

Millbrook High School
Rising 9th Grade Parent Meeting

Class of 2030

Millbrook High School Administrators



Mrs. Altendorf
Principal

Seniors



Mr. Hawkins
Asst. Principal

A-G



Mrs. Patrick
Asst. Principal

H-O



Mrs. Sommer
Asst. Principal

P-Z



Mr. Uhler

Coordinator of Student Activities

Millbrook High School Counselors



Mrs. Unger
Director
A-Bl



Mrs. Lalumandier

Bo-Ge



Mrs. Snowden

Gh-L



Mr. Cusick

M-Ri



Ms. Robinson

Ro-Z

Additional School Counseling Staff

- Mr. Cleveland - Student Support Specialist
- Mrs. Grzywacz - Student Support Coach
- Mrs. Baer - Testing Coordinator
- Mrs. Johannsen - Parent Liaison
- Mrs. Mannarino - Registrar
- Ms. Crowl - Administrative Assistant



FCPS Strategic Plan

Ignite 2030: Excellence for All–A Future-Ready Education Community

We envision schools where every student, supported by a connected learning community, is equipped and empowered to succeed and lead lives of which they are proud.

This plan identifies key priorities to ensure a high-quality and future-focused education for all FCPS students.

Ignite 2030: Excellence for All-A Future-Ready Education Community

Frederick County Public Schools

Pioneers learn with purpose, reflect to grow, lead with courage, and serve with heart.

Learn with purpose

- Engaging actively
- Asking questions
- Using feedback
- Persisting through challenge

Reflect to grow

- Owning mistakes
- Revising work
- Using data or feedback
- Adjusting behavior or effort

Lead with courage

- Speaking up respectfully
- Standing up for others
- Taking responsibility
- Making ethical choices

Serve with heart

- Helping peers
- Building belonging
- Supporting the school community
- Showing empathy and kindness

Goals for Tonight

1. Review the high school diploma options and requirements.

2. Review the registration process and class options for 9th grade.

3. Provide opportunities to meet with class content area representatives.



Types of High School Diplomas

- Standard Diploma
- Advanced Studies Diploma



Class Credits vs. Verified Credits

- **Class Credits** - Passing a ***class*** will allow students to earn a credit.

- **Verified Credits** - Passing a class ***AND*** passing the SOL test in that class will allow students to earn a verified credit.



Standard Diploma

- 4 English Credits
- 3 Math Credits
- 3 Science Credits **(2 different Science disciplines)**
  - Disciplines are Earth Sciences, Biology, Chemistry, and Physics
- 4 Social Studies Credits
- 2 Physical Education/Health Credits (PE/Health I & Health II & Driver's Ed./PE II
- 1 Economics & Personal Finance Credit
- 2 Fine Art, World Language or Career & Technical Education (CTE) Credits
- 3 Elective Credits **(at least 2 sequential electives)**

22 Total Credits

Advanced Studies Diploma

- 4 English Credits
- 4 Math Credits
- 4 Science Credits **(3 different Science disciplines)**
  - Disciplines are Earth Sciences, Biology, Chemistry, and Physics
- 4 Social Studies Credits
- 3 years of a World Language or 2 years of 2 World Languages
- 2 Physical Education/Health Credits (PE/Health I & Health II & Driver's Ed./PE II
- 1 Economics & Personal Finance Credit
- 1 Fine Art, World Language or Career & Technical Education (CTE) Credit
- 3 Elective Credits **(at least 2 sequential electives)**

26 Total Credits

Verified Credit Requirements

The Standard Diploma and the Advanced Studies Diploma require a total of **5 verified credits** from the following areas:

- 1 Reading
- 1 Writing
- 1 Math
- 1 Science
- 1 Social Studies



Additional Requirements for Graduation

- Complete one of the following: **Advanced Placement (AP) class**, **Honors class**, **Dual Enrollment class, Work-Based Learning Opportunity OR a CTE credential**
- Complete a Virtual Class - requirement is met through Economics/Personal Finance class (class is taken during 11th or 12th grade).
- Training in emergency first aid, CPR, and the use of AED - requirement is met through Health II/Driver's Education class.
- Demonstration of the 5 C's - students shall acquire and demonstrate foundational skills in critical thinking, creative thinking, collaboration, communication, and citizenship.



