Welcome Class of 2030

FRESHMAN PARENT UNIVERSITY

Support Structure at Heritage High School

- How are students assigned to an SLC? SLC=Small Learning Community
- How do I know which SLC my student belongs to?
- What staff are located in each SLC office?
- How do staff support students in each SLC?

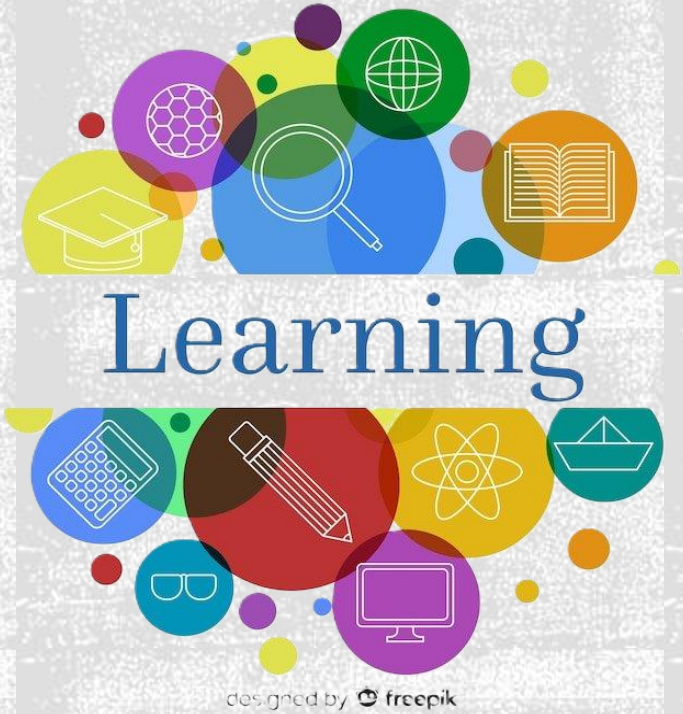
ATTENDANCE

Excused vs. Unexcused Absences

Town Passes

Instructional Calendar & Final Exams

Closed Campus







Counseling Department

A1 – Ms. Kayla Wills Morgan

A2 – Mrs. Jenna Aure

B – Mr. David Campos

C- Mrs. Sandra Roman

D- Mrs. Jackie Munoz





Counseling at Heritage

Best time for students to check-in with a Counselor:

- **Before school, lunch, after school**

Reasons for students to see their Counselor?

- **Academics, social-emotional, and post secondary planning**

Care Solace: Wellness Support

care solace

It's okay to ask for help.

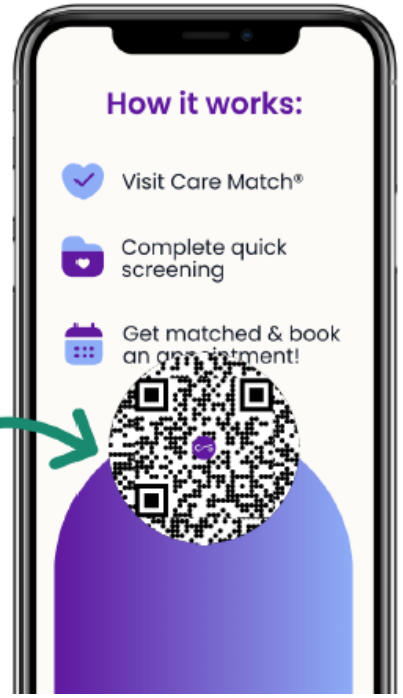
Save our number! (888) 515-0595

Care Solace is a free, confidential service that connects students, staff and their families to mental health providers, substance use treatment, and social services matched to their needs.

This service is available through your school district at no cost to you.

luhsd

To get started, scan the code or visit this link:
caresolace.com/



Tips for Parents

If back-to-school season brings a mix of excitement and anxiety, you are not alone. Transitioning back to class is a major milestone, and taking care of our family's mental well-being makes all the difference.

Encourage them to **breathe deep** during stressful moments

Check in Each Day

1. What are 3 things that went well today?
2. What was the hardest thing you did today?
3. Who did you play with today?

Focus on Small Wins

Celebrate effort, bravery, and progress rather than focusing only on grades.

Reintroduce Routine

- Set a morning alarm
- Have regular meal times
- Read for 30 minutes
- Stick to a consistent bedtime

Ask for Help!

