

[bit.ly/9th10thPres](https://bit.ly/9th10thPres)



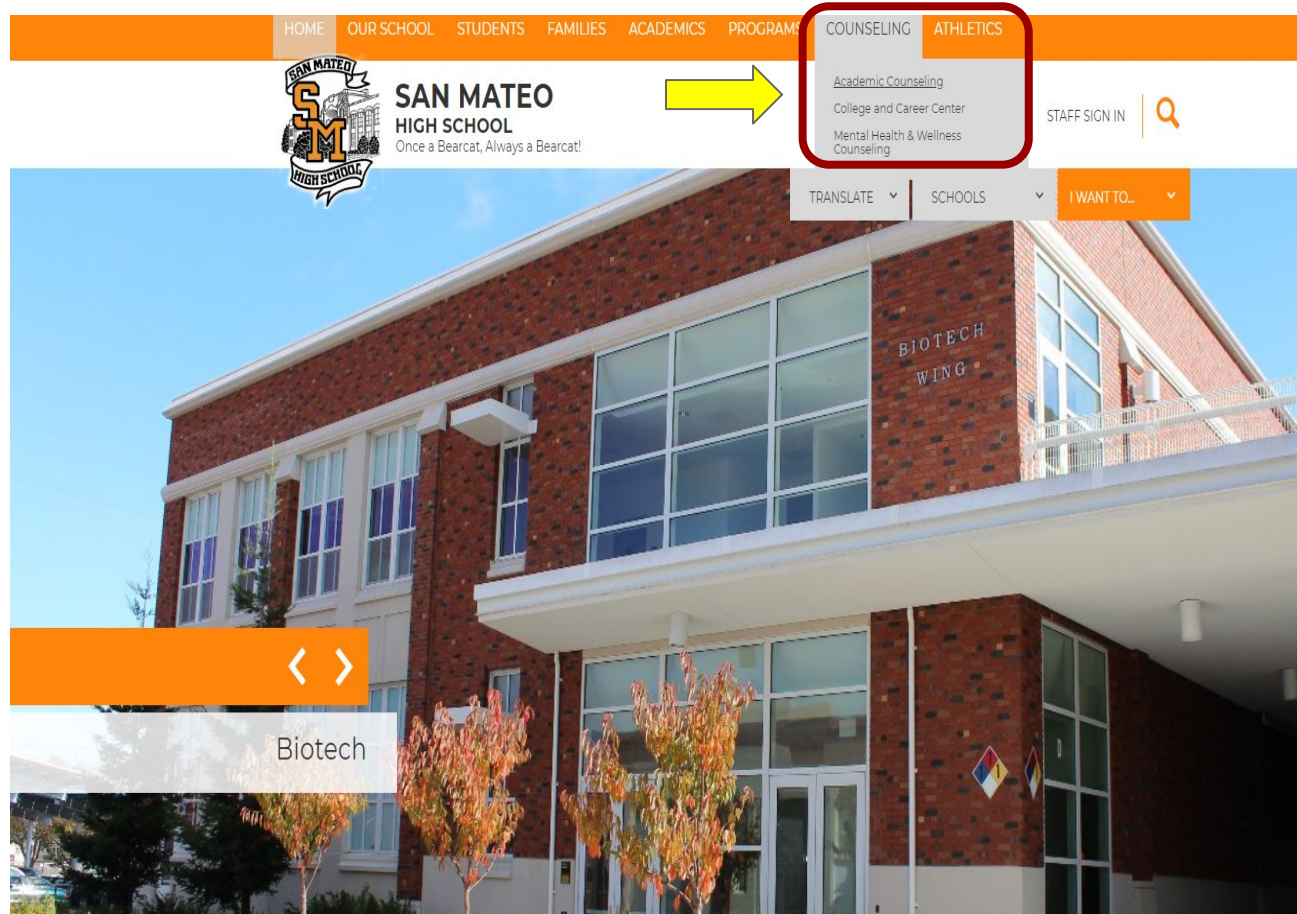
**Freshmen & Sophomore Family  
Back To School Night**  
Thursday, September 5, 2019

# AGENDA

- ❖ Introductions
- ❖ Communication
- ❖ San Mateo Union High School District  
Graduation Requirements
- ❖ A-G requirements
- ❖ School rules & programs




