



Parent Orientation Night
August 2026

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Principal's Welcome



Bryan Emmert, Principal



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Freshman Orientation







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Partnerships with Parents

Band Boosters

FHS PTSA

Los Padres

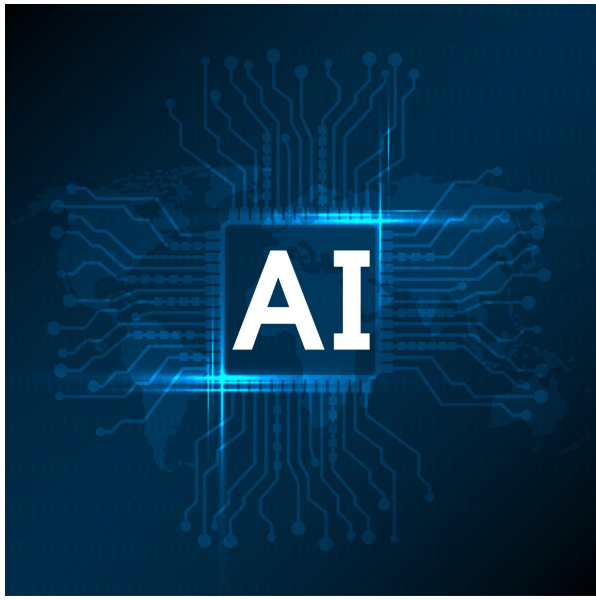
Fremont Athletic Boosters

the foundation Fremont Union High Schools

Navigating your Student's AI Use for School

AI is everywhere, and students are using it for many parts of their lives.

Challenges arrive when students use it as a shortcut for classroom learning, instead of doing the work.



***Some examples of AI misuse include**:*

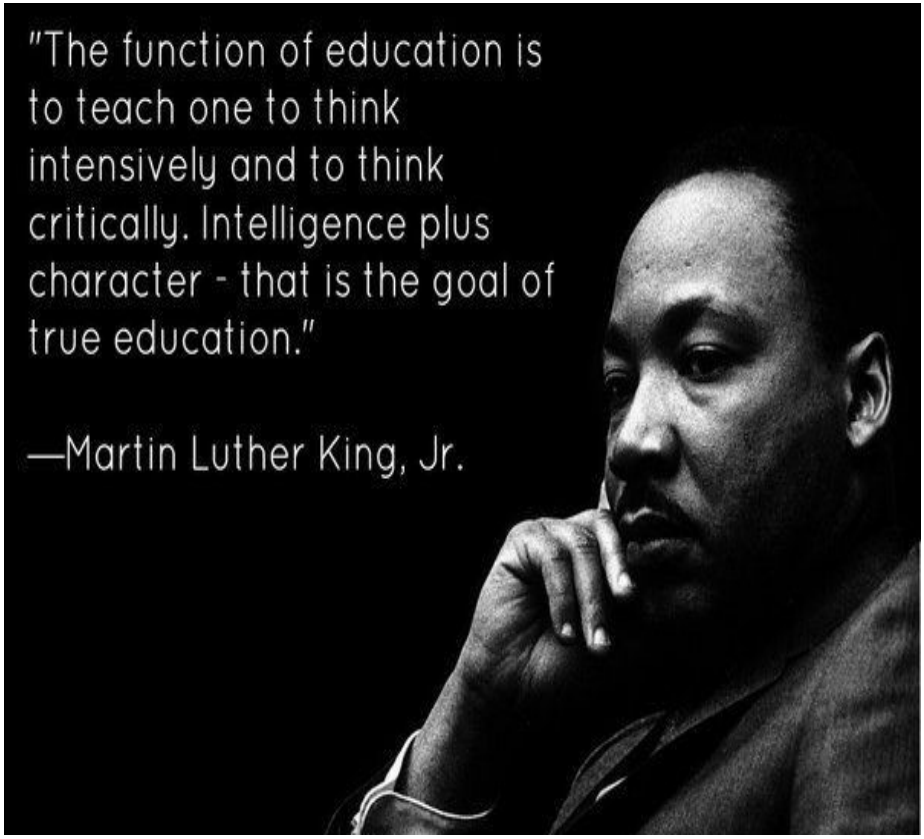
- *Attempting to misrepresent the authorship of student work, i.e., having someone else write a paper or having an artificial intelligence tool write a paper, in whole or in part.*
- *Using artificial intelligence tools when specifically disallowed by the teacher.*
- *Using artificial intelligence bypasses the learning process instead of supporting student learning.*

