

PSD

**IMPORTANT
DATES**

February 25-27

Registration Pick-Up at
Junior High Schools

Feb. 25—Lincoln

Feb. 26—Wellington

Feb. 27—CLPJHS

Coming in April:

8th and 9th grade

Shadow Days specific to
each junior high school

*Check our website for
specific dates

August 11

Freshmen/Sophomore

Orientation &

Registration

7:30 a.m. - 3:30 p.m.

*Tentative date and times

Freshmen/Sophomore

Parent Orientation

6:00 p.m.

August 14

Make-up

Registration

9:00 a.m. - 12:00 p.m.

August 17-18

*Aug. 17—First Day of
Classes for 9th and 10th
Grade*

*Aug. 18—First Day of
Classes for 11th and 12th
Grade*

August 21

Schedule Change Day

August 26

Back-To-School Night

6:00 p.m.

****Please be sure to check
summer newsletter for
updated times and events

Poudre High School Transition Guide

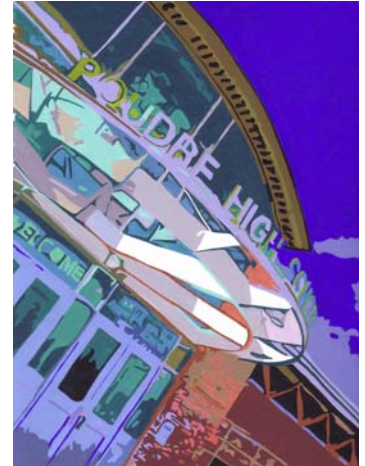
Welcome to PHS...

On behalf of all the staff at Poudre High School, we would like to extend a warm welcome to you and your family as you join our school community.

Transition is defined in the Merriam Webster Dictionary as the "passage from one stage, subject, or place to another." Various transitions throughout our lives may be accompanied by a wide array of emotions. For you, this transition to high school may be paired with the excitement of beginning a new stage as well as meeting new people. For others this transition may bring about feelings of anxiety and nervousness of not knowing what to expect. Whatever the case may be, as we begin to look forward to the 2009-2010 school year, the staff at Poudre wants to ensure that your transition goes as smoothly as possible.

This transition guide has information about Poudre High School. You will get an idea of what to expect as an incoming Freshman as well as a parent of an incoming Freshman. You will find answers to many of your burning questions in addition to receiving a glimpse of activities and programs we offer to our incoming students.

This is an exciting time for all of us. We welcome you and are looking forward to meeting you soon!!!



We are on the web!

<http://schoolweb.psdschools.org/phs>

Important Phone Numbers

Administration

Principal	Sandra Lundt	488-6034
Assistant Principal	Kathy Mackay	488-6151
Assistant Principal	Brad Beauprez	488-6058
Assistant Principal	Craig Woodall	488-6191
Assistant Principal	George Osborne	488-6018
TOSA	Elissa Pitts	488-6070
TOSA	Cori Hixon	488-6127
Athletic Director	Brad Beauprez	488-6058

Students with last names

Counseling Office		
Counselor	Jeff Schelly	488-6213
Counselor	Patrick Nash	488-6044
Counselor	Julie Ulstrup	488-6062
Counselor	Isabel Thacker	488-6046
Counselor	Megan Thorson	488-6032
Counselor	Kim Wilder	488-6015

Department Contact Person

Art	Rick Ney	488-6168
Business	Jeremy Johner	488-6139
PACE	Mike Slawson	488-6068
Technology Education	Gordon Smith	488-6182
Music	Corry Peterson/Sharon Darland	488-6117/6115
Physical Education	Dick Morgan	488-6174
Consumer and Family Studies	Cathy Toplyn	488-6135
World Languages	Lani Mozer	488-6103
Mathematics	Linda Bausch	488-6153
Science	Tim Lenczycki	488-6161
Social Studies	Lori Davis	488-6142
Media	Krista Brakhage	488-6132
Special Education	Jan Scherer	488-6107
I.B.	Chris Hays	488-6119
Counseling	Julie Ulstrup	488-6062
English Language Learners (ELL)	Bill Bent	488-6078
Mind Center	Jacquelyn Walz	488-6169

