

# Freshmen Orientation

Wednesday, July 30th 2025



# Who are We?

Mrs. Cooper - Assistant Principal

Mrs. Drish - Academic Coordinator

Mrs. Blackwell - Counselor

**Are you scared or  
nervous for high school?**



**What would you like the next  
four years to look like?**



## Our GOALS for you!

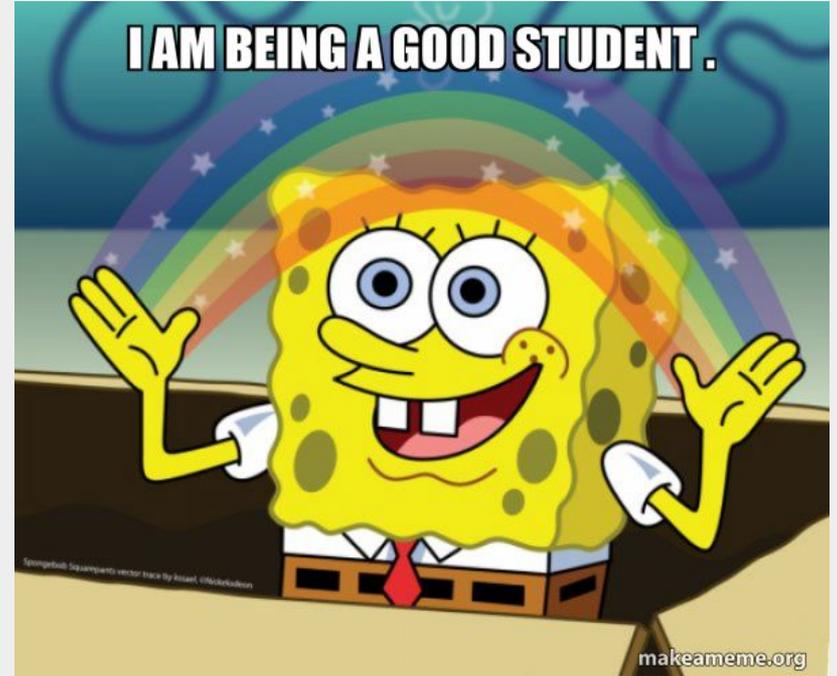
- We want you to reach your highest potential academically as well as in any activities you are involved in while staying physically and emotionally healthy!
- We want you to be prepared for wherever your future takes you!





# What makes a successful high school student?

Mrs. Cooper



# Attendance / Academic Achievement

- Research shows that missing even just two days of school a month has a significant negative impact on academic achievement
- Falling behind and “drowning”
- Importance of doing your best academically
  - Passing classes
  - Staying eligible
  - Sense of pride
  - Future opportunities



# Electronic Devices

- Cell Phones
  - Headphones / AirPods / etc.
  - Smart Watches
- Research shows that restricting or banning cell phone usage during school improves focus, increases attention, and leads to better academic performance.



# Physical and Emotional Wellness

- Illness
- Vaping / Drug Usage
- Mental Health
- We are HERE TO HELP
  - Mrs. Blackwell will discuss supports that we have here at SHS.



# Communication and Respect

- Communicate with your teacher(s)
- Don't be afraid to ask for help
- Communicate respectfully and clearly
  - Email etiquette



Everyone you meet is  
is fighting a battle  
you know  
nothing about.

BE KIND.

ALWAYS.

*Robin Williams*

# Why Your School Email Matters!

- **Stay Connected:** Your school email is a primary communication channel for important people in the school.
  - Teachers
  - Counselors
  - Administrators
  - Coaches/Club Sponsors
- **Don't Miss Out:** Critical information, deadlines, and opportunities are often shared via email.
- **Your Responsibility:** Once an email is sent, it's your responsibility to open and read it.
  - **"I didn't know" is not an excuse.**
  - Make checking your email a daily habit!



# Student Portal in Infinite Campus

The image shows a screenshot of the Infinite Campus Student Profile page. On the left is a dark navigation sidebar with a list of menu items: Home, Calendar, Assignments, Grades, Grade Book Updates, Attendance, Schedule, Academic Plan, Food Service, Fees, School Store, Activity Registration, Documents, Message Center, and More. The 'Grades' item is highlighted with a yellow box. The main content area is titled 'Student Profile' and contains several sections: 'Announcements' (No announcements), 'Inbox' (No messages available), 'Quick Links' (Sherrard CUSD 200, Sherrard Senior High School), 'Shortcuts' (Contact List), 'Quick Info' (Food Service Balance, Graduation Progress, Check Status), 'Today's Schedule' (No schedule information available), 'Documents Need Attention' (No documents), 'Assignments: To-Do' (Missing, Due Today, Due Tomorrow; No missing assignments), and 'Recent Updates: Last Two Weeks' (Assignment Scores, Grades, Attendance; No recent assignment scores). On the right, a 'Grades' panel is shown with a yellow border, displaying '25-26 Sherrard Senior High Sch' and a table with 'Cumulative GPA (Weighted)' and 'Cumulative GPA (Unweighted)' both at 0.000. Below the table is a blue bar with the text 'No grades available.' To the right of the main content is a large blue callout box with a green checkmark icon and the text 'CHECK YOUR GRADES.' in bold blue letters.