# Access to Tonight's Powerpoint




# Access to Tonight's Powerpoint


[HOME](#) [OUR SCHOOL](#) [STUDENTS](#) [FAMILIES](#) [ACADEMICS](#) [PROGRAMS](#) [COUNSELING](#) [ATHLETICS](#)




**SAN MATEO  
HIGH SCHOOL**  
Once a Bearcat, Always a Bearcat!

 SMUHS

STAFF SIGN IN



TRANSLATE 

**ACADEMIC COUNSELING**

- › Welcome
- › Freshman (9th Grade) Information
- › Sophomore (10th Grade) Information
- › Junior (11th Grade) Information
- › Senior (12th Grade) Information
- › Concurrent Enrollment
- › Curriculum Guide
- › Graduation Requirements
- › **Presentations**
- › Section 504
- › Summer School

HOME > COUNSELING > **ACADEMIC COUNSELING**

WELCOME TO THE COUNSELING DEPARTMENT!

***You can now schedule your appointment with any counselor on the following website (For Current 9th-12th Grade Students Only):***

<https://meetme.so/SanMateoHighSchoolCounseling>

**CONTACT US**

Mike Holtz  
(650) 558-2303  
Assistant Principal  
[mholtz@smuhsd.org](mailto:mholtz@smuhsd.org)

Tammy Maldonado  
(650) 558-2305  
Administrative Assistant - Counseling  
[tmaldonado@smuhsd.org](mailto:tmaldonado@smuhsd.org)

Daniela Galvan Fonseca  
(650) 558-2351  
Counselor for English Language Development (E.L.D.) 1-3 and Mainstreamed E.L.D. students  
[dgalvanfonseca@smuhsd.org](mailto:dgalvanfonseca@smuhsd.org)

Sandra Roman  
(650) 558-2313  
Counseling Department Co-Chair  
Counselor for 12th Grade  
[sroman@smuhsd.org](mailto:sroman@smuhsd.org)



# Access to Tonight's Powerpoint

- › Senior (12th Grade) Information
- › Graduation Requirements
- › Curriculum Guide
- › Section 504
- › Summer School
- › Concurrent Enrollment

## NINTH GRADE COMMITMENTS

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In addition to the San Mateo High School Counseling Commitments, all ninth grade students will receive the following supports that are unique to the ninth grade:

1. Academic support and having an individualized 4 year plan
2. Review of semester classes and transcript review
3. Exploring post-secondary options (access to college & career)
4. Utilizing support services on campus (access to academic/wellness counseling)

## NINTH GRADE EVENTS

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### **Fall Semester**

- **9th Grade Family Presentation**
- 9th Grade Fall Class Presentations
- Naviance 4-Year Plan
- Intervention Night

### **Spring Semester**

- Course Preview Day
- Individual Programming & Planning for the following year
- 9th Grade Spring Class Presentations



# Bearcat Staff To Know

- **Yvonne Shiu** → **Principal**
- **Patti Frias** → **Assistant Principal**
- **Adam Gelb** → **Assistant Principal**
- **Mike Holtz** → **Assistant Principal**
- **Alfonso Dueñas** → **Dean of Students**
- **Ayde Cervantes** → **Assistant to Student Services**
- **Corina Menendez** → **Attendance Clerk**
- **Sandra Gluschankoff**  
Coordinator → **Family Engagement**
- **Mike Nguyen** → **School Resource Officer**
- **Renee McAuliffe** → **Health Office Clerk**
- **Janine Beard** → **Administrative Assistant**
- **Natalie Esposto** → **Office Assistant**





# Counseling & Wellness Team

- **Francisco Gil** → **Freshmen (9th) School Counselor**
- **Jane Zimmerman** → **Sophomore (10th) School Counselor**
- **Andrea Booth** → **Junior (11th) School Counselor**
- **Sandra Roman** → **Senior (12th) School Counselor**
- **Daniela Galvan** → **ELD I, II, III & Long Term Language Learner's**
- **Steve Hanson** → **College & Financial Aid Officer**
- **Nancy Kane** → **Career Coordinator**
- **Tammy Maldonado** → **Counseling Staff Assistant**
- **Jinning Gee** → **School Data Analyst (SDA)**
- **Stefanie Lamoy** → **Wellness Coordinator**
- ***Diana DeGuzman*** → ***Wellness Counselor***
- ***Wendy Daniels*** → ***Wellness Counselor***
- ***Nancy Yance-Chavez*** → ***Wellness Counselor***
- ***Elena Ortiz*** → ***Wellness Counselor***