Poudre High School Graduation Requirements

TOTAL CREDITS 220 Semester Credits

CORE 1 Learning, Communication & Reasoning	30 Semester Credits
Speech	5 credits
English	25 credits
CORE 2 Citizenship & Societal Studies	35 Semester Credits
American Government	5 credits
U.S. History	10 credits
World Studies	20 credits
CORE 3 Cultural Studies	20 Semester Credits
U.S. Literature	5 credits
Humanities	5 credits
Foreign Language, Visual Arts, or Performing Arts	10 credits
CORE 4 Mathematics, Science, & Technology	40 Semester Credits
Mathematics	20 credits
Biological Science	10 credits
Physical Science	10 credits
CORE 5 Wellness & Living Skills	20 Semester Credits
Health Education	2.5 credits
Physical Education	12.5 credits
Critical Skills (Living Skills)	5 credits
75 Semester Credits	

Freshman will be required to enroll in 70 credits (seven classes per semester).

5 Credits/per class = 1 semester

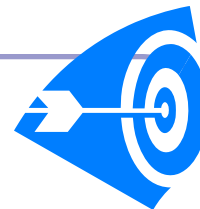
10 Credits/per class = 2 semesters



Typical Freshman Classes: Full Year

1. English 9 or Pre AP English
 2. Biology or Honors Biology
 3. World History
 4. Algebra 1 or higher level depending on skills
- Lunch
5. Freshman Seminar
 6. Foundations of P.E. + P.E. One / Elective
 7. Choice Elective / Choice Elective

*** All will have open period unless in a music course. An 8th course will be available only on space available basis. ***



Students...Get Involved!!!

Poudre High School Activities

Get involved with other students and have a positive experience during high school! Below are clubs and/or organizations, listed with the sponsor/director in charge. Feel free to contact these people for more information. Note: Some clubs/organizations will require an application and an interview.

Ambassadors	Abby Ruble
Art Club	Julie Lynam
Athletic Training	Carey Christensen
Band	Corry Petersen
Black Student Alliance	Kathryn Symmes
Capstone Experience	Mike Slawson
Cheerleading	Marcie Powell
Choir	Sharon Darland
Class Councils	Craig Woodall
Dance Team	Kayla Crowe
Debate/Forensics	Elaine Atherton
DECA (Distributive Education Clubs of America)	Jeremy Johner
Drama	Dulcie Willis
Environmental Club	Marlon Poole
FBLA (Future Business Leaders of America)	Dave Long/Jeremy Johner
FEA (Future Educators Association)	Bonnie Cowen
German Club	Elise Walsh
IB Student Council	Kathie Kunz
International Thespian Society	Dulcie Willis
Kaleidoscope	Michael Estes
Link Crew	Jeff Brubaker/Barrett Golyer
Math Club	Becky Harrison/Kendall Wilson
Mock Trial Team	Steve Sayers/Jeff Davis
Model United Nations	Megan Baker
National Honor Society	Ron Lynam
Newspaper Staff	Ron Lynam
Ocean Science Bowl	Joann Berrian
Orchestra	Jack Lundt
PaCE	Ben Stucky
Poudre Book Group	Mike Slawson
PBL (Poudre Business Leaders) **combines DECA & FBLA	Krista Brakhage
Poudre Pals	Jeremy Johner/Dave Long
	Pat Nash

School Activities Cont.

Poudre Players Performance

Robotics

Science Bowl

Science Olympiad

Service Club

Student Council

Technical Theatre

TV Production

Yearbook

Dulcie Willis

Gordon Smith

Jack Lundt

Jack Lundt/Richard Markey

Megan Baker/Colleen Conrad

Joe Fontana/Jeff Brubaker

Dulcie Willis

Phil Coatman

Joann Berrian

Poudre High School Sports

Season

Fall

Fall

Fall

Fall

Fall

Fall

Fall

Winter

Winter

Winter

Winter

Spring

Spring

Spring

Spring

Spring

Spring



Sport

(B) Soccer

(B) Tennis

(B) Golf

Cross Country

Football

Softball

Volleyball

(B) Basketball

(G) Basketball

(G) Swimming

Wrestling

Baseball

(B) Lacrosse

(B) Swimming

(G) Golf

(G) Soccer

Track

Coach

Nick Holley

Jason Malone

Fred McGregor

Craig Moyer

Steve Bradley

Christy Malara

Lisa McDanel

Jeff Schelly

Brad Beauprez

Brent Moore

Barrett Golyer

Marc Buffington

Carey Smith

Brent Moore

Kelly Carpine

Katie Parsanko

Brian Faulkner

As you grow older, you'll find that the only things that you regret are the things that you didn't do!

