

# New Student Parent Night 2019-2020

A copy of this presentation can be found on our website:

<http://whs.rocklinusd.org/Counseling/Newsletters--PowerPoints/index.html>





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*whitnycounselors*





# Meet Your School Counselors



Mr. Blate  
A-D



Mrs. Dewey  
E- K



Mrs. LeRoy  
L-Q



Mr. Floyd  
R-Z



# School Counselor Roles

## What Questions Do You Have?

I'm having trouble in one of my classes.

Can you help me choose classes for next year?

When should I take the SAT?

I am having a hard time at home.

I just need somebody to talk to.

I'm feeling anxious at school.

I feel stressed out - what should I do?

Am I on track for graduation?

**Your counselor can help!**

## ASCA National Model

SC Domains

ASCA National Standards

Academic  
Personal-social  
Career



# School Counselor Availability

School Counselors are available on a walk-in basis...

*Before School  
Break  
Lunch  
After School*

Students can schedule School Counselor appointments with OR Mrs. Teames in the Counseling Office

School Counselor appointments can be made on our website:

<http://whs.rocklinusd.org/Counseling/index.html>



The screenshot shows a website navigation menu with the following items: HOME, INFORMATION, ACADEMICS, ACTIVITIES, ATHLETICS, COUNSELING, and LI. Below the menu is a breadcrumb trail: "You Are Here: Home » Counseling". The main heading is "Counseling". A large banner features the text "Counseling" on the left, the stylized "W" logo in the center, and "Department" on the right. At the bottom of the banner is a button that says "Click Here to Make Your Counseling Appointment".

# **W** Transition to Whitney High School

## The expectations are higher:

- Whitney High School course material is rigorous and students have to work hard.
- If students have low test scores, do not pass Essential Skills, and/or do not complete their homework they may earn a NM/NC (NC is the final grade = receives no credit).
- If your student does not have class work (assignments, studying, reading, etc.) for a few days...*SOMETHING MAY BE WRONG.*
- Students are encouraged to take more initiative and more responsibility by prioritizing their commitments and asking for help.



# Ways to help your student succeed

- Establish a routine at home and hold your student accountable.
- Make sure that your student is prepared for any quizzes and tests.
- If your student does not have any specific assignments, have them review their notes, keep up with reading, work on long-term projects, or study.
- Require your student to use their daily planner
- Ask your student to show you the planner daily.
- Monitor computer use. Move the computer out of the bedroom and into the family room.
- Encourage your student to become involved in extracurricular and volunteer activities.





# More ways....

- Attend and support your student's activities. *They really want you there cheering them on.*
- Reinforce family values so that your student knows what is expected when they have to make choices.
- Verify parent/adult presence and supervision at any event your student is invited to attend.
- Consider behavior modification systems at home. It is recommended that teenagers earn their privileges (e.g., cell phones, computers, socializing, TV, car, etc.).
- Monitor how your student spends their time and make sure they get enough sleep, exercise and eat healthy, balanced meals. Maintaining balance is a key to success.







# Some Academic Essentials @ Whitney

## 1st Days of School

- **Wow Week**
- **Odd/Even Schedule**
- **Intervention**
- **Lunch**
- **Schedules**
  - **Aeries**
  - **Schedule changes**

**HOME** **INFO** ▾ **ACADEMICS** ▾ **ACTIVITIES** ▾ **ATHLETICS** **COUNSELING** ▾ **LIBR**

You Are Here: [Home](#) » [Info](#) » [Back to School 2019 Info/Forms](#)

### Back to School 2019 Info/Forms

- [WHS Counseling Letter 2019-2020](#)
- [WHS Attendance Letter 2019-2020](#)
- [ASB Card and Parking](#)
- [Back to School Dance \(8/16\)](#)
- [Lifetouch Picture Day](#)
- [Registration 2019](#)
- [WHS Dress Code](#)
- [WHS Library Use Form](#)
- [WHS Campus Map](#)
- [WHS Campus Map with Drop-Off Zones](#)
- [WHS Bell Schedules 2019-2020](#)
- [WHS Odd/Even Calendar 2019-2020](#)
- [RUSD Student Calendar 2019-2020](#)
- [WHS Handbook 2019-2020](#)

[Home](#) | [Info](#) | [Academics](#) | [Activities](#) | [Athletics](#) | [Counseling](#) | [Library](#) | [CTE](#) | [Resource](#)

**A CALIFORNIA DISTINGUISHED SCHOOL**



# High School Graduation Requirements

Credits	Subject
---------	---------

40	English
30	Math - <i>including Integ Math I &amp; II</i>
30	Science - <i>including Biology &amp; Physical</i>
35	Social Science
10	World Language
30	PE - <i>including PE I</i>
10	VAPA
10	Tech
5	Health
50	Electives

Total Credits

250

25-hours of Community Service are required to Graduate



# Getting Connected @ Whitney

Students are encouraged to join a club, sport, or volunteer





# Information regarding clubs



Whitney High School

[HOME](#) [INFORMATION](#) [ACADEMICS](#) [ACTIVITIES](#) [ATT](#)

You Are Here: [Home](#) » [Activities](#) » [Clubs](#)

## Clubs



Whitney High School has a diverse student body with a multitude of interests. Here is where you may find these interests and where you could fit in on campus!

