



Freshmen Newsletter

Counselor Notes



One of my favorite seasons is fall! I love to watch the changing of the leaves as the trees prepare for the transition from summer to winter. People go through changes and transitions, too, don't they? And, while change can be tough, when we learn to overcome the obstacles and challenges transitions present, we become stronger for the future. Just know - you're not meant to go through this time of change alone. There are several people on the high school campus to help answer questions and/or provide you with resources to help you be successful in High School and beyond.

This newsletter, combined with classroom visits from me, will touch on a few of the things you need to know in order to achieve your goals and smooth out

this rough transition from Junior High school to High School. For example,; Junior Highs don't have transcripts; High Schools do; Your Junior Highs' grading system is different than the grading system in High School. Don't forget... the job of the School Counselor is to help students understand some of these differences and to give you strategies to achieve success, academically, socially and emotionally. Mrs. Emily Madden,

Covington High's MHP (Mental Health Provider) is also here to help you through some of the bumps you may encounter throughout your time in High School.

Contact Information for

Mrs. Thames,

9th Grade School Counselor:
(985)273-3585 (Office Phone)

kristen.thames@stpsb.org

As always, I look forward to working with you!



"It is not the strongest or the most intelligent who will survive but those who can best manage change." -Charles Darwin

Organization— An important KEY to success!

Tips to get organized:

- ⇒ Get a planner or agenda and carry it with you always;
- ⇒ Be sure to turn your assignments in on time; Have a folder for each subject and keep your work neat and separated;
- ⇒ You almost always have

homework... if you have a test on Friday—start studying on Monday;

⇒ Get a JPAMS account to keep up with your grades—Remember: Zeros are grade killers (see below)!

⇒ If you know you're going to

be absent, contact Mrs. Thames so we can notify teachers... don't fall behind! Holes are hard to dig out of!

⇒ Highlight important information; use sticky notes!



Beware the Dreaded ZERO!!

Here's a word problem for you:

Joe Freshman receives a 95/A on Test #1 and a 97/A on Test #2. He has a solid A in the class and decides he doesn't have to show up or try for Test #3; so he receives a 0/F on that test. What's his grade?

For the answer: See bottom of p. 3

Free Tutoring Opportunities:

- *Academic Clinic in CHS Library:*
Tues., Wed., & Thurs. mornings from 6:55 am to 7:25 am; Tues. & Thurs. afternoons from 2:45 pm to 3:45 pm
- *Homeworkla.org—connect with a live certified tutor—Sun. through Thurs. 2 pm to Midnight*
- *Khanacademy.org—Pre-recorded tutorials*

The Covington High School Transcript

Your CHS transcript is “cumulative,” meaning it includes all courses you take in high school for credit (as well as those classes you may have taken in junior high for high school credit). Your transcript shows only the final letter grade you receive upon completion of a course, whether the class is taken during the school year or the summer or whether the class is taken at our campus or another school’s campus (e.g., a3 Virtual Academy or a school you previously attended). Your CHS transcript is the single most important document used to show your academic success. In addition to your high school coursework, your cumulative grade point average (GPA) appears at the bottom of your transcript, along with your rank in class (when you graduate). This shows how you compare to other students in your class.

Please note: Because ALL courses taken for high school credit are used in the calculation of your GPA, coursework taken in 9th grade is just as important as courses taken when you are a sophomore, junior, and senior—whether they are core OR elective courses.



“There is great power in letting go, and there is great freedom in moving on.” -Author Unknown

COURSES FAILED:

On the CHS transcript: When a student fails a course and has to retake that class (whether in summer school or the following school year) both grades received—the initial F and the redeemed grade—are used to compute the GPA. The failing grade is NOT deleted.

On the TOPS transcript: When a student retakes a class, the only grade used in computed the student’s TOPS or TOPS Tech GPA is the highest grade. In other words, if a student is required to retake a class, the passing grade will be used by TOPS—the F will not be factored in. Failure of a course does not represent “successful completion of the course,” and therefore, that grade is simply not used and will not appear on your TOPS transcript.

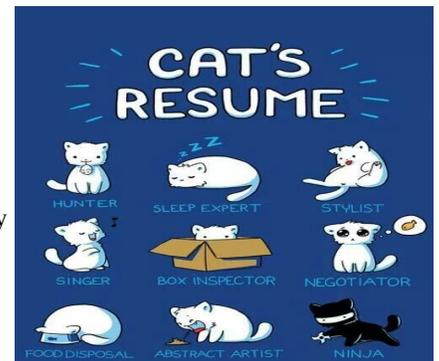
Résumé: *a brief account of honors and awards you’ve earned and the community/volunteer/extra-curricular activities/club in which you’ve participated while in high school.*

At the start of your senior year, you will need to create a written list of your accomplishments, activities, honors, and awards received during high school. **START NOW!** When you participate in a community or school activity, earn an honor or award, volunteer for a special cause—make sure you write it all down and store it somewhere safe—in a folder or filing cabinet. Be consistent about updating frequently. Then, during the summer before senior year, you will be prepared to start putting your résumé together and the chance of forgetting

something will be less likely. As you record this information, be specific. For example, don’t just record that you were a member of the Key Club. Rather, list all the activities you participated in, the hours spent doing these and then summarize any details important to you. You will use some of these specifics in the résumé and you may find some of this information useful when choosing a topic for an essay. And, remember to record the dates!