~ Zachary Scott

Five Tips for High School Freshmen



What ALL freshman need to know going into their first year of high school...

1. **Have a plan.** Whether you would like to go on to a 4-year college, a trade school or directly into a vocation, you want to be as prepared as you possibly can. Speak with your counselor to make sure you are aware of all the classes available to assist you in reaching whatever post high school plans you may have.
2. **Find out what your learning style is.** Research has shown that students perform better on tests/assignments when they change their study habits to fit their personal learning style. How do you learn best? In Freshman Seminar you will explore your learning styles. You can also speak with your counselor and they can assist you in this process.
3. **Form strong student/teacher relationships.** Teachers are here to help you learn. Don't be afraid to approach them with questions or concerns.
4. **Consider all aspects of your student profile...not just your grades.** As you go through high school, it is very important that you partake in and keep record of outside activities, volunteerism, achievements, etc. When you begin to make post high school plans, you will want to have documented experiences to speak about.
5. **Set personal goals.** As a freshman, it is key to establish good study/organization and time management habits early, rather than as a senior. Creating a balance between your studies, school activities, fun and friends could be the answer in having a successful high school education.

What is Freshman Seminar?

Freshman Seminar is a year long, required course for freshmen providing students with the tools, strategies, and skills needed for success in high school and throughout life. The seminar includes specific units and opportunities in study skills, thinking skills, time management, personal health, and organization, with an emphasis on individual responsibility in learning and in life. Additionally, the course supports the junior high-to-high school transition by offering orientation to the building policies, procedures, and culture. Focused study time, grade checks, and mentor support give students a scaffold for success. Through Freshman Seminar, students will receive the support, guidance and tools necessary to navigate their way through high school and beyond.

Learning how to Learn is life's most important skill.

"What I wish I knew... Upperclassman Perspectives."

As upperclassmen prepare to move on to their senior year of high school or college, many of them seem to mature and develop a new sense of self. Many even look back on their first few years of high school and wish they would have done things a little differently. We asked a group of upperclassman what they wish they had known coming in to high school and below are some of their responses:

"I wish I would not have been so scared to ask the obvious questions like, where is the Math tutor's office?"

~ Anonymous

"I wish I would have gotten good grades to earn a better G.P.A. ."

~ Anonymous

"I wish I would have gotten my P.E. credits out of the way so that I didn't have to take P.E. as a Senior."

~Ashley Mertz, Senior

"I wish I would have not worried so much about what others thought of me because no one really cares!!!"

~ Emily, Senior

"I wish I would have known that it really is cooler to be different!"

~ August Wagner, Senior

"I wish I would have known that it is socially acceptable to do homework!"

~ Konrad Patterson, Junior

"I wish I would have gotten involved in a club or sport. It's a great way to meet people who share your interests."

~ Anonymous

"I wish I would have analyzed and planned out my schedule better so that it made it easier to get into college."

~ Anonymous

"I wish I would have not freaked out over little things that were not very important at the time. I also wish I would have been more outgoing and a risk taker. "

~ Jasmine Schutt-Vanmeveren, Senior

"I wish I would have talked to more people and made more friends. If I would have done this from the beginning, I think it would have been a lot easier."

~ Danielle Lesh, Senior

"I wish I would have spent more time touring the school before the first day of classes."

~Lauren Bee, Junior

"I wish I would have found alternate routes to my classes!"

~Mackenzie Eckerdt

Parents Corner...How to get INVOLVED!!!

As parents of incoming Freshman transitioning into high school, the staff at Poudre High School understands that you may be experiencing just as much anxiety and fear as your child, as they begin their journey into high school. Below you will find some helpful suggestions on how to get involved and stay in "the know" during this transitioning year.

Pinnacle Viewer (PIV) - This is a VERY helpful way to stay current with your child's grades, missing assignments, and attendance.

