

# Freshman Parent Handbook

## Class of 2027





# Important Numbers

<i>Assistant Principals</i>		
<i>Brooke Chan</i>	<i>A-G</i>	<i>522-2411</i>
<i>Chris Moore</i>	<i>H-M</i>	<i>522-2419</i>
<i>Andy Walczak</i>	<i>N-Z</i>	<i>522-2409</i>
<i>Guidance Counselors</i>		
<i>Sandra Woosley/ Sherry Fazzio</i>	<i>A-Da</i>	<i>522-2459</i>
<i>Sarah Johnson</i>	<i>Db-J</i>	<i>522-2480</i>
<i>Ana Franco</i>	<i>K-N</i>	<i>522-2428</i>
<i>Dan Amezcuita</i>	<i>O-S</i>	<i>522-2484</i>
<i>Eric Medeiros</i>	<i>T-Z</i>	<i>522-2423</i>
<i>Deans of Students</i>		
<i>Connor Smith</i>	<i>A-L</i>	<i>522-2416</i>
<i>Sarah Michelet</i>	<i>M-Z</i>	<i>522-2489</i>
<i>Lulu Carrillo</i>	<i>Dean's Support</i>	<i>522-2417</i>
<i>Support Staff</i>		
<i>Deirdre Louie</i>	<i>School Based Therapist</i>	<i>522-2487</i>
<i>Jesus Ramirez</i>	<i>Family &amp; Community Liaison</i>	<i>522-2466</i>
<i>Adriana Magallon-Loredo</i>	<i>College/Career Advisor</i>	<i>522-2404</i>
<i>Verónica Quiroz</i>	<i>English Learner Center</i>	<i>522-2418</i>
<i>Lorena Moreno</i>	<i>Guidance Support</i>	<i>522-2412</i>
<i>Attendance</i>		
<i>Leslie Cannon</i>	<i>Attendance Account Tech</i>	<i>522-2414</i>





# Current Bell Schedule (2023-2024)



**Fremont High School**

575 W. Fremont Avenue, Sunnyvale, CA 94087 | Phone (408) 522-2400 | Fax (408) 522-2468

## Weekly Bell Schedule - 2022-2023

Monday	Tuesday	Wednesday	Thursday	Friday
Blocks 1-7	A	B	A	B
1 8:30 9:15 45	1 8:30 10:00 90	Collaboration (No Students) 7:35 8:25 50	1 8:30 10:00 90	Collaboration (No Students) 7:35 8:25 50
2 9:20 10:05 45	2 10:05 11:35 90	4 8:30 10:05 95	2 10:05 11:35 90	4 8:30 10:05 95
Tutorial 10:10 10:35 25	Brunch 11:35 11:50 15	Tutorial 10:10 10:50 40	Brunch 11:35 11:50 15	Tutorial 10:10 10:50 40
3 10:40 11:25 45	3 12:00 1:30 90	Brunch 10:50 11:05 15	3 12:00 1:30 90	Brunch 10:50 11:05 15
Brunch 11:25 11:40 15	Lunch 1:30 2:10 45	5 11:15 12:45 90	Lunch 1:30 2:10 45	5 11:15 12:45 90
4 11:50 12:35 45	7 2:20 3:50 90	Lunch 12:45 1:25 45	7 2:20 3:50 90	Lunch 12:45 1:25 45
5 12:40 1:25 45		6 1:35 3:05 90		6 1:35 3:05 90
Lunch 1:25 2:05 40				
6 2:15 3:00 45				
7 3:05 3:50 45				



# Important Dates 2023-2024

(Subject to change)

August 15	Freshman Firebird Fiesta
August 21	First Day of School
September 4	Labor Day – no classes
October 9	Teacher Non-Duty Day - No Classes
November 10	Veterans Day - no classes
November 23-24	Thanksgiving Break - no classes
December 22	Teacher Work Day - no classes
December 25– January 5	Mid-Year Break - no classes
January 8	School Resumes - 2nd Semester
January 15	Martin Luther King Day - no classes
February 19-23	President's Week - no classes
March 18	Teacher Work Day- no classes
April 15-19	Spring Break - no classes
May 27	Memorial Day - no classes
June 6	Last day of school year



# Parent Resources- Staying in Touch

## Schoology

Schoology is one of the systems our district uses for sharing information with families. Schoology can be used to see:

- Your student's current grades
- School news
- Contact your student's teachers

Parent accounts are automatically created for Schoology using the email address on file in Infinite Campus. Freshmen will also have their Schoology accounts created automatically for them and will learn the username and password during the first few weeks of school or during their library orientation. For more information please visit the FHS website under the parent or student portals.

## Infinite Campus (IC)

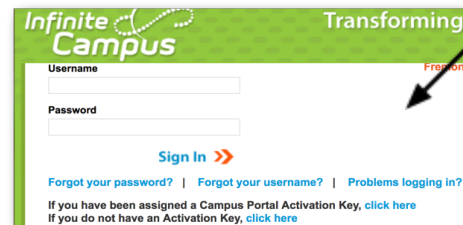
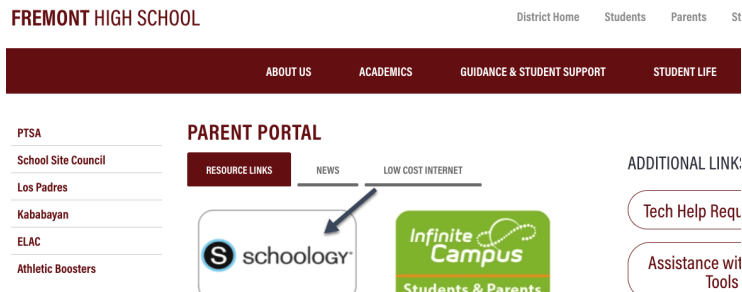
The Infinite Campus Portal is another system that our district uses to share information with families and is available to parents and guardians of currently enrolled students. the Infinite Campus portal can be used to view the following:

- Attendance
- Progress Reports
- Semester Grades
- Transcripts
- Your student's current schedule
- Food Service Account

There is a link on our FHS website for you to access the Infinite Campus portal:

<https://fhs.fuhisd.org/parent-portal>

however, you will need an activation code to register. You will be receiving an e-mail from the District office mid-June that will have your personal access code so that you can create your account.