Diploma Seals of Achievement

- Governor's Seal
- Board of Education Seal
- Board of Education's Career and Technical Education Seal
- Board of Education's Science, Technology, Engineering and Mathematics (STEM) Seal
- Board of Education's Seal for Excellence in Civics Education
- Board of Education's Seal of Biliteracy
- Board of Education's Seal for Excellence in Science and the Environment

Graduation requirements and diploma seal requirements can be found by accessing this link:

Graduation Requirements and Diploma Seals

What is Dual Enrollment?

- **Dual Enrollment** is a program which allows students to enroll in specific classes that are offered at Millbrook and earn high school and college credit simultaneously.
- At Millbrook, **Dual Enrollment** credit is awarded through Laurel Ridge Community College.
- The majority of Dual Enrollment classes are offered during students' 11th and 12th grade school years.

2025-2026 Dual Enrollment Classes

Dual Enrollment classes can change from one school year to the next. The following classes are Dual Enrollment classes for the current school year (2025-2026):

- AP English 11
- AP English 12
- AP Precalculus
- AP Calculus AB
- AP Calculus BC
- AP Physics I
- AP Chemistry
- Honors Human Anatomy & Physiology I
- AP US History
- AP US Government
- Honors French IV
- AP French V
- Latin III
- AP Latin V
- Design, Multimedia and Web Technologies
- Advanced Design, Multimedia and Web Technologies
- Business Management
- Metal Fabrications and Emerging Technologies
- Large Animal Science



Program of Studies

Access the **Program of Studies** on the Millbrook High School website.

- Select ***Learning***
- Select ***Course Descriptions***
- Select **2025-26 Program of Studies**

Course Registration Dates at Middle Schools

Admiral Byrd Middle School

- **Wednesday, January 14th**
- Snow Date: Wednesday, January 21st

James Wood Middle School

- **Thursday, January 15th**
- Snow Date: Thursday, January 22nd



Course Registration Process

- Middle School Counselors will review academic plans, diploma types and class options with current 8th grade students.

- High School Counselors will guide students through the selection of classes for next school year and answer questions regarding high school classes, diploma types and graduation requirements.

- Students' class selections will be emailed to parents in the form of a class verification letter in March. Class changes can be requested on the verification letter and submitted to the Millbrook School Counseling Office.



Academics: 9th Grade Class Credits

English 9 - 1 credit
Math - 1 credit
Science - 1 credit
World History/Geography I - 1 credit
PE I - 0.5 credit
Health I - 0.5 credit
Elective - 1 credit
Elective - 1 credit

Total = 7 Credits

Honors/Advanced Placement Classes

- Honors/Advanced Placement (AP) classes are designed for students who wish to accelerate their high school course of study. Honors/AP classes are ***faster paced*** classes that ***require in-depth analysis and synthesis of subject matter***. Students attempting Honors/AP classes at the high school level should have ***strong study habits***.

- Some AP classes have prerequisites that must be completed before enrolling in the classes.



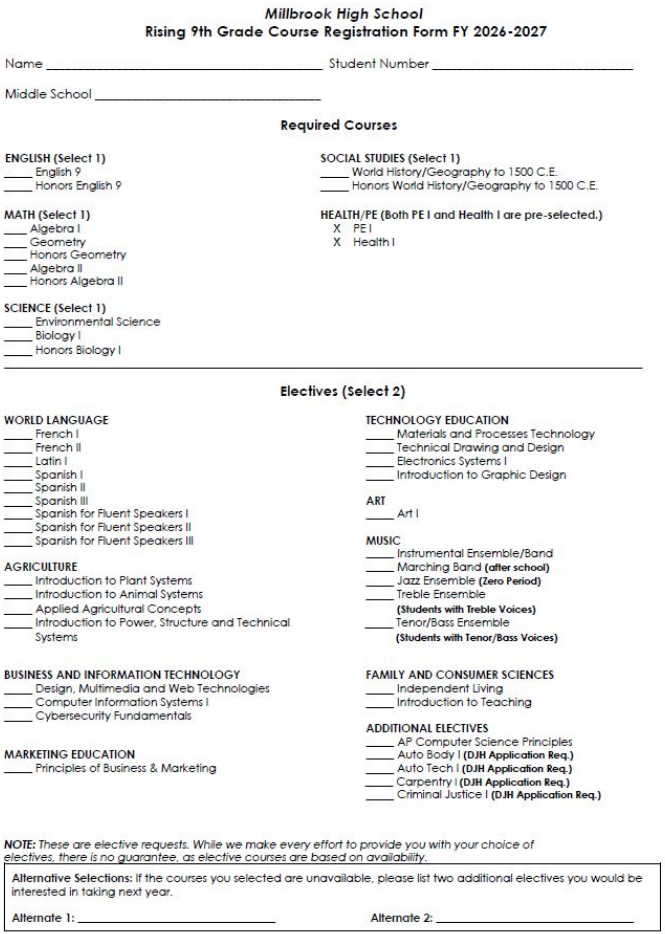
Should My Student Take Honors or AP Classes?

