



**CONARD**  
High School

# Welcome to the Freshmen Parent Program Class of 2022

PRESENTED BY:  
**CONARD HIGH SCHOOL-  
SCHOOL COUNSELING DEPARTMENT**

Conard Main Phone **231-5000**

Website **[conard.whps.org](http://conard.whps.org)**

Follow us on Twitter! **[@ConardCHS](https://twitter.com/ConardCHS)** and **[@CHS\\_SchCoun](https://twitter.com/CHS_SchCoun)**

# “Do Now” WARM-UP

## Post-It Activity

Please use the Post-Its on your table to answer the following questions:

1. What is your biggest concern in regards to your 9th grader entering Conard?
2. What question(s) do you have that you would like us to answer before you leave today?

\*Post your note on the side windows in the corresponding section.

# **SCHOOL COUNSELORS**

## **HOW TO REACH US**

**email: first name \_ last name @whps.org**

**Courtney Heuitson**

**860-929-5028**

**Last names: A-L**

**Kate Deane/  
Alison Passafiume**

**860-929-5027**

**Last names: M-Z**

# COUNSELOR ROLE

School Counselors assist with...

- Academic issues
- College and career planning
- Course selection
- Freshman Seminar
- Social and personal issues

Students can access their counselor during a free period (study hall/lunch).

# FRESHMAN SEMINAR

- In first semester, students participate in school counseling lessons 1 day/week and have a study hall 1 day/week. PE is held 3 days/week opposite this class.
- Students are grouped by alphabet so counselors have more contact with students on their caseload.

Topics include:

- First impressions/communication skills
- Study skills and academic resources
- Goal setting
- Relationship skills
- Social media/digital citizenship
- Decision making
- College/career exploration and PSAT results\*

# GR 10-12 COUNSELING HIGHLIGHTS

## Grade 10

- Sophomore Parent Night (September)
- College/Career Lesson (3 days)
- Sophomore Spring Ahead Parent Program (May)
- Course Selection Meetings/PSAT Results Review

## Grade 11

- College Fair (open to all grades)
- Junior Parent Night
- Junior Seminar Series (3rd quarter, Wednesdays)
- Course Selection/Post-High School Planning Meetings/PSAT

## Grade 12

- Senior Post-High School Planning Meetings
- Senior Seminar Series (1st quarter, Wednesdays)
- Senior Parent Night
- Financial Aid Night

# HOW IS HIGH SCHOOL DIFFERENT?

- **Graduation requirements**
  - Credits
- **Attendance Policy**
  - Appeals process
- **Grading Expectations**
- **Students take more of a role in their education**
- **More opportunities for students to self-explore**
- **Transcripts/resumes become increasingly important**

# Graduation Requirements

	<u>Conard H.S Requirement</u>	Typical College Requirements
<b>English:</b>	<b>4 Credits</b>	<b>4 Credits</b>
<b>Mathematics:</b>	<b>3 Credits</b>	<b>3-4 Credits</b>
<b>Science:</b>	<b>2 Credits</b> <b>1 credit in physical science</b> <b>1 credit in life science</b>	<b>2-4 Credits</b>
<b>Arts and/or Technical Education:</b>	<b>1.0 credit</b>	<b>N/A</b> <b>(unless attending Art School)</b>
<b>Social Studies:</b>	<b>3.0 Credits</b> <b>1 credit in U.S. History</b> <b>1 credit in Modern World History</b> <b>½ credit in American government</b> <b>½ credit elective</b>	<b>3-4 Credits</b>
<b>Physical Education &amp; Health:</b>	<b>1.75 credits</b>	<b>N/A</b>
<b>Electives:</b>	<b>7.0 credits</b>	<b>7 Credits</b>
<b>World Language:</b>	<b>N/A</b>	<b>2-4 Credits</b> <b>(Preferable the same language)</b>



# ATTENDANCE POLICY

**Absences (more than 12 excused or 4 unexcused absences in a semester = loss of credit for that class)**

- Excused (absence is unavoidable)
- Unexcused (absence for no legitimate reason)

**Tardies (3 unexcused tardies = 1 unexcused absence)**

- Excused (late to class with a pass)
- Unexcused (late to class less than 15 min)

**Report absences to 860-231-5000 Press #1**

**Homework requests after 3 days 860-929-5009**

# ACTIVITIES AT CONARD

## Student Activities

- Website, Career Center
- Marisa Barry, Student Activities Coord. Ext 5046

## Athletics

- Website, Athletic Office (outside fitness center)
- Kerry Roller, Admin Asst, Athletic Office Ext 5042

## Volunteer Work/Work Experience

- Career Center, Website

## Summer Programs

- Website

# ACCESSING EXTRA-HELP

Teachers assist with

- Academic issues
- Study techniques
- Extra help in a class



A late bus is available:

- 4pm Mon, Tue, Thur
- 3pm short-Wednesdays

Other resources include

- Academic Resource Center
- Peer Tutoring
- Library: Mon, Tue, Thur 7am - 4pm, Wed 7am - 3pm
- Homework Center: Mon & Thurs 2:15 - 4pm

# 9TH GRADE OFTEN SETS THE TONE FOR HIGH SCHOOL

- Adolescence is a confusing time for students due to the many emotional and physical changes that occur at this age.
- A partnership between the school and parents has been identified as a best practice to increase student success.
- If a student is successful during 9th grade, there is a higher likelihood the student will graduate and enjoy the high school experience.

**When parents are involved in their child's high school experiences:**

- **Students have higher achievement**
- **Students are better adjusted**
- **Students are less likely to drop out of school**

# PARENTS: STAYING INVOLVED IN SCHOOL

- **PowerSchool Parent Portal/School Messenger**
  - Elizabeth Novak (for log on issues) Ext. 5006
- **Report Cards/Progress Reports**
  - Progress Reports October 3rd (3pm)
  - First Quarter Ends November 7th
- **Teacher Communication/Google Classroom**
  - Open House Sept 26th 7pm
  - Parent/Teacher Conferences Nov 14th/15th
- **Handbook/Agenda (review at beginning of year)**
- **After-school activities**



# PARENTS: STAYING INVOLVED AT HOME

- Encourage healthy habits- nutrition/sleep (8-9 hrs)
- Provide a distraction-free environment for homework
- Insist on regular, on-time attendance
- Communicate openly with your student- goals/interests
- Encourage independence with problem solving- have your student speak to the teacher before you send an email.
  - Allow students to make mistakes and hold them accountable for poor choices
  - Notice any changes in behavior and address them with your student

# **SOCIAL TRANSITION**

## **What to expect when students transition to high school?**

- finding their niche
- peer pressure (dating, drugs/alcohol, driving)
- social life outside of school
- social media's role
- more independence

## **How to support your student?**

- find out who their friends are (and their parents)
- talk to them about how they would handle certain situations
- see where they are hanging out
- monitor their phone/computer/gaming usage- electronic curfew

# CONCLUDING THOUGHTS

- When in doubt, reach out.
- Talk to your student, frequently.
- Listen.
- Find the lesson/opportunity for growth in each failure/setback.
- Approach every situation knowing the staff at Conard cares deeply about the well being and success of your student.



**Questions?**

# HOMWORK

## PowerSchool Parent Portal/School Messenger

- Log in to the Parent Portal; make any adjustments to notifications
  - What information would you like to receive?
  - Frequency?
- Look for the new “School Messenger” icon on the left menu and click to update



## Parent Feedback Survey (check email)

- How would you rate the overall quality of this program?
- What part did you find most helpful?
- Are there any topics that we did not cover that you would like to learn more about?
- What is the most convenient way to receive information from our department?