



Freshman Success Night

Ponderosa High School Counseling

A-FL

Katie Hunter, Counselor



Fo - K
Jim Spratling,
Counselor
D.O.G



L - Ri

Lisa Woods, Counselor



Ro - Z, EL

Keri Hanson, Counselor



Cammie Escobar, College & Career Specialist



Lisa Garrett, Principal



A - Go

Jeremy Hunt, Asst. Principal



—

Gr - O

Serna Teixeira,

Asst. Principal



—

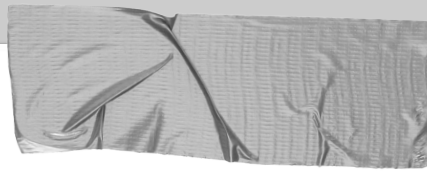
P - Z

Darrin

Slojkowski,

Asst. Principal





Counselors: What we do?

- Academic Support
 - Course placement
 - Monitor academic progress
 - Graduation planning
- Personal/Social Support
 - Help students get connected/find balance
 - Crisis management
 - Community resources/referrals
- College/Career Planning
 - Post high school/personal exploration
 - College information and applications
 - Military



Counseling: How we do it?

- Class Presentations/Guidance Units
 - October - 4 Year Plan
 - February - Course Selection
 - February - Career Exploration
- Individual meetings
- Parent Information Sessions
 - AP Night - November 2 @ PHS
 - Open House - February 1 @ PHS
- College/Career Events
 - College Fair - October 2 @ UMHS
 - Military Academies Night - November 16 @ PHS
 - Career Expo - March 14 @ UMHS

—
A = Academics

B = Balance

C = Connection





A

Academics

Subject

A) Social Studies

B) English

C) Math

D) Science

E) Foreign Language

or

F) Visual&Performing Art 10 credits*

G) Elective

High School

30 credits

40 credits

30 credits

20 credits

10 credits

10 credits*

80 credits

UC/CSU

20 credits (30 rec)

40 credits

30 credits (40 rec)

20 credits (30 rec)

20 credits (30 rec)

10 credits

10 credits

Physical Education

20 credits

Health

5 credits

ICT Foundations

5 credits

* High school graduation requirement: 10 credits combined in fine arts, foreign language, or career tech.

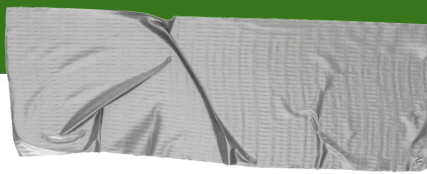
A-G : Must get C's or better



**High School
Graduation**

and

**A-G
Requirements**



Grades/Report Cards

- Semester System
 - Quarter grades and final make up cumulative semester grade (December and May). Mailed home in October and March.
 - Progress reports sent home with students September, November, February, April
- Transcripts
 - Legal document
 - Include all courses and final semester grades by school year
 - Multiple GPA's calculated BUT colleges all calculate on an individual basis
- Aeries/Parent Portal
 - Check assignments and progress
 - Check attendance
 - Email teachers

