

AUGUST 17, 2021

**AS YOU SIGN IN,
PLEASE:**

- ADD YOUR DAUGHTER'S
FIRST AND LAST NAME IN
THE CHAT FOR
ATTENDANCE
- MAKE SURE YOUR
MICROPHONE IS MUTED

JUNIOR PARENT ORIENTATION

AGENDA

- **Welcome & Prayer** – Jennifer Ruckriegel
- **Attendance/Absences and Other Good Stuff to Know**– Cindi Baughman
- **Retreats/Service Learning Program** – Julia Scudder
- **Healthy at Assumption Commitment** – Martha Tedesco
- **Academic Expectations/Testing/AP/DC** – Judy Fieldhouse/Theresa Schuhmann
- **LEAD Program** – Theresa Schuhmann
- **Information about College** – Kim Habich
- **Overview of Junior Year/Job Shadow/Socio-Emotional Learning** – Jennifer Ruckriegel
- **Closing** - Jennifer Ruckriegel

PRAYER

A Parent's Prayer for a Daughter

God of mercy and love, hear my prayer for my daughter. Be with her in these years as she struggles to hold on to the warm blanket of childhood while stretching toward the independence of adulthood.

Help her to feel loved for who she is and not for what she does. Help her believe that she is good even when she makes bad choices. Let her know that her life has purpose even when she cannot understand why things happen. Enable her to hope in the future even when she is tempted to give up.

PRAYER

When she is discouraged, help her to trust. When she cries, use her tears to wash away the pains. When she is hurt, heal her heart and memories. When she fails, give her the courage to begin again.

Help me to be a guide, a comforter, a model, and a companion along the way. Let me always realize that she is a precious and unique gift in my life.

Help me to praise and encourage at least as much as I correct and discipline. Be with me as I try to help her become who You created her to be.