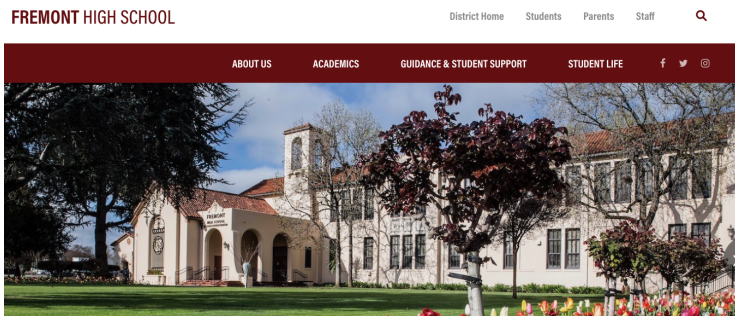


# Parent Resources- Staying in Touch

## FHS Website

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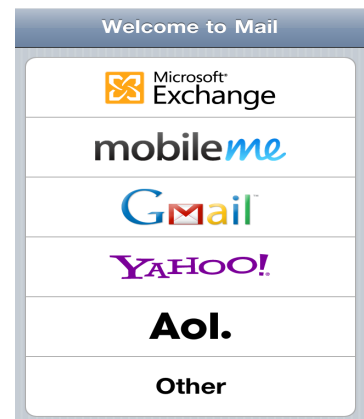
Visit our Fremont High School Website for up to date information on all the happenings at FHS. There are daily announcements as well as upcoming events and general information available to you on our site. For updates and information about your incoming freshman, go to our FHS website and click on "Parents" then under "Additional Links" click on "Incoming Students." <https://fhs.fuhsd.org/guidance-student-support/incoming-students>



## Having an Email Address

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It is advised that all parents and students have an email address to communicate with FHS. Much of the information you will receive from FHS will be through email once your student starts as a freshman. If you do not already have an email account it is recommended that you set one up. Make sure it is an account that you will be able to check often. If you need assistance please contact Ms. Sazon at (408) 522-2406.





# Getting Started at FHS

## Schedules

Preliminary course lists will be distributed to students during Freshman Orientation, which is the week before the first day of school. Final schedules are given the first day of school first thing in the morning (8:30 am). You will receive more information about how students will receive their official schedules in the summer mailer.

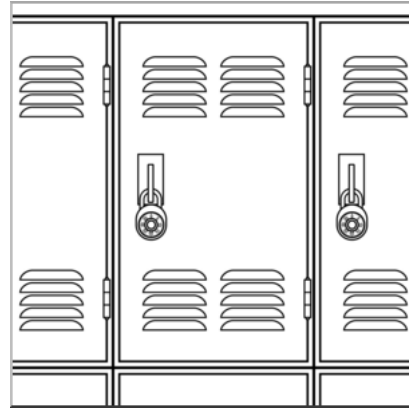
All students are guaranteed 6 classes, which is considered a full course load in FUHSD. We recommend incoming freshmen begin at FHS with 6 classes since the transition to high school can be demanding.

Students wishing to add a 7<sup>th</sup> class can do so after the second week of school. Announcements will be made telling students what the procedure will be to try and add a 7<sup>th</sup> class. Once again, it is recommended that freshmen have 6 classes.

## Lockers

Student Lockers are optional.

To get more information please contact or visit the Climate Office.



# Getting Started at FHS

## Progress /Official Grades

Students at FHS receive Progress Reports every 6 weeks. Progress Reports are not official grades, but are used in determining eligibility for sports and sharing your student's current status in each class. These grades can have a + or – in the report card.

Official grades are given at the end of our semester 1 and semester 2 grading periods (December and June). These are the grades that are placed on your student's official transcript and are used to determine whether students receive credit. Official grades will not have + or – on them. Parents can view progress reports and official grades on the Infinite Campus Portal. Please see the Calendar of Important Dates to see the FHS grading periods.

## Grading at FHS

Students at FHS are graded on a 4-point unweighted scale:

A=4

B=3

C=2

D=1

F=0

Adding up the grades and dividing by the number of classes taken can determine a student's Grade Point Average (GPA).

Daily grades can be seen by logging into Schoology to see your student's progress. Official grades are posted in Infinite Campus about a week after the grading session ends. Parents are encouraged to talk to their student's teacher if they are concerned about a grade in a class. All teacher contact information can be found in Schoology



# Getting Started at FHS

## PE

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All Freshmen students are required to take PE. They are expected to dress out into the FHS PE uniform each class period.

Uniforms can be purchased with their PE teacher the first week of school. The uniform T-shirt costs \$10 and shorts are \$12. Sweats can be purchased for \$15. If a student loses their uniform during the year, another can be purchased in the Girl's PE Office.

PE lockers will be issued to the students during the first week of school.

## ASB Cards

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ASB cards can be purchased at Firebird Fiesta. Students who do not purchase an ASB card during Firebird Fiesta can go to the ASB Office to buy one. The ASB Card can be used for:

- Getting into FHS home & District away athletic events for FREE
- Reduced admissions to dances and
- RALLIES!
- Other events
- ASB \$ supports over 65 clubs
- PowderPuff Football in Spring
- Student awards and recognition
- Enjoy fun lunchtime music and activities

Lost ASB cards can be replaced for \$10.00 and may be purchased at our ASB Office in the Student Center.

## Library/Main Office Hours

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The Library is open to students before and after school.

Monday, Tuesday, Thursday (7:30am-3:50pm)

Wednesday & Friday (7:30pm-3:00pm)

The Main Office Building is open before and after school. (7:30am-4:00pm)

- Monday- Friday  
College & Career Center (7:30am-4:00pm)



# Getting Started at FHS

## Electronic Policy

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Below is the Electronic Policy at FHS.

- Devices may be used during passing periods, brunch, and lunch.
- Devices must be silenced and out of sight in and during all classes (except for with teacher permission)
- Students bring devices to school at their own risk. Lost or stolen electronics are not the responsibility of FHS.

If the Electronic Policy is not followed, staff may confiscate the student's electronic device. The student will need to pick it up at the end of the day from the Deans Office. If a student has multiple infractions the parent may be required to pick up the electronic device from the Dean's Office after school. More information can be found in your student's agenda, which they will receive in the first few weeks of school.

## Food Service

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All Brunch and Lunch meals will be offered free of charge to students for all school year 2023-24. Please refer to the menus posted in the menu tab to see the wide selection of food choices we are offering on a daily basis. Snacks will be sold if students choose to purchase snacks.

