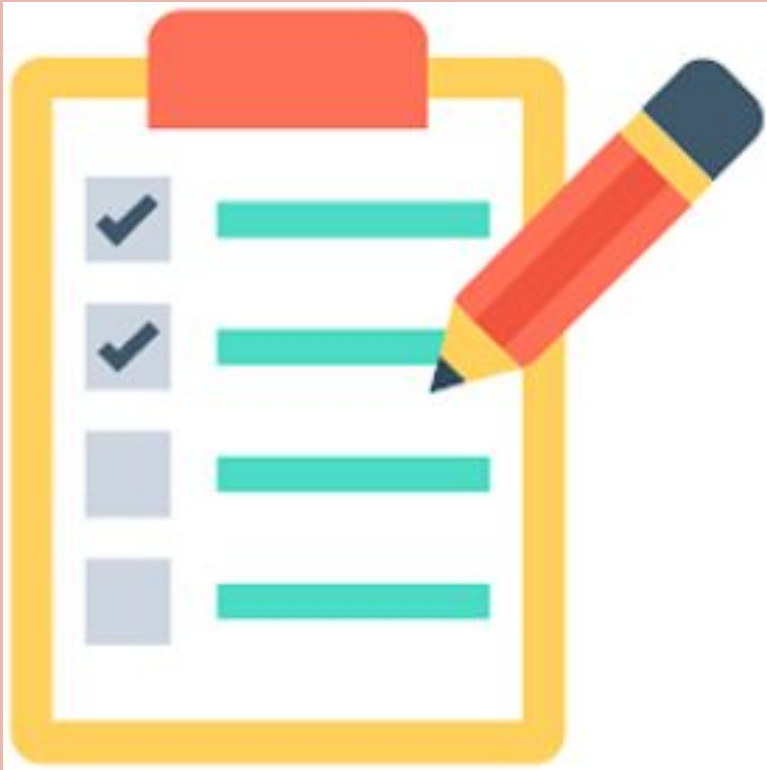

Welcome to High School

Presented by: Monique Johnson and Tara Wright



Academics
Social
Emotional

Important Checklist



Website

Parent Portal

Google Classroom

9th Period

Writing Center

Social Studies Center

Math Center

Graduation Requirements

22 Credits

- English - 4 credits
- Social Studies - 4 credits
- Math - 3 credits
- Science - 3 credits
- Art/Music - 1 credit
- Health - .5 credit
- Physical Education - 2 credits
- World Language - 1 credit

High School Course Selection

Scheduling Process

Electives

Honors

AP Courses

Resources

Library

YES Office

Nurse

Attendance Office

Supportive Groups/In-School Counseling

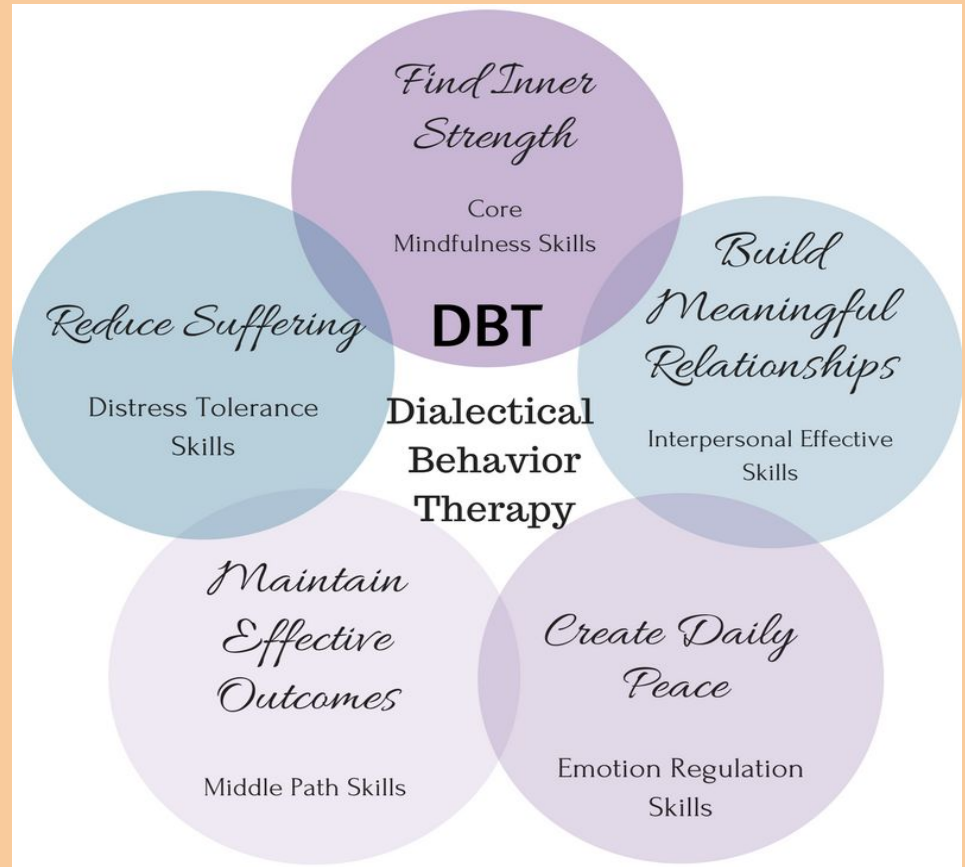
The 5 S's to Help

- Study (try, put the effort in, failure happens, strengths/weaknesses)
- Socialize (join activities/sports/clubs, meet new people, build mastery)
- Self-manage (take care of your responsibilities, be responsible for own emotions/behaviors, PDF)
- Self-respect (stay true to your values, treat yourself with care)
- Supportive (be kind to others, contribute, parents' role model validation)

What is DBT?

Dialectical Behavioral Therapy helps students manage emotions, improve relationships, and enhance their decision making abilities

Help adolescents develop their own toolbox of life enhancement strategies beyond the classroom



Contacts

High School 914-295-5800 and ext.

Principal	Mrs. Danielle Trippodo 5810
Assistant Principal	Mr. Frank Carlson 5820
Social Worker	Ms. Monique Johnson 5857
Guidance Office	Mrs. Lurana Spinelli or Mrs. Patti Medina 5860
9th Grade School Counselor	Mrs. Tara Wright 5853
Athletic Director	Mr. Michael Ramponi 5870
School Nurse	Mrs. Carolyn White 5890
Attendance	Ms. Lisa Giuliano 5891
Chief Information Officer (Parent Portal)	Ms. Erin Newton 5836
School Bucks Cafeteria Payments/PIN	5538 Mr. Nathan Froimowitz

**Teachers' email addresses are available on the high school website on the bottom under the Directory tab.
Email - First initial and last name @ardsleyschools.org**