Stephen J. Binz, Mount St. Mary Academy, Little Rock, Arkansas



ATTENDANCE/ABSENCES AND OTHER GOOD STUFF TO KNOW

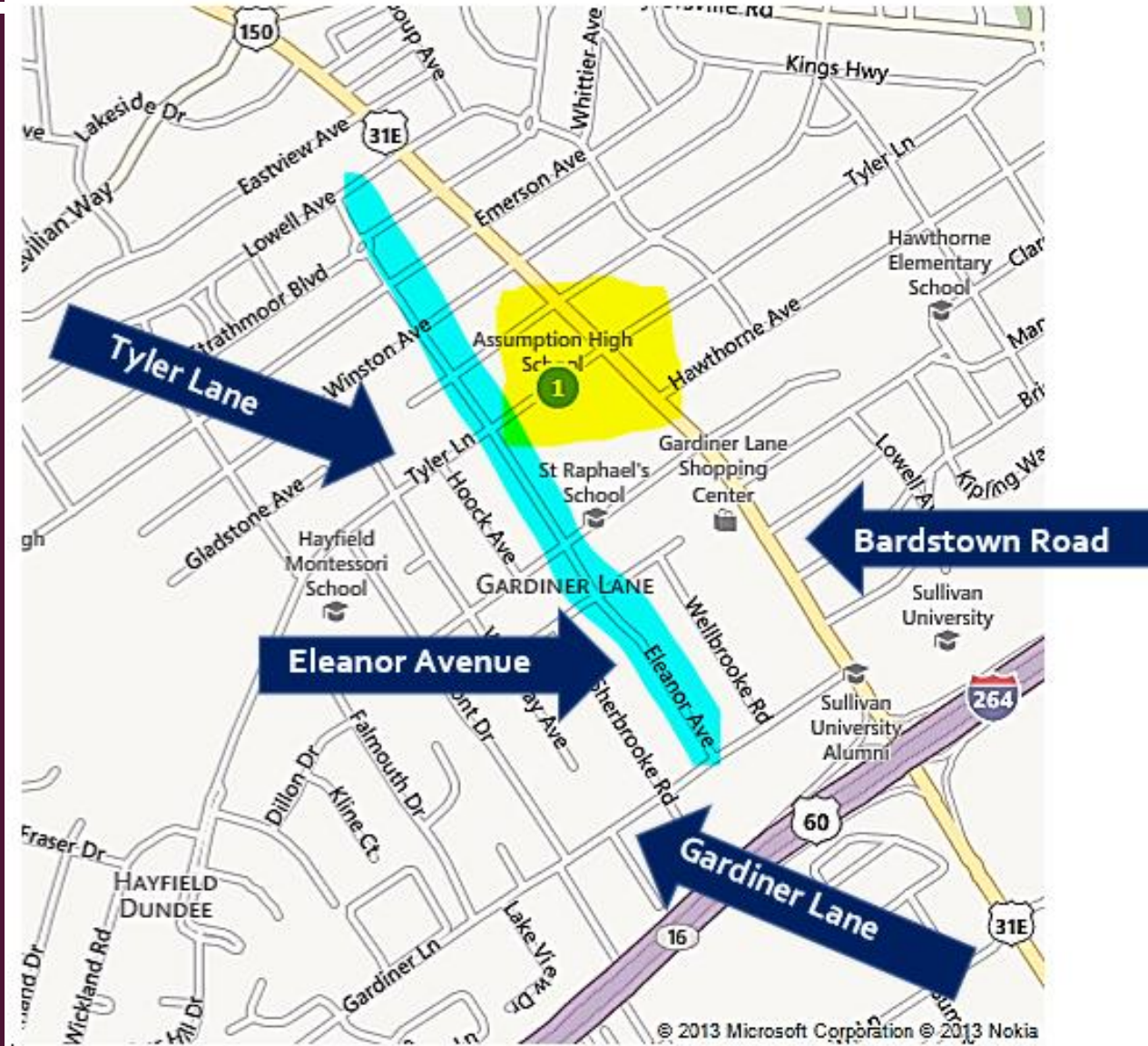
CINDI BAUGHMAN – DEAN OF STUDENTS



CARPOOL CONFIDENTIAL: TOP TIPS (in case you need them)

AVOIDANCE & DIVERSION

- **#1: Come earlier in the morning (7:15-7:45) and later in the afternoon (3:10-3:20).**
- **#2: If you come early in the afternoon, do NOT park/wait on Tyler Lane—and remember, no queueing on the shoulder of Bardstown Road.**
- **#3: Avoid Bardstown Road and Tyler Lane**
 - use neighborhood back streets (not Tyler Lane) to get to Bardstown Road so you can turn right into the carpool lane
 - **TURN LEFT ON TYLER** when leaving campus and use neighborhood streets to cut through to Gardiner Lane, Trevilian Way, Newburg Road, etc.
- **#4: Remember the Gardiner Lane Shopping Center option for parents/guardians a.m. and p.m.**



ATTENDANCE:

Please consult the Student-Parent Handbook for all the juicy details

Attendance and being on time much bigger deal this year than last year—had to give a lot of grace due to virtual and hybrid learning but now...



- Consequences of too many absences and too many tardies spelled out in student-parent handbook
- Pretty much automatically excuse absences for illness, death in the family; can request for other things like college visits, athletic and other competitions, educational workshops, etc.
- Don't excuse for family trips, vacations, international travel, taking sibling to college, taking sick animals to the vet, transportation problems, etc.
 - contact me well in advance if you think there could be mitigating circumstances
 - unexcused absence: 50% credit for work completed and submitted
- To request an excused absence, submit request 1-2 weeks in advance: attendance@ahsrockets.org

DRIVER'S TESTING (and yes, we still have parking available)

- Students are encouraged to use time out of school for driver's testing whenever possible. When it is not possible, students should minimize their time out of school and are asked to incorporate their study block into the time missed if they can.
- **Written Permit Testing:** ~~students who live in Jefferson County will not be excused from school to take the written permit test~~; due to limited days/times when written tests are administered, students who live in surrounding counties (Bullitt, Henry, Nelson, Shelby, Oldham) may be excused from school for up to a half day to take the written permit test if the half day's absence is approved in advance by the dean of students.
- **Road Test for Restricted Driver's License:** students may be excused from school for up to a half day to take the road test to get her restricted license if the half day's absence is approved in advance by the dean of students.
- Please note: Requests for a half day's absence for driver's testing need to follow the same guidelines as for other excused absence requests (in writing, from parent/guardian, received a week in advance if possible). Requests will be denied if the student has numerous other absences or is not performing well academically. Also, if the student is present for less than two hours, the absence would count as a full day's absence and would be unexcused.

College Days

- Use Thursday of Mission Week (March 3)
- PSAT/college visit option on Testing Day (Wednesday, October 13, and followed by 3 days of fall break) to visit
- Parents contact me in writing or via email to attendance@ahsrockets.org if special circumstances need to be considered regarding college visits or additional college visits are needed
 - Follow procedures for prearranged absence request:
 - Parents submit written request for an excused absence for a college visit or email a request to attendance@ahsrockets.org at least one week in advance if at all possible.
 - Student must obtain official letter of verification of the college visit from the college admissions office and turn it in to the attendance office within 2 school days of the college visit.
 - Absence recorded on student's transcript

College Days

- Failure to follow procedures may result in permission being denied and/or an unexcused absence
- Requests will be denied if student has numerous other absences or is not performing well academically.
- Must be taken prior to May 1; not excused on days immediately before or after Thanksgiving break, Christmas break, winter break, or spring break.
- Additional college visits for athletic purposes, scholarship interviews, auditions for special programs, preview days/class registration, etc., may be approved, but require following the procedures for prearranged absence request and official verification from the college

AND BEFORE I GO...