Task vs. Learning

AI can speed up tasks, generate content, and enable us to do things in our work that wasn't possible before.

Learning is not a task to complete, but a process to engage in.

Students learn to think critically through challenge and struggle, and using AI can bypass that.



Bypassing vs. Supporting Student Learning

Using A.I. to **bypass** the learning looks like…

- Relying on the A.I. to give you all the answers without doing any critical thinking of your own.
- Making broad requests of the A.I. that cover most of the assigned task
- Submitting A.I. generated responses (in any capacity) as if it's your own, original thinking.

Using A.I. to **support** the learning looks like…

- Asking the A.I. to help you deepen, extend, or challenge your current understanding of a concept.
- Making targeted requests of the A.I. that limit its role to small portions of the assigned task.
- Synthesizing A.I. generated responses with your own knowledge and perspectives to create something new.

Weekly Schedule



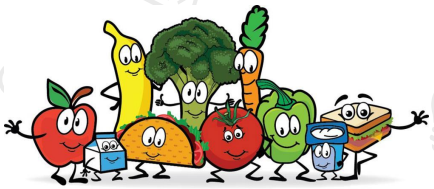
Weekly Bell Schedule - 2026-2027																				
Monday				Tuesday				Wednesday				Thursday				Friday				
Blocks 1-7				A				B				A				B				
1	8:30	9:15	45	1	8:30	10:00	90	Collaboration (No Students)	7:35	8:25	50	1	8:30	10:00	90	Collaboration (No Students)	7:35	8:25	50	
2	9:20	10:05	45	2	10:05	11:35	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	40	5	11:15	12:45	90	Lunch	1:30	2:10	40	5	11:15	12:45	90	
4	11:50	12:35	45	7	2:20	3:50	90	Lunch	12:45	1:25	40	7	2:20	3:50	90	Lunch	12:45	1:25	40	
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 (Wednesdays & Fridays):** Staff meet in groups to align curriculum, students have no class to attend.
- **Tutorial (Mondays, Wednesdays & Fridays)**: 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.

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Return to School Updates

Cafeteria Services



FREE

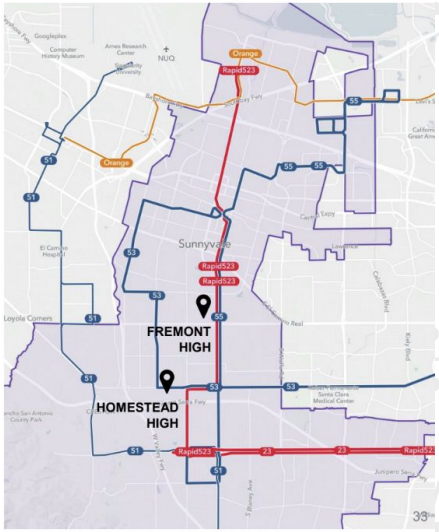
Buses

For the 1st Semester, FUHSD will be participating in a pilot program with VTA to provide all FHS students with a Clipper Card.

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

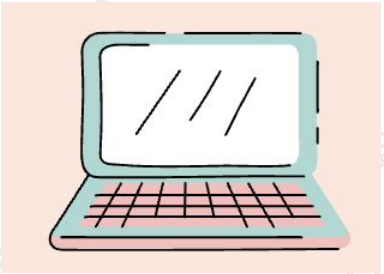
VTA coordinates select bus schedules with school bell times.

- **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

Students received computers today at orientation, but if they missed it there will be opportunities for pick up the first week of school.