# CANVAS & AERIES

(Keeping up with your students' classes)

- [Canvas & Aeries Student App](#)
- [Canvas & Aeries Parent App](#)
- [AERIES Portal](#)
- [SMHS website](#)
- [SMUHSD Website](#)



- **Daily classroom grades and assignment**
- **Course information**
- **Communication with teachers**
- **Schoolwide communication**



- **Check attendance**
- **Transcripts**
- **Email Teachers**
- **6 week report card**





# STAYING IN TOUCH

- [Canvas Student App](#)
- [Canvas Parent App Set Up Instructions](#)
- [AERIES Portal](#)
- [www.smuhsd.org](#)
- [https://www.smuhsd.org/sa/nmateohigh](#)

## What is the EASIEST way to message teachers?

- Email Directly
- Canvas portal
- Aeries communication tool

## Where do we find news about happenings?

- Daily Emails (bulletins)
- Check your school via the District Website at [www.smuhsd.org](http://www.smuhsd.org)
- Students will be able to keep up with school news and announcements through the Canvas Student Center.

## Where do I send my student if they are having trouble with their accounts, Canvas, etc.?

- Students should first check in with their teacher
- Students can check in with the Family Engagement Coordinator or Librarians before/after school or during lunch
- If help is still required, students can email school's help desk



# CANVAS & AERIES LINKS

## Canvas Parent App

- [FAQ Sheet- Technology Support for SMUHSD Families](#)
- [Directions to Install Canvas Parent App](#)
- [Canvas Support for Parent App](#)
- [SMUHSD Family Mobile Apps](#)

## Canvas Parent Observer Accounts

- [Canvas Parent Observer Account Portal Access](#)
- [Canvas Parent Observer Directions, Spanish and Chinese](#)
- [How do I generate a pairing code for an observer as a student? Watch Video](#)
- [Canvas Support Guides for Observers](#)
- [How do I link a student to my user account as an observer?](#)



## SAN MATEO UNION HIGH SCHOOL DISTRICT GRADUATION REQUIREMENTS

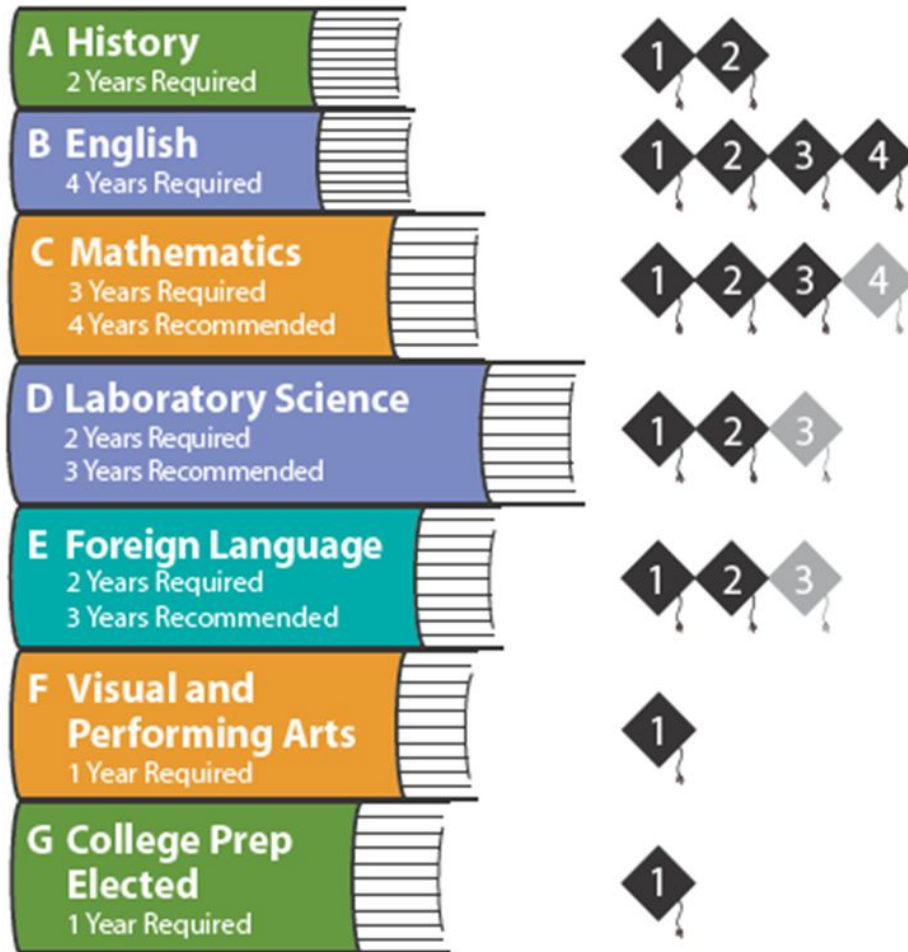
In order to receive a high school diploma a student must:

- ❖ Pass required coursework listed in the chart (with a D- or better)
- ❖ Earn at least 220 credits (*1 semester is 5 credits; 1 year equals 10 credits*)

SOCIAL SCIENCE	9th – Contemporary World Studies (1 Semester) 10th – Modern World History 11th – U.S. History 12th – Government & Economics
ENGLISH	4 Years
MATHEMATICS	3 Years
SCIENCE	2 Years (1 Year Biological & 1 Year Physical)
VISUAL & PERFORMING ARTS	1 Year
CAREER TECHNICAL EDUCATION	1 Year
WORLD LANGUAGE	1 Year by the End of 10th grade
HEALTH	1 Semester (Completed in 9th grade)
PHYSICAL EDUCATION	2 years (Completed in 9th & 10th grades)
ELECTIVES	40 Additional Credits
CREDITS NEEDED FOR GRADUATION	220 credits



# “A-G” College prep requirements



\* Grades of C or better required.



# SAN MATEO HIGH SCHOOL UC-CSU "a-g" COURSE LIST

The following courses meet requirements for admission to the Universities of California and the California State Universities.

**Honors & AP courses** earn an additional GPA bump ("A"=5.0, "B"=4.0, "C"=3.0 on a 4.0 GPA scale).

## "a" – HISTORY/SOCIAL SCIENCE

American Government  
Contemporary World Studies  
EL Contemporary World Studies  
Modern World History  
EL Modern World History  
**AP European History**  
U.S. History  
EL U.S. History  
**AP U.S. History**  
**AP Gov/Pol US**

## "b" – ENGLISH

ELD III (Hour 1)  
English I  
English I AS  
English II  
English II AS  
English III  
**AP English Language**  
English IV  
**AP English Literature**

## "c" – MATHEMATICS

Intensive Algebra I (Hour 1)  
Algebra I  
Integrated Math I  
Geometry  
EL Geometry  
Algebra II  
Finite Math & Statistics  
Precalculus  
**AP Calculus AB**  
**AP Calculus BC**  
**AP Statistics**

## "d" – LAB SCIENCE

Biology  
EL Biology  
**AP Biology**  
Biotechnology I  
Biotechnology II  
Chemistry  
**AP Chemistry**  
Physics  
EL Physics  
**AP Physics**  
**AP Environmental Science**

## "e" – LANGUAGE OTHER THAN ENGLISH

Chinese I  
Chinese II  
Chinese III  
Chinese IV H  
French I  
French II  
French III  
French IV H  
Spanish I  
Spanish II  
Spanish III  
Spanish IV H  
**AP Spanish Language & Culture**  
**AP Spanish Literature & Culture**  
Spanish Native Speakers III

## "f" – VISUAL & PERFORMING ARTS

Art  
Art Advanced  
Art 3D  
Art & Multimedia  
Art & Multimedia Advanced  
Drawing  
Drawing Advanced  
**AP Studio Art Drawing**  
Chorus  
Chamber Singers  
Concert Choir  
Dance  
Dance Intermediate  
Dance Advanced  
Digital Photography  
Cinema & Society  
Drama  
Drama Advanced  
Musical Theatre  
Chamber Orchestra  
Concert Band  
Jazz Ensemble  
Marching Band  
Symphonic Band