Students can buy snacks/drinks by:

- Paying cash
- Bringing cash or check to be placed in their food service accounts
- Parents can log on to Infinite Campus and place money in their food services account



# FHS Graduation Requirements

## Earning Credits

- FHS has two semesters each year (Fall and Spring).
- Students can earn 5 credits per class per semester (Total of 10 per year per class).
- All classes are yearlong. Students do not change classes at the semester.
- Students must earn 220 credits by the end of senior year to graduate.
- These credits must be earned in specific areas of study (See chart)
- Students must receive a grade of A, B, C, or D to earn credits from the class.
- Students that fail a class may be able to recover the credits in summer school, if the course is being offered.
- Students may earn no more than 70 credits per year.

Subject Area	High School Graduation
History	30 credits
English	40 credits
Math	20 credits (Algebra 1 and Geometry)
Science	20 credits (Life and Physical Science)
World Language	10* credits
Fine Art	10* credits
Applied Academics	10* credits
Physical Education	20 credits
Electives	70 credits
Total Credits	220 credits
Earn Credits	Must be a "D" or higher
* Means students must complete 2 of the 3 areas for graduation	



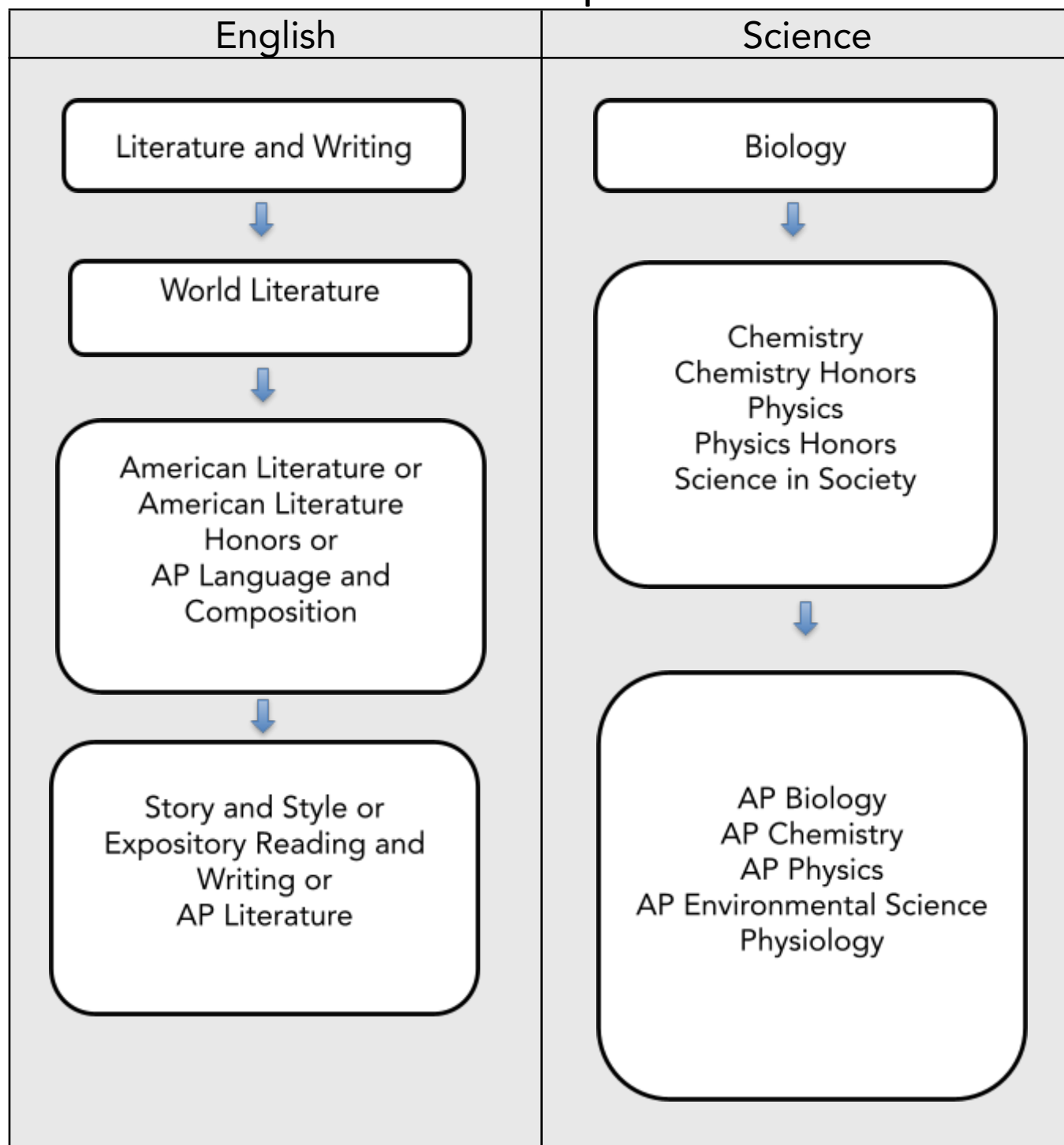
# College Requirements (“A-G” Requirements)

College planning does begin in the freshman year. At FHS we want all of our students to have the opportunity to apply to a four-year university of their choice their senior year. Below are the classes that many colleges require for students to be eligible to apply to the school. They are called the “A-G Requirements”. Freshmen will be given information about planning out their high school courses for the four years during Guidance Presentations given freshman year. Parents will also be given information about how to help your student plan at our Parent Guidance Nights.

Subject Area	A-G College Requirements
History (A)	20 credits
English (B)	40 credits
Math (C)	30 credits (40 recommended) (Algebra 2 or higher)
Science (D)	20 credits (30-40 recommended) (Life and Physical Science)
World Language (E)	20 credits (30-40 recommended)
Fine Art (F)	10 credits
College Prep Elective (G)	10 credits
Total Classes	15 or more A-G classes
Grades earned	Must be a “C” or higher
Tests	SAT or ACT (Not required by all universities)



