

Freshman Parent Handbook

Class of 2024





Important Numbers

Assistant Principals		
Jeff Rosado	A-Go	522-2411
Sydney Fernandez	Gr-O	522-2419
Susan Rocha	P-Z	522-2409
Guidance Counselors		
Sandra Woolsey/ Sherry Fazzio	A-D	522-2459
Vanessa Goulart	E-LL	522-2480
Ana Franco	LM-RA	522-2428
Dan Amezquita	Rb-Z	522-2484
Deans of Students		
Chris Moore	A-L	522-2416
George Becharra	M-Z	522-2489
Jennifer Hernandez	Dean's Support	522-2417
Support Staff		
Deirdre Louie	Student Advocate	522-2487
Jesus Ramirez	Family & Community Liaison	522-2466
Lupita Yanez	College/Career Advisor	522-2404
Verónica Quiroz	English Learner Center	522-2418
Lorena Moreno	Guidance Support	522-2412
Attendance		
Leslie Cannon	Attendance Account Tech	522-2414



Current Bell Schedule (2020-2021)



FREMONT HIGH SCHOOL 1279 SUNNYVALE SARATOGA RD., SUNNYVALE, CA 94087 | 408 522-2400 PHONE | 408 522-2468 FAX

Bell Schedules

REGULAR WEEK

Monday			Tuesday			Wednesday			Thursday			Friday		
Blocks 1-7			A Day			B Day			A Day			B Day		
1	8:00	8:45 45	1	8:00	9:30 90	Collaboration (no students)	7:50	8:55 65	1	8:00	9:30 90	Collaboration (no students)	7:50	8:55 65
2	8:50	9:40 50	2	9:40	11:15 95	4	9:00	10:35 95	2	9:40	11:15 95	4	9:00	10:35 95
Flex	9:45	10:20 35	Brunch	11:15	11:30 15	Flex	10:40	11:15 35	Brunch	11:15	11:30 15	Flex	10:40	11:15 35
3	10:25	11:10 45	3	11:35	1:05 90	Brunch	11:15	11:30 15	3	11:35	1:05 90	Brunch	11:15	11:30 15
Brunch	11:10	11:25 15	Lunch	1:05	1:50 45	5	11:35	1:05 90	Lunch	1:05	1:50 45	5	11:35	1:05 90
4	11:30	12:15 45	7	1:55	3:25 90	Lunch	1:05	1:50 45	7	1:55	3:25 90	Lunch	1:05	1:50 45
5	12:20	1:05 45				6	1:55	3:25 90				6	1:55	3:25 90
Lunch	1:05	1:45 40												
6	1:50	2:35 45												
7	2:40	3:25 45												

4 DAY WEEK

Day 1			Day 2			Day 3			Day 4		
A Day			B Day			A Day			B Day		
1	8:00	9:30 90	Collaboration (no students)	7:50	8:55 65	1	8:00	9:30 90	Collaboration (no students)	7:50	8:55 65
2	9:40	11:15 95	4	9:00	10:35 95	2	9:40	11:15 95	4	9:00	10:35 95
Brunch	11:15	11:30 15	Flex	10:40	11:15 35	Brunch	11:15	11:30 15	Flex	10:40	11:15 35
3	11:35	1:05 90	Brunch	11:15	11:30 15	3	11:35	1:05 90	Brunch	11:15	11:30 15
Lunch	1:05	1:50 45	5	11:35	1:05 90	Lunch	1:05	1:50 45	5	11:35	1:05 90
7	1:55	3:25 90	Lunch	1:05	1:50 45	7	1:55	3:25 90	Lunch	1:05	1:50 45
			6	1:55	3:25 90				6	1:55	3:25 90

RALLY SCHEDULE

RALLY SCHEDULE		
Collaboration (no students)	7:50	8:55 65
4	9:00	10:35 95
Rally	10:40	11:15 35
Brunch	11:15	11:30 15
5	11:35	1:05 90
Lunch	1:05	1:50 45
6	1:55	3:25 90

Other Special Schedules will be published on the website and announced in advance.

