



Freshman

Parent Orientation Night
August 2024

Principal's Welcome



Bryan Emmert, Principal



Firebird Fiesta !



Assistant Principals



Susan Rocha
A-GO



Chris Moore
GR-O



Andy Walczak
P-Z



Student Support



Dean of Students
Mayra Valdivia



Dean of Students
Sarah Michelet



School Based
Therapist
Deirdre Louie



Family & Community Liaison
Jesus Ramirez

Deirdre Louie, LMFT

School-Based Therapist

Fremont High School

408.522.2487

deirdre_louie@fuhisd.org

Available Monday-Friday during school hours
for drop-in mental health support

FHS Counselor Alpha Breakdown



Sandra Woosley

A-C



Vanessa Goulart

A-C



Sherry Fazzio

D-HUR



Ana Franco

HUS-MEK



Dan Amezcua

MEL-ROM



Eric Medeiros

RON-Z

How we support students:

- Student Schedules / Create 4 year plans
- Connect students with teachers
- Provide students with resources as needed
- Credit Recovery, grade improvement, SAT team
- College advising/post secondary options/financial aid

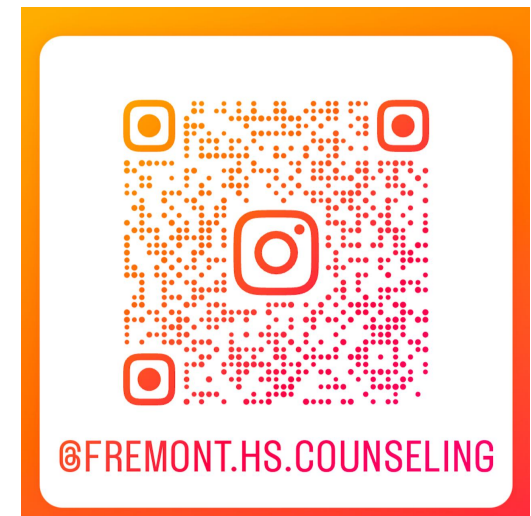


School Counselor Support at FHS



- Guidance curriculum provided via in-class presentations (2 per year) at each grade level
- Guidance nights: college (fall) and course selection information (spring)
- Workshops for students during Tutorial time
- Student appointments
- Alpha group caseload management (graduation progress and college preparation)

INSTAGRAM PAGE! →



Counseling Curriculum by Grade Level

	Students
9th	<ul style="list-style-type: none">• Overview of HS & College Requirements• Resources/Activities on Campus/ Getting Involved• 4-Year Planning• Course Selection Information
10th	<ul style="list-style-type: none">• Careers & College Majors• Self-Exploration• Post-secondary options overview & preparation• Career Exploration tools• Course Selection Information
11th	<ul style="list-style-type: none">• Post-Secondary Planning (Goals, College Search, College Systems, Testing)• Preparing for College Applications• College Lists preparation (Safety, Match, Reach)• Course Selection Information
12th	<ul style="list-style-type: none">• College Application Support (Four Year and Community College)• Financial Aid Application Support

For all grade levels, we include Social Emotional Learning in the curriculum.

Upcoming Counseling Nights



- Fall Guidance Family Night- College Focus

October 22th at 6pm

- Spring Guidance Family Night- Course Selection Focus

January 28th at 6pm

COLLEGE & CAREER PLANNING

Getting into a college is like approaching any other goal in life that's important: it takes hard work, commitment and attention to dates and details. The resources on this page are designed to help students navigate their post high school options, with information on college admissions testing, the college application process, choosing a college and possible major, career research, alternative post high school options and more.

+ FOUR YEAR UNIVERSITIES

+ COMMUNITY COLLEGES

+ ADDITIONAL COLLEGE INFORMATION

+ ADMISSIONS TESTING

+ SCHOLARSHIPS

+ COLLEGE MAJORS

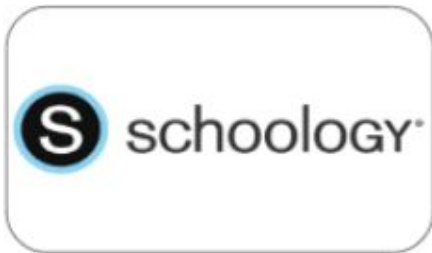
+ CAREER RESEARCH

+ CAREER TECHNICAL EDUCATION

College & Career Center Advisor:

Adriana Magallon-Loredo





Schoolology



FREMONT HIGH SCHOOL

[District Home](#)

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[ELAC](#)

[Athletic Boosters](#)

CALENDAR

AUG
3
2021

Wrestling Camp

9:00 AM - 2:30 PM

[Read More](#)



AUG

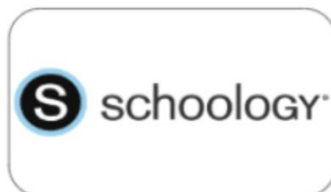
FHS Football

PARENT PORTAL

[RESOURCE LINKS](#)

[NEWS](#)

[LOW COST INTERNET](#)



Passwords were sent via Informed K-12. If you cannot locate your password please email [Dana Kuhlmann](#).

[Parent Login Instructions for Infinite Campus](#)



ADDITIONAL LINKS

[Tech Help Request Form](#)

[Assistance with Online Tools](#)

[Attendance](#)

[Cafeteria Services](#)



Schoolology Uses

Students

- Online classroom with
 - Courses
 - Assignments
 - Grades
 - Communication
- School Counseling course will contain materials from presentations & resources

Parents

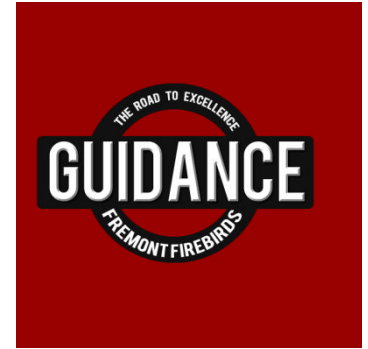
- Check student progress, grades, and assignments
- Communicate with teachers and staff
- Receive updates/news from school



Infinite Campus Portal (IC)

- Attendance
- Progress Report & Semester Grades
- Unofficial Transcripts
- Current Student Schedule
- Food Service Account
- Activation code was sent to your email

Class Schedules



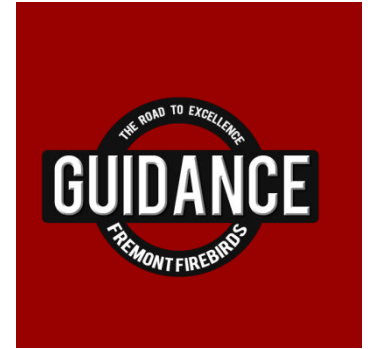
- Tentative schedules were distributed yesterday
- Check Infinite Campus for any schedule changes/updates by Friday
- 6 classes is a full course load
- More information about adding a 7th class will be sent out in an email during the 2nd week of school
- Schedule change requests via

FHS Guidance page: bit.ly/3YDCQoe

QR Code →



Class Syllabus/Green Sheet

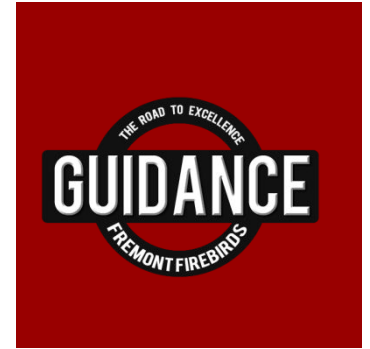


- Each class will have one. Review with your student!
 - Class Procedures
 - Grading Policy
 - Needed Supplies
- Attend Back to School Night



Grading at FHS

- Progress Reports-Every 6 weeks
- Semester Grades- Recorded on transcript = Credits (twice per year)
- GPA on transcript from semester grades
- Letter grades given (no +/- at semester)
- Progress reports and Semester grades viewable in Infinite Campus



Physical Education (PE)

- Uniforms need to be purchased during the first week of school—Clothes will be sold Thurs/Fri.
- Required: T-Shirt \$10 Shorts \$15
- Optional: Sweatpants \$20 Sweatshirt \$25
- Students receive a locker in the locker room they may access during their PE class on Tuesday and Wednesday
- Dressing out VERY important for grade. You need PE credits to graduate!

Students Getting Involved @ FHS



■ Activities/Classes

- Clubs (List located under Student Life → Student Activities)
- ASB - Leadership
- Phoenix Newspaper, Yearbook

■ Sports

- Athletics update later in presentation

■ Performing Arts

- Music
- Theater



Weekly Schedule

Weekly Bell Schedule - 2022-2023

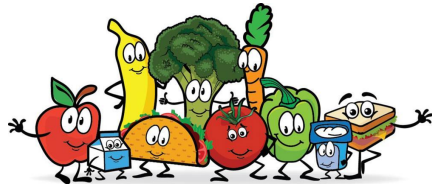
Monday	Tuesday	Wednesday	Thursday	Friday
Blocks 1-7	A	B	A	B
1 8:30 9:15 45	1 8:30 10:00 90	Collaboration (No Students) 7:35 8:25 50	1 8:30 10:00 90	Collaboration (No Students) 7:35 8:25 50
2 9:20 10:05 45	2 10:05 11:35 90	4 8:30 10:05 95	2 10:05 11:35 90	4 8:30 10:05 95
Tutorial 10:10 10:35 25	Brunch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

***Collaboration:** Staff meet in groups to align curriculum, students have no class to attend.

***Tutorial:** A separate mandatory section, where students can choose which subject to focus on. Students must visit a teachers classroom during Tutorial and must scan their Student ID card to be marked present.

Return to School Updates

Cafeteria Services



FREE

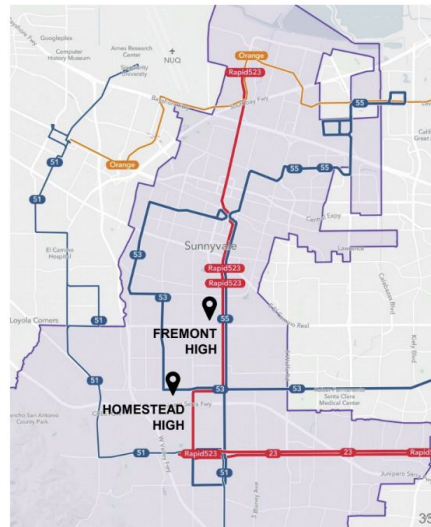
Buses

Students who reside in zip codes 94089, 94085, or 94086 qualify for a free monthly bus pass regardless of income.

Current VTA Transit Service: Homestead High School & Fremont High School

VTA coordinates select bus schedules with school bell times.

- 53** Sunnyvale Transit Center – Santa Clara Transit Center (serves Homestead HS)
- 55** Old Ironsides Station – De Anza College (serves Fremont HS)
- 523** Lockheed Martin – Downtown San Jose (serves Homestead HS & Fremont HS)



Technology Needs

If your student still needs to check out a chromebook, they can pick one up in the library next week.



Athletics Update



Athletics Eligibility Requirements

- 2.0 gpa AND passing 5 classes
- Completed physical exam (good for one year)
- Registration on athleticclearance.com

Athletic Director : Daniel McCune email: daniel_mccune@fuhsd.org



ATHLETICS

ATHLETIC PHOTOS

To purchase Athletic Photos, please [click here](#). The website password is FHS mascot (all lowercase and plural). You can also support Athletics through [Amazon Smile](#).

GENERAL ATHLETIC INFORMATION

POLICIES

PARENT STUDENT HANDBOOK

TICKET PRICES

+ CCS SPORTSMANSHIP POLICY

+ PURSUING VICTORY WITH HONOR - PARENT EXPECTATIONS

CONTACT INFORMATION

Jason Townsend

Athletic Director

(408) 522-2431

Andy Walczak

Assistant Principal

(408) 522-2409

Athletics

[Athletic Boosters](#)[Cheer](#)[Featherettes Dance Team](#)[Fall Sports](#)[Winter Sports](#)[Spring Sports](#)

Performing Arts

Student Activities

Spirit Wear

Sports Guidelines

Partnerships with Parents



Los
Padres



ATHLETIC BOOSTERS

Band
Boosters



Connect with Parent Groups



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CALENDAR

AUG
14
2023

Firebird Fiesta
8:00 AM - 3:00 PM
[Read More](#)

AUG
15
2023

Firebird Fiesta
9:00 AM - 11:30 AM
[Read More](#)

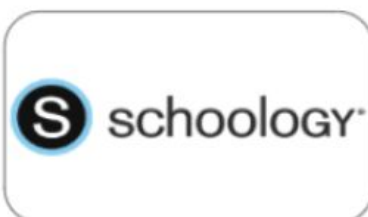
PARENT PORTAL

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[BUS PASS APPLICATION](#)



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Questions?