

Welcome Future Broncos!!!
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Pronounced

Shan - yone

Alpha A - Em

Goals for Tonight

#1 Don't stress



- Difference between HS and MS
- Getting Involved
- Bronco Camp
- Registration/CRF Process
- What the is the “4 by 4” about?
- Graduation Requirements
- A - G Req (College Entrance Req)
- Honors / AP Classes
- College Admission: Selectivity
- Preparation for High School
- Successful students...
- Mental Health
- Resources

High School

Vs.

Middle School

Cumulative Grades

- Every 4.5 weeks = Progress notice (only for C or lower)
- 9 weeks (Quarter) = Final Grade (permanent)

Course Selection

- Choose at least 6 classes for year
 - 16 course numbers (1 per Quarter)
 - 3 alternate electives
 - www.rbhs.org (log in and select classes)
 - Return completed blue form to teacher

What does a D or F mean at RBHS?

D

- Colleges and Universities will not accept grade
- Impact GPA
- Impact Eligibility
- Will give you credit toward graduation.
- Should retake in within the school year for College admissions before senior year.

F

- Colleges and Universities will not accept grade
- Impact on GPA
- Impact on Eligibility
- Lose 5 CREDITS toward graduation!
- MUST retake course in Summer School or during school year to graduate on time!
- Multiple F's= Summer, night school classes, Abraxas, Adult Ed.

Classes at RBHS



- Classes meet every day (Wed school starts at 8:48)
- Your child should have homework every night. If they don't we have a problem!
- They are expected to complete 100% of assignments.
- Teachers post assignments on MyConnect and on their board in the classroom.

Bronco Camp & Getting Connected

Bronco Camp

- Exclusive to incoming 9th graders. Designed for them to get acquainted with RBHS and to meet new friends.
- During registration, 8AM - 12PM. You'll receive more info over summer.

Getting Connected

- Join a club, an athletic team, ASB, choir, dance, band, drama, speech and debate, tutoring, mentoring, ANYTHING really!
- Students who participate in extracurricular events do better in school and have more fun!

Course Selection Process (AKA CRF)

- Information your child received
 - Planning Guide - www.RBHS.org for course descriptions
 - Course Request Form (CRF)
 - Instruction Sheet (step by step check-ff)
- Course selection
 - Choose at least 6 classes for the year (16 numbers)
 - Pick at least 3 alternates for electives (no numbers online)
 - Parent signature required. Teacher signature required for certain courses (see key on form)
 - www.RBHS.org (log in and select classes per instruction sheet)
 - Each middle school will be setting their own due date for CRF
 - Feb 12 CRFs were given to Middle School Counseling Departments.
March 29 CRFs are given back to RBHS from each Middle School