## Course Sequence





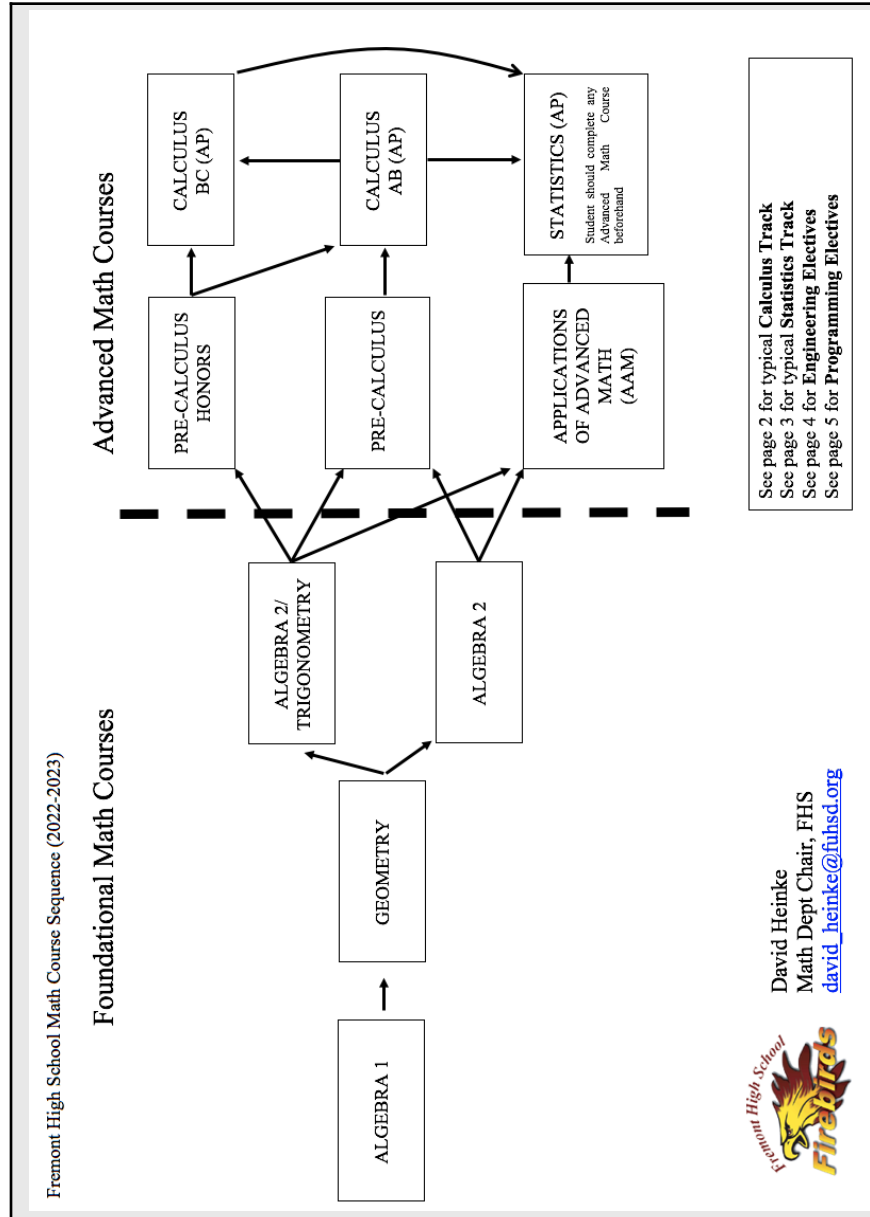
## Course Sequence

Social Studies	Physical Education (PE)
<div>World History</div> <div>↓</div> <div>US History or AP US History</div> <div>↓</div> <div>US Government/Economics or AP US Government/Economics or US Government/AP Economics</div>	<div>PE 9</div> <div>↓</div> <div>PE 10-12 or Weight training or PE Basketball or PE Total Fitness or Dance</div> <div> <p>*After the freshman year, students can receive PE credit if they are on a team sport at FHS. Students that complete a season on a FHS team can receive 5 credits towards PE.</p> </div>





# Fremont Math Course Sequence



## Four Year Planning- Example

Subject	Grade 9	HS CR	A-G	Grade 10	HS CR	A-G	Grade 11	HS CR	A-G	Grade 12	HS CR	A-G	Total Credits Earned
English (40)	Lit/Writ	10	Y	World Lit	10	Y		10	Y		10	Y	
Math (20+)													
Social Studies (30)				World History	10	Y	US History	10	Y	Gov't/Econ.	10	Y	
Science (20+)													
Physical Education (20)	PE 9	10	N	PE	10	N							
World Language (10+)*													
Fine Art (10+)*													
Applied Academics (10)*													
Other Electives													
Credits	Ideal credits = 60			Ideal credits = 60			Ideal credits = 60			Ideal credits = 60			
				Ideal total = 120			Ideal total = 180			REQUIRED = 220			



# Four Year Planning - Example

	UC/ Highly Selective	CSU	Community College	Vocational/ Technical School
9 t h G r a d e	• Lit/Writ	• Lit/Writ	• Lit/Writ	• Lit/Writ
	• Algebra 1 or higher	• Algebra 1 or higher	• Algebra 1 or higher	• Algebra 1 or higher
	• Biology	• Biology	• Biology	• Biology
	• PE 9	• PE 9	• PE 9	• PE 9
	• Language – Level 1	• Language – Level 1	• Language – Level 1	• Elective Class
	• Fine Art elective	• Fine Art elective	• Fine Art or Applied Academic elective	• Fine Art or Applied Academic elective
10 t h G r a d e	• World Lit/Writ	• World Lit/Writ	• World Lit/Writ	• World Lit/Writ
	• Algebra 2 or higher	• Geometry or higher	• Geometry or higher	• Geometry or higher
	• World History	• World History	• World History	• World History
	• Chemistry (H) • Physics (H)	• Chemistry • Physics	• Biology • Chemistry • Physics • Science in Society	• Biology • Chemistry • Physics • Science in Society
	• PE 10-12, Basketball, Total Fitness, Dance, or Team Sport	• PE 10-12, Basketball, Total Fitness, Dance, or Team Sport	• PE 10-12, Basketball, Total Fitness, Dance, or Team Sport	• PE 10-12, Basketball, Total Fitness, Dance, or Team Sport
	• Language – Level 2	• Language – Level 2	• Language – Level 2	• Elective/CTE Elective
11 t h G r a d e	• Am. Lit Honors • AP Eng Lang & Comp	• Am. Lit Honors • Am. Lit	• Am. Lit	• Am. Lit
	• Pre-Calc or higher	• Algebra 2 or higher	• Algebra 2 or higher	• Algebra 2 or higher
	• AP US History • US History	• AP US History • US History	• US History	• US History
	• Physics H • Physiology • AP Chemistry • AP Biology	• Physics H • Physics • Chemistry • Physiology	• Physics • Chemistry • Physiology • Environmental Science	• Physics • Chemistry • Physiology • Environmental Science
	• Language Level – 3	• Language Level – 3	• Language Level – 3	• Elective
	• Elective	• Elective	• Elective	• CTE Elective
12 t h G r a d e	• AP Eng Lit & Comp • Expository Read/Writ • Story & Style	• AP Eng Lit & Comp • Expository Read/Writ • Story & Style	• Expository Read/Writ • Story & Style	• Expository Read/Writ • Story & Style
	• Pre- Calculus or higher	• Pre-Calc /AAMC or higher	• Pre=Calc/AAMC or higher	• Algebra 2 or higher
	• AP US Gov/ Econ • AP Microecon/US Gov • US Gov/Econ	• AP US Gov/ Econ • AP Microecon/US Gov • US Gov/Econ	• US Gov/Econ	• US Gov/Econ
	• AP Biology • AP Chemistry • AP Physics • AP Environmental Science	• Physics Honors • AP Biology • AP Chemistry • AP Physics • AP Environmental Science	• Physics • Physiology • Environmental Science	• Physics • Physiology • Environmental Science
	• Language – Level 4 H or AP	• Language – Level 4 H	• Elective	• CTE Elective