(The rally block replaces Flex Time on rally Fridays)



Important Dates 2020-2021

August 11	Freshman Firebird Fiesta
August 17	First Day of School
September 7	Labor Day – no classes
October 12	Teacher Work Day- no classes
November 11	Veterans Day - no classes
November 26-27	Thanksgiving Break - no classes
December 18	Teacher Work Day - no classes
December 21 – January 1	Mid-Year Break - no classes
January 4	School Resumes - 2nd Semester
January 18	Martin Luther King Day - no classes
February 15-19	President's Week - no classes
March 15	Teacher Work Day- no classes
April 12-16	Spring Break - no classes
May 31	Memorial Day - no classes
June 3	Last day of school year



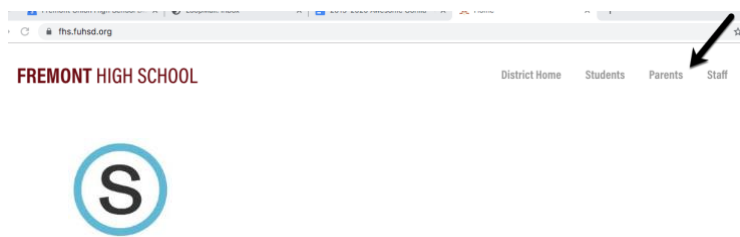
Parent Resources- Staying in Touch

Schoology (New to FHS)

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

- Your students' current grades
- School news
- Contact your students' teachers

Parent accounts are automatically created for Schoology using the email address on file in Infinite Campus. Freshman 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)

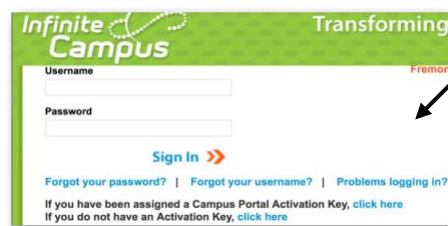
The Infinite Campus Portal is another system that our district uses to share information with families and is available to parents and guardians of currently enrolled students.

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.

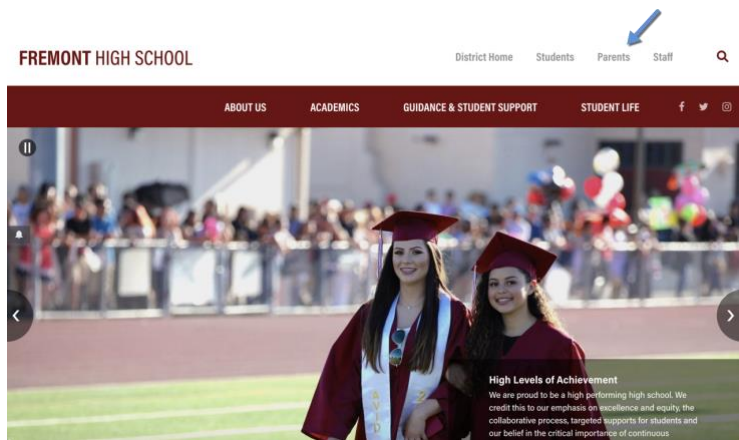


Parent Resources- Staying in Touch

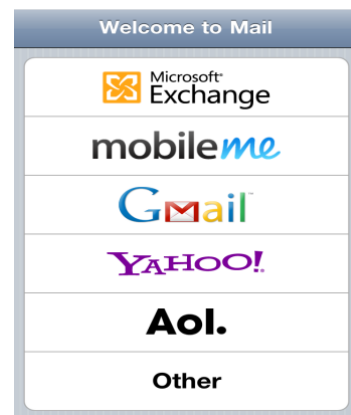
FHS Website

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.”

<http://fhs.fuhisd.org>



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.



Having an Email Address

It is advised that all parents and students have an email address to communicate



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 (8:00 am). You will receive more information about the 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 freshman begin at FHS with 6 classes since the transition to high school can be demanding.

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

Lockers

Students will sign up for a locker during Freshman Orientation. They will share with another student. To get a locker, students must do the following:

- Complete a locker application (found on the FHS website), with the names of both students.
- The students must purchase a lock for \$ 3(used) or \$5 (new). Only one lock is required per pair.
- If a student is unable to find a locker partner, the Deans Office will assist in finding a partner.



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

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 at Freshmen Orientation or the first week of school through their PE teacher. 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

ASB cards can be purchased at Freshman Orientation. Students who do not purchase an ASB card during Orientation can go to the ASB Office to buy one. The cost is \$60. The ASB Card can be used for:

- Getting into FHS home athletic events for free
- Discounts on dances
- Discounts at other FHS events

Lost ASB cards can be replaced for \$5 and may be purchased at our ASB Office in the Student Center.

Library/Main Office Hours

The Library is open to students before and after school.

- Monday-Friday 7:15am-3:45pm

The Main Office Building is open before and after school.

- Monday- Friday 7:00am-4:00pm

College Career Center

- Monday-Friday 7:30-4:00 pm



Getting Started at FHS

Electronic Policy

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.
- 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

Weekly menus can be found online under the FHS Food Service quick link. They are subject to change.