College representatives will be looking for specifics. They are looking for your level of commitment, dedication, and creativity. It is better to truly involve yourself in a few activities, learning and

being enriched by this, than to have multiple entries on your résumé with no specific accomplishments which show what you or anyone else has learned or gained by your membership



“How do I get in my right grade?”

High school is unlike junior high in many ways. One way is that high school doesn’t have “social promotion.” The only way to progress in high school is to earn the correct number of credits or Carnegie Units. (See the chart to the right.)

So, the only way to “get in your right grade” is to pass your classes and earn those credits!

| Grade | Credits |
|-----------|---------|
| 9th..... | 0—4.5 |
| 10th..... | 5—10.5 |
| 11th..... | 11—16.5 |
| 12th..... | 17 + |



“I was always looking outside myself for strength and confidence, but it comes from within. It was there all the time.” -Anna Freud

LEAP 2025—Testing Graduation Requirement

All students who are enrolled in a high school “assessment-eligible” (or, LEAP 2025) course for the first time *must* take the LEAP 2025 test at the end of the school year. The following courses are LEAP 2025 Courses:

1. English I
2. English II
3. Algebra I
4. Geometry
5. Biology
6. U.S. History

You can earn the following levels on these tests: Unsatisfactory (not passing), Approaching Basic, Good, Mastery, and Excellent. These tests will count as a

percentage of your grade.

There are three opportunities to take the LEAP 2025 tests. In:

1. May (First-time testers and Re-Testers),
2. December (Re-Testers), &
3. June (Re-Testers).

While “Approaching Basic” is the lowest passing score you can earn, this will not help your grade much. You are encouraged to aggressively participate in all your classes in preparation for success on the LEAP 2025 tests at the end of the academic school year. If you earn a score of Unsatisfactory on a LEAP 2025 test, but pass the class—you can and should take advantage of one of the three opportunities to re-test.

***Keep in mind:** In order to graduate, you must pass one test from each of the following clusters: English I or English II; Algebra I or Geometry; Biology or U.S. History.



...and they become easy with PRACTICE!

Two High School Diploma Paths—Which will you take?

Every 9th and 10th grade student takes core academic classes to work towards a diploma. By the end of your 10th grade year, you must choose to work toward a TOPS University Pathway or pursue the Jump Start TOPS Tech Pathway. Decisions are made based on the student’s interests, capabilities, and ambitions—together with input from the student’s parent(s)/guardian(s) and school counselor. See the two pathways you may choose from (to the right). These pathways are equal in value. Each will lead a student to a Louisiana High School Diploma!

TOPS University Pathway

This diploma pathway is designed to prepare students for entry into a 4 year college/university by requiring a more rigorous academic course completion:

- 4 English classes
- 4 Math classes
- 4 Sciences classes
- 4 Social Studies class
- 2 Foreign Language classes
- 1 Art class
- 2 PE/Health or JROTC classes
- 3 Elective classes

24 credits to graduate!

JumpStart TOPS Tech Pathway

This diploma pathway is designed to prepare students for entry into the world of work or to enter a community or technical college. (Note: After attending a community college for two years, students can still transfer to a 4-yr. college.)

- 4 English classes
- 4 Math classes
- 2 Science classes
- 2 Social Studies classes
- 2 PE/Health or JROTC classes
- 9 electives related to chosen Career Path

23 credits to graduate!

Students must earn the necessary Industry Based Certifications (IBCs) required by their pathway.

What happens if I fail??

When a student fails a class (needed to graduate), the student must re-take the course. Underclassmen can repeat the course online in the summer via *a3 Virtual Academy*—for a fee OR they can re-take the course the following year during the school day. Another option has recently been introduced—Online Credit Recovery. Any student in any grade can participate in an Online Credit Recovery

class for a fee; however, the highest grade the student can earn is a D. If interested in this option, the student and their parent must fill out a form with their school counselor.

“I’ve always believed that you can think positive just as well as you can think negative.”

- Sugar Ray Robinson



Answer to the Dreaded Zero Word Problem: 64/F B0000. =(