Yes, if the student:

- is currently earning an A or a B in that subject
- has a strong interest in that subject and desires instruction that goes more in depth and is at a faster pace
- is willing to commit to spending extra time outside of the classroom completing homework, projects and studying



2026-2027 Course Registration Form



Millbrook High School
Rising 9th Grade Course Registration Form FY 2026-2027

Name _____ Student Number _____

Middle School _____

Required Courses

ENGLISH (Select 1)
____ English 9
____ Honors English 9

MATH (Select 1)
____ Algebra I
____ Geometry
____ Honors Geometry
____ Algebra II
____ Honors Algebra II

SCIENCE (Select 1)
____ Environmental Science
____ Biology I
____ Honors Biology I

SOCIAL STUDIES (Select 1)
____ World History/Geography to 1500 C.E.
____ Honors World History/Geography to 1500 C.E.

HEALTH/PE (Both PE I and Health I are pre-selected.)
X PE I
X Health I

Electives (Select 2)

WORLD LANGUAGE
____ French I
____ French II
____ Latin I
____ Spanish I
____ Spanish II
____ Spanish III
____ Spanish for Fluent Speakers I
____ Spanish for Fluent Speakers II
____ Spanish for Fluent Speakers III

AGRICULTURE
____ Introduction to Plant Systems
____ Introduction to Animal Systems
____ Applied Agricultural Concepts
____ Introduction to Power, Structure and Technical Systems

BUSINESS AND INFORMATION TECHNOLOGY
____ Design, Multimedia and Web Technologies
____ Computer Information Systems I
____ Cybersecurity Fundamentals

MARKETING EDUCATION
____ Principles of Business & Marketing

TECHNOLOGY EDUCATION
____ Materials and Processes Technology
____ Technical Drawing and Design
____ Electronics Systems I
____ Introduction to Graphic Design

ART
____ Art I

MUSIC
____ Instrumental Ensemble/Band
____ Marching Band **(after school)**
____ Jazz Ensemble **(Zero Period)**
____ Treble Ensemble **(Students with Treble Voices)**
____ Tenor/Bass Ensemble **(Students with Tenor/Bass Voices)**

FAMILY AND CONSUMER SCIENCES
____ Independent Living
____ Introduction to Teaching

ADDITIONAL ELECTIVES
____ AP Computer Science Principles
____ Auto Body I **(DJH Application Req.)**
____ Auto Tech I **(DJH Application Req.)**
____ Carpentry I **(DJH Application Req.)**
____ Criminal Justice I **(DJH Application Req.)**

***NOTE:** These are elective requests. While we make every effort to provide you with your choice of electives, there is no guarantee, as elective courses are based on availability.*

Alternative Selections: If the courses you selected are unavailable, please list two additional electives you would be interested in taking next year.

Alternate 1: _____ **Alternate 2:** _____

9th Grade Classes

Grade 9
English 9
World History/Geography I
Math
Science
PE I/Health I
World Language or Elective
Elective
Trail Time



Things to Consider When Selecting Classes

- Students' interest in class content areas
- Students' previous academic performance in class content areas
- Time available for homework and studying
  - Involvement in extracurricular activities
  - Involvement in athletics