OUR PROMISE
to you!



SERVICE LEARNING PROGRAM/RETREATS

JULIA SCUDDER – RETREAT DIRECTOR



JUNIOR ACTS

- Katelyn.moore@ahsrockets.org 458-9551 Ext. 2597
- Gave Junior ACTS expectations to class of 2023 last year during a class meeting and will visit class meeting this semester
- 15 hours of required service at a social justice related agency by the end of the semester they take CST
 - Social Justice Issues: Marginalized populations, homelessness, elderly, special needs, immigrants and refugees, poverty, environmental concerns, animal welfare
 - Students submit Junior ACTS form electronically on SharePoint
 - Students will turn in service hours on MobileServe
 - Hours are 150 points in the major points category.
- Mission week: One option for seniors during mission week is to participate in the ARISE mission trip program. Dr. Wieland will be sharing more information about this with students at the end of their Junior year

JUNIOR RETREAT – LISTEN WITH YOUR HEART

- Julia.Scudder@ahsrockets.org
 - 271-2621
 - Instagram: @ahs.rocket.retreats
- Juniors attend a 2-day, 1-night retreat at Mount St. Francis that emphasizes communication with God, family, friends and self.
- Students will be able to stop by the Campus Ministry office (3rd floor original building) to pick up retreat registration forms.
- Plenty of dates to choose from in the fall and spring semester.
- As always, please just email me if you have any concerns regarding the retreat fee.



HEALTHY AT ASSUMPTION COMMITMENT

MARTHA TEDESCO - PRINCIPAL



COMMUNICATION

THANK YOU!

We thank you for your prayers and support!

We greatly appreciate your time and attention to the MANY details as we have begun the school year!

The Importance of Email: Email is our main form of communication, so it is essential that students and parents check their emails regularly.

- **ROCKET REPORT:** The Rocket Report is emailed each Friday afternoon.
 - **Please note:** There will be a lot of reminders about start to school information in tomorrow's Rocket Report!
- **SPECIAL MESSAGES:** Special messages are sent as needed for timely information.

HEALTHY AT ASSUMPTION COMMITMENT

We are so proud of our girls – they have been so cooperative and happy to be here even though this isn't exactly how we had planned to start the year!

COVID-19 MASK POLICY

- Masks are required in the building. We will evaluate our mask requirement monthly.
- Masks may be removed while actively eating and drinking and are not required when outdoors.
- Masks are required while riding the AHS bus or AHS vans.

PHYSICAL DISTANCING

- Physical distancing will be maintained to the extent possible depending on space limitations.

VACCINATIONS

- We strongly recommend that students get vaccinated. While the COVID vaccine is not mandatory, we are encouraging students to be vaccinated not just to avoid the possibility of catching and spreading COVID but also to avoid the real risk of frequent quarantines.
- **CURRENT STATE OF OUR COMMUNITY:**
 - 99% of faculty and staff are fully vaccinated
 - 49% of students are fully vaccinated
- **If your daughter has been fully vaccinated, please submit a copy of her vaccination card which will avoid delays with trying to obtain this information from the health department.** Please scan or taking a photo of her vaccination card and send it to attendance@ahsrockets.org.

QUARANTINE & CONTACT TRACING

- All of the details of our COVID-19 isolation and quarantine protocols as mandated by the KDE and the Archdiocese have been emailed and are available on our website.
- **A few things to note:**
 - If your daughter is sick with COVID-like symptoms, keep her home and call our school nurse Laura Burnam.
 - If testing and/or test positive, contact our school nurse who will go over all quarantining and contact tracing procedures.
- Any absence related to isolation or quarantine for COVID will be considered an excused absence.
- Students missing school due to isolation or quarantine must check PowerSchool LMS to access course information and class assignments. Participating in class virtually from home is not an option at this time.