## Students for Success

Students for Success (SFS) is available for all students who need tutoring or homework help. It is staffed with peer tutors for every subject as well as adult tutors for English and Math. Students at SFS also have access to computers. Students check in and parents can request attendance slips. The hours are as follows:

Mon, Tue, Thur 1:30pm-5:30pm (Room 76)  
Wed 2:30pm – 5:30pm (Room 76)

\*\*See our website for updates

## TUTORIAL Time

Tutorial time is an opportunity for your student to get help or accelerate in a class during the school day. Students may be assigned or can request to meet with a certain teacher during tutorial time. School Counselors may also meet with students during this time for various workshops. Attendance is taken for Tutorial Time. Students will be scanned in to their Tutorial Time assignment by using their student ID cards. (See example below)

### ACADEMIC SUPPORT

NIGHT SCHOOL

FUHSD SUMMER ACADEMY

STUDENTS FOR SUCCESS (TUTORING)

The Student Center for Success is located in the school library and is open to all students as a place to study individually or in groups. Peer tutors are available to help with all subjects.

Visit the center to get help with classwork and homework, to check out books, research and write papers, work on multimedia projects and more. The center is open from 3:30 to 5 p.m., Monday through Thursday. Extended hours are available Tuesday and Thursday in Room 76 during lunch and 7th block. Visit the [Students for Success webpage](#) for more information.

Tutoring is available in every subject and in multiple languages.

Tutoring is available in Room 76:

Monday 1:30-5:30pm

Tuesday 1:30-5:30pm

Wednesday 2:30-5:30pm

Thursday 1:30-5:30pm

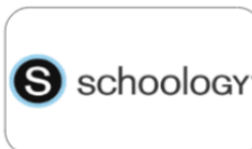
STAFF

Miao Carroll, Coordinator of Students for Success

### STUDENT PORTAL

RESOURCE LINKS

NEWS



## Getting Involved- FHS Athletics

Fall Sports Teams	Winter Sports Teams	Spring Sports Teams
Football	Wrestling	Baseball
Boys & Girls Water Polo	Boys & Girls Basketball	Softball
Cross Country	Boys & Girls Soccer	Boys Volleyball
Girls Volleyball		Track and Field
Girls Tennis		Swimming
Cheerleading (yearlong)		Badminton
Featherettes		Golf
Girls Field Hockey		

Prior to participation in any practice or competition, all FUHSD student-athletes must have all forms completed and on record with the FHS Athletic Directors. Below is a list of the forms necessary to complete before your student can practice or compete on any FHS team:

- Code of Conduct/Steroid Policy Form
- Athletic/Activity Participation and Emergency Form
- Physical Exam Form Part 1
- Physical Exam Form Part 2
- Concussion Information Form

All forms can be found on the FHS website under the "Student Life-Athletics" tab.

Students need a physical to complete the Physical Exam Form Part 1 & 2 and can come to FHS for a sports physical exam. More information will be available on the website closer to the start of the new academic school year.

For information on how to contact a particular coach or to learn more about tryouts for a certain sport, please visit our Athletics page under "Student Lif



# Getting Involved- FHS Clubs

\*Clubs subject to change year to year based on student participation

Activism Club	The purpose of our club is to learn about global issues dealing with human rights and girls' education, develop critical thinking skills, problem solve, practice leadership, and teamwork.
American Sign Language Club	To inform and spread awareness about the challenges in the deaf and hearing impaired community, and teach american sign language.
Astronomy Club	To provide a place for astronomy enthusiasts to gather, and to teach them new and interesting things about space!
Aspiring Leaders in Science	The purpose of our club is for students to gather and build leadership skills and take their own initiative to jumpstart their future education and careers, such as helping them look for research opportunities
Architecture Club	Introduce people to the major of architecture and provide them with different resources to extend their learning.
Art and Animation Club	Our club's purpose is to educate students about the art of animation and teach them different techniques to improve their craft. We will mainly focus on animating, but students are also welcome to partake in any different forms of art.
Fremont Automotive Club	The Fremont Automotive club focuses on teaching individuals of all experience levels the culture and construction of cars.
BAEC (Bay Area Entrepreneurship Club)	The purpose of BAEC is to educate students and walk them through the process of becoming an entrepreneur and starting your own business.
Bay Area Youth For Justice Mentorship	To build connections between FHS students and middle schoolers via mentorship
FHS Bike Club	To promote Bicycling in the community, as well as aid students and members with bike repair.
Board Game Club	The purpose of the board game club will be to bring people together through games we all love. Board games are one of the best ways to build relationships with others.
Book Club	We hope to create a welcoming and open environment for people who love reading and want to expand their exploration of literature. We aim to have bi-weekly discussions on books chosen by the members of our club, regarding a multitude of topics and genres.
Breakthrough Christian Club	The purpose of our club to introduce students at Fremont to the Gospel as well as create new connections and friendships on campus.
California Native Habitat Club	The purpose of the California Native Habitat club is to inform and teach Fremont students about the importance of conserving California native habitat. This will be achieved by teaching students about different native plants and how to grow them, how to turn their own lawns into native gardens, and informing them of volunteering opportunities for native habitat preservation.
Career Connections	The purpose of Career Connections is to help students attending Fremont to discover the different possible careers they could go into after high school and college. Our meetings will be a mix between