Rancho Bernardo High School CRF 2019/2020

B - English			
000326	ELD 1-2 ^R (ELL students only)	20	
000333	Newcomer Class 1-2 ^R		
000328	ELD 3-4 ^{A,R} (ELL students only)	20	
000335	ELD Explorations A/B ^R		
000301	High School English 1-2 ^A	10	
000303	Honors High School English 1-2 ^{A,T}	10	
000304			
C - Mathematics			
001022	Math Acceleration ^R (10 elective)	20	
001023			
001012	Integrated Math 1a/1b ^A (10 math)		
001013			
001012	Integrated Math 1a/1b ^A	10	
001013			
001016	Integrated Math 2a/2b ^A	10	
001017			
001018	Integrated Math 3a/3b ^A	10	
001019			
001118	Advanced		
001119	Women's Ensemble 1-2 ^{A,T,R,*}	20	
001118			
001119			
001110	Classical Vocal Ensemble 1-2 ^{A,T,R,*} (Madrigals)	20	
001111			
001110			
001111			
001198	Marching Band PE ^R		
800515	Health (for Band)		
191198	Freshman PE (for Band)		
001173	Freshman Band 1-2 ^{A,R}	35	
001174			
001173			
001174			
071183	Beginning Orchestra 1-2 ^{A,R}	20	
071184			
001183	Orchestra 1-2 ^{A,R}		
001184			
001429	Intermediate Dance ^{A,T,R,*} (JV, Interm Team & B-Boys)	10	
001429			
091429	Intermediate Dance ^{A,T,R,*} (Hip Hop)	10	
091429			
001430	Advanced Dance 1-2 ^{A,T,R,*} (Tour de Force)	20	
001431			
001430			
000332	Speech Workshop ^{A,R} (Fall Term Tournaments)	10	
000332			
070332	Speech Workshop ^{A,R} (Spring Term)	10	
070332			
001197	Marching PE/Tall Flags ^R (5 PE & 5 Elective)		
001199			
001198	Marching Band PE (5 PE)		25
001195	Tall Flags 1-2(Dance Props)		
001196	(10 Elective)		
001601	AVID 1-2 (Fall)	10	
001602			
001844	Positive Psychology & Wellness	5	
000854	Introduction to Engineering Design 1-2 ^{A,C,E}	10	
000855			
000886	Principles of Engineering 1-2 ^{P,A,C,E}	10	
000887			
000358	A Critical Study of Mass Media ^A	10	
000359			
Physical Education			
001400	Freshman PE 1-2	10	
001401	See F Intermediate Dance ^{A,T,R,*} (JV, Interm Team, Hip Hop & B-Boys)		
See F			
See F	Advanced Dance 1-2 ^{A,T,R,*}		

Freshman Classes / CRF

- Take 6 or more classes each year
 - Off roll...What is that??

Fall	Spring
English	Science
Math	PE
World Lang (1-2)	World Lang (3-4)
VAPA or Off Roll	Math or Off Roll

Balance is key



There are only 24 hours in a day!!

Sample 4x4 Schedule

Period	Term 1 (Fall)		Term 2 (Spring)	
1	HS English 1	HS English 2	Biology 1	Biology 2
2	Math <u>Ia</u>	Math <u>Ib</u>	Fresh PE 1	Fresh PE 2
3	Spanish 1	Spanish 2	Spanish 3	Spanish 4
4	Drawing/Paint 1	Draw/Paint 2	Off Roll or Math 2a	Off Roll or Math 2b

RBHS Graduation Requirements

<u>Credits</u>	<u>Subject</u>	<u>Credits</u>	<u>Subject</u>
40	English	10	Vis/Per Art
20	Math*	5	Health
10	World History	5	Civics
10	US History	5	Econ
10	Phys Science	85	Electives
10	Life Science		

230 Total Credits

***Must pass integrated 2a/2b**

UC/CSU A-G Requirements (aka College Entrance Requirements)

SUBJECT	1 YR	1 YR	1 YR	1 YR
<p>a History Two years of history/social science, including one year of U.S. history or one semester of U.S. history and one semester of American government, and . . . for CSU, two semesters of history/social studies from either "a" or "g" subject areas and . . . for UC, two semesters of world history, cultures and geography from the "a" subject area.</p>				
<p>b English Four years English, which can include not more than one year of ESL/ELD courses</p>				
<p>c Mathematics Three years math (algebra I and II, geometry); four years recommended</p>				
<p>d Laboratory Science Two years laboratory science including . . . for CSU, one year of physical and one year of biological science (one of which must be from the "d" subject area with the other from either "d" or "g") and . . . for UC, at least two of the three core disciplines of biology, chemistry and physics (both from the "D" subject area and three years recommended).</p>				
<p>e Foreign Language Two years of language other than English (LOTE). Must be the same language.</p>				
<p>f Visual or Performing Arts One year visual and performing arts. Students must complete a single year-long course selected from the disciplines of dance, drama/theater, music or visual arts.</p>				
<p>g College Preparatory Elective One year elective chosen from any of the areas on the approved "a-g" course list, excluding those designated as non-elective (lower-level mathematics, language other than English, and visual and performing arts).</p>				

***Class of 2022 and on will be REQUIRED to do three years of science

Outside Summer Classes

- We are NOT approving outside courses for incoming freshmen.
- With the 4x4 schedule, there should be plenty of time to fit everything
- Have Student do a 4-year plan
- If something doesn't fit, have your student talk to me and we will come up with a plan
- Sometimes difficult decisions have to be made

Honors / AP Classes Recommendations

- Help your students know their limits
- Promote balance
- How do they handle stress?