Students can buy brunch and/or lunch by:

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

Cost:

- Brunch \$3.00 (\$.30 reduced)
- Lunch \$4.50 (\$.40 reduced)



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 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.

College Requirements (“A-G” Requirements)

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 planning does begin 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

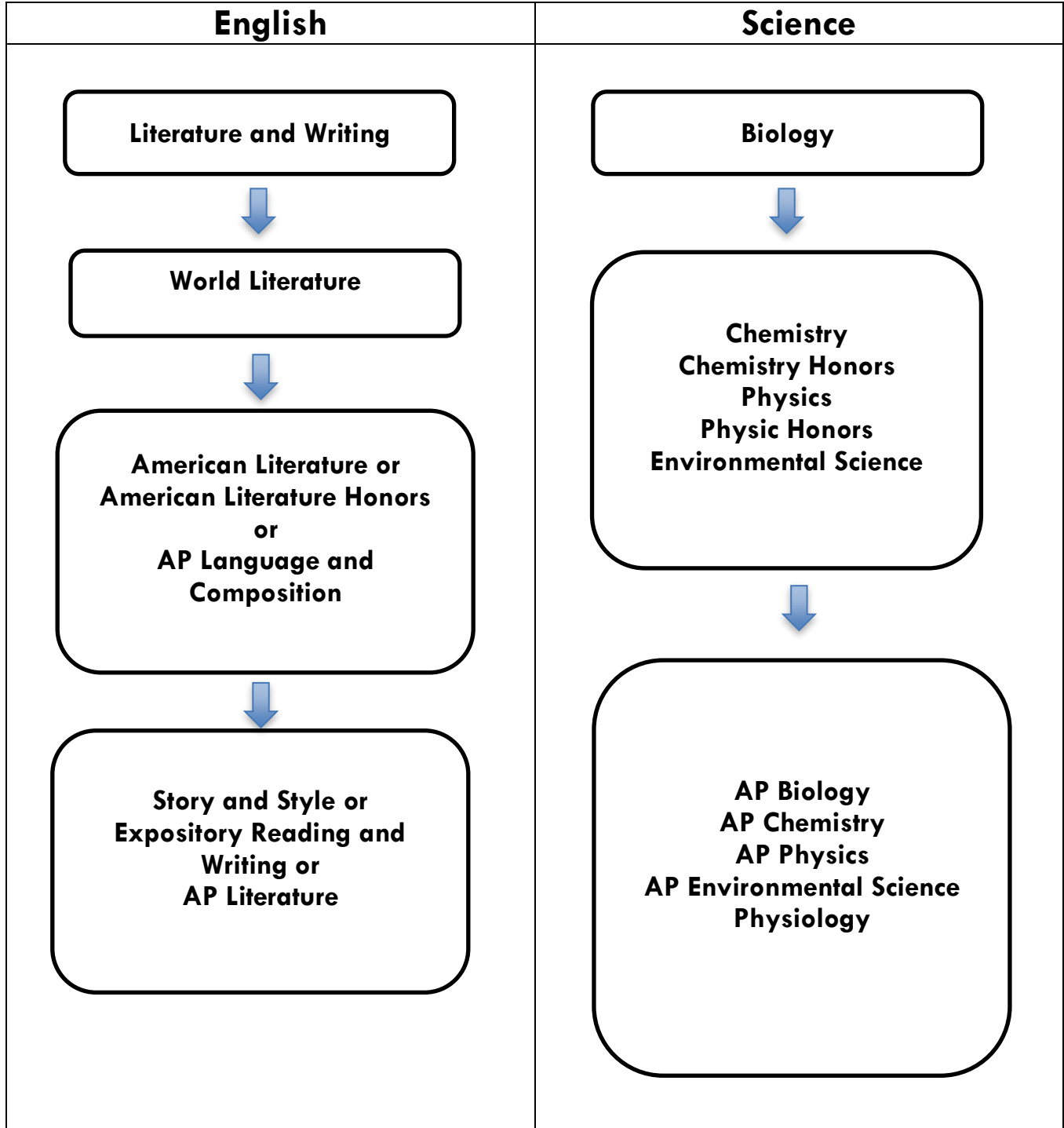


Requirements”. Freshman will be given information about planning out their high school courses for the four years during Guidance Presentations given freshman year. Parents will also be given information about how to help your student plan at our Parent Guidance Nights.