	bringing in working professionals to share their experiences in their field of work, and fun activities to teach the members more about other jobs (i.e Kahoots or job-oriented quizzes). The intention of this club is to introduce students to a plethora of occupations, which may inspire new future goals!
Ceramic Club	We will introduce to everyone about ceramics and together make pottery items about everyone's preferences. Knowledge of color types works on ceramic items.
Chess Club	To have fun/ learn while playing chess
CCC: culinary creations club	The purpose of this club is to teach people how to cook and other techniques
Cyber Security	The purpose of my club is to educate individuals about Cyber Security and Networking, as well as participate in the Cyber Patriot competition.
DIY Club	D.I.Y (Do It Yourself) club is a club that makes a variety of art projects and crafts. Throughout the year, our members get to create hands-on art projects that enhance their creative minds. These projects may include making bracelets, slime, origami and more. When the holidays come around, we make many projects that are holiday themed. For example, last year we designed and painted pumpkins for Halloween and made cards for Christmas. Furthermore, from this club, we want to inspire people to think out of the box and create something that reflects their views on art. In the club, many people may have different perspectives on art and different experience levels, but in the end we want everyone to know that anyone can be creative and artistic in their own way.
National Chinese Honor Society	Immersing people in Chinese Culture and teaching about customs.
Educate Empower Youth	We strive to aid menstruators in our community by providing them with donations of menstrual products, period packs and other sanitary donations. We aim to educate our club members and school community about the urgent need for menstrual equity and the destigmatization of menstruation. Furthermore, we want to normalize the concept of female hygiene and garner support for global development.
Environmental Club	The purpose of the club is to maintain the pond, spread awareness about the environment, and improve environmental efforts at Fremont.
Fantasy Sports Club	To help those in need of improving their skill in Fantasy
Future Business Leaders of America (FBLA)	To help increase awareness of the business environment among the members and provide them with an environment to specialize in a specific business topic where they will get to compete against other students across the Bay, state, and nation in order to gain the skills necessary for success in the real world.
Filipino Youth Organization	create an environment in which Filipino-American students can embrace and learn more about their culture. It is also for non-Filipino students who wish to learn about the culture and country of the Philippines.
Fremont High School Chapter of the Société Honoraire de Français & French Club	The purpose of French Club is to provide opportunities for members to learn about and immerse in French language & culture. The SHF is a subset of the French Club. The purpose of SHF, as stated by the National Council of the Société Honoraire de Français of the American Association of Teachers of French, is to recognize outstanding scholarship in the study of the French language, provide a vehicle for focusing activities around French language and literature and to give students an opportunity to experience leadership in serving as officers, directing the initiation ceremony and running all French Club events.
Firebirds' Minds Matter	Our purpose is to reduce the stigma around mental health and give students a safe place where they can feel comfortable sharing their experiences.
Firebirds for All	advocate for livability





Firebird Buddies	The purpose of the Firebird Buddies Club is to develop personalized friendships between students with disabilities and those without.
Firebird Ultimate	To play ultimate frisbee! To get some exercise, allow people to get athletic experience, and to make friends!
FHS Fitness	To promote fitness and a healthier lifestyle!
Food Matters	The purpose of our club is to spread awareness about the importance of healthy and mindful food choices.
Fremont High School Science Olympiad	The Fremont Science Olympiad program strives to be an "umbrella" organization whose mission is to engage students and grow passion for science and various STEM disciplines through teamwork, mentorship, learning, and competition! SciOly is a great platform to help students explore different fields and discover their specific interests, as well as advance in this field. Besides expanding their knowledge & learning, this helps boost members' grades and college applications, and will set them towards success in their field of interest.
Genders and Sexualities Alliance (GSA)	We provide a safe space for allies and members of the LGBTQ+ community to hang out and learn about the LGBTQ community.
Girls Who Code	The purpose of the Fremont Girls Who Code chapter is to provide more women with opportunities to learn more about technology and break into aforementioned fields. We aspire to teach our members more about software development through a project-based curriculum, hosting speaker events open to the school where anyone can learn more about tech.
Glee Club	To give students who are not in a performing club a chance to hone their on stage skills.
GIDAS(Genes in Diseases and Symptoms)	GIDAS is the high school branch of the organization miRcore, a non-profit organization affiliated with the University of Michigan. Every year, miRcore picks a disease of focus and we do research about it to help advance personalized medicine. Members of the club will learn to advocate the importance of studying genetics and the human genome in medicine and fundraise for the microgrants that miRcore gives to a different researcher's lab every year.
Garden Club	Garden Club is about helping the school's garden grow and flourish with different types of plants and edible foods. We would like to help the members learn about botany, biology, and environmental science by getting in the garden and getting hands-on with the materials.
Graphical Design Club	For students to learn how to and become better at design or program graphics
Health Connect	The purpose of Health Connect is to advocate for youth health in the Fremont community and have a place for students to learn about both physical and mental health as well as their overall wellness.
Indian Recognition Society	We aim to spread awareness of Indian culture to the students of Fremont. Through hosting movie-watching sessions, karaoke, and fun games and trivia, we strive to create a community where everyone can feel welcomed, have fun, and learn new things about Indian culture.
Interact	Interact is a community service club.
FHS Investment Club	The topic of stocks will be discussed in its broadest sense. At each meeting, the club discusses stock news, and we plan to assist other clubs with fundraising activities. Our investment program will be Robin Hood. To join the club, you do not need to pay anything, and we will raise the funds required for everyone to invest. There will be very few boring lectures as we plan to learn from our past mistakes. The act of investing under supervision is legal, so we do it in a hands-on manner. Collaboration with other clubs will take place and information will be shared. As a result, we will cover salesman skills as well as working with other clubs in organizing fundraisers. In order to implement the Volunteer Hour Program, the club will provide opportunities for students to earn hours by helping to fundraise. And this will be done by using the sales skills gained from the club. We plan to run investing simulations to add a bit of competitiveness to the club.





