

# Welcome, Parents! Class of 2025 !!



**EMPOWERING  
YOUR  
STUDENT'S  
FUTURE**

# Subschools

## **Each Subschool serves 9-12 graders.**

- Subschools are assigned by last names, as are counselors. Subschool administrators and counselors stay with their students all 4 years of high school.
  - Subschool 3: (A-D)
  - Subschool 4: (E-K)
  - Subschool 5: (L-P)
  - Subschool 6: (Q-Z)
- Subschools handle attendance, discipline and student needs/concerns.

# High School Student Services and Support Specialists

## High School Student Services

Director of Student Services-Anne Polino

Registrar- Beverly Taylor 703-426-1040

Student Information Assistant-Sandy Coleman 703-426-1019

Alpha Breakdown	Name	email	Number
A-Bre	Janene Pack	jpack@fcps.edu	703-426-1046
Bri-Del	Deb Brown	dsbrown1@fcps.edu	703-426-1047
Dem-Gra	Pete Duperrouzel	pjduperrouze@fcps.edu	703-426-1056
Gre-Kav	Megan Cashman	mtcashman@fcps.edu	703-426-1055
Kaw-Mah	Lynn Carrera	lcarrera@fcps.edu	703-426-1054
Mai-Ngu	Margaret Veenstra	mjveenstra@fcps.edu	703-426-1033
Ngw-Ri	Sierra Alexander-Franks	skalexander@fcps.edu	703-426-1050
Ro-Ter	Gary Ranallo	gwrனால்lo@fcps.edu	703-426-1051
Tes-Z	Lynda Samek-Smith	lsameksmith1@fcps.edu	703-426-1053
As assigned	Jacquie Naughton	janaughton@fcps.edu	703-426-1155
Career Center Specialist	Sandy Hunter	skhunter@fcps.edu	703-426-1192
Transcript Secretary	Jackie Balough	jgbalough@fcps.edu	703-426-1045
Assessment Coach	Jennifer Bury	JABury@fcps.edu	703-426-1028

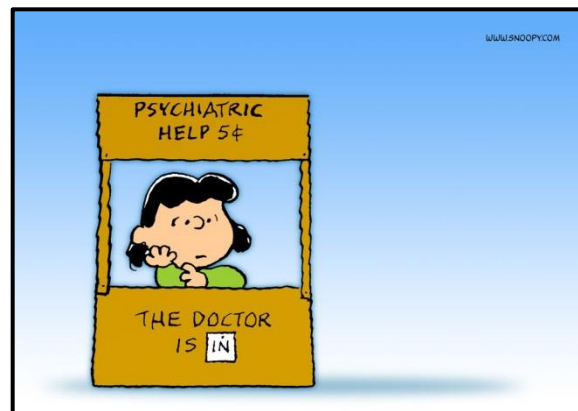
# Role of School Counselors

- Academic advising—course selection, goal-setting, advocating for students
- College/Career Advising—Post Secondary Planning - learning about colleges, careers, academic support, community agencies...



# Role of School Counselors

- Personal concerns—issues with friends, family, teachers, individual and/or group counseling, consultation with parents, teachers, and other staff
- Examples: Needing assistance with bullying issues, family needs and/or communicating with your teacher



# How Do I Communicate with My Child's Counselor?

- Email (preferred)
- Phone call
- Schedule an appointment
- Please allow 24 hours



# Additional Student Services Supports

- Balance between academics, social needs, extracurricular activities and family responsibilities is essential for students to remain **healthy**—our primary goal!!
- Social Worker- Ms. Kerrian McKay  
**[kcmckay@fcps.edu](mailto:kcmckay@fcps.edu)**
- Psychologist-Ms. Mary Olsen  
**[molsen@fcp.edu](mailto:molsen@fcp.edu)**
- Psychologist-Ms. Carleen McKenzie  
**[crmckenzie@fcps.edu](mailto:crmckenzie@fcps.edu)**
- SOSA (Systems of Support Administrator) Ms. Amy Soos  
**[amsoos@fcps.edu](mailto:amsoos@fcps.edu)**

# High School Regular Schedule





# Advisory and WIN

- **Advisory** and **WIN** time occur during 4<sup>th</sup> period.
- 4<sup>th</sup> Period is split into two sessions:
  - The first half of 4<sup>th</sup> period takes place with an assigned **Advisory** teacher. Advisory teachers work with their cohort of students on lessons connected to Social-Emotional Learning. The Advisory teacher also works to support their students' academic success.
  - The second half of 4<sup>th</sup> period is called **WIN**—What Individuals Need. Students are given the option to flex to another classroom to receive help from one of their teachers. If students do not need additional support in another class, they remain in their assigned Advisory for the remainder of 4<sup>th</sup> period

# Diploma Options

## Standard Diploma (22)

English	4
Math	3
Science (2 Lab Sci)	3
● Social Studies	3
HPE	2
◆ Econ/Personal Finance	1
World Lang, Fine Art, CTE	2
Sequential Electives (Not WL)	2
Virtual Course	<input type="checkbox"/>
First Aid/AED/CPR	<input type="checkbox"/>
AP, HN or CTE Credential	<input type="checkbox"/>
Verified Credits/SOLs (In HS)	5