ACADEMIC EXPECTATIONS

JUDY FIELDHOUSE – DEAN OF STUDIES



ACADEMIC ADVISING

Academic advising by Deans of Studies

- Mrs. Fieldhouse: A – K
- Mrs. Schuhmann: L – Z

Drop/Add ends Tuesday 8/24



**Course selection in February—
please attend the
Sophomore/Junior College and
Registration Night on**

**Thursday, January 20,
2022**

TEAM 'YOUR DAUGHTER'S NAME HERE'

TEXTBOOKS

- Thank you for taking care of ordering these texts from MBS Direct at <https://bnck-12.com/ahsrockets>
- Many of the digital books you have purchased are a subscription and the teacher will get your daughter set up.
 - Government, Algebra II, Physics
- Important to remember who purchased the textbooks and what email address was used for Book Buy Backs in May
 - *3 Book Buy Backs from May are unclaimed. If you sold back Spanish books and didn't get your check, let Judy Fieldhouse know.*



Assumption High School

2170 Tyler Lane
Louisville, KY 40205
Phone: (502)458-9551 * Fax: (502)454-8411
www.ahsrockets.org

Nationally recognized for excellence
U.S. Department of Education
Blue Ribbon School of Excellence 1989, 1993, 1998
Lighthouse School of Excellence 2003, 2005
NCEA Innovation in Education Award 2005, 2009
RAMP Award for Model Guidance Program 2005, 2008
LDA Beacon of Hope Award 2006
Accredited by Southern Association of Colleges and Schools



CUMULATIVE GPA:3.50 CREDIT HOURS:14.00
CUMULATIVE WEIGHTED GPA:3.91

Leveled courses are available to students to allow for an individualized course of studies.

Academic: college preparatory course for freshman and sophomore students requiring greater emphasis on basic skills
Honors: college preparatory course based on standard high school curriculum which requires in-depth consideration of concepts and independent study and research
Honors 1: college preparatory course requiring in-depth consideration of concepts, independent study, analysis, and research; material is presented at an accelerated rate
Advanced: the most advanced high school level course available to students; accelerated college preparatory course which requires students to independently analyze and synthesize curriculum
DC: dual credit college level course; credit may be earned through University of Louisville or Western Kentucky University
AP: College Board approved course; students prepare to take AP exams

Grade 9	Grade	Credit
13-14 Assumption High School		
ALGEBRA I (Advanced)	A-	1.00
BIOLOGY I (Advanced)	C	1.00
CATHOLIC BELIEFS (Honors)	B	0.50
ENGLISH I (Advanced)	B	1.00
HEALTH (Honors)	A-	0.50
INTRO to 3-D ART (Honors)	B+	0.50
PHYS EDUC I (Honors)	A+	0.50
SCRIPTURE (Honors)	A	0.50
SPANISH I (Advanced)	A-	1.00
WORLD GEOG (Advanced)	B	0.50

9th YEAR CREDITS 7 ABSENT 2
9th YEAR GPA 3.55 TARDY 1 9th Yr Weighted GPA 3.87

Grade 11	Grade	Credit

11th YEAR CREDITS ABSENT
11th YEAR GPA TARDY 11th Yr Weighted GPA

Grade 10	Grade	Credit
14-15 Assumption High School		
AP US HISTORY	B	1.00
CHEMISTRY I (Advanced)	B+	1.00
ENGLISH II (Advanced)	B	1.00
GEOMETRY (Advanced)	B	1.00
HUMANITIES I (Advanced)	B	0.50
LEADERSHIP ED (Advanced)	A+	0.50
SPANISH II (Advanced)	B	1.00
THE LIVING CHURCH (Honors)	B-	0.50
THE PASCHAL MYSTERY (Honors)	A	0.50

10th YEAR CREDITS 7 ABSENT 1
10th YEAR GPA 3.45 TARDY 0 10th Yr Weighted GPA 3.95

Grade 12	Grade	Term
12th YEAR CREDITS ABSENT 12th YEAR GPA TARDY		12th Yr Weighted GPA

GPA Designations and Grading Scale				
A+4.00 98-100	B+3.67 88-89	C+2.67 81-82	D+1.67 74-75	F 0.00 below 70
A 4.00 94-97	B 3.33 85-87	C 2.33 78-80	D 1.33 72-73	
A- 4.00 90-93	B- 3.00 83-84	C- 2.00 76-77	D- 1.00 70-71	

Weighted Grading Scale	
AP/CP	College Prep(H1, H and AC)
A=5	A=4.5
B=4	B=3.5
C=3	C=2.5
D=2	D=1.5
F=1	F=0.5
	F=0

- Emailed home August 8th
- Password protected with your daughter's student ID
- Only valid for 30 days
- Save as PDF for unofficial use