## "g" – ELECTIVE COURSES

Applied Chemistry  
**AP Computer Science A**  
Economics  
Foods & Nutrition  
Journalism  
Journalism Advanced  
**AP Macroeconomics**  
Principles of Computer Sci.  
Psychology  
**AP Psychology**  
AVID Senior Seminar  
Sociology



- ❖ College Prep (CP)
- ❖ Advanced Standing (AS)
- ❖ Advanced Placement (AP)

## ENGLISH COURSE SEQUENCE

### Advanced Placement Program (AP)

English I AS  
(advanced standing)  
9<sup>th</sup> Grade



English II AS  
(advanced standing)  
10<sup>th</sup> Grade



AP English Language  
11<sup>th</sup> Grade



AP English Literature  
12<sup>th</sup> Grade

### College Preparatory Program (CP)

English I  
9<sup>th</sup> Grade



English II  
10<sup>th</sup> Grade



English III  
11<sup>th</sup> Grade



English IV  
12<sup>th</sup> Grade

Strategic English Support I

Strategic English Support II

### English Language Development (ELD)

ELD II



ELD III



# SMHS Bell Schedule 2019-2020

## 1 - 7 DAY

### Monday

0	7:00 - 7:54
1	8:00 - 8:51
2	8:57 - 9:48
Brunch	9:48 - 9:58
3	10:04 - 10:57
4	11:03 - 11:54
Lunch	11:54 - 12:24
5	12:30 - 1:21
6	1:27 - 2:18
7	2:24 - 3:15

## REGULAR "A" DAY

### Tues/Thurs

0	7:10 - 8:05
1	8:10 - 9:41
Brunch	9:41 - 9:51
3	9:57 - 11:31
Lunch	11:31 - 12:01
5	12:07 - 1:38
7	1:44 - 3:15

## REGULAR "B" DAY

### Wed/Fri

0	7:00 - 7:54
2	8:00 - 9:31
Brunch	9:31 - 9:41
Tutorial	9:47 - 10:37
4	10:43 - 12:14
Lunch	12:14 - 12:44
6	12:50 - 2:21
Staff	2:21 - 3:15

## MINIMUM DAY

### Periods 1-7

1	8:00 - 8:30
2	8:36 - 9:06
3	9:12 - 9:42
Brunch	9:42 - 9:52
4	9:58 - 10:32
5	10:38 - 11:08
6	11:14 - 11:44
7	11:50 - 12:20

## MINIMUM/SHORT DAYS

	"B" Minimum	"B" Short	
2	8:00 - 9:19	8:00 - 9:31	2
B	9:19 - 9:29	9:31 - 9:41	B
4	9:35 - 10:54	9:47 - 11:22	4
6	11:00 - 12:20	11:22 - 11:52	6
		11:58 - 1:29	L
			6

## SHOWCASE "B" DAYS

0	7:00 - 7:54
2	8:00 - 9:31
Brunch	9:31 - 9:41
4A/Showcase	9:47 - 11:24
4B/Showcase	11:24 - 12:14
Lunch	12:14 - 12:44
6	12:50 - 2:21
Staff	2:21 - 3:15

"A" DAY = Periods 1,3,5,7

"B" DAY = Periods 2,T,4,6

MONDAYS = Periods 1,2,3,4,5,6,7





# 9th Grade Student Class Schedule (example)

## San Mateo High School

2018-2019

### Fall Class Schedule

9/4/2018

Student#	Last Name	First Name	Middle Name	Student ID	Sex	Grade	Birthdate
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Per	Sem	MTWTF	Sec#	CrsID	Course Title	Tch#	Teacher Name	Room
1	F	MTWTF	0150	3008	Algebra 1 F	993	Cowey, S	A007
2	F	MTWTF	0635	4018	Biology-Lvg Erth F	115	Rahman, A	C010
3	F	MTWTF	0378	1108	Cont Wrld St	31	Montelongo, E.	A221
4	F	MTWTF	0502	8018	P E 1 F	62	Reeves, K	GYM
5	F	MTWTF	1505	6318	Dance F	989	Tribuzi, R	Studio
6	F	MTWTF	0628	2118	English 1 F	33	Pirie, D	M110
7	F	MTWTF	0771	5518	Spanish 1 F	819	Micheletti, R	A142
8	Y	MTWTF	0804	219718	SMStuCntr	117	Smithers Cordell, A	
9	F	MTWTF	0912	210238	AdvTutorial F	819	Micheletti, R	A142



# College & Career Center

- ❖ College Visits (Naviance)
- ❖ College Testing Information (SAT/ACT)
- ❖ Internship/Volunteer Opportunities
- ❖ Job Opportunities
- ❖ Work Permits
- ❖ Scholarships/Financial Aid
- ❖ CSF Applications

**Steve Hanson-** [shanson@smuhsd.org](mailto:shanson@smuhsd.org)  
**Nancy Kane-** [nkane@smuhsd.org](mailto:nkane@smuhsd.org)



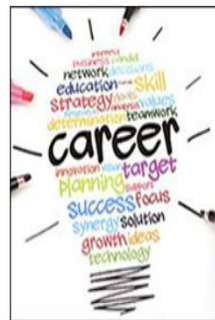
## Scholarships and Financial Aid:

[Financial Aid](#), [Current Scholarships](#), [Scholarships](#),  
[Deferred Action for Childhood Arrivals \(D.A.C.A.\)](#)



## College Information:

[A-G Course list](#), [class of 2017 College Acceptances](#),  
[College Resources](#), [College Systems](#), [Presentations & Handouts](#), [Naviance](#), [Transcripts](#)



## Career Exploration:

[Career Exploration](#), [Naviance](#)



## College Applications:

[College Admission Exams](#), [College Application Essay](#),  
[S.A.T. & A.C.T. Exam Dates](#), [Naviance](#), [Transcripts](#)



## Job, Volunteer & Internships:

[Internships/Programs](#), [Job Opportunities](#), [Volunteer Opportunities](#), [Volunteer Tracking Form](#), [Work Permits](#),  
[Resume Template](#)



## Workforce Entry:

[Career Exploration](#), [Resume template](#)



# Wellness Center

***Goal: To provide support and teach skills so students are able to benefit from/access their educational program***

## **For Students:**

- Individual Counseling
- Group Counseling (stress management, grief/loss, anxiety, social skills, etc)
- Drop-In Hours
- Support IEP/504 Accommodations
- Student Outreach/Presentations

*Wellness Counselors - Either licensed therapists or registered interns with the Board of Behavioral Science*



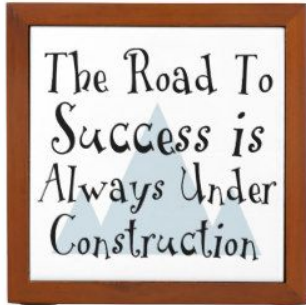
# What If I Want To Refer My Student For Counseling/Wellness Services



- Is the student in immediate need of support or do I just want to make a referral for a check in/follow up?
- Always start with the School Counselor or Case Manager



## Support Programs For SMUHSD Students



- ❖ **VAPE: Vaping Awareness Prevention and Education; The Truth About Vaping Group**
  - *2 ninety-minute sessions*
  - *Mondays from 4:00 - 5:30pm @ the District Office*
  - *Sessions run: September 10 - May 20, 2019*
  
- ❖ **SUP: Substance Use Program; Supporting Our Students To Shatter Myths About Drugs, Alcohol, and Substance Use**
  - *6 two-hour groups*
  - *Tuesdays from 4:00 - 6:00pm @ the District Office*
  
- ❖ **ATS: Alternative to Suspension Program**
  - *6 hour day supporting student's suspension to create an opportunity for learning and growth*
  - *Thursdays 8:30 - 2:30pm (lunch is provided)*



# Frequently Asked Questions

- ❖ **Not At School Period (6th or 7th period)**
  - Yellow form available in counseling office
- ❖ **All students have access to a locker**
  - If playing sports, student may request a larger locker for their sports equipment
- ❖ **ID Cards; ALL students must have**
  - Make-Up picture date; check bulletin
- ❖ **PE (no backpacks in the locker room)**
  - Clothes, Lock & Make-Ups (check Canvas)
- ❖ **Grade marking periods; every 6 weeks**
  - Check [school calendar](#) for dates
- ❖ **Choices**
  - Wednesday & Fridays after-school
- ❖ **Saturday School**
  - Saturdays (designated) from 8-11:00 am
- ❖ **Homework Center- Library**
  - Tuesday & Thursdays; 3:15 - 4:15 pm
- ❖ **Advisory/Tutorial**
  - Twice a week (W & F)
- ❖ **Club Fair**
  - September
- ❖ **CSF (California Scholarship Federation)**
  - Statewide honor organization base on good merit, "cum-laude"
- ❖ **AVID (Advancement Via Individual Determination)**
  - Program to support first generation college bound students
- ❖ **Guided Studies (GS)**
  - Academic support class for 9th and 10th grade students