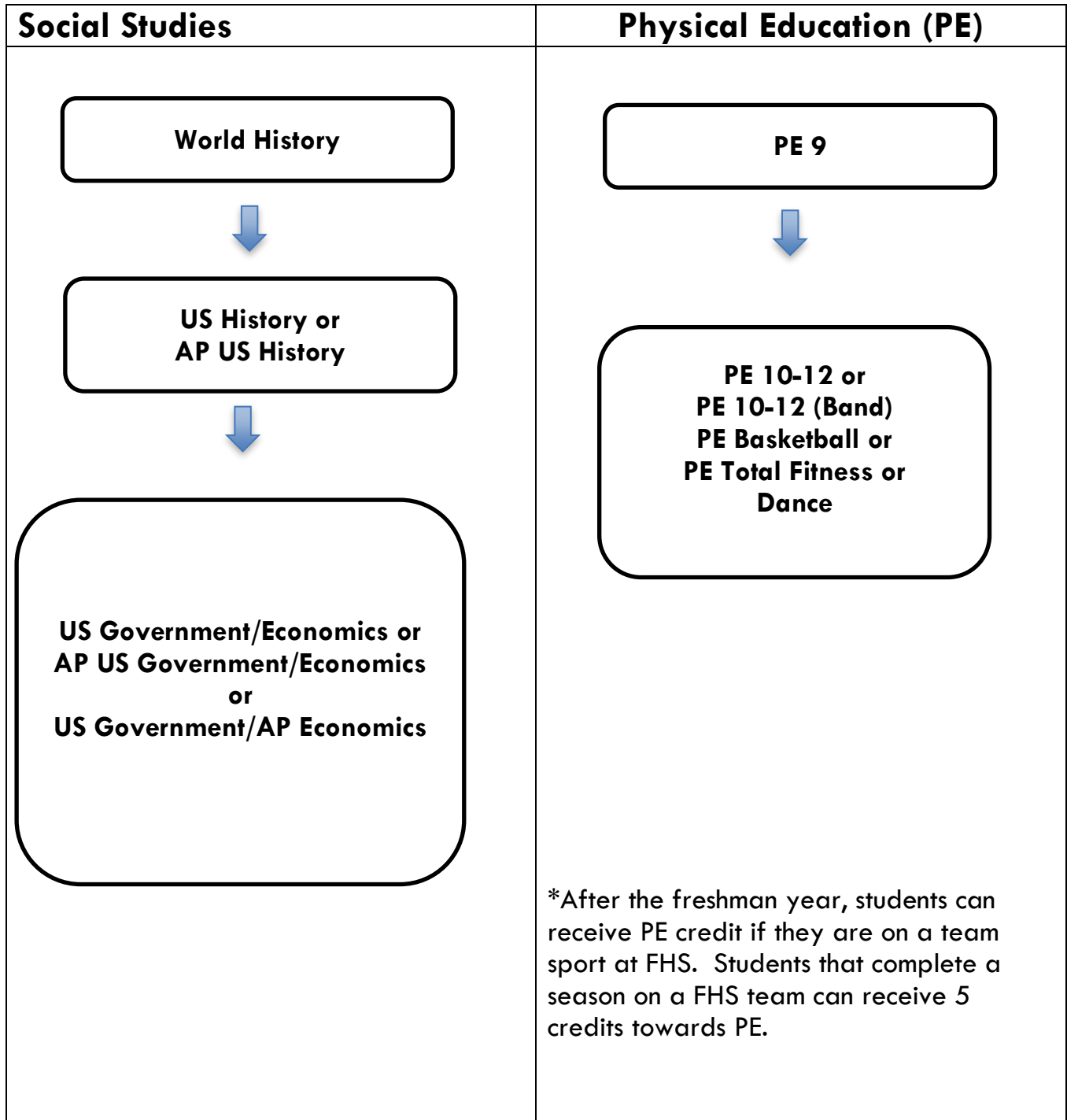
Subject Area	A-G College Requirements
History (A)	20 credits
English (B)	40 credits
Math (C)	30 credits (40 recommended) (Algebra 2 or higher)
Science (D)	20 credits (30-40 recommended) (Life and Physical Science)
World Language (E)	20 credits (30-40 recommended)
Fine Art (F)	10 credits
College Prep Elective (G)	10 credits
Total Classes	15 or more a-g classes
Earn Credits	Must be a “C” or higher
Tests	SAT or ACT (Some may require the writing portion)