	We would make some changes throughout the year based on the opinion of members/teacher advisors.
Invisible Powers	To promote more understanding and create a safe space for people with invisible disabilities to speak and not feel ashamed of their challenges.
Fremont Young Investors Society Chapter	Fremont YIS exists to promote education in leadership and entrepreneurship in order to prepare students for college and future careers in finance. YIS will hold training events in order to prepare members for their future. The club motivates members to create tangible final products that showcase their knowledge in finance.
Japanese Club	To provide a relaxing environment for students with an interest in Japanese culture.
JSU (Jewish Student Union)	Educate students about the Jewish religion and about Jewish customs. It is also to provide a safe space for Jewish students to come and to talk about problems (such as anti-Semitism).
Konnect Dance Troupe	Konnect Dance Troupe (KDT) is a club for all K-pop enthusiasts at Fremont High School. Recently, K-pop has been garnering a lot of attention from the western hemisphere. With the rise of K-pop, more and more fans have been showing up at Fremont High School. KDT caters to K-pop fans who want to learn the dance choreographies of the most popular Korean groups and those who want to spread the uniqueness of K-pop style dance.
Key Club	To serve our school and community through caring, inclusiveness, character-building, and leadership.
Knitting and Crochet Club	In the knitting and crochet club, our objective is to gather students of all skill levels to knit and/or crochet projects for leisure and to donate to organizations/people (more info on the constitution).
Math Club	To introduce FHS to the world of competitive math. We will teach new math topics and participate in math tournaments.
Pure Math Club	Pure math club's main purpose is to teach others about the diverse field of pure mathematics and be a meeting place for other students who are interested in pure math to work with other like-minded individuals.
Medical Analysis Club	Medical analysis club will be held every other week on Tuesdays at lunch. Students will be given a presentation about a made-up patient who has something wrong with them. The presenter will interact with the audience to try and diagnose the patient and then try to cure them, with the audience simultaneously receiving medical facts and advice. The main objective of Medical Analysis Club is for it to become a place where anybody interested in learning about the human body and the things that affect it (Diseases, Parasites, infections, etc) are welcome to come and receive a fun and interactive way to get educated on these topics.
Muslim Student Association (MSA)	The purpose of this club is to combat negative stereotypes about Muslims in the media, and create a safe and welcoming environment for Muslim and non Muslim students. To learn about Islam and cultures where Islam is present. And finally, to raise awareness about world issues faced by Muslims today.
FHS Music Club   M&Ms (Music and Melodies)	To provide music students private, one-on-one tutoring to improve one's tonality, or to just review new material in order to be more ready for class.
Mock Trial	To teach students interested in law about practice through preparation for a county tournament
National Honor Society	The purpose of NHS is to give Fremont students an opportunity for leadership, community engagement and elevate students' academics. We honor students who have excellent community service, academic achievement and character.



Movie, Film, Animation, and Design	To encourage students who need the accompany of peers and to those who want to grow their desires in movies.
Octagon Club	To provide local community service opportunities
Overlooked Learners	We want to provide additional learning services for prisoners, kids at the border, etc.
Paws For Help	The purpose of "Paws for Help" is for pet lovers to share ideas and learn everything about animals! We are going to be teaching about behaviors of dogs/cats, over breeding and neutering/spaying, dog/cat sitting and dog walking, and training your dog/cat. We will also be talking about ways to get involved with the community of animals like community service at non profit organizations and events. Our goal of the club is to teach students at Fremont High School more about pets and get them to be more involved with the community.
Programming Club	The Programming Club is dedicated to promoting computer science and programming to all students at Fremont High. The Programming Club seeks to instruct and provide a support network for students in the hopes that they will foster a love and appreciation for programming and STEM as a whole.
Physics Club	Our goal is to get more people interested in physics, with a specific focus on AP Physics students. We'll discuss higher level problems related to the topics being taught in physics at the time of the meeting, so that members can deepen their understanding of what they learn in class. At the end of every meeting, we will give some problems to work on over the week which we think are instructive, and of course, fun! At the start of the next meeting we'll go over the solutions and any questions, and then give a handout for members to try. We don't require our members to do anything they don't want to, but we do encourage them to try these problems! The meeting before a physics test, we will try to review for that by giving problems that are similar to test difficulty, rather than the more challenging ones we'd normally do. IF we get the opportunity, we will sign up for the F=ma exam, and open that up to any members that would like to try it!
Polynesian Club	We want to showcase polynesian culture, food, and music, and in general what we do.
Radiology Club	As a group, we learn how to study and classify several types of body scans. The scans will be school appropriate. The other founder and I will guide the group members into grouping CAT scans, MRI's, X-rays, and more using the vocabulary that will be taught.
Red Cross Club	Guided by the fundamental principles of the American Red Cross and its mission to prevent and alleviate human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors the American Red Cross Club, will learn, practice and exemplify humanitarian values through mission-related service projects.
Robotics	The Fremont High Robotics Team strives for success in the pursuit of excellence in engineering, leadership, and community service through participation in the FIRST Robotics program. The team strives to not only teach high school students proper engineering techniques and enhance their leadership and decision-making skills through participation in the FIRST Robotics Program, but also to inspire younger students by introducing them to opportunities in STEM fields that they may otherwise not be



	<p>exposed to. With over 60 active high school team members, 19 active middle school team members, 5 elementary school members, and 14 active adult mentors, the Firebots are one of the largest and most active student organizations on the Fremont High School campus. The team relies on its five core values — We Not Me, Debate and Collaborate, Act with Integrity, Be Courageous, and Deliver Results — in all aspects of team interactions and activities. The Firebots are a student-run, student-driven team. The team focuses on several core goals: science, technology, engineering and mathematics (STEM) education, leadership development, financial management, media development, and community outreach. The team participates in the FIRST (For Inspiration and Recognition of Science and Technology) Robotics Competition, where students design, build, and test new robots each year with guidance from professional adult mentorship. FIRST is an organization which aims to teach students about science and engineering through their programs for various age levels (FIRST Robotics Competition - FRC, FIRST Tech Challenge - FTC, FIRST Lego League - FLL, and FIRST Lego League Junior - FLL Jr).</p>
Speech and Debate	<p>Speech and Debate seeks to provide students academic outlooks for developing their public speaking, researching, and argumentational skills. Through various speech events, such as Impromptu, Extemp, DI, HI, and many others, students can either prepare speeches or practice their improvisational speech. Several times a year, speech participants can go to tournaments to compete against high schoolers around Northern California. In debate, students can either choose Lincoln Douglas Debate or Public Forum Debate and compete in tournaments roughly every month.</p>
Science Bowl	To prepare for the Science Bowl competition, and practice fun science trivia!
ScienTEast SocieTEA	The purpose of my club is to connect students in having discussions about cool applications of scientific topics and show others the beauty of science.
Skate club	To help spread awareness about skating and help unfortunat people to start skating as a positive outlet
Smart Finance	to gift the Fremont student body of financial prowess

\*Clubs subject to change year to year based on student participation



# Parent Involvement

## PTSA

The PTSA plays an important and collaborative role at Fremont High School. It is a great way for parents to get involved. The Fremont PTSA provides:

- A communication link between parents and the school
- Support for many school activities
- Opportunities for parents to get connected to the school and its staff
- Important services to students
- Parent education on a number of areas affecting teenagers and their families

Some of the benefits of joining the PTSA include:

- Having a voice in your school community
- Establishing relationships with school administrators, teachers, parents and students
- Gaining information concerning legislative issues affecting your child's education
- Getting the Daily Bulletin emailed to you directly

The Executive Board meets monthly and all parents, students and staff are welcome to attend.

