

Welcome to CHS Class of 2029



Tonight's Panelists...

- ☐ Mr. Frank Sanchez, Principal
 - ☐ Dr. Jennifer Antoni, Director of Guidance, Counseling & Social Work
 - ☐ Ms. Abiodun Banner, Assistant Principal (Grade 9)
 - ☐ Mrs. Yolande Fleming, School Counselor
 - ☐ Ms. Kelly Murphy, School Counselor
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Quick Note on Upcoming Meetings

CHS Junior Parent Night: 9/30/25 at 7:00 PM

CHS Sophomore Parent Night: 10/7/25 at 7:00 PM

CHS Freshman Parent Night: 9/16/25 at 7:00 PM

Financing College Night: 10/14/25 (WebEx link to follow)

WHO'S WHO?

CHS FRESHMAN Class

Principal: Mr. Sanchez

Vice Principal: Ms. Banner

Secretary:

Ms. Damaris Taylor

School Counselors:

Mrs. Fleming (Onyx & Pearl)

yflaming@somsd.k12.nj.us

Ms. Murphy (Ruby & Diamond)

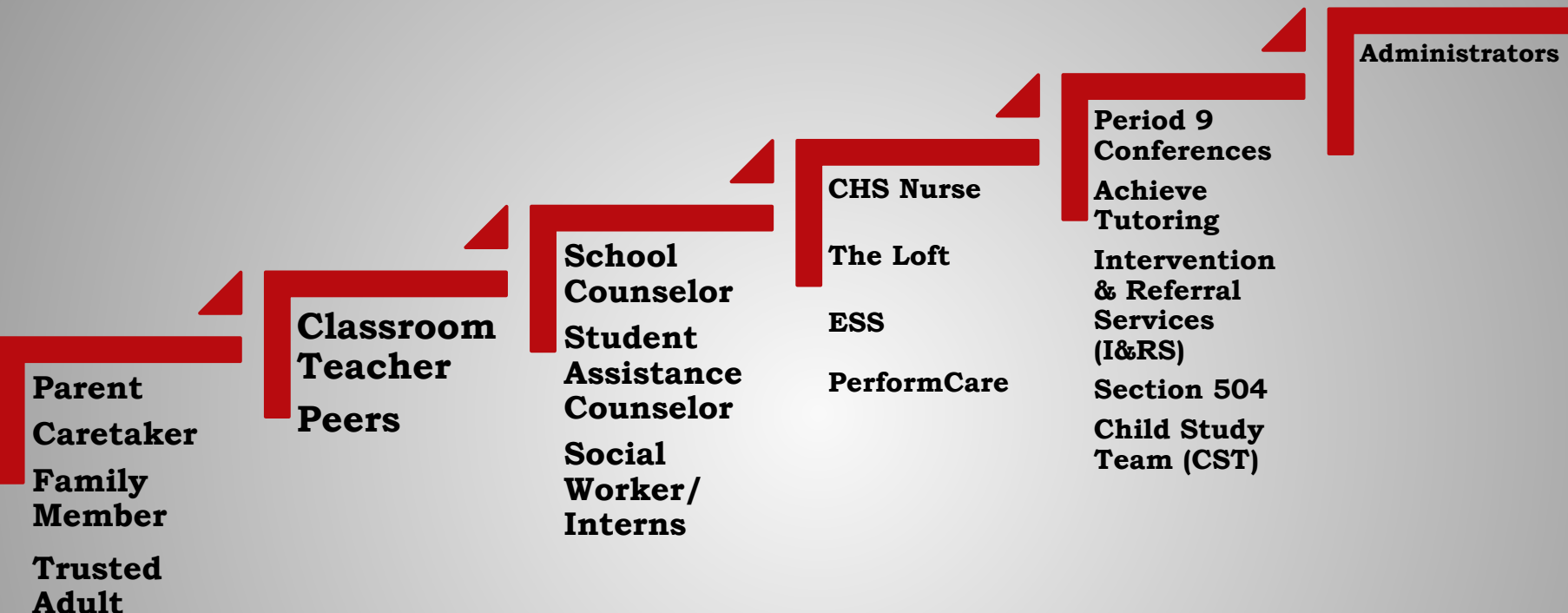
kmurphy2@somsd.k12.nj.us

What CHS Counselors do

- Individual student planning
 - Academic advising/scheduling
 - College & Career counseling
 - Graduation progress monitoring
- Responsive services
 - Crisis response
 - Small group counseling
 - Individual counseling
- Indirect services
 - Referrals
 - Consultation (Child Study, I&RS, 504, Crisis, Home instruction)
 - Collaboration (Parents/guardians, administrators, teachers, coaches)
- **ADVOCATE FOR YOUR STUDENT!!!**



TYPES OF SUPPORT



**Parent
Caretaker
Family
Member
Trusted
Adult**

**Classroom
Teacher
Peers**

**School
Counselor
Student
Assistance
Counselor
Social
Worker/
Interns**

**CHS Nurse
The Loft
ESS
PerformCare**

**Period 9
Conferences
Achieve
Tutoring
Intervention
& Referral
Services
(I&RS)
Section 504
Child Study
Team (CST)**

Administrators

Academic & Social Emotional Resources

#1 - Your School Counselor & Annex!