Course Sequence

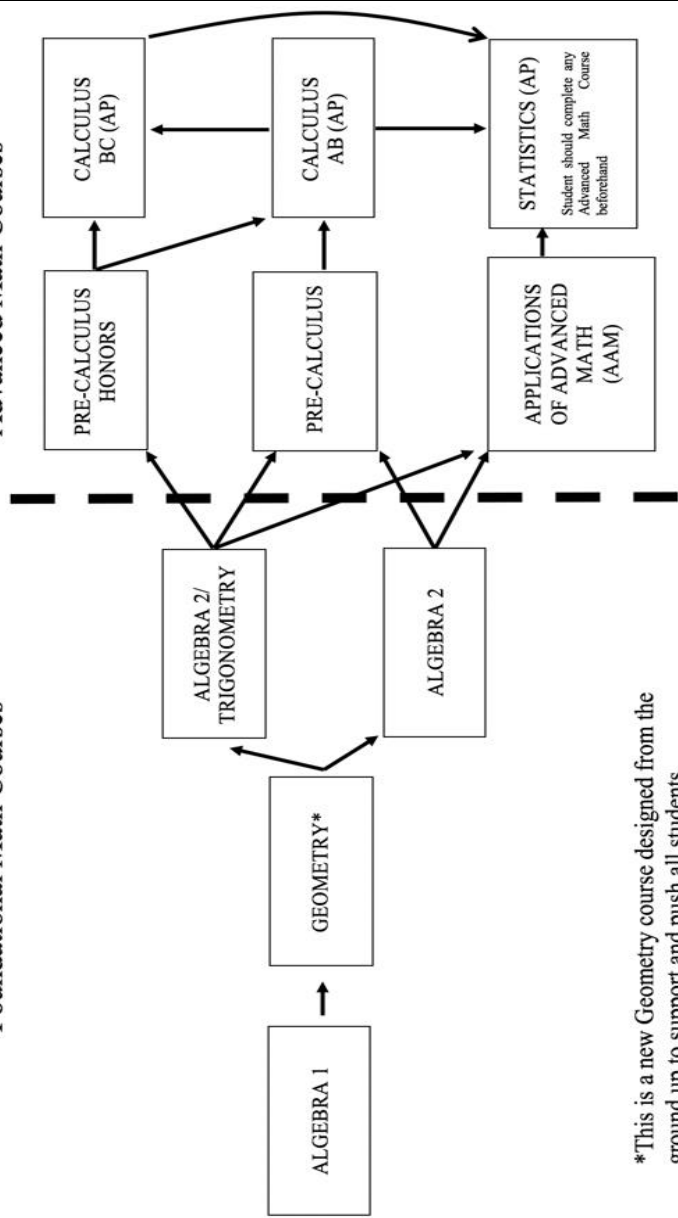


Course Sequence



Foundational Math Courses

Advanced Math Courses



*This is a new Geometry course designed from the ground up to support and push all students.



David Heinke
Math Dept Chair, FHS
david_heinke@fuhisd.org

See page 2 for typical Calculus Track
See page 3 for typical Statistics Track
See page 4 for Acceleration Options
See page 5 for Engineering/Programming Electives



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 Eamed
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					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 credits = 60
				Ideal total = 120			Ideal total = 180			REQUIRED = 220			



Four Year Planning - Example

	UC/ Highly Selective	CSU	Community College	Vocational/ Technical School
9 th Grade	• 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 th Grade	• 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 • Environmental Science	• Biology • Chemistry • Physics • Environmental Science
	• 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 th Grade	• 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 th Grade	• 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- Thur 7th block Rm 76
Mon-Thur 3:25-5:00 Library

STUDENTS FOR SUCCESS

Students for Success is a peer tutoring program geared toward helping students academically. All current FHS students are welcome. Tutoring takes place on campus on a drop-in basis under the supervision of the SFS Coordinator, Molly Knott. Our peer tutors are mostly National Honor Society members who currently attend FHS and must show academic strength through grades and a few retired teachers who volunteer their precious time. Respectful, caring, safe peer help is what we strive to offer here at Students For Success.

Tutoring is available from National Honors Society Peer Tutors in every subject and in multiple languages. Tutoring takes place during 7th block in Room 76 and after school in the Library until 5 p.m., Monday through Thursday.

This program is free to all current FHS students. Students can:

- Get help with class work and homework;
- Check out text books;
- Research and write papers;
- Have finished papers peer edited; and
- Work on multimedia projects.

WANT TO BE AN SFS TUTOR?

If you are interested in becoming an SFS tutor please read, sign, and return this contract to Molly Knott in Room 76th during 7th period or after School in the Library during regular SFS hours.

NONDISCRIMINATION STATEMENT

Students for Success is committed to equal opportunity for all individuals in education. Students for Success shall be free from discrimination based on gender, sex, race, color, religion, ancestry, national origin, ethnic group identification, marital or parental status, physical or mental disability, sexual orientation, lack of English skills, handicap or the perception of one or more of such characteristics. Reasonable accommodations are available for students with disabilities.