**Student Profile**

**Announcements**  
No announcements.

**Inbox**  
No messages available.

**Quick Links**  
[Sherrard CUSD 200](#)  
[Sherrard Senior High School](#)

**Shortcuts**  
[Contact List](#)

**Quick Info**

Food Service Balance    Graduation Progress    Check Status

**Today's Schedule**  
No schedule information available.

**Documents Need Attention**  
No documents.

**Assignments: To-Do**  
Missing    Due Today    Due Tomorrow  
No missing assignments in the current term.

**Recent Updates: Last Two Weeks**  
Assignment Scores    Grades    Attendance  
No recent assignment scores in the last two weeks. [Change Settings](#)

**Grades**  
25-26 Sherrard Senior High Sch

GPA	
Cumulative GPA (Weighted)	0.000
Cumulative GPA (Unweighted)	0.000

No grades available.

**CHECK YOUR GRADES.**



# Starting your GPA

## Grade Point Average

Ninth-grade grades are crucial because they immediately begin calculating your **cumulative GPA**, which follows you through all four years of high school.

A strong 9th-grade performance builds a solid academic foundation, while a lower GPA early on can be challenging to significantly improve later.

Essentially, your freshman year sets the stage for your entire high school academic profile.

# How to calculate your GPA

Percentage range	Grade	Quality Points	Weighted Quality Points
97.00-100	A+	4.3	5.3
93.00-96.99	A	4	5
90.00-92.99	A-	3.7	4.7
87.00-89.99	B+	3.3	4.3
83.00-86.99	B	3	4
80.00-82.99	B-	2.7	3.7
77.00-79.99	C+	2.3	3.3
73.00-76.99	C	2	3
70.00-72.99	C-	1.7	2.7
67.00-69.99	D+	1.3	2.3
63.00-66.99	D	1	2
60.00-62.99	D-	.7	1.7



Taking a study hall does not hurt your GPA!

- |    |                      |            |                   |
|----|----------------------|------------|-------------------|
| 1. | English: A           | 4          |                   |
| 2. | Algebra I: B         | 3          |                   |
| 3. | Physical Science: C+ | 2.3        | Total 25          |
| 4. | Driver's Ed: B-      | 2.7        | 8 classes         |
| 5. | PE: A+               | 4.3        |                   |
| 6. | Intro to Ag: A+      | 4.3        | 25 divided by 8 = |
| 7. | Art I: D-            | .7         | 3.125             |
| 8. | US History: A-       | <u>3.7</u> |                   |
|    |                      | 25         |                   |

# Promotion Policy



In order to be promoted to the next grade level, students will need to earn the following minimum credits per year:

**9th grade: 6 credits to be promoted to 10th grade**

10th grade: 12 credits to be promoted to 11th grade

11th grade: 18 credits to be promoted to 12th grade

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8 classes (no study hall) - can earn 8 credits

7 classes (with study hall) - Can earn 7 credits

Department	Graduation Credits needed
<b>English</b>	<b>4.0</b>
<b>Science</b>	<b>3.0</b>
Lab science including Biology	2.0
Science Elective	1.0
<b>Math</b>	<b>3.0</b>
Algebra I	1.0
Geometry	1.0
Math Elective	1.0
<b>Social Studies</b>	<b>3.0</b>
US History 1861-1920	0.5
US History	1.0
Government	0.5
Social Studies Elective	1.0
<b>Computer Technology</b>	<b>1.0</b>
<b>Consumer Education</b> (Personal Finance or Consumer Math)	<b>0.5</b>
<b>Health Education</b>	<b>0.5</b>
<b>Physical Education</b>	<b>4.0</b>
<b>Driver Education/Safety</b>	<b>0.5</b>
<b>Music, Art or Vocational Education</b>	<b>1.0</b>
<b>ELECTIVES</b>	<b>5.5</b>
<b>TOTAL REQUIREMENTS</b>	<b>26.0</b>
<b>Volunteer/Community Service</b>	<b>10 hours</b>

# Graduation Requirements





## Schedule Changes

5 school days to  
change your  
schedule

Last day to  
change:  
Tuesday, August  
12th

# If you are struggling with a teacher or class:

## **STEP 1:** Talk to your teacher.

**WHY:** Your teacher is the first and most direct resource. They know the material best and can offer extra help or suggest different learning strategies.