Official Signature: _____

Graduation Date: _____



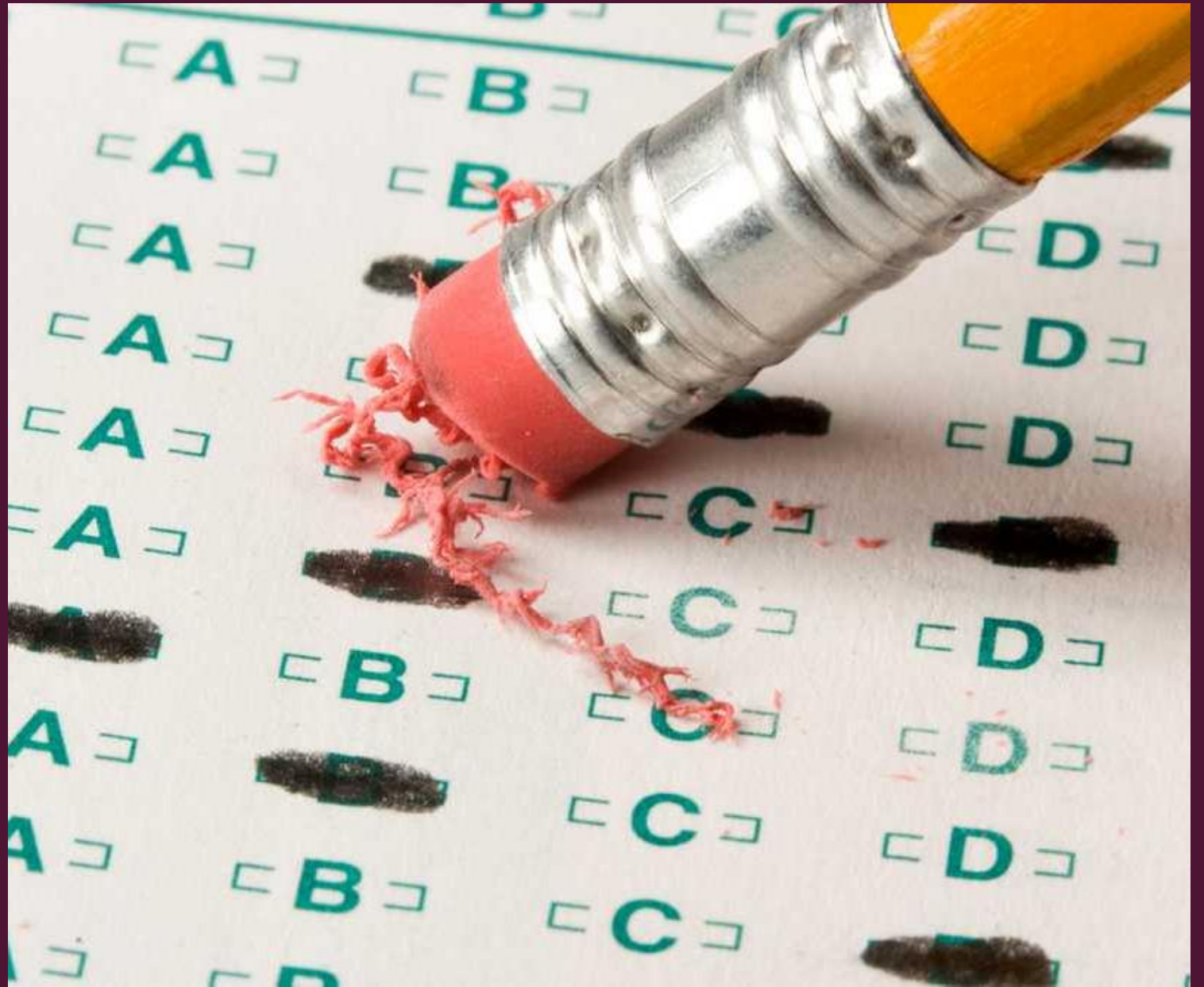
**ASSUMPTION IS THE FIRST HIGH SCHOOL
IN THE ARCHDIOCESE TO OFFER
THE ACT DURING THE SCHOOL DAY**