STAFF

Richard Steffen
Dick Canavese
Susan Rocha
Assistant Principal
Rosalie Walton
SFS

Departments

Programs

AVID
English Language Development (ELD)
Students for Success

Course Offerings

Library

Tutor Sign In
Tutee Sign In

Flex Time

Flex 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 flex time. Guidance Counselors may also meet with students during this time for various workshops. Attendance is taken for this Flex Period. Students will be scanned in to their Flex Time assignment by using their student ID cards. (See example below)

ms.susd.org/studen-portal

TUDENT PORTAL

RESOURCE LINKS NEWS

SCHOOL LOOP
Infinite Campus
Students & Parents
canvas
Google Drive
NAVIANCE
Family Connection
FLEX TIME
WEB APP



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

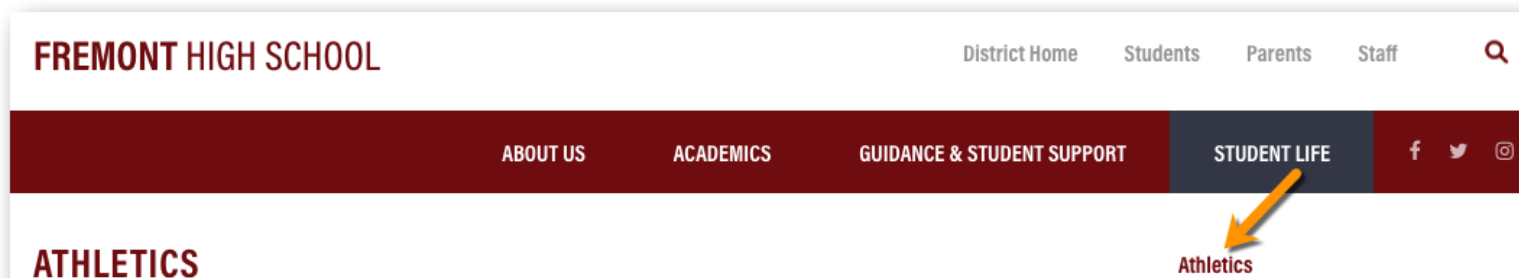
Prior to participation in any practice or competition, all FUHSD student-athletes must have all forms completed and on record with the FHS Athletic Directors. Below is a list of the forms necessary to complete before your student can practice or compete on any FHS team:

- 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 Life."



Getting Involved- FHS Clubs

Club	Description
Acting to Protect the Environment (APE)	The purpose of this club is to spread awareness of harm to the environment, create eco-friendly habits, and to plan events to help make our community a better place.



Animal Awareness Advocators	The purpose of this club is to give back to the local animal community and help animals in as many ways as we can (pulling out invasive plants on local ranches, caretaking shelter animals for a day, etc.)
Athletic Society	The purpose of this club is to provide students an opportunity to gain connections with new people over a similar interest in sports.
Fremont Awaaz	Fremont Awaaz will be Fremont's Bollywood Dance Team to represent/share Indian culture with our school. We will perform throughout the year and will host a show that highlights our dance team later this year called Shandaar.
FHS Black Student Union (BSU)	The purpose of this club is to provide a place of refuge for people of color, especially for students who are black, and allies in order to learn Black history and create a greater connection with the FHS and Bay Area Community.
Breakthrough	The purpose of this club is to meet new people and sing songs and talk about Jesus, to have deep conversations and help one another out with our own struggles.
Calendar Committee	The purpose of this club is to express creativity through creating the school staff calendar .
Chess Club	The purpose of this club is to provide a place where students can meet with other students to play or discuss chess.
Chinese Club	Our goal is to spread awareness about the Chinese culture and educate people about it. We will also celebrate Chinese holiday across campus and help people understand what it is like to experience Chinese culture.
Club of Scientific Discoveries	This is a research-based, hypothesis driven club focused on discovery and answering proposed questions. This club is not based on competitions or the memorization of facts like other clubs.
Creative Adaptive Lucid Mind	The purpose of CALM is to develop systems and solutions that allow anyone to develop cognitive fluidity.
CSF	The purpose of this club is to recognize and encourage academic achievement and community service among students.
DIY Club	The purpose of this club is to provide a creative space for members to try out different crafts and projects. Members will be inspired to change old common materials into a new creation to keep. We will also create projects for the community to make an impact beyond the school.
Dungeons and Dragons	The purpose of this club is to play the engaging role playing fantasy game, Dungeons and Dragons! People who come will be taught how to play and put into groups.
Filipino Youth Organization	The purpose of FYO is to enlighten and advocate FHS students of Filipino culture and history along with to teach about how Filipinos engage in society currently to how they may engage in the future.
Film Club	The purpose of this club is to provide a space where people who enjoy watching films can congregate to sit down and watch movies and make films.
Firebird Buddies	The purpose of this club is to build personalized friendships between kids with learning and physical disabilities and those without. We strive to create a community of inclusivity spread on campus.
Firebird Fitness Club	The purpose of the club is to encourage a healthy lifestyle with fun exercises and sport activities. In order to make fitness a part of your early day life and to be able to learn more about ourselves and each other.
Food Matters	The purpose of this club is to spread awareness of healthy nutrition to the local community and to support local food organizations.
Fremont High Firebots	The purpose of this club is to strive for success in the pursuit of excellence in engineering, leadership, and community service through participation in the FIRST Robotics program. The club aims to inspire younger students by exposing them to a collaborative STEM environment
French Club/ French Honors Society	The purpose of this club is to share a love of French culture and enrich knowledge of French through student tutors and activities related to French culture. (music, food, countries, etc.)
Future Business Leaders of America (FBLA)	The purpose of this club is to educate high school students on various business topics and eventually complete in competitions at the end of the school year.
Gamer's Club	The purpose of this club is to bring and play a variety of games while providing a relaxed, cheerful environment.
Garden Club	The purpose of the club is to share the knowledge of gardening to immerse Fremont students in nature.
Gender Sexuality Alliance	The purpose of this club is to create a safe space to express concerns and share experiences of LGBTQ+ students, to foster a safe and accepting environment on campus for LGBTQ+ students, and to provide information specific to LGBTQ+ students and issues.