- Conference period
- SAC
- The LOFT



CHS Counseling Annex

Located in the new space. Run by interns. Provides academic and social/emotional support. Programs Offered include:

- Eyes on the Fries
 - Study Skills
- Wellness Wednesdays
 - Meditation and Mindfulness
- Slam Lab
 - Tutoring during lunch periods
- Achieve Tutoring
 - During school hours or nights and weekends

HOME & SCHOOL ASSOCIATION



- *No Membership Dues!*
- Weekly Newsletter
- Volunteer Opportunities
- Cougar Cares
- Midnight Madness
- Teacher Appreciation Events

EVERYONE is a member of the CHS HSA!

HOME & SCHOOL ASSOCIATION



columbiahsa.com



presidents@columbiahsa.com



@chshsasomsd



@columbiahsassociation

SUBSCRIBE

columbiahsa.com/register

EVERYONE is a member of the CHS HSA!



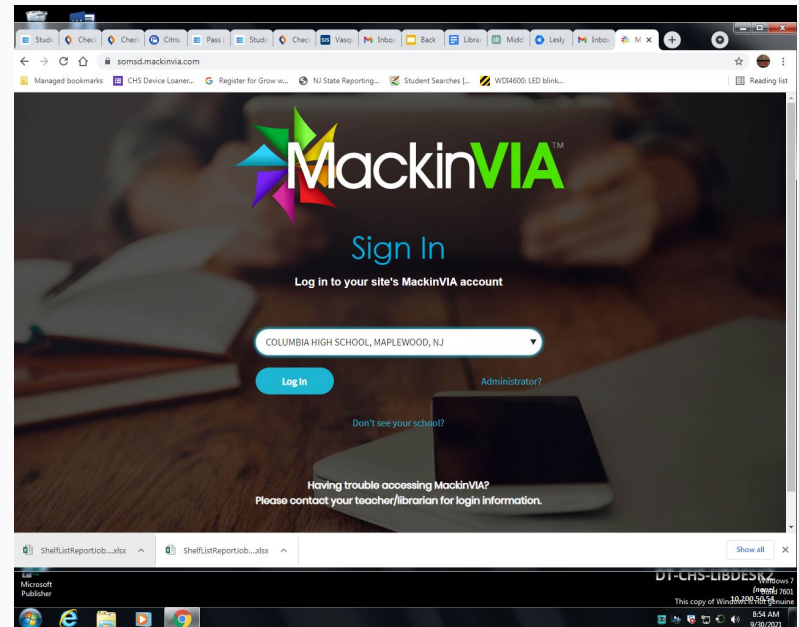
Welcome to the CHS Library

Contact: eanderso@somds.k12.nj.us

Library Services...

Students are provided with access to more than 50 databases on a wide variety of topics. These are available via the MackinVia link on Canvas. Once the student signs in to Canvas, the Single SignOn process allows the student to access the list of databases, as well as the ebook collection.

<https://somsd.mackinvia.com>



PowerSchool Questions?

STUDENTS (grades 6-12) have THEIR OWN PowerSchool credentials and should be using those accounts. See Ms. Anderson, in the Library. Her email address is: eanderso@somds.k12.nj.us

