUPERTINO - Athletics



Connect With Us

Stay informed with our monthly newsletter. Sign up on the homepage of our website.



(408) 773-1218



info@fuhsfoundation.org



fuhsfoundation.org



facebook.com/fuhsfoundation



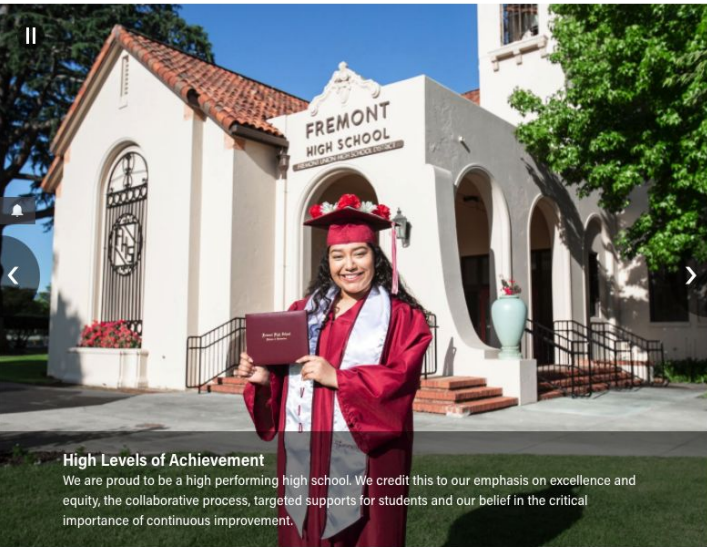
instagram.com/fuhs.foundation

FHS Communication

Home - fhs.fuhisd.org

Return to School Information & COVID-19 Resources | [Click Here](#)

FREMONT HIGH SCHOOL



High Levels of Achievement
We are proud to be a high performing high school. We credit this to our emphasis on excellence and equity, the collaborative process, targeted supports for students and our belief in the critical importance of continuous improvement.

This Week at Fremont High School



September 7, 2021

Weekly News

[Practice SAT, ACT and PSAT Tests](#)



AUGUST 2021

MESSAGE FROM PRINCIPAL EMMERT

Next week's Firebird Fiesta and Freshmen Orientation will kick off the 2021-2022 school year and our return to full on campus schooling. We are so excited to have students back on campus again. It has been a year and a half since our staff and students have all been together on campus. And while it will definitely be an adjustment, I'm certain that together we can do it safely and effectively for staff and students alike.

Being together back on campus will allow for the in person connections between students

DATES & IMPORTANT REMINDERS

August 9th-10th
Firebird Fiesta
(see details below)

August 10th
9th Grade Parent Orientation

Thank you for joining us!

