

Virtual Coffee with the Counselors

Incoming Students and Families 2024-25



Meet the FHS School Counseling Team



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Guidance Curriculum

9th grade – Foundation for Success

- Laying the foundation for your high school career, establish yourself through your academics and extracurricular activities
- Parents should have open conversations with students about progress in classes, as well as extra curricular activities
- There should be a healthy balance between academics and social activities: importance of getting involved
- Development of a four year plan; high school and college requirements
- Introduction to Naviance
- Resources available to all students

Some Frequently Asked Questions

- **What does a course of study look like for most students?**

- This represents what FHS students *typically* take year to year. Some subjects listed in the table below are required, some are not.

9 th Grade	10 th Grade	11 th Grade	12 th Grade
Lit./Writing	World Lit./Writing	English	English
Biology	Science	Science	Science
Math	Math	Math	Math
World Language	World Language	World Language	World Language
Elective	World History	US History	US Gov./Economics
PE	PE	Elective	Elective

- *As mentioned, FUHSD guarantees each student six classes IF a student chooses six classes. Students are welcome to request a 7th class, but this class is not guaranteed. All classes required for graduation must be in a student's first six choices.*

World Language Placement



Language Placement Test Dates and Times

Chinese

Tuesday, March 5, 4-6pm

Location – Library @ FHS

French

Contact teacher (Janene Rich) for an appointment: janene_rich@fuhsd.org

Japanese

Contact teacher (Erik Duus) for an appointment: erik_duus@fuhsd.org

Spanish

Assessments will be given at middle schools (SMS and Columbia MS) the week of Feb. 26th, make up tests will be given:

Tuesday, March 5, 4:00pm

Location - Library @ FHS

Contact teacher (Israel Gonzalez) for Spanish questions:
israel_gonzalez@fuhsd.org

- **As a 9th grader, can playing a sport exempt your student from taking PE 9?**

- No, PE 9 is a state requirement for all freshmen students, therefore no 9th grader is exempt from taking PE 9. We do encourage 9th grade students to try out for an athletic team, and depending on their schedule and the number of credits they are taking (6 classes), they may be able to earn 5 elective credits for each sport.

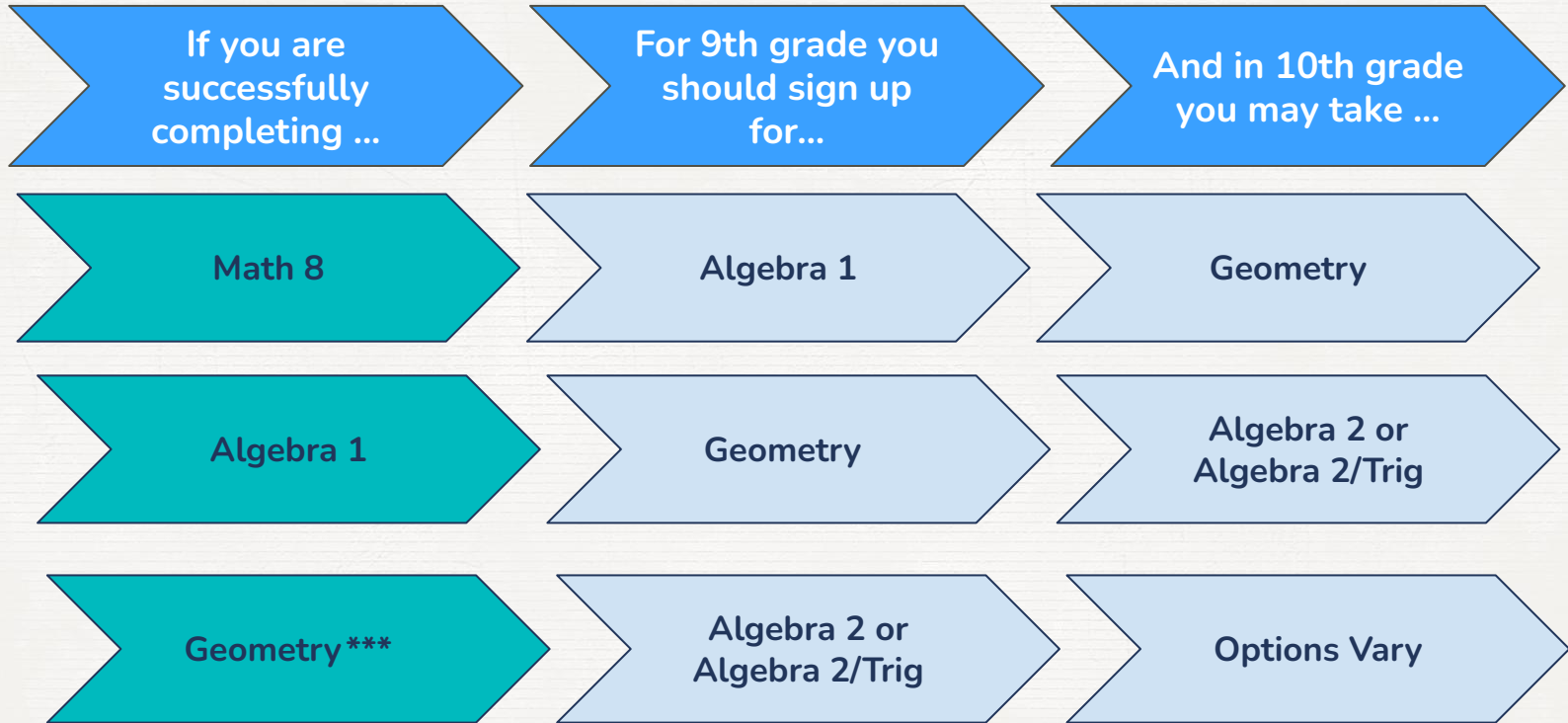
- **Can an 8th grade student/parent meet with a FHS School Counselor?**

- The School Counselors will be happy to meet with you or your students *after* they begin their first day of high school. We do not have capacity to meet with 8th grade students/parents prior to that.
- All incoming 9th graders will have to attend the **Freshman Firebird Fiesta Orientation on August 12th** to become more familiar with the FHS community and resources. Parents will also have an opportunity to attend an evening event where we will discuss in detail the resources and supports available on campus.

Can 8th grade students earn credit before starting high school?

- **No.** You cannot earn FHS high school credit prior to your August start date of freshman year. Although a student may not earn high school credit for work completed in the summer between 8th and 9th grade year, coursework completed at an accredited institution may be used for high school placement purposes.
- A summer Geometry or Algebra I course *will not* be recorded on your transcript for a grade or credit.
- All students who wish to go to a CSU or UC **MUST** take one year of Geometry, **DO NOT SKIP**.
- **Can your student take two classes in the same subject in the year (i.e. two science class or two math classes)?**
 - No, Our district policy is that students cannot "double-up" in any one subject area. The reality is, due to limited section allocation (directly related to limited school funding), we do not have space available for students to take two of any subject area in any one year.

Mathematics Courses



*****UC/CSUs require all students MUST take Geometry in 7th grade or later**

Upcoming Dates

1. Final course selection form is due this Friday, February 9th via electronic submission of IK12 form.
2. April 2nd, you'll get an email with a copy of what you requested and will be given one last chance to request a change.
3. Firebird Fiesta (Freshman Orientation)-August 12th
4. First Day of School- August 19th

Q & A with the Counselors