OFFICIAL NATIONAL
ACT

TUESDAY, OCTOBER
5, 2021

&

TUESDAY, APRIL 19,
2022

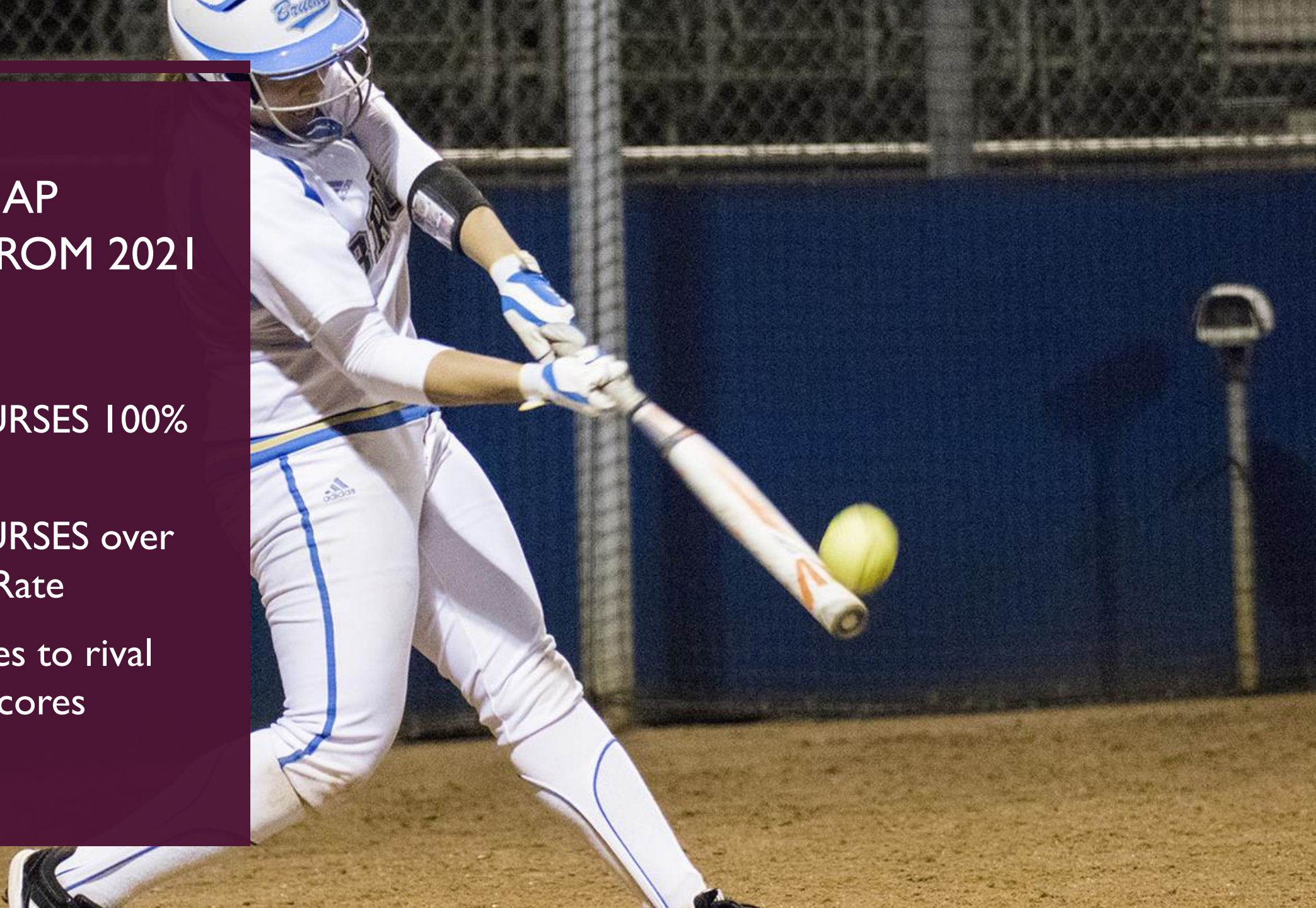


PSAT DATE: WEDNESDAY, OCTOBER 13

- PSAT OFFERED TO ALL JUNIORS
- Practice SAT
- The qualifying test for the National Merit Scholarship Program
 - National Merit Finalists
 - National Merit Commended
 - Some companies/organizations offer matching scholarship dollars
- Useful for preparation for the ACT and SAT
- NEW THIS YEAR: *This test is optional*
- You will be asked to reserve a spot in late September. Watch the Rocket Report

ACT AND AP SCORES FROM 2021

- 6 AP COURSES 100% Pass Rate
- 8 AP COURSES over 70% Pass Rate
- ACT scores to rival our best scores



DUAL CREDIT COURSES AVAILABLE TO SENIORS

JCTC

Public Speaking (3 credit hours)

- COM 181
 - GPA requirement 2.8

OR

- ACT requirement
 - ENGLISH 18
 - READING 20

80%

SPRING 2022 courses

PreCal (4 credit hours)

- MAT 160
 - ACT requirement
 - MATH 23

Calculus (5 credit hours)

- MAT 175
 - ACT requirement
 - Math 27

DUAL CREDIT COURSES AVAILABLE TO SENIORS

UL

ENGLISH

- English IV (3 credit hours each)
 - ENG 101
 - ENG 102

TEACHING AND LEARNING PATHWAY

(3 credit hours each)

- EDTP 201 The Teaching Profession
- EDTP 107 Human Development and Learning

WKU

BUSINESS COURSES (3 credit hours each)