9th Grade Course Requests - Required Classes

English - *Select 1*

- English 9

  OR

  Honors English 9

Social Studies - *Select 1*

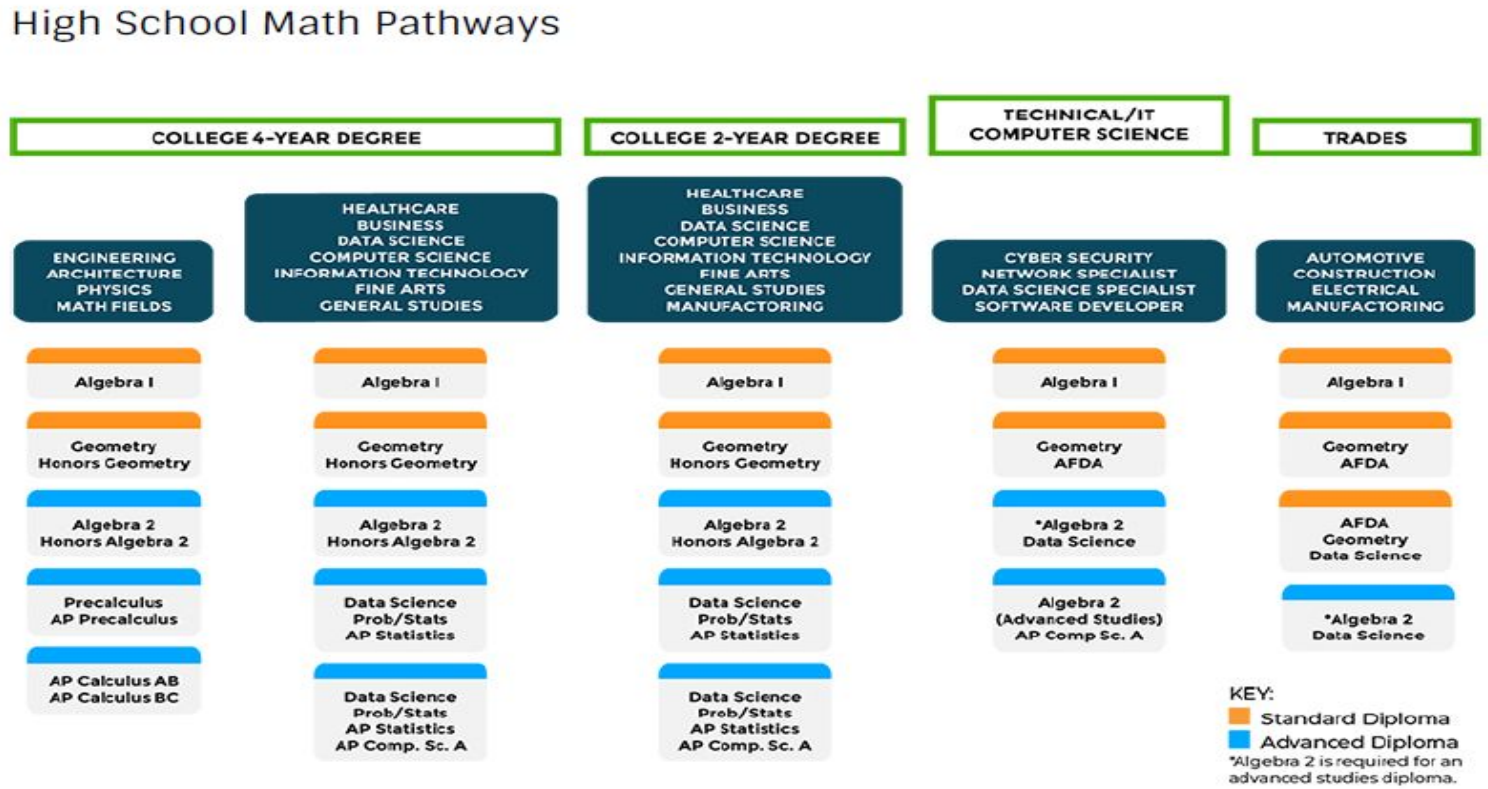
- World History/Geography to 1500 C.E.

  OR

  Honors World History/Geography to 1500 C.E.