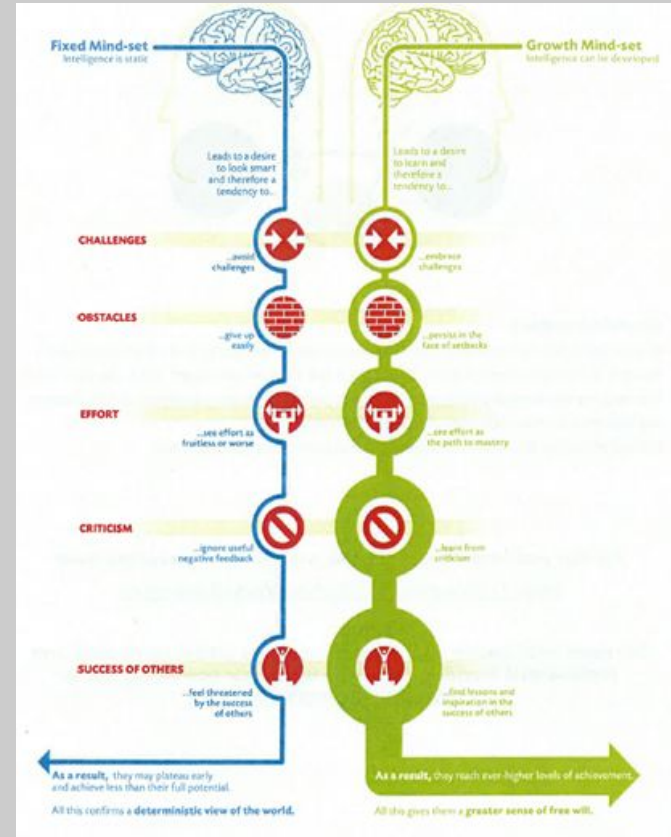
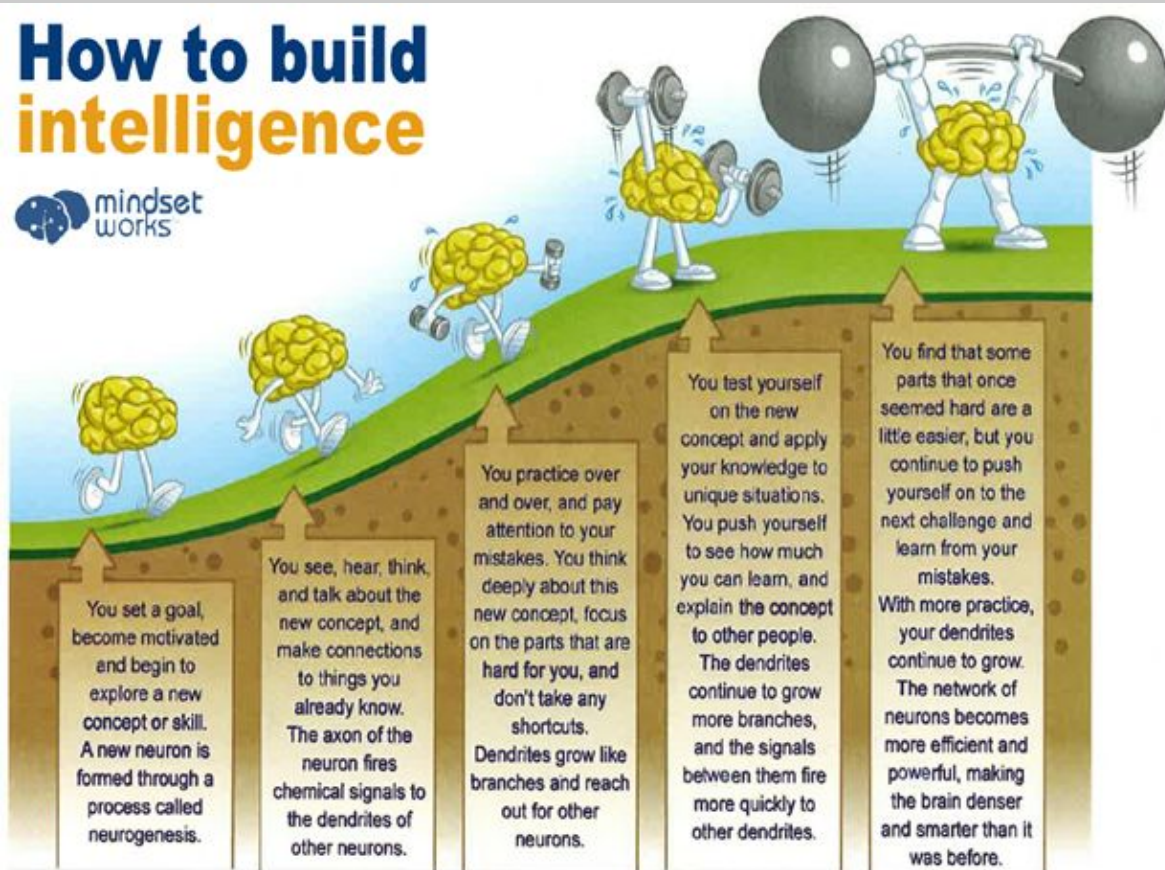
Academic Habits for Success



- ★ Homework done each night, no zeros
 - Turn work in on time
 - Eliminate electronic distractions
 - Central location to study
 - Communicate with teacher when absent
- ★ Exams, Tests, Large Assignments
 - Study! Use flashcards (Quizlet), notes, highlighting, reading aloud, study groups...
 - Use a planner to map out large assignments and time for studying
- ★ Additional Help
 - Ask questions and participate in class
 - Additional help/Academic Recovery
 - Tutoring

Growth Mindset

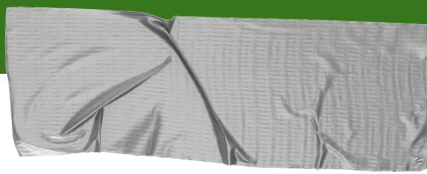
How to build intelligence





B

Balance



The Importance of Balance

- Time management and organization
 - Don't procrastinate!!!
 - Use a planner
 - Check Aeries
 - Get rid of distractions
 - Block your time/take breaks
- Don't overschedule yourself
- Get rest, proper nutrition, exercise and downtime
- Communicate and ask for help!