- Personal Finance FIN 161
- Intro to Business BUS 101

WORLD LANGUAGES

- Spanish 102, 201
- French 102, 201

SOCIAL STUDIES

- History 102

STUDENT/FAMILY RESPONSIBILITY: WE ARE LEADING HER THROUGH

AP

Enroll in the course online and
choose to take the exam

Pay the test fee to AHS

currently \$96 by **January 28**

Send score to college or
university

DC

Enroll in the course

Apply and Register at the College or
University

Pay the tuition – Currently \$72 - \$74
per credit hour

KHEAA Scholarships Available

Set up university email

Request and send transcript to
college or university

DUAL CREDIT SCHOLARSHIP PROGRAM

KRS 164.786

- Must apply to University
- JCTC or WKU or UL
 - Must apply for scholarship on KHEAA
 - LIMITED to TWO COURSES over her high school career
 - Request transcript from college or university upon graduation.
- Some courses are also eligible for the Work Ready Scholarship
 - Details given to students in each class and Rocket Report

ACADEMIC ACCOUNTABILITY

- In our hybrid year, we emphasized grace in all areas of our work together.
- This included the classroom.
- Reminded students that one of the reasons that you chose Assumption for them **is our commitment to academic excellence which includes preparing them for expectations and responsibilities in college and career.**
- Can expect teachers and administration to hold students accountable for due dates and deadlines.



LEAD PROGRAM

THERESA SCHUHMANN – DEAN OF STUDIES



MEETING STUDENTS' WHOLE-PERSON NEEDS

- Importance of social and emotional learning has been at the forefront of discussion in the last year
- Often misunderstood

DEFINITION OF SOCIAL-EMOTIONAL LEARNING

Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults **acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.**



ASSUMPTION HAS HAD A LONG-STANDING COMMITMENT TO STUDENTS' SOCIAL-EMOTIONAL LEARNING

- Teacher-Advisor (TA) Program which began in the late 1990s
 - commitment to home base for students with two homeroom teachers
 - programming that provided advising and direction in the areas of student engagement,
- Activity Period and RocketTime which provided designated, regular time throughout the school day for opportunities for student **engagement, community-building, academic advising and direction in areas including prevention, campus ministry, and guidance programming.**
- In 2019-2020, Assumption began to purposefully crystallize all of these pieces in a cohesive program—the Assumption **LEAD Program**

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L stands for **LEADERSHIP**

E stands for **ENGAGEMENT**

A stands for **ADVOCACY**

D stands for **DIRECTION (GUIDANCE)**

ASSUMPTION HAS HAD A LONG-STANDING COMMITMENT TO STUDENTS' SOCIAL-EMOTIONAL LEARNING

- **The continued development of our LEAD Program is a cornerstone of our 2020-2023 strategic plan**
 - Intentional curriculum for leadership skill development for all students
 - Ensuring engagement opportunities for all students
 - Formalized curriculum for advocacy program
 - Formalized advising curriculum with a digital repository for all students to record their activities in each aspect of our LEAD Program



LEAD & LEARN TIME

SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1 Day 2 9:15 AM Schedule School Pictures NO LEAD & Learn Time 6:30 - 8:30 PM Senior College Night
5	6 NO SCHOOL Labor Day	7 MidDay Day 1 LEAD & Learn-- LEAD/LEO Info All students and teachers in homeroom	8 Day 2 9:15 AM Schedule NO LEAD & Learn Time 6:30 - 8:30 PM Freshman Parent Mandatory Drug/Alcohol Information Night
12 Freshman Parent Mass (St. Raphael) 3:00 PM Field Hockey vs. SHA 6:30 - 8:30 PM ARISE Parent/Student Meeting	13 MidDay Day 1 LEAD & Learn Club Meetings/LEO Sessions All students will attend club meeting or LEO.	14 MidDay Day 2 LEAD & Learn-- Freshman Class Meeting Senior Class Meeting Sophomore Homerooms Junior Homerooms 6:30 PM Freshman Parent Mandatory Drug/Alcohol Information Night	15 Day 3 9:15 AM Schedule NO LEAD & Learn Time
19	20 Blood Drive MidDay Day 2 LEAD & Learn Club Meetings/LEO Sessions All students attend club meeting or LEO. 6:30 PM College Financial Literacy Night	21 PM Day 3 LEAD & Learn Walk-T-shirt Distribution All students and teachers in homeroom. Blood Drive	22 Day 4 9:15 AM Schedule NO LEAD & Learn Time
26 1:00 PM Academic Banquet 4:30 PM Soccer Cleat Game vs. SHA 5:00 PM Volleyball vs. SHA	27 MidDay Day 2 RocketTime-- Prevention Info All students and teachers in homeroom 5:30 PM Senior Night	28 MidDay Day 3 LEAD & Learn-- Freshman Class Meeting Senior Class Meeting Sophomore Homerooms Junior Homerooms	29 Day 4 9:15 AM Schedule NO LEAD & Learn Time Freshman Retreat