**HOW:** Schedule a time to speak to them one on one either before or after school or during their prep. Be specific about what you are struggling with.



## **STEP 2:** Talk to your school counselor/academic advisor.

**WHY:** If talking to your teacher doesn't resolve the issue, Mrs Drish or Mrs Blackwell can offer a broader support, study tips, or mediate conversations.

**HOW:** Make an appointment with the counseling office.

## If you are struggling with a teacher or class:

**STEP 3:** Talk to the assistant principal or principal.

**WHY:** Mrs Cooper or Mr Johnson can provide more significant interventions or ensure school policies are being followed to support your learning.

**HOW:** This step should only be taken after consulting with your teacher and counseling staff. Your counselor or teacher may recommend this.



**STEP 4:** Involve parents guardians

**WHY:** They are your primary advocates. They can communicate with the school on your behalf, provide support at home, and make sure you are getting the resources you need. They can be involved at any stage, but especially if early steps aren't effective.

**HOW:** Keep them informed throughout the process. They can contact the school directly to discuss your concerns.

# Student Support Services



## Who's who?



**Stacey Blackwell: 9-12 Counselor**  
[blackwells@sherrard.us](mailto:blackwells@sherrard.us)



**Lexi Wehler: District Social Worker**  
[wehlera@sherrard.us](mailto:wehlera@sherrard.us)



**Julie Drish: 9-12 Academic Coordinator**  
[drishju@sherrard.us](mailto:drishju@sherrard.us)



**Mike Mendoza: School Resource Officer**  
[mendozam@sherrard.us](mailto:mendozam@sherrard.us)



**Sanya Boucher: School Nurse**  
[bouchers@sherrard.us](mailto:bouchers@sherrard.us)

### By referral:

Jen Frere: Merco Mental Health -  
by referral from the student support services staff

Kurt Doyle: Genesis Social Worker -  
by referral from the student support services staff

## Quick Help

**TEEN LIFELINE**  
Teen Suicide  
Prevention  
800-248-TEEN



SCAN THIS CODE  
TO SCHEDULE A  
MEETING WITH  
A COUNSELOR

**TEXT "HELLO"**  
TO 741-741  
TO TEXT  
ANONYMOUSLY  
WITH A CRISIS  
COUNSELOR

**NAMI HELPLINE**  
National Alliance  
on Mental Illness  
800-950-NAMI

**SUICIDE  
PREVENTION  
HOTLINE**  
Call/Text 988

**TREVOR  
HELPLINE/ SUICIDE  
PREVENTION  
FOR LGBTQ\* TEENS**  
CALL 866-488-7386  
OR TEXT "START" TO  
678678

## Common issues:

Anxiety  
Anger Management  
Stress Reduction  
Conflict Resolution  
Managing Feelings





***“I have learned that people will forget what you said; people will forget what you did; but people will never forget how you made them feel.”***

***-Maya Angelou***

## Our Mission & Values

Young adults learn best when they feel good about themselves and their relationships with others.

Young adults who understand their feelings are better able to control their behavior.

Schools, parents, and communities that communicate and collaborate provide the most effective support to young adults.



Above, 2023 Sherrard graduate Mike Diehl embraces Alyus Johnson following the ceremony. From front: 2023 Illinois State Scholars pose for a photo in front of the high school. Back, left to right, Olivia Meskan, Carly Anderson, Addison Pickens; front, Gina Steckel, Lauren Copland. Photos used with permission. Photo credit: above - Britney Belva, front - Cala Elliott

## What we offer:

Individual  
Counseling

Small Group  
Counseling

Crisis  
intervention

Consultation  
W/Parents, Teachers

Coordination  
W/Outside Agencies  
and Therapists

Referrals for  
Community Services

## FAQ's

### What exactly does the student support staff do?

Beyond the teachers and administrators, a dedicated support staff plays a crucial role in making our school a thriving environment for all students. School Student Support Staff come from various backgrounds, but their shared mission is to support students in their academic, social-emotional, and overall well-being.

### How are you different from a therapist at an outside agency?

The School Student Support Staff's primary role is to deal with school-related problems. Sometimes, an issue is better addressed more intensively in a therapeutic setting, and with greater direct parental involvement. Contact a member of the student support staff if you would like a recommendation to an outside agency or therapist for your student.

### How do students come to you?

Students are referred by teacher recommendations, parent request, or administrative referral. Often, students will schedule an appointment on their own by stopping in or emailing a member of the support staff.

### Will you notify me if you see my student?

A parent or guardian will be notified when there is a safety concern, repeated visits with a member of the student support staff team, or if the worry/concern is significant.