## Advanced Diploma (26)

English	4
Math	4
Science (2 Lab Sci)	4
Social Studies	4
HPE	2
◆ Econ/Personal Finance	1
World Language	2+2 OR 3
Fine Arts or CTE	1
Sequential Elective (Not WL)	2
Virtual course	<input type="checkbox"/>
First Aid/AED/CPR	<input type="checkbox"/>
AP, HN or CTE Credential	<input type="checkbox"/>
Verified Credits/SOLs (In HS)	5

◆ Economics & Finance class will count as “virtual course”

● Must include US/VA History and US Government

# Additional Standard & Advanced Diploma Requirements

- Students must take a sequential elective to satisfy their electives requirements
- Sequential elective examples: Studio Art 1 & 2, Journalism 1 & 2, Accounting and Business Management
- World Languages do NOT count as a sequential elective
- CTE credential exam OR completion of an Honors or Advanced Placement course (Standard or Advanced Diploma)
- Completion of CPR/AED training through Health & PE 9

# Additional Diploma Options for Students with an IEP

## **Standard Diploma with credit accommodations**

- Determined by the IEP team process
- Provides the opportunity for students to receive a locally awarded verified credit (LAVC) on their SOL required tests, with a score of 375-399, as well as the opportunity for adjustment in course requirements (primarily math)

## **Applied Studies Diploma**

- Determined by the IEP team process
- Utilized for students who have not been able to meet specific requirements of the Standard Diploma or Standard Diploma with credit accommodations

# Deleting High School Courses Taken in Middle School

- Students have the option to expunge high school math courses or World Language courses, that they completed during middle school.
- Parents must submit a request in writing to expunge a course to the Director of Student Services in the High School Student Services office **no later than the end of 1<sup>st</sup> quarter of 9<sup>th</sup> grade.**

# Am I Ready for High School Honors Classes?

- Do I have strong study skills and work habits, and am I willing to do homework for this class daily?
- Have I demonstrated strong skills in this subject in middle school, and am I passionate about the subject?
- Am I comfortable moving at a faster pace through course material, and completing extension projects?
- Do I have time in my schedule with other commitments to be dedicated to an Honors level course?

# Changing Courses in High School

- Encourage your student to choose classes very carefully
- Course are normally only changed in high school for the following reasons:
  - You were placed in the wrong course level ( you were placed in Algebra 2, but should actually be in Geometry)
  - You auditioned into a higher level in a performance class (Chorus, Band, Orchestra)

When your student is selecting classes, please remind them to consider what other activities that they are involved in that will take up their time. They should find a balance where their coursework is challenging but doable. If they are not sure what level of class they should take, please have them reach out to their teachers and counselors

# Parent Keys to Helping Your Child

- Create open lines of communication with teachers and counselors
- Get involved – we love volunteers!

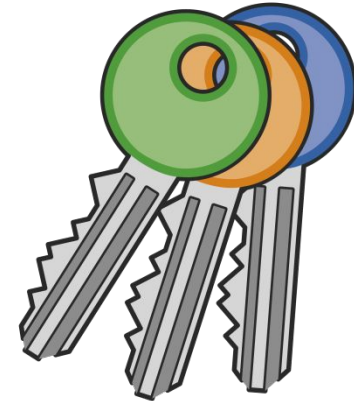
## **Help us teach advocacy:**

- SIS ParentVue and StudentVue
- Student Blackboard accounts
- Google Classroom accounts



# Student Keys to Success

- Strive for good grades in all classes
- Take the strongest academic program in which you can be successful
- Time management and organizing your schedule is critical to success
- Communicate with your teachers



# Student/Teacher Communication

## Self-Advocacy

- Students need to understand individual teacher policies and procedures
- Students are expected to take the initiative to approach the teacher when they need help
- Students who are absent should see the teacher about missed assignments and check Blackboard and Google Classroom

# Get Involved at Lake Braddock!

- Sports, Clubs and Activities

Click the link above, from the LBSS website, to find many options to get involved!

- Many courses provide leadership and enrichment opportunities outside the classroom (Band, Theatre, Choir, Peer Helping, SGA, JROTC, Marketing)

# Community Involvement

- Volunteer/Community work
  - i.e. - Church missions, environmental cleanups, Boy/Girl Scouts, tutoring, etc.
- x2VOL
  - Track and document community service and service learning hours
  - Completely digital
- Help your student strive to maintain a **BALANCE** between school, activities and their social life.

# Staying Connected

## **PARENTS!**

- Create your ParentVue account on SIS
- Register to receive PTSA Weekly E-news
- Register on News You Choose
- Read “Daily Announcements” on LBSS website
- Join LB High School Counseling Facebook Page and follow us on twitter @lbhscounseling

# Thank you for attending!

See you next  
year in High  
School, Bruin  
Cubs!