Information on clubs can be found on our school website!

<http://whs.rocklinusd.org/Activities/Clubs/index.html>

### MENU

- [Activities](#)
- [Leadership](#)
- [Executive Board](#)
- [Dances](#)
- [Seniors](#)
- [Files](#)
- [Clubs](#)**
- [Student Store](#)
- [Spirit Groups](#)



# Eligibility @ Whitney High School

**2.0 GPA**

**No more than 2 NM**





# Important Resources

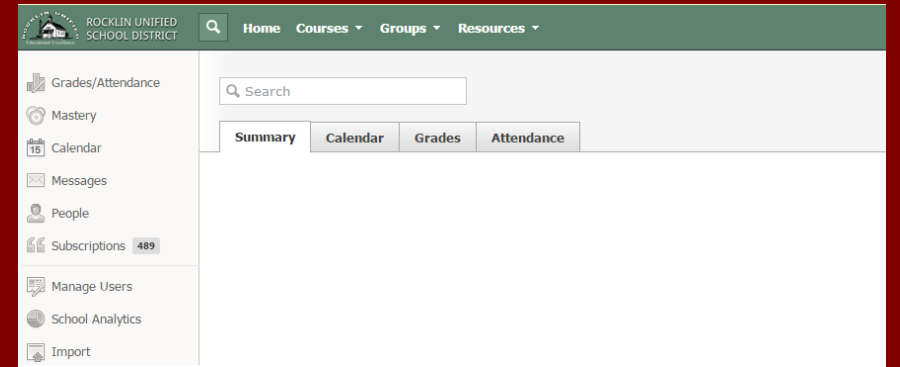


## AERIES Parent Portal:

<https://parent.rocklinusd.org/parent/LoginParent.aspx?page=default.aspx>

## Schoology:

<https://schoology.rocklinusd.org/home/recent-activity#>





# College & Career Center



- College Resources
- College & Career Website
- Scholarships
- Admissions Tests
- Community Service
- CTE



Mrs. Randazzo  
College & Career Tech



# Personal/Social Counseling

<http://whs.rocklinusd.org/Counseling/PersonalSocial-Counseling/index.html>

## Personal/Social Counseling

# Counseling Department

The WHS School counselors are available for parent conferences and referral resources as needed or upon request. Crisis intervention counseling, drug and alcohol abuse prevention information, education, and referrals are always available. Students in need of assistance should make an appointment with their counselor.

### National Suicide Prevention Lifeline

800-273-TALK (8255)

### National Teen Dating Abuse Helpline

866-331-9474

### National Runaway Safeline

800-RUNAWAY (786-2929)

### National Teenline

800-TLC-TEEN (852-8336)

## How You Can Practice Self-Care

When life gets stressful and overwhelming, it's important to give your mind and body the breaks that they need! Here are

### MENU

Counseling

Academic Counseling

- **Personal/Social Counseling**

Peer Counseling

Crisis Resolution Center

Full Circle Treatment Center Informat.

National Alliance on Mental Health

Parenting the Love and Logic Way

Passport to Student Wellness

Placer County Network of Care

Runaway Safeline

Stop Bullying

Suicide Prevention Hotline

Suicide Prevention Placer County





# FAQ #1: How is my student doing?

## 1. AERIES *Report Cards*

Grades are posted on AERIES *Parent Portal*  
(Progress, Quarter & Semester Grades)

Dates for Grade Reports are in the Student Handbook that can be located online:  
<http://whs.rocklinusd.org/Info/School-HandbookPlanner/index.html>

## 2. Schoology

Continuous progress that also includes  
assignments, grades, class notes, etc.