# Attendance Process *(you have only 3 days to clear any unexcused absences)*

## Step 1

Parent/Guardian to contact Ms. Menendez in attendance @ 558-2308 to report absence or automated phone call home will be made. You have 3 days **ONLY** to clear up an absence



## Step 2

If there was a mistake in your student's period/class attendance- student to p/u green form with Ms. Menendez and have teacher sign



## Step 3

Student to:  
\*Check Canvas & ask a peer for information missed.  
\*Email/make contact with teacher(s) set up a time to check in on work / topics missed.





# Contact & Communication At A Glance

**Assistant Principal, 10th & 12th Grades .....Adam Gelb**

**Assistant Principal, 9th & 11th Grades.....Michael Holtz**

**Assistant Principal, ELD Program.....Patti Frias**

**Dean of Students.....Alfonso Dueñas**

## **Academic Progress/Grades in a Class**

1st: Teacher    2nd: Student's Counselor    3rd: Assistant Principal

## **Attendance**

1st: Teacher    2nd: Attendance Clerk    3rd: Dean or Assistant Principal

## **Athletics**

1st: Coach    2nd: Athletic Director    3rd: Mr. Gelb

## **Concurrent Enrollment**

1st: Student's Counselor    2nd: Mr. Holtz

## **Course Programming/Selection**

1st: Student's Counselor    2nd: Mr. Holtz    3rd: Principal

## **Discipline**

1st: Teacher    2nd: Dean    3rd: Assistant Principal

## **School Facilities**

1st: Facilities Manager    2nd: Mr. Gelb    3rd: Principal

## **Student Activities/Co-curricular Activities/Leadership/Renaissance**

1st: Activity Director    2nd: Mr. Gelb    3rd: Principal

## **Wellness Counseling**

1st: Student's Counselor    2nd: Wellness Counselor    3rd: Assistant Principal



# Managing the College Admission Frenzy Why “Fit” Matters

Thursday  
September 12th, 2019  
7 p.m. to 8:30 p.m.

San Mateo High School -  
Performing Arts Center

RSVP Online-  
[www.smuhsd.org/September12](http://www.smuhsd.org/September12)

**SAVE THE DATE:** THURSDAY, SEPTEMBER 12, 2019



## Managing the College Admission Frenzy

### Why “Fit” Matters

The college admissions process can be a source of stress and anxiety for students and parents alike. This research-based workshop addresses many of the important questions we hear from families. What do college rankings really measure? Are students who attend more selective colleges better off later in life? What is “fit” and why does it matter?

Participants will learn practical strategies to help reduce unnecessary pressure around the college admissions process and ways to support their student's overall well-being and readiness for life in college and beyond. Participants will leave with practical strategies to apply at home and at school.

#### **PRESENTER**

**Margaret Dunlap, M.A.**

School Program Director, Challenge Success

Margaret manages the School Program, providing coordination, resources, and support to Challenge Success schools and provides professional development and parent education to school communities nationwide. She has held various roles in leadership, teaching, and program management within public and private education for over 25 years.

#### **DETAILS**

Thursday, September 12 | 7:00 - 8:30 p.m.

San Mateo Performing Arts Center

600 North Delaware Street, San Mateo

RSVP online: [www.smuhsd.org/September12](http://www.smuhsd.org/September12)

Spanish and Chinese interpretation will be provided upon request.

This program is presented By the San Mateo Union High School District in partnership with Stanford University's Challenge Success program and the GATE Parents Group.





**KEEP  
CALM  
THEY'RE NOT  
TEENAGERS  
FOREVER**

## Remainder Of Evening

<i>Periods</i>	<i>Time</i>
0	6:45 – 6:55pm
1	7:00 – 7:10pm
2	7:15 – 7:25pm
3	7:30 – 7:40pm
4	7:45 – 7:55pm
5	8:00 – 8:10pm
6	8:15 – 8:25pm
7	8:30 – 8:40pm