High School Math Pathways



9th Grade Course Requests - Required Classes

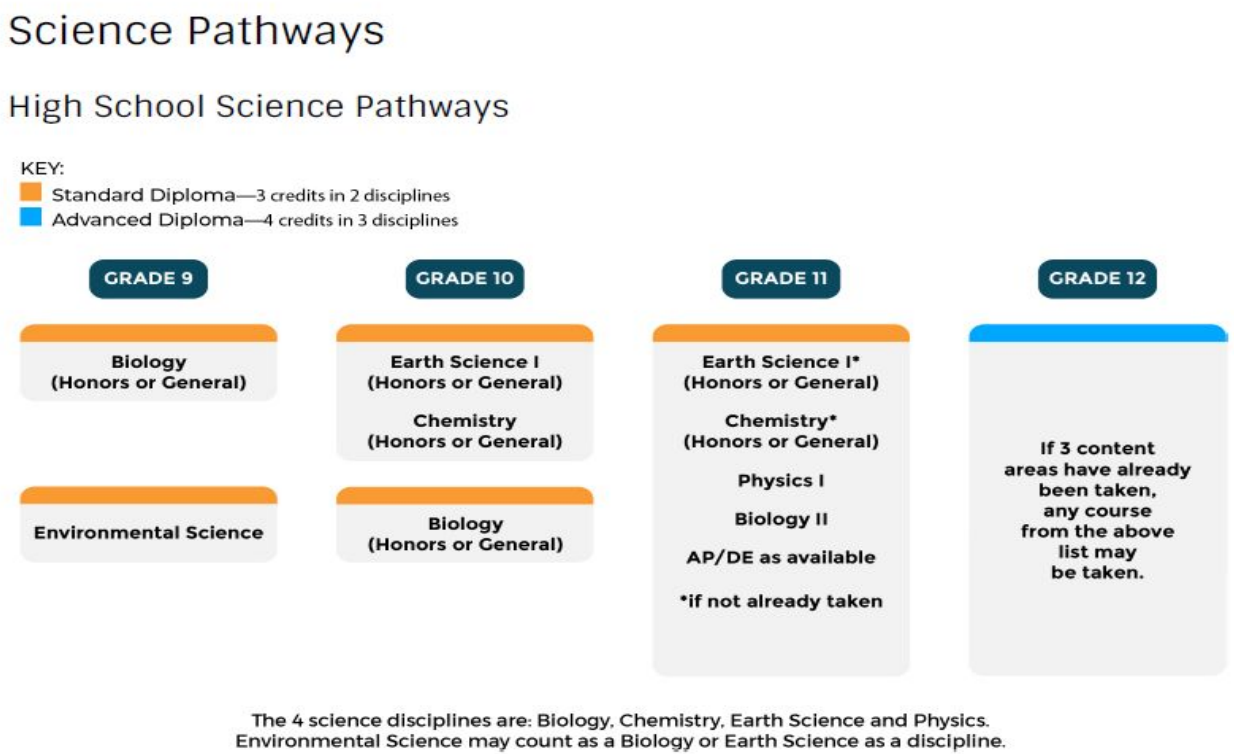
Math - *Select 1*

Math III → Algebra I

Algebra I → Geometry or Honors Geometry

Geometry → Algebra II or Honors Algebra II

High School Science Pathways



The 4 science disciplines are: Biology, Chemistry, Earth Science and Physics.
Environmental Science may count as a Biology or Earth Science as a discipline.

9th Grade Course Requests - Required Classes

Science - *Select 1*

- Environmental Science
- Biology I
- Honors Biology I

9th Grade Course Requests - Required Classes

PE and Health -

Both classes have been pre-selected on the course registration form.

- PE I (1st Semester)
- Health I (2nd Semester)



9th Grade Course Requests - Electives

Electives - *Select 2*

Primary Requests	Alternates
World Language or Elective	Elective
Elective	Elective



Electives - World Language

- French
- Latin
- Spanish
- Spanish for Fluent Speakers

World Language is an academic elective. World Language is required for an Advanced Studies Diploma, NOT a Standard Diploma.



Electives - Agriculture

- Introduction to Plant Systems
- Introduction to Animal Systems
- Applied Agricultural Concepts
- Introduction to Power, Structure and Technical Systems

Electives - Business and Information Technology

- Design, Multimedia and Web Technologies
- Computer Information Systems I
- Cybersecurity Fundamentals



Electives - Marketing Education

- Principles of Business and Marketing



Electives - Technology Education

- Materials and Processes Technology
- Technical Drawing and Design
- Electronics Systems I
- Introduction to Graphic Design



Electives - Art and Music

- **Art I**

- **Band**
  - Instrumental Ensemble
  - Jazz Ensemble (offered during **Zero Period, which is before school**)
  - Marching Band (offered **after school**)

***Students are required to take Instrumental Ensemble during the school day in order to take Jazz Ensemble or Marching Band.**

- **Choir**
  - Treble Ensemble **(for students with treble voices)**
  - Tenor/Bass Ensemble **(for students with tenor/bass voices)**



Electives - Family and Consumer Sciences

- Independent Living
- Introduction to Teaching



Additional Electives

- **AP Computer Science Principles** (Math Elective)
- **Auto Body I** (Dowell J. Howard Application Required)
- **Auto Tech I** (Dowell J. Howard Application Required)
- **Carpentry I** (Dowell J. Howard Application Required)
- **Criminal Justice I** (Dowell J. Howard Application Required)



Trail Time

A built in mentor program and study hall within the school day.