Sleep Time & Nutrition


- ★ Teens need 8.5-9.25 hours of sleep per night! Teens also need proper nutrition.
- ★ Sleep and nutrition are important - they affect everything!
 - Attention Memory Decision Making
 - Creativity Mood Risk Taking
 - Stress Management Anxiety
- ★ Sleep and nutrition are essential for physical and mental health
- ★ Kids with screens in their room get less sleep
 - Keep devices out of the bedroom overnight
 - Put them to “sleep” 30 minutes before bed time








Health is Important

- ★ If feeling overwhelmed or stressed - tell an adult, we are here to help
- ★ For a list of resources for community programs - visit the PHS website/Counseling Resources can be found under the Teen Wellness link

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Ponderosa High School
3661 Ponderosa Road, Shingle Springs, CA 95682
530.677.2281
Fax: 530.677.2299

 [Aeries Portal](#)  [Calendars](#)  [Bell Schedule](#)  [Bulletin](#)  [Pearson](#)

[Academics/Departments](#)


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Teen Wellness

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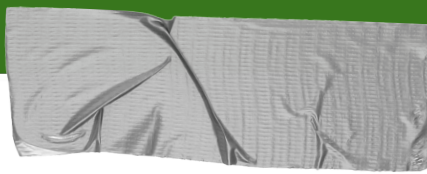
[Counseling Services](#) | [Youth Shelter](#) | [Crisis/Suicide Prevention](#)

Kelly James , RN, MS	Phone:	(530) 677-2281, x714	Ponderosa
Credentialed School Nurse	Fax:	(530) 677-2299	High School
Karen Demmer , RN	Phone:	(530) 622-	Oak Ridge High School
Credentialed		3634,	
School Nurse	Fax:	x7117	
		(530) 622-	



C

Connection



Ways to Get Involved

- Activities and Clubs
 - Close to 40 clubs listed on our website!
 - Can't find one you like, start one!
 - Dances, games, classes, events....get plugged in!
- Athletics
 - Fall/Winter/Spring
 - 14 sports
 - Visit website for information and/or to register
- Stay Informed
 - Website
 - Aeries

PHS Website & Aeries Parent Portal

Home

Student

2- World History- Fall 8/7/2017 - 12/15/2017

Print

@eduhsd.k12.ca.us

Show only missing assignments

New Aeries

Class Summary

Per		#	Description	Type	Category	#			Status/Comment	Date		Grading	
						Score	Correct	%		Completed	Due Date	Complt	Documents
		1	Geography & WCM Quiz	Formative	Tests & Quizzes	26 / 30	26 / 30	86.67%		08/15/2017	08/15/2017	Yes	
		2	Power Spectrum Quiz	Formative	Classwork/Homework	9 / 10	9 / 10	90.00%		08/22/2017	08/22/2017	Yes	
		3	Press Conference	Formative	Classwork/Homework	40 / 40	40 / 40	100.00%		08/25/2017	08/25/2017	Yes	
		4	Q Notes pp. 176-181	Formative	Classwork/Homework	10 / 10	10 / 10	100.00%		08/25/2017	08/25/2017	Yes	
		5	Democracy Unit Multiple Choice Assessment	Summative	Tests & Quizzes	32 / 41	32 / 41	78.05%		09/06/2017	09/06/2017	Yes	
		6	Democracy Unit Written Assessment	Summative	Writing Assessments & Projects	10 / 10	10 / 10	100.00%		09/06/2017	09/06/2017	Yes	
		7	Development of Democracy Notebook Check	Summative	Classwork/Homework	25 / 25	25 / 25	100.00%		08/30/2017	08/30/2017	Yes	
		8	Phases of French Revolution Quiz	Formative	Tests & Quizzes	10 / 10	10 / 10	100.00%		09/13/2017	09/13/2017	Yes	
		9	French Revolution Video Notes	Formative	Classwork/Homework	15 / 15	15 / 15	100.00%		09/14/2017	09/14/2017	Yes	
		10	Change Spectrum Quiz	Formative	Tests & Quizzes	9 / 10	9 / 10	90.00%		09/19/2017	09/19/2017	Yes	
		11	Faces of the Phases Project	Summative	Writing Assessments & Projects	18 / 18	18 / 18	100.00%		09/22/2017	09/22/2017	Yes	
		12	Napoleon Quiz	Formative	Tests & Quizzes	8 / 12	8 / 12	66.67%		09/26/2017	09/26/2017	Yes	

Category	Points	Max	Perc	Mark
Classwork/Homework	99.00	100	99.00%	A
Tests & Quizzes	85.00	103	82.52%	B
Writing Assessments & Projects	28.00	28	100.00%	A
Independent Learning Skills	0.00	0	0.00%	
Total	212.00	231	91.77%	A

ions

Last Updated

Sep 26

Sep 27

Sep 23

Sep 25

Sep 22

Sep 22

Aeries Mobile App*

Search “Aeries” on your smart phone App browser



Log in once to link the App and your Students Aeries account



*This app is provided by a third party and not supported by Aeries

Aeries Mobile App

Allows you to quickly review grades without logging into Aeries through the school website

The App allows students to add in future assignments and calculate grades on how they feel they performed





Student

- ★ Complete homework
- ★ Participate actively in school and community (and cleaning the house)
- ★ Follow, sometimes test, boundaries
- ★ Cry/laugh/be moody
- ★ Attend school everyday, on time
- ★ Ask for help



Parent

- ★ Check homework
- ★ Stay informed and support involvement
- ★ Set boundaries
- ★ Listen and love unconditionally
- ★ Facilitate daily school attendance
- ★ Seek help if needed
- ★ Let them be as independent as possible
- ★ Keep them safe