Communicate any challenges to your child's teacher(s) or counselor. You can also use Care Solace to find mental health support for you or your child:

Call (888) 515-0595 for 24/7 support!

care solace



College & Career Center

- **Guest Speakers**
- **Scholarships**
- **Financial Aid** (FAFSA, Cal Grant, etc.)
- **SAT/ACT Information** (Fee Waivers)
- **Workshops**
- **Big Future, CA Career Zone, Eureka**
  - Career Assessments
  - Major/Program exploration
  - College Search
- **Work Permits**



Mr. Gomar

gomarm@luhsd.net
925-634-0037
ext. 6097

Events posted via Parent Square

Subject	Credits
English	40
World History (10th)	10
U.S History (11th)	10
Government (12th)	5
Economics (12th)	5
Life and Physical Science	20
Mathematics	30
Fine Art or World Language	10
Physical Education (9th/10th)	20
Health	5
Electives	105
Total	260







High School Credits

Every semester = 5 credits per class passed

- Credits earned *ONLY* when students pass a class

"F" Grades = NO credits

- Repeat course(s)
  - Summer school or following school year

Need 260 credits to graduate!

How to be successful in A/B Schedule

Block Days-stay ready!

- Use different backpacks / binders
- Use a Daily Planner!

Patriot Plus – Thursdays

Check your Grades on Canvas

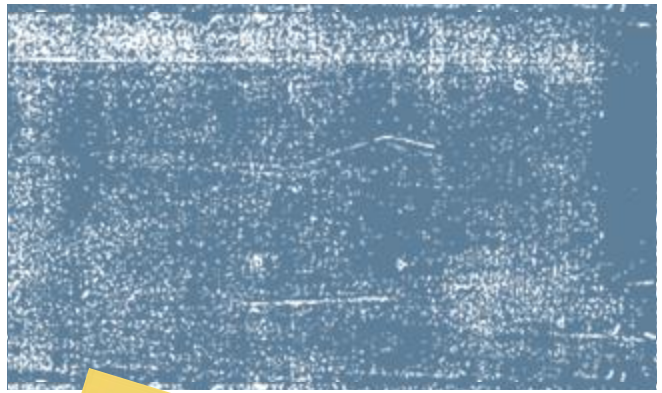
Aeries Parent/Student Portal

Homework Help Club

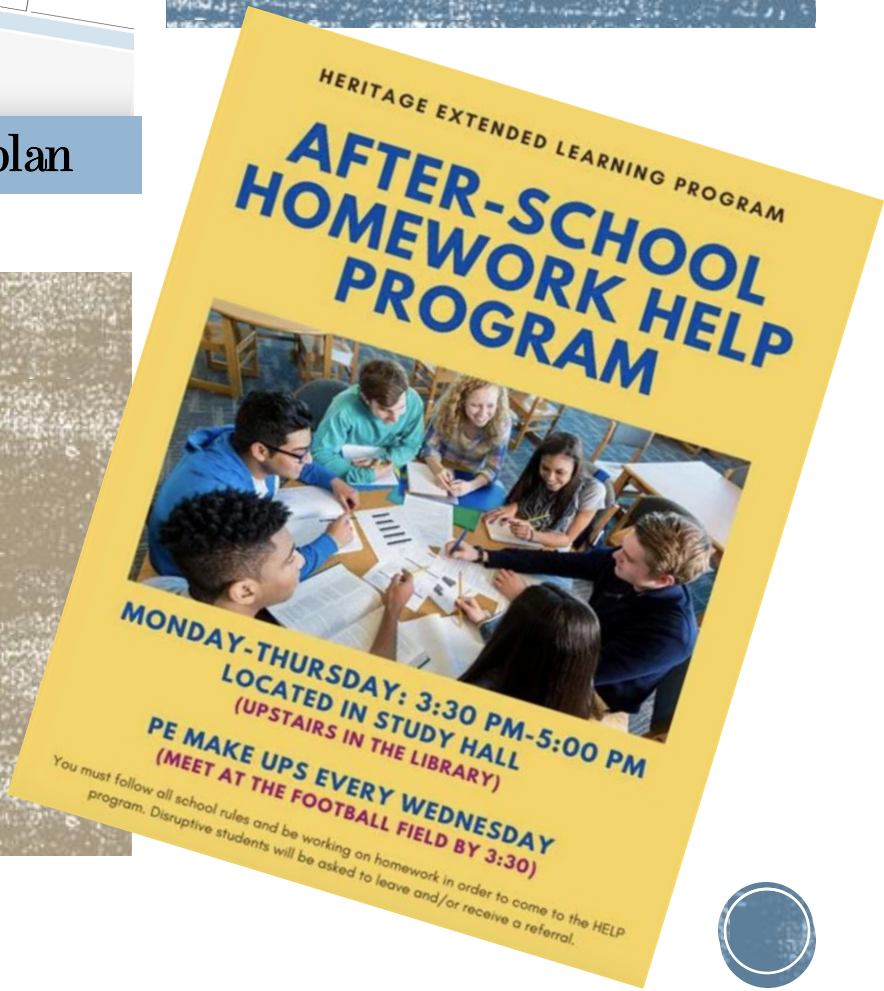
- Monday – Thursday
- Library 3:30-5:00pm



Create a weekly plan







A- G College Entrance Requirement

Subjects	Min. Requirements of College Preparatory Courses
A. History/Social Science	**2 years:** World History, U.S. History, Government
B. English	**4 years:** College Prep English 9-12
C. Math	**3 Years of college prep math, 4 years is highly recommended** Algebra 1, Geometry, Algebra II
D. Laboratory Science	**2 years of lab science. 3 years of lab science is recommended:** Living Earth, Chemistry, Physics
E. Language other than English	**2 years of the same language, 3 years is recommended** Spanish, French
F. Visual/Performing Arts	**1 year of a college prep course** Art, Music, Theater
G. College Preparatory Elective	**1 year of a college prep elective** Psychology, Speech and Debate, Creative Writing, etc.
Test Requirements	**SAT or ACT - varies by college / test optional**

High School Requirements VS College Entrance Requirements

- Grades (C's or higher)
- Math (Algebra II or higher)
- World Language
  - Minimum of 2 years of the same language
- Visual & Performing Art
- SAT or ACT - test optional/varies by college





Career Academies

Technology Mr. Pardi ET 103	Arts & Entrepreneurial Ms. LaPrade C-112
	
Health Mrs. Yearby HR105	Public Service Mr. Carr A105
	

Benefits:

College & Career Readiness

Opportunities for Real World Experiences

Resume building

Networking Opportunities

Stronger engagement/area of high interest

Let's work together

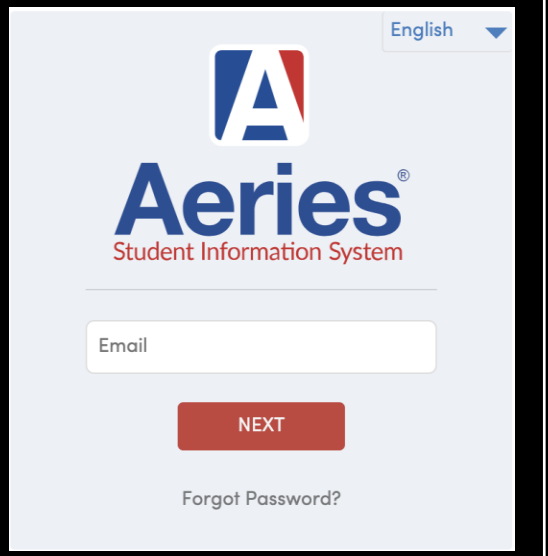
Parent Phone App

Monitor
- Grades
- Progress
- Work Completion
- Assigned homework, notes, etc...
- Email teachers

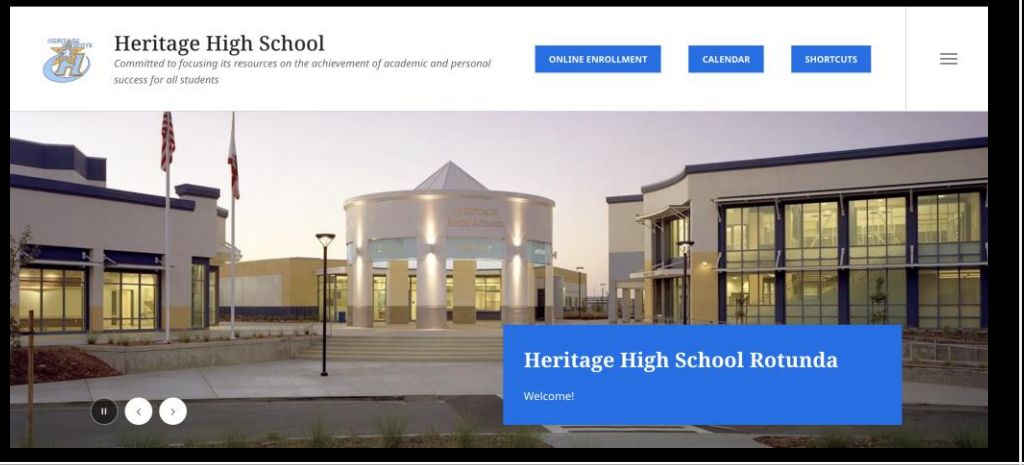
canvas
BY INSTRUCTURE

Aeries Parent Portal

Access
- Daily Attendance
- Progress Grades
- Quarter Grades
- Grade History
- Credits



HHS Website



Stay Connected
Email Communication
Daily Announcements
Parent Square App

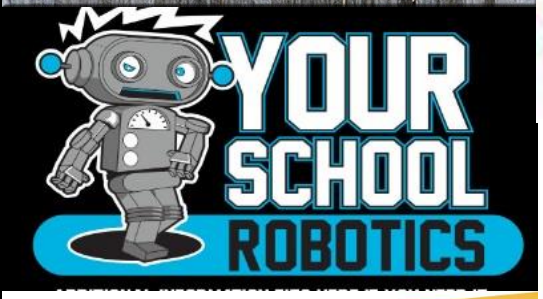

Gardening
Club


BSU


OPEN HEARTS
GSA
OPEN MINDS

STEAM
SCIENCE TECHNOLOGY ENGINEERING
ARTS MATHEMATICS


ANIMAL
CARE CLUB


YOUR
SCHOOL
ROBOTICS

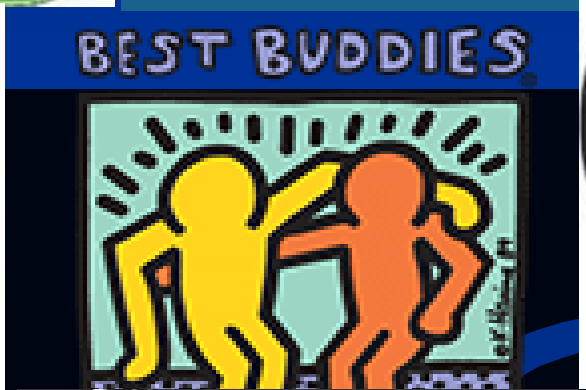

hosa
future
health
professionals


LATINOS
UNIDOS

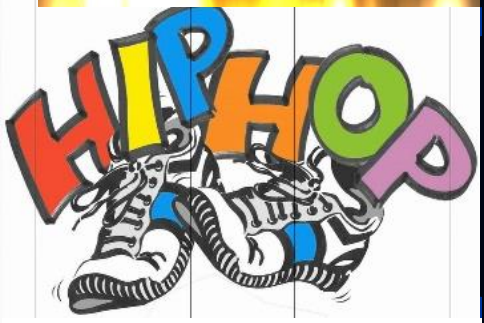

Rising Stars!


BOOK
CLUB

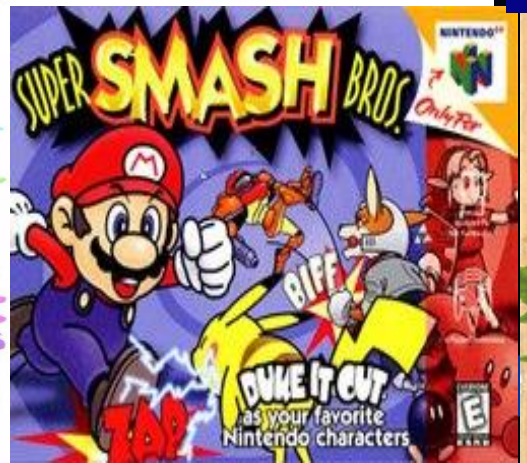

INTERACT
CLUB


BEST BUDDIES

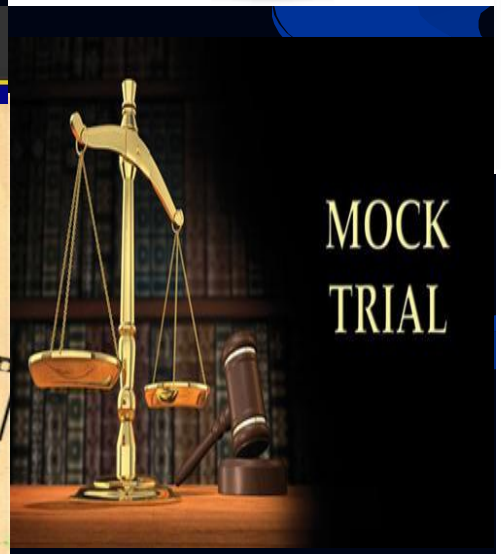

CSF
California
Scholarship
Federation


HIP HOP


ART
CLUB


SUPER SMASH BROS.
BIFF
DUKE IT OUT
as your favorite
Nintendo characters


P-H-O-T-O-graphy
Club


MOCK
TRIAL


Korean
Culture
Club

Welcome to the Patriot Family