Teachers will be:

- Actively checking in with each student and being approachable.
- Helping students understand how to monitor their grades and missing assignments.
- Encouraging students to complete assignments and coaching them as needed with a plan to accomplish this.
- Building a classroom community through fostering positive relationships with students and helping them build positive relationships/connections with each other.
- Helping students find a solution when needing to communicate with their other teachers regarding grades, work, etc.
- Helping students with organizational strategies.



Dowell J. Howard
Career & Technical (CTE) Programs



GMU Data Science and Computing Lab School at DJH



Mountain Vista Governor's School (MVGS)



Specialized Programs at Laurel Ridge Community College

- Future Educators Academy (11th/12th grades)



- Emergency Medical Technician Academy (12th grade)

- Industrial Maintenance Technology Academy (12th grade)

Class Schedule

Day 1	Day 2
1	2
3	4
5	6
7	8

Grade Point Average (GPA) Information

Beginning with the 2026-2027 academic school year, students of the 2029-2030 graduating class and all succeeding graduating classes will be subject to the following Range and Quality Point Distribution:

Letter Grade	Range	Meaning	Quality Pts General	Quality Pts. Honors	Quality Pts. AP/DE
A+	97-100	Excellent	4	4.5	5
A	94-96	Excellent	4	4.5	5
A-	90-93	Excellent	4	4.5	5
B+	87-89	Very Good	3	3.5	4
B	84-86	Very Good	3	3.5	4
B-	80-83	Very Good	3	3.5	4
C+	77-79	Satisfactory	2	2.5	3
C	74-76	Satisfactory	2	2.5	3
C-	70-73	Satisfactory	2	2.5	3
D+	67-69	Minimum Passing	1	1.5	2
D	64-66	Minimum Passing	1	1.5	2
D-	60-63	Minimum Passing	1	1.5	2
F	0-59	Failing	0	0	0



Transition to High School

Important things to consider as your students transition from middle school to high school:

- Larger school building
- Larger number of students
- More freedom and independence
- More responsibility
- More class choices
- Larger workload
- Grades
- Attendance
- More opportunities for athletics and extracurricular activities



Get Involved in the Millbrook Community

Millbrook High School Athletics and Activities











Important Dates for the 2026-2027 School Year

- All About the M (Open House) - **August 6, 2026**
- Transition Day for 9th Grade Students - **August 11, 2026**
- First Day of School for All Students - **August 12, 2026**

MHS Department Representatives

- English - **Serena Omps and John Traubert**
- Math - **Jessica Goad**
- Science - **Stefanie Rucker**
- Social Studies - **Garrett Hammer**
- Health & Physical Education - **Matt Cottino**
- World Language - **Marcia Lingo**
- Agriculture - **Katie Bethke**
- Business & Marketing - **Carrie Laffoon**
- Family & Consumer Science - **Christina Tharp**
- Technology - **Matt Brame**
- Visual & Performing Arts - **David Zaccari**
- English Language Learners - **Lois Carder-Smith**
- Special Education - **Melissa Thomas and Rebekah Pennington**

FCPS Content Supervisors

- Jeri Swogger, Director of Curriculum and Instruction
- Megan Dodd, Assistant Director of Curriculum and Instruction
- Dr. Amy Hall, Coordinator of Secondary Literacy and K-12 Libraries
- Dr. Deb Crawford, Coordinator of Secondary Math
- Allison Levene, Coordinator of K-12 Science
- Rachel Reed, Coordinator of K-12 Social Studies
- Linda Farringer, Coordinator of Health and Physical Education and VHSL
- Crystal Marshall, Coordinator of World Languages
- George Bishop, Supervisor, Career and Technical Education (CTE)
- Emily Roy, Coordinator of Work-Based Learning
- Ryan Lingle, Coordinator of Gifted and Visual and Performing Arts
- Emily Headley, Supervisor of English Language Learner Services, Family Liaisons and Interpreters



Additional Course Content Representatives

- **Dowell J. Howard Center**
  - Caden Thurgood, Dean of Students
  - Allison Seabright, School Counselor
  - Shanan Hambrick, Teacher for GMU Data Science and Computing Lab School

- **Mountain Vista Governor's School (MVGS)**
  - Ladona Gorham, MVGS Director
  - Debbie Ravn, School Counselor

- **Future Educators Academy at Laurel Ridge Community College**
  - Lori Killough, Director of Teacher Education

- **Gifted Services**
  - AJ Van Zandt, High School Gifted Teacher



Thank you for joining us this evening.

We will now move to the Cafeteria/Commons area to meet with class content representatives.

Any questions, please find us and let us know!