PIV is accessible through the PHS website: <http://schoolweb.psdschools.org/phs>

Poudre High School Web Page - This website allows you to stay up to date on all of the current activities, announcements and news that may be happening at Poudre.

Back to School Night — This night will allow you to meet your student's teachers in a group setting as you walk through your child's schedule and experience a night in their shoes.

Mid-semester conferences - Take the opportunity to sit down with your student's teachers and counselors in person to discuss concerns, progress, assignments, etc.

Monthly newsletter - Each month, take the time to read our monthly guidance bulletin. In these bulletins, you will find important information ranging from testing, college prep, scholarship and career training.

Parents of Poudre (POPs)- Get involved with other parents who want to support Poudre High School students, teachers and staff. This is a great opportunity for you to meet other parents who may be going through similar experiences as you.

Support for All Students

At Poudre High School, our mission is to educate all students, every day, through rigor, relationships and relevancy. To this end, we have created a system of support to help all students maximize their academic potential and personal responsibility. The following is a sampling of some of the supports we have in place to help your student be successful:

- LINK Mentor Program
- Tutoring
- Online Grade Access (PIV)
- Read 180
- AVID
- Double-block Math
- Virtual High School Courses
- Integrated Services
- International Baccalaureate Program
- Parent—Teacher Conference
- 504 Plans
- Tutoring
- Health Plan
- Freshmen and Sophomore Academies
- Newcomer Academy
- Pathways After Hours
- Sheltered Classes for ELA students
- Front Range Community College Courses
- Advanced Placement Courses
- Freshman Seminar

Frequently Asked Questions:

What happens if I lose my schedule? Can I get another one?

You may get a new copy of your schedule in the counseling department.

It will cost you \$1 to replace your schedule.

What should I do if my class schedule looks wrong?

See your counselor in the front office.

How many classes do I have to have each year?

You must have a minimum of 220 credit hours total over four years with certain classes required for graduation. If you are planning to attend a college or university after graduation, then you will have additional requirements. Talk with your counselor to make sure you are taking the appropriate classes.

Is there a map of the school?

Yes. You will receive a map at orientation, and more are located in the front office.

What should I do if I get lost or can't find a classroom?

Stop and ask a teacher or a hall monitor. Someone will point you in the right direction.

Do I have to share a locker?

You will share a locker with another student. Do not share your locker combination with any other students. Lockers will be assigned at orientation.

How long does it take to get to my next class if it is all the way across the building?

You have enough time in the 5 minute passing period to get to your next class. Depending on the location of your class, you *may* not have time to stop at your locker, go to the restroom, or talk to your friends. You need to plan accordingly. If you find that you have a problem, go to class first and ask your teacher for assistance.

When will teachers mark me absent? Right after the bell?

You are expected to be on time to class. Teachers can and will mark you absent or tardy as soon as the bell rings. If you are more than 10 minutes late to class, you are considered absent.

Do I need to have my school ID on me everyday?

Yes, you will need to have your ID with you so that you can check out materials from the media center and attend school events.

When is lunch and when can I eat?

See the class schedule. You can eat during lunch or during your free period. Water in a clear, closed container is allowed in the classrooms. Other beverages and all food are not permitted in the halls or classrooms.



Frequently Asked Questions (cont.):

Can I leave the school during my free period or lunch?

Freshman have a closed campus. Lunch and free periods can be spent in the media center, the commons, or with a teacher.

How much do I need to have on me if I eat lunch at school?

A school lunch costs \$2.00. There are also several a la carte options that vary in price. You may also qualify for free or reduced lunch. See your counselor to find out if you qualify.

What are the school rules?

See the Poudre School District Code of Conduct. If you have a question, ask an administrator.

Can I bring my cell phone or Ipod to school?

Although cell phones and other electronic devices may be brought on campus, they may not be used in the classrooms. If a cell phone is being used or goes off in the classroom, your instructor has the right to take the cell phone. Students are encouraged to leave valuable items such as Ipods and cell phones at home. Students bring these items to school at their own risk.

Do Freshman get hazed?

Hazing is not tolerated at Poudre High School. Hazing is considered harassment and is a violation of the Poudre School District Code of Conduct. If at any time you feel as if you are being treated in correctly, tell an administrator.

How do I sign up to see my counselor?

Each counselor has a sign up sheet next to their office door. You will sign up for any available time.