Monthly Newsletter



Fremont High School - News & Notes

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Chris Moore
Athletics



Andy Walczak
Activities

Activities & Athletics

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Students Getting Involved @ FHS



Activities/Classes

- Clubs- Interest and service focused
- Student Groups (FBLA, Robotics, Speech and Debate, Mock Trial, etc.)
- ASB Leadership class
- Look out for 9th grade class cabinet selections

Sports

- Athletics update later in presentation

Performing Arts

- Music, Choir, Drama

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Students Getting Involved @ FHS

FHS Traditions

- Watermelon Run-August 26th
- Homecoming-October 5th-9th
- Hall of Fame- March 6th
- FHS Instagram: fremont_hs_sunnyvale

Why Get Involved?

- Students more involved with school do better academically
- As 9th graders, you meet students from the other feeder middle schools
- Typically the most memorable parts of

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FREMONT HIGH SCHOOL

Athletics

2025–26 Program Overview

Monday, August 10

Chris Moore, Assistant Principal — Athletics



Sports by Season

FALL

Begins August

- Boys & Girls Cross Country
- Field Hockey (Girls)
- Flag Football (Girls)
- Football (Boys)
- Girls Tennis
- Girls Volleyball
- Boys Water Polo
- Girls Water Polo

WINTER

Begins November

- Girls Basketball
- Boys Basketball
- Boys Soccer
- Girls Soccer
- Boys & Girls Wrestling

SPRING

Begins February

- Baseball (Boys)
- Boys Golf
- Softball (Girls)
- Boys & Girls Badminton
- Boys & Girls Track & Field
- Boys & Girls Swimming
- Boys Tennis
- Boys Volleyball

Athletic Clearance

Every student-athlete must complete athletic clearance before competing. Clearance is good for the entire school year — complete it as early as possible.

REGISTER FOR SPORTS

Complete your physical, upload paperwork, and register online through Home Campus. A step-by-step how-to video is available on the page.

fremonthsathletics.org/register-clearance

SCAN TO REGISTER

Questions about clearance? Contact the Athletics Office — daniel_mccune@fuhsd.org

Team Fundraising

VERTICALRAISE

This year Fremont Athletics has partnered with Vertical Raise to support our teams. Every athlete will participate in soliciting donations to help fund equipment, travel, and program needs.

How It Works	Where It Goes	Your Part
Athletes send personalized donation links to family and friends via email and text.	Funds go directly to your athlete's team — equipment, travel, uniforms, and program needs.	Every athlete participates. Coaches will share your team's campaign details and timeline.

Stay Connected

Athletics Website

Schedules, rosters, news & clearance info — everything in one place.

fremonthsathletics.org

Sideline Store — SWAG

Official Firebird gear and apparel. Show your school pride.

sideline.bsnsports.com

Athletics Boosters

Support Fremont Athletics. Volunteer, join, or get involved.

fhsathleticsboosters.org

Donations

Every contribution directly supports our student-athletes.

fremonthsathletics.org/donate

Questions?

We're here to help.

Chris Moore, Assistant Principal — Athletics
Daniel McCune, Athletic Director · daniel_mccune@fuhsd.org · (408) 522-2400 ext. 3898
fremonthsathletics.org



Dean of Students
Frankie Berlanga



Dean of Students
Sarah Michelet

School Climate

SUNNYVALE, CA
FREMONT
HIGH SCHOOL

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Staff



Miriam Villanueva
Dean Secretary



Alejandra Flores
Wellness Center



IPA
Carmen Bliss



School Based Therapist
Deirdre Louie



Family & Community Liaison
Jesus Ramirez

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Introduce Climate

Staff and Student Supports

- Our Purpose and role on campus
- Behavioral Supports & Interventions
- Attendance, Campus Behavior Trends, & Technology
  - frequent communication via RMT
- Student to Student crisis supports
  - Student 1:1 check in's
  - mental health
  - bullying
  - safety
  - attendance
  - open campus (lunch only)
- Questions?

SUNNYVALE, CA
FREMONT
HIGH SCHOOL

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Student Wellness

Alejandra Flores

- The Nest - Wellness Center
- A-101
- Open before school, brunch, lunch, after school
  - No time limit
- During Class time: Pass Required
  - 15 minute time limit



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School Based Therapists

Deirdre Louie

Aurora Aceves

Sharon Dariano

Jessica Wang

Valeria Dominguez



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School Counseling & Guidance

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Counseling Dept.



Susan Rocha
Counseling Asst.
Principal



Lorena Moreno
Counseling Admin
Asst.



Patricia Houe
Data Tech



Miriam Villanueva
Registrar

Krystal Cruz
College Career Center
Advisor

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FHS Counselor Alpha Breakdown



Sandra Woosley

A-C



Vanessa Goulart

A-C



Sherry Fazzio

D-HUR



Ana Franco

HUS-MEK



Dan Amezquita

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**

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Guidance Nights

- Fall Guidance Family Night- College Focus: **October 28th at 6pm**
- Winter Guidance Family Night- Course Selection Focus **January 27th at 6pm**

INSTAGRAM PAGE! →



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Class Schedules

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

QR Code –

SCHEDULE CHANGE REQUEST 26-27

BIT.LY/4GDBYUA

As a reminder a schedule change request is not guaranteed. You will receive an email whether your request was approved or not. Please check Infinite Campus for your most up to date schedule.

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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

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Technology Tools (Ms. Irwin)

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Student Tech Tools

Use	Sign in with...
Password Tool: Change your student password and setup your account	FUHSD Username
Email Account: Google Workspace with Email, Drive & Apps for FUHSD	FUHSD Email
Schoology: Online Classroom with Courses, Assignments, Grades and Communication	FUHSD Email
Infinite Campus: Student data (e.g. class schedule, attendance, transcript, grades)	FUHSD Username
School Chromebooks	FUHSD Email

Students needing help should first start by visiting the library and checking in with Ms. Kuhlmann, our LMT.

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Parent Tech Tools

Use	Sign in with...	Looking for Support?
Schoology: Online Classroom with Courses, Assignments, Grades and Communication	Parent email and password from Tech Letter	**LMT:** Dana Kuhlmann dana_kuhlmann@fuhsd.org
Infinite Campus: Student data (e.g. class schedule, attendance, transcript, grades, Back to School Updates)	*Returning Parents:* You may use previous account *New Parents:* Create your Campus Portal account by clicking on the “New User? and using the code provided in your Tech Letter	**Data Tech:** Patricia Houe patricia_houe@fuhsd.org

Schoology Weekly Digest

Schoology 3/31/25

Your Children's Weekly Schoology Summary

3/24/25 - 3/31/25 Course Summary Grade

(current grading period) Attendance Learning Skills - 8872:...

1. Current Grades + Recently Graded Work
2. Overdue Submissions
3. Upcoming Deadlines and Events
4. Recent Activity

Schoology Guide for Parents

Teacher Communication

ReachMyTeach™

Email

From: Kelleen Loo (Fremont Union High School District) **To: testKid@reachmyteach.com**

Welcome to FUHSD

Welcome to FUHSD! We are excited that you will be joining us this year!

Reply directly to this email or view all messages on ReachMyTeach

No need for a separate app/login!

- Reply directly in your email
- Text updates directly to your phone

Text Messages

To: 2072003194

Welcome to FUHSD! We are excited that you will be joining us this year!

-K. Loo(FUHSD)

https://reachmyteach.com/uLt/0
STOP to unsubscribe

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How to Talk to Kids About Using AI

"Learning and insights happen from productive struggle, not taking a shortcut"

When students turn to AI to bypass the learning, they aren't saving time they are skipping the critical thinking, problem-solving, and productive struggle that actually drive growth.

Questions to Ask:

1. What is your teacher's AI policy?
2. When looking at AI outputs, how can you verify the information is accurate, what is missing?
3. What do you use AI for? When is appropriate and when are there other tools to use instead?

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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!

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