Girls Who Code	Girls Who Code aims to encourage females to participate and create future careers in STEM fields. Our club tries to bring access to enrichment material and educate members to become more experienced programmers.
Glee Club	The purpose of this club is to learn and perform music with harmonies all in acapella.
Harry Potter Club	The purpose of the club is to bring together fellow "Potterheads" and discuss the books, movies, and new works; to talk about one of our favorite things and gain new perspectives on the Harry Potter universe.
Interact	Interact Club is a community service club that promotes leadership, philanthropy, charity and good will. We are associated with the Sunnyvale Sunrise Rotary Club and contribute on a club, area, and district level.
Invisible Powers	The purpose of the club is to promote understanding and create a safe space for people with invisible disabilities to speak and not feel ashamed of their challenges.
Japanese Club	The purpose of our club is to learn about the Japanese language and culture of Japan. Interested students can also get a chance to do fun activities, listen to presentations and to participate in collaboration events with other schools in the district.
Jewish Student Union	The purpose of this club is to bring the Jewish community together (and others who wish to learn) and have fun while learning about the Jewish culture.
Key Club	The purpose of this club is to develop communication and leadership among peers while serving the community and helping others. Key Club offers volunteer events and regional events with other Key Clubs to provide experience in working together.
Konnnect Dance Troupe	Konnnect Dance Toupe is a club for all K-pop enthusiasts at Fremont. 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.
Latino Student Union	The purpose of this club is to provide a place for Latino students to feel comfortable and advocate for the current issues, but to also give back to the community, create activities for latino students on and off campus.
FHS Math Club	The purpose of this club is to create an organized system for participating in math contests and help students improve their problem solving skills.
Mock Trial	The purpose of this club is to introduce students to law and the judicial system and to prepare a team of students for the Mock Trial competition. Students will get the chance to learn from real lawyers and participate in mock trials
Music Club	The purpose of Music Club is to spread the knowledge of music at Fremont. People can enjoy music together by learning, talking, and playing music. The objective is to let students express their creative side through music and teach students how to play and read music.
Muslim Student Association Club	The purpose of this club is to combat negative stereotypes about Muslims in the media, create a safe and welcoming environment for Muslim and non-Muslim students. This club also helps students learn about Islam and culture where Islam is present, and to raise awareness about world issues faced by Muslims today.
Nap Time Club	The purpose of this club is to provide students with a space on campus where they can feel comfortable with sleeping during school hours without the risk of missing classes. While this club will provide students an opportunity to catch up on sleep to improve their mental health and concentration for the day, they can also come to learn about ways to improve their sleeping habits.
National Honors Society	It is a club where students volunteer their time to help others. The main purpose is to volunteer with educational studies.
National Art Honor Society	The purpose of the club is to use our artistic talents to serve the community and the school. Our club will be a safe place for artists to gather and share their passions.
Octagon	The purpose of this club is to serve the community and bring people in our school together through helping others.
Outdoor Lab Maintenance	In APES last year, students cleaned up the outdoor lab after 8 year of it not be tended for. The purpose of this club is to keep the outdoor lab maintained for future APES and Bio classes.
Political Podcast Club	The purpose of the club is to create weekly podcasts involving but not limited to politics, economics, religion, society and environmental concerns.
Programming Club	Programming Club promotes computer science and programming to all students at Fremont. We will guide, provide, help, and tutor students to prepare them for programming in the real world. We also seek to provide students with opportunities to test their skills in hackathons, contests, and tournaments.