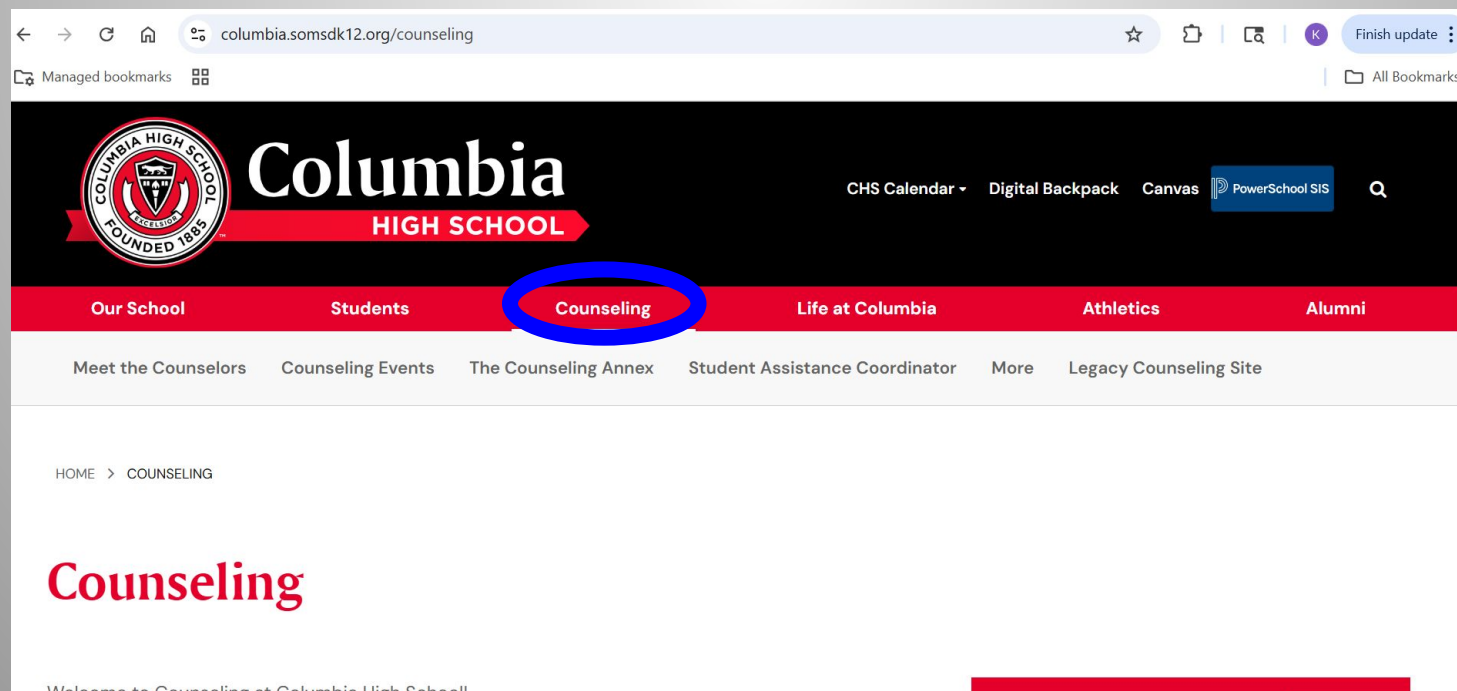
PARENTS - need to contact parentportalhelp@somds.k12.nj.us for assistance. Librarians only have access to student accounts.



CHS Counseling Website

This Website can be found on our SOMSD Website. Look for Columbia High School in the upper right corner of the homepage and then click on the Counseling tab:

<https://columbia.somsk12.org/counseling>



CHS Survival Kit

- Canvas (Student must “pair with observer;” resources on SOMSD site)
- PowerSchool (email parentportalhelp@somsd.k12.nj.us for help)
- CHS Counseling Website
- SCOIR (invites forthcoming!)
- Student & Parent email! (Check the address you have listed in PowerSchool!)



Planning ahead..

CHS Graduation Requirements

- *4 years* (20 credits) of **English Language Arts**
 - *4 years* (20 credits) of **Physical Education/Health/DE**
 - *3 years* (15 credits) of **Mathematics**
 - Algebra -> Geometry -> Algebra 2 -> Pre-Calculus -> Calculus
 - *3 years* (15 credits) of **Science**
 - Biology -> Physics -> Chemistry
 - *3 years* (15 credits) of **Social Studies**
 - World History -> US 1 -> US 2
 - *1 year* (5 credits) of **World Language**
 - *1 year* (5 credits) of **Fine Arts**
 - *1 year* (5 credits) of **21st Century Life & Careers**
 - *1/2 year* (2.5 credits) of **Financial Literacy**
- TOTAL OF 120 CREDITS REQUIRED TO GRADUATE**

Planning ahead... Grade progression

Grade	Credits
10	30
11	60
12	90

Most students are enrolled in 35 credits/year
(periods 2-9)

Planning ahead...GPA

Grade	Unweighted Courses	Weighted Courses		
		Academic	Honors	AP/Advanced**
A+	4.33	4.67	5.00	5.33
A	4.00	4.33	4.67	5.00
A-	3.67	4.00	4.33	4.67
B+	3.33	3.67	4.00	4.33
B	3.00	3.33	3.67	4.00
B-	2.67	3.00	3.33	3.67
C+	2.33	2.67	3.00	3.33
C	2.00	2.33	2.67	3.00
C-	1.67	2.00	2.33	2.67
D+	1.33	1.67	2.00	2.33
D	1.00	1.33	1.67	2.00
D-	0.67	1.00	1.33	1.67
F	0	0	0	0

Planning ahead... GPA

*GPA is updated at the end of each school year
and is based on final grades only*

So which counts more for colleges?
Weighted or unweighted?

WEIGHTED

- Core subjects
- Level considered

you are more
than your
GPA



Planning ahead... Decisions!

- Course selection timeline and process
- Math advancement
- Pre-requisites
- Vo Tech
- Option 2



But all that really matters...

SOCIAL CONNECTIONS

SELF-CARE

MENTAL HEALTH