## 3. Contact the Teacher

If you have a question about a class, contact the  
teacher: <http://whs.rocklinusd.org/Staff-Directory/index.html>

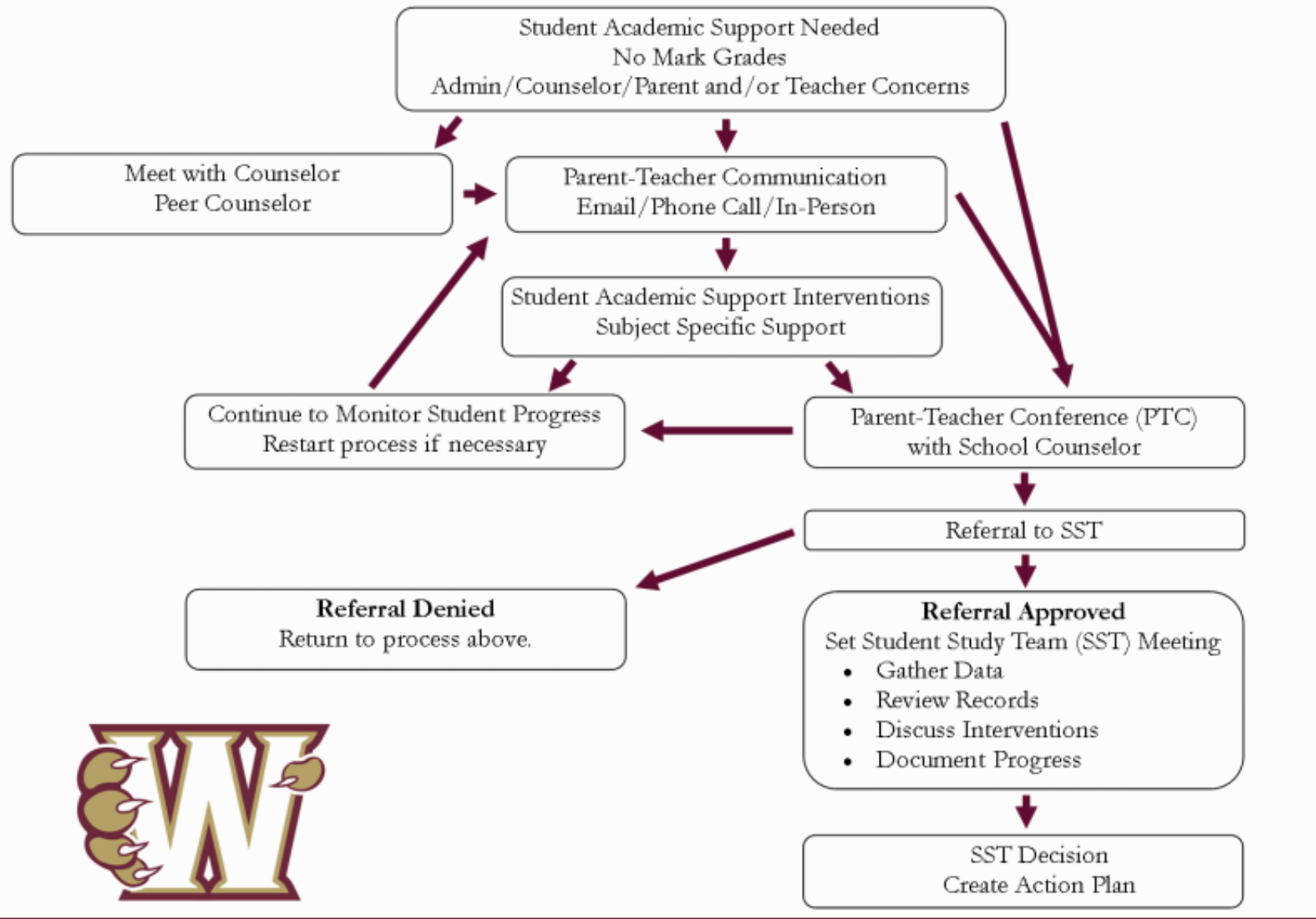


## FAQ #2: What if my student is doing poorly in class?

- Talk to your student (*examples may include: study habits, motivation, balance, hunger, sleep, etc.*)
- If additional academic help is needed, encourage your student to utilize Whitney High School's Academic Support Resources:
  - *Intervention Period (Tuesday - Friday 12:19-12:44, 25-minutes)*
  - *Homework Club (After school in the library 2:45-4:30)*
  - *Teacher Office Hours (Email the teacher)*
- Contact the teacher directly (email)
- If problems persist and/or personal social problems exist, contact the counselor and utilize personal and social resources



# Whitney High School Counseling Meeting Flowchart





# FAQ #3: How can I stay informed?

## Attend Parent Nights

Senior Parent Night: Monday, September 16, 6:30 PM in the Theater

Fall Parent Night: Monday, October 21, 6:30 PM in the Theater

Showcase Night: Monday, March 2, 6:30 PM

Spring Parent Night: Monday, March 23, 6:30 PM in the Theater

Check the Whitney High School Website

Check Schoology regularly and AERIES

Stay in contact with your student's teachers

# Questions?

