How to Survive and Thrive High School
An informal parent to parent guide
SHS Web Page
Aeries/Canvas/Naviance

- Aeries: Student grade book online
- Canvas: assignments online, some grades
- Naviance: College and career selection online
## Colleges I'm Thinking About

<table>
<thead>
<tr>
<th>College</th>
<th>Delivery Type</th>
<th>Added By</th>
<th>Expected Difficulty</th>
<th>My Interest</th>
<th>Application Deadlines†</th>
<th>Actions</th>
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* Difficulty of admission specifically for you as estimated by your counselor

†College information is provided by the colleges themselves. Costs, dates, policies, and programs are subject to change, so please confirm important facts with college admission personnel.
SHS Social Activities
Month-to-Month
Students Activities and Clubs

- Clubs: on SHS website “Student Life”
- Extra-Curriculars: SHS website “Student Life”
Aug/Sept
• Falcon Fest - 8/11
• Freshman Orientation 8/14
• 1st Day of School - 8/17
• All School Picnic – 8/21
• Back to School Night
• Club Day – 9/25

Oct/Nov
• Homecoming Week 10/12-17
  – Rally
  – Football Game
  – Dance
• Idol Musical Auditions
**Dec/Jan**
- Freshman Focus Meeting with Link Leaders
- Winter Formal – 12/5
- Quiet Week
- Food for Finals
- Speak Up for Change Week
- Electives Night
- Mr. Saratoga Night

**Feb/March**
- Sadie Hawkins Dance
- Guidance Nights
- Link Crew Freshman Social
- Spring Fling
- Jazz Cabaret
April
• Powder Puff Flag Football

May
• Pancake Breakfast

June
• Food for Finals
• End of School Activities
Parent Volunteering

- Student Socials: Chaperones (dances)
- Boosters Music, Sports, Drama, MAP
- Most of the above need:
  - team parents
  - drivers
  - scorekeepers
  - dinner coordinators
  - judges, etc.
PTSO Parent Activities

• PTSO Social Events
  1. All School Picnic (Aug)
  2. Food For Finals (Dec/June)
  3. Staff Appreciation (May)

• PTSO Academic/College Events
  1. College 101
  2. 55 Alumni videos now online!
  3. Essay Writing
  4. Untangling the College App Process
Tips for Freshmen Year

• **Freshmen Orientation – Friday, Aug 14th**
• Link Crew: Leader connects with your student
• Falcon Fest – be there Aug 11th!
• Locker selection
• Schedule Changes – Aug 13th (done)
• Freshman Focus
• Aeries: student needs own account
• Health Classes: 6 hours volunteering required
• Driver’s Ed: within 6 months of 15.5 years
• Activities Attendance: extra credit for some classes
• Get listed in PTSO directory
• Teen Brain: It’s changing!
## SHS Daily Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td><strong>Break 9:25-9:35</strong></td>
<td><strong>Period 4</strong></td>
<td><strong>Break 9:25-9:35</strong></td>
<td><strong>Tutorial</strong></td>
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<td>8:50-10:25</td>
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<td>9:25-10:05</td>
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<td><strong>Break 10:25-10:35</strong></td>
<td><strong>Period 5</strong></td>
<td><strong>Break 10:05-10:15</strong></td>
<td><strong>Break 10:05-10:15</strong></td>
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<td>11:07-11:54</td>
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<td>10:40-12:15</td>
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<td><strong>Period 3</strong></td>
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<td><strong>Lunch 12:00-12:40</strong></td>
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<td>11:54-12:34</td>
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<td>12:00-1:35</td>
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Sick Days/Appointments/Late

+What to Do:

• Look up your student’s ID number
• Call 408 867 3411 and hit #4
• Instructions are on voicemail
• Student must pick up their pass to leave
## Sample Course Sequence Chart

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<th>Freshman</th>
<th>Sophomore</th>
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<th>Senior</th>
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<td>Language</td>
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<td>Geography/Health</td>
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<td>PSAT/Fall</td>
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<td>SAT/ACT(Spring)</td>
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<td>AP tests(May)</td>
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<td>Subject tests</td>
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Beware of Peer Pressure

• Class Selection; careful of “ramping up soon. Sooner is not always smarter.

• Extra-Curriculars: over-doing not advisable. More is not always better.

• College Process: Where are you going?

• Grades: What did YOU get???
Academic Issue

Getting a “bad” grade, missing assignments, missing school, illness, group project conflicts, etc

• What to do as a Parent: (see handout)
  – Student/teacher
  – Parent/teacher
  – Administration
Social/Emotional Issues

How to Get Help:
Guidance Counselors, CASSY, teachers, Common Roots (peer helpers)
Challenge Student Stress

- Mission statement: A multi-cultural task force to collaborate in providing positive and constructive recommendations to SHS administration and LGSUHSD Board to help identify causes and alleviate student stress

- Interested in joining? email mary@eschen.us
Guidance

Buzzworthy from Guidance

The Moral Bucket List
David Brooks shares his thoughts on what qualities are truly meaningful to have.

Common App Releases 2015-2016 Essay Prompts
Additionally, member colleges have the option of NOT requiring the essay.

Keep Calm and Parent On
A local Palo Alto psychiatrist offers valuable and practical insights on how we can support our students’ wellness.

How to Survive the College Admissions Madness
A thoughtful article from the NY Times this morning on how we should approach the college admissions season.

A College Financial Aid Guide for Families Who Have Saved Nothing
Concerned about financing your college education? Let this guide help direct your next steps.

Important Links

Schoolwide Information
- Enrollment Information
- Aeries.Net
- School Profile

Guidance Materials
- Graduation Requirements
- SHS Course Offerings
- For Students
- For Parents

College Planning
- Transcript Requests
- SHS College Application Information
- ACT/SAT/PSAT Testing
- Financial Aid Information
- NCAA Eligibility
- College and Career Center
- Naviance

College Information
- CSUs
- UCs
- Private & Out-of-State Schools
- Community College

Guidance Calendar
SHS Campus Tour

- See campus
- Ask questions!
- Multiple Tour Groups
- Mandarin option