Red Cross Club	This is a volunteer club where members learn about first aid. They are introduced to opportunities through the Red Cross Association and are given opportunities to get First Aid/CPR Certified.
Rubik's Cube Club	The purpose of the club is to learn how to solve Rubik's cubes and other twisting puzzles or to compete against others in speed-solving.
Science Bowl	The purpose of this club is to create a team/s to compete in the regional Science Bowl Competition and teach participants about science, facts, and study habits (for science).
Science Olympiad	The purpose of this club is to teach the Fremont community about different science topics and preparing for science competitions.
Society of Women Engineers	The purpose of the club is to provide a space where women interested in STEM can create a bond. We are affiliated with SWE UC Berkeley and getting mentored by them as well. We also are tutoring elementary school girls how to code.
FHS Sol	The purpose of this club is to assist middle school students in completing their homework and understand the material taught to them. Tutors also help 8th graders in discussing their decisions at high school as incoming freshmen.
Speed and Debate	Speech and Debate seeks to provide students academic outlooks for developing their public speaking, research, and argumentation skills. Students will participate in debate tournaments which will be held every month.
Tabletop Club	Tabletop Club gives students a time and place to enjoy themselves and make friends by playing board, card, and party games as well as to learn life skills through strategic games.
Tech Connections	This club will allow students to meet up with those in the tech industry and make connections for the future.
Tri-M Music Honor Society	The Fremont Tri-M Music Honor Society aims to improve the musical community at Fremont and the surrounding community. The motivated music students have an opportunity to expand their leadership skills.
Underwater Basket Weaving	The purpose of this club is to show the FHS Students about the wonders of basket weaving. Bringing back this endangered art to the US would enlighten Fremont students of this beautiful culture.
Writing in Literature and Media	The purpose of this club is to analyze writing in literature and media and improve member's own writing skills through group discussions and constructive criticism.

*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, establishes a new School Improvement Program budget, 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 5:00-6:30pm.

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

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 the Los Padres.

Contacts for Los Padres:

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

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

Sydney Fernandez, Assistant Principal
Phone: 408-522-2416

ELAC

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

Contacts for ELAC:

Veronica Quiroz, EL Program Assistant
Phone: 408-522-2418
Email: veronica_quiroz@fuhisd.org

Jesus Ramirez, Family & Community Liaison
Phone: 408-522-2466
Email: jesus_ramirez@fuhisd.org

George Becharra & Chris Moore, Dean of Students
Phone: 408-522-2417
Email: george_becharra@fuhisd.org

Parent Involvement

Athletic Boosters

Athletic Booster's 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, officials, 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 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 football games. We are always in need of volunteers to help set-up, work during the games or help close down after the games.

Parent Involvement

Music Boosters

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. The primary purpose of the Band Boosters is to provide financial and volunteer support to the Bands, Orchestras and their Auxiliary units.

The Marching Band Season (fall) is the busiest for Boosters. There are many ways to get involved. The Marching Band will have competitions in the fall and during a Field Show (the competition) the Band needs helpers all day (Saturdays) – that can mean from 7:00 am until 12:00 midnight. There are little



jobs, some can be done at home, and of course you can spend the whole day with the Band if you want.

During the year the Boosters ask for help with carpools, sewing, food shopping, and event coordinators. The Boosters have a silent auction at the December concerts and they host two winter season competitions in the early spring. The Boosters help at every home football game. The Boosters have a few fundraisers for the students to find creative ways to make financial contributions to the program. We celebrate all our successes at the end of the year with the Annual 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 22 - Cupertino Middle School
	February 12 - Lawson Middle School
	February 6- Sunnyvale Middle School
	February 6- Columbia Middle School
8th Grade Electives Night	February 25th- In front of the Cafeteria; 6:30-8:30pm
Incoming Freshman Course Selection Night	March 3 rd at 6:30pm Location: TBD (Spanish) March 3 rd at 6:30pm in the FHS Library
Placement Tests for World Language Classes	April 7, 2020 @ FHS - Locations TBD Time: 1:05 pm - Spanish, French and Japanese 3:45pm —Spanish, French, Japanese and Chinese
Course Request Verification	Mid-April- To be mailed home
Freshman Orientation & Parent Night	August 11- Orientation will be held during the day; The Parent Night in the evening at 6:30pm.