Questions:

- Is it better to load your schedule with AP classes and do poorly or do well in college prep classes?
- If you did poorly in your college prep classes, is it wise to load your schedule with AP classes to “fix” your GPA?

University Selectivity (Northeastern)

Dear Colleague,

Greetings from Boston! We are releasing our Regular Decision admission decisions later today, and I want to give you a glimpse of our admitted students. This is an extraordinary, talented, and interesting group.

As you hear from your students, and as you reflect on our decisions, please keep in mind that we had to make fine distinctions among many exceptional candidates. In some school groups, it is possible for applicants with similar academic profiles to receive very different admission decisions. Our decisions are a reflection of the quality and size of the applicant pool within the context of the university's enrollment goals.

University of Texas at Austin

We received more than 53,000 fall 2019 freshman applications and are thankful that so many young people are interested in becoming future Longhorns. But as is true for premier universities across the globe, competition for space in the incoming class is very high. Each year we must make difficult decisions — and again this year we are not able to accommodate all interested or all qualified applicants.

What your student could be doing now...

- **Work to improve study skills/habits**
 - They carry over to H.S.
- **Get best grades possible in M.S.**
 - Impacts class selection for honors and AP classes
 - Middle School Teachers can raise/lower their recommended classes throughout the rest of the year.
 - Encourage your child to be serious and be prepared. The work they are doing now is important and will have lasting impacts on them for HS and after.

Successful Students

- Get to know their teachers and counselors
- **ASK FOR HELP!!**
- Complete all assignments...**ON TIME**
- Come to school!!
- Take highest level courses capable for **THEM**
- Take math all four years (1 term per year)
- Take notes actively
- Use some sort of organizer (phone, planner, calendar or whatever works for them)
- Get involved in school activities
- Maintain balance in their lives

A word about MENTAL HEALTH

- Current state of anxiety and depression
- The shame game
- I refer students to outside therapy at *least* 3 times per week
- Therapy as a preventative measure
- Routines; how they help
- Push notifications
- Academic pressure from student to student
- I am as accessible as you make me

Resources

- Your STUDENT – Schedule a standing “date” night weekly. Open-ended questions / Name Three friends.
- Parenting Classes
 - <https://www.powayusd.com/en-US/Parents/Active-Parenting>
- Therapy – Contact your student’s counselor

- Book: iGen: Why Today’s Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us
 - By Jean Twenge

Three facts about VAPING (SORRY!)

- Vaping delivers higher concentrations of the vaped substance than traditional smoking, which can lead to unintended consequences such as increased rates of addiction and an increase in the intensity of the effect of those substances.
- Flavored vape liquids attract younger users who are sometimes unaware they're ingesting addictive chemicals along with the flavors they enjoy.
- The absence of smoke, the small size of the newer devices, and the absence of a lingering odor – a few minutes as opposed to several hours – makes vaping easy to do quickly and without attracting attention.
- Vaping - <https://www.centeronaddiction.org/e-cigarettes>
 - More specifically:
<https://www.centeronaddiction.org/e-cigarettes/recreational-vaping/what-parents-should-know-about-different-vaping-devices>
 - If you'd like me to send you the latest research, email me: Title it: "Please Send me info on Vaping."

Student/Parent Resources

- www.RBHS.org
- Academics Tab/Link
- My Plan (Gradebook, emails)
- Myconnect (Assignments, directions)
- Your Teachers
- Bronco Center

Please help me improve!

Please take my survey. Type the following address into your browser:

www.tinyurl.com/changnonfamnight

Thank you for coming!!

My contact info:

858-485-4800 x 4565

mchangnon@powayusd.com

Your student's Assistant Principal

Mrs. Yael Bozzay

ybozzay@powayusd.com