## School Site Council

The FHS School Site Council (SSC) is a forum for teachers, administrators, students, and parents to discuss and resolve issues of importance to the Fremont High School community. As part of their charter, they also develop an annual school plan. The School Site Council annually reviews the school plan, and if necessary, makes other modifications in the plan to reflect changing needs and priorities of our school. Meetings are on the third Wednesday of the month from 6:00pm-7:00pm. Representatives are elected onto the School Site Council Board each year, with staggered 2-year terms. Interested parties can nominate themselves to be on the ballot. Parents vote during Back to School Night.



# Parent Involvement

## Los Padres

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Los Padres meets once a month at 6pm in the FHS library to discuss ways to become involved in the school, as well as to share information about academic and social supports available at FHS and in the community.

Fremont High School parents, students, and staff are welcome to attend the monthly meetings. There is no membership fee to join Los Padres.

Contacts for Los Padres:

Onette Zabinzki Morales, AVID/English Teacher  
Phone: 408-522-3827

Jesus Ramirez, Family & Community Liaison  
Phone: 408-522-2466

Ana Franco, School Counselor  
Phone: 408-522-2428

Andy Walczak, Assistant Principal  
Phone: 408-522-2416

## ELAC

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The English Language Advisory Committee (ELAC) is a parent advisory group whose members are active participants in assisting their children in the following ways: attaining English proficiency, achieving at high levels in core academic subjects, and meeting California state standards.

Contacts for ELAC

Aisha Lomando, EL Coordinator

Email: [aisha\\_lomando@fuhisd.org](mailto:aisha_lomando@fuhisd.org)

Veronica Quiroz, EL Program Assistant

Phone: 408-522-2418

Email: [veronica\\_quiroz@fuhisd.org](mailto:veronica_quiroz@fuhisd.org)

Sarah Michelet, Dean of Students

Phone: 408-522-2489

Email: [sarah\\_michelet@fuhisd.org](mailto:sarah_michelet@fuhisd.org)



# Parent Involvement

## Athletic Boosters

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### Athletic Boosters Mission

- (a) To conduct fundraising activities that raise money to support and bridge the Fremont High School athletic budget.
- (b) To build community for ALL Fremont athletics.
- (c) To facilitate recognition of Fremont Athletes.

The Boosters strive to fund both general and specific needs for our athletic programs, such as uniforms, weight room, scoreboards and various sports equipment. The Boosters believe a strong athletics program reflects favorably on our school and provides a source of pride for the entire school community, while athletic events allow parents, alumni,



students and school staff have an opportunity to come together in a fun and positive atmosphere.

### Volunteer Opportunities

*Athletic Booster Board:* The Athletic Booster Board is staffed entirely by parent volunteers. If you have a student athlete, this is a great way to get involved and provide support to our athletic programs.

*Other Volunteer Needs:* Our primary fundraising effort each year is running the BBQ and concessions at all home athletic contests. We are always in need of volunteers to help set-up, work during the games, or help close down after the games.

Booster President: Jen Gray  
email:

[president@fhsathleticsboosters.org](mailto:president@fhsathleticsboosters.org)





# Parent Involvement

## Fremont Band/Orchestra Boosters

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If you have a student in any of the Band classes, the Orchestra classes, the Marching Band, Auxiliary (Color Guard), Winter Percussion or Winter Guard groups; then you are automatically a member of the FHS Band Boosters. There are no dues or fees, just your desire to continue the tradition of supporting Mr. Kelly and his Staff in what they do for the programs both inside and outside of the classroom. The primary purpose of the Band Boosters is to provide financial and volunteer support to the Bands, Orchestras and their Auxiliary units.

During the fall semester, parents support the combined bands at home football games, marching band parents support the complexities of competitive marching band including uniforms, prop building, and volunteering at Saturday competitions. There are jobs that are all day endeavors and there are jobs for those that can only help a little. More hands equal lighter work for all. The orchestra parents help support the District

Orchestra Exchange featuring all 5 schools hosted here at FHS in the Shannon Theatre.

During the Spring Semester, parents help support the music students in an even wider array of performances. Percussion and Guard parents help support the competitive winter guard and percussion teams (similar to marching band but in a gym) through the beginning of April. Orchestra and Band parents help support the groups when they travel to local festivals, host a large festival or competition, and the spring trip.

We celebrate all our successes at the end of the year with the Annual Instrumental Music Awards night, also known as the Band Prom.

There are 4-6 Booster meetings during the school year. There is a Booster Board that meets monthly with Mr. Kelly. There is a Booster Secretary that assists with communication needs.



# Important Guidance Dates

Guidance Counselor Visits to Middle Schools	January 17 - Lawson Middle School January 18 – Cupertino Middle School January 20 - Sunnyvale Middle School January 24- Columbia Middle School
8th Grade Info Night & Electives Presentation	Date: Tuesday, February 7th Time: 6:00pm Location: FHS **Check our website for more information to come
Final Course Selection forms must be submitted by: Friday, February 10, 2023.	Parents will be emailed on Monday, February 6, 2023 via Informed K12. Course Selection forms are due electronically Friday, February 10th. (end of day 12:59 pm).
Placement Tests for World Language Classes	Native speakers of Spanish, French, Japanese and Chinese are strongly encouraged to take language placement tests or students requesting a language level of 2 or higher.  For more information, please visit the FHS website under the tab “Guidance & Student Support” then click on “Incoming students.”
Course Request Verification	Parents will receive an email from Informed K12 on Tuesday, April 4 <sup>th</sup> , 2023. The course Request forms will be due on Friday, April 7, 2023 (end of day 12:59 pm).
Freshman Orientation & Parent Night	Tuesday, August 15 - Orientation will be held during the day; The Parent Night in the evening at 6:00pm.  <i>Please visit the FHS website under the tab “Guidance &amp; Student Support” then click on “Incoming students.”</i>