THURSDAY	FRIDAY	SATURDAY
2 Day 3 MidDay LEAD & Learn-- Freshman Class Meeting Senior Class Meeting Sophomore Homerooms Junior Homerooms 6:30 PM Mock Schedule Night	3 Day 4 MidDay LEAD & Learn-- Freshman Homerooms Senior Homerooms Sophomore Class Meeting Junior Class Meeting	4
9 MidDay Day 3 LEAD & Learn-- Club Intro Information All students and teachers in homeroom	10 Day 4 PM Event Schedule Walk Kick-off NO LEAD & Learn Time	11
16 Day 4 MidDay LEAD & Learn-- Freshman Homerooms Senior Homerooms Sophomore Class Meeting Junior Class Meeting	17 MidDay Day 1 LEAD & Learn Club Meetings/LEO Sessions All students will attend club meeting or LEO.	18
23 Day 1 Mid-Day Event Schedule Mercy Day Celebration NO LEAD & Learn Time 6:00 PM Freshman Walk Steeplechase Sophomore Retreat	24 Walk for Assumption 6:00 PM St. X vs. Trinity Game	25 7:00 - 9:00 PM Soccer vs. SHA
30 Day 1 MidDay LEAD & Learn-- Freshman Homerooms Senior Homerooms Sophomore Class Meeting Junior Class Meeting		



Notes

RocketTime Color Code

- Two teachers required in homeroom
- Two teachers recommended in homeroom --define teacher responsible for coverage
- One teacher only needed for homeroom --define teacher responsible for coverage
- RocketTime happening in a location other than homeroom-- location for RocketTime listed
- PM RocketTime--location for RocketTime listed
- No RocketTime



LEAD & LEARN TIME

SEPTEMBER 2021

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23 MidDay Day 3 LEAD & Learn-- Freshman Homerooms Senior Homerooms Sophomore Class Meeting Junior Class Meeting Freshman Retreat		

Notes

Will be asking for direct engagement led by teachers or teachers and student leaders to help to grow community.

- Two teachers recommended in homeroom --define teacher responsible for coverage
- One teacher only needed for homeroom --define teacher responsible for coverage
- RocketTime happening in a location other than homeroom-- location for RocketTime listed
- PM RocketTime--location for RocketTime listed
- No RocketTime



COLLEGE INFORMATION

KIM HABICH – COLLEGE COUNSELOR



COLLEGE COUNSELING – JUNIOR YEAR

- Two College Counselors:
 - Leigh Jackson: A-K
 - Kimberly Habich: L-Z
- College Counselors work with all juniors and seniors regarding the college process and begin the conversation with juniors in January.
- Two junior focused events during the spring semester:
 - College & Registration Workshop (January 20th)
 - College Scholarship Night (March 14th)

COLLEGE COUNSELING – JUNIOR YEAR

- This is a great time for juniors to begin thinking about what they want out of the college process.
- Researching colleges & universities
 - Naviance
 - Mission Week
- Visiting colleges as a junior is extremely important to the process of determining which schools/types of schools feel like a good fit.
- Questions to ask
- Junior year grades are vital to the college process.
- Schedule a second semester appointment with your College Counselor.



OVERVIEW OF JUNIOR YEAR/JOB SHADOW/SOCIO-EMOTIONAL LEARNING

JENNIFER RUCKRIEGEL – JUNIOR COUNSELOR



OVERVIEW OF JUNIOR YEAR- HERE WE GO!

Academic

- Time to take an **ACT**- in school dates in **October** and **April**
- Schedule a second semester appointment with your college counselor
- Keep an eye on grades—Junior year grades are at the top of the transcript.
- Explore colleges- In person and check out the virtual tours available as well

Social

- Independence- new responsibilities such as driving, getting a job for the first time
- Feeling overwhelmed- coming back to school 5 days a week, more challenging classes, preparing for college, **ACT**, etc.

JUNIOR JOB SHADOW PROGRAM

- Juniors spend a six-hour day in late February during our mission week with someone in the career of their choice. Students and parent(s) decide on the job shadow contact, make the connections, and provide transportation.
- There will be more information shared with juniors and parents as the semester continues.
- **What can you do now? Talk about careers of interest in general terms.**

JUNIOR YEAR SOCIAL/EMOTIONAL LEARNING

Social Emotional Learning- "It's about connecting everyone and making sure that they feel safe and secure." NEA Today

Our guidance program provides a solid foundation for social/emotional learning by...

- **Meeting with all our students at least once a semester.**
- **Offering groups- Grief, Divorce, Transfer Student Support Group, Students from Public Schools, etc...**
- **Monthly newsletter with mental health tips, such as links to mindfulness.**
- **Availability- Same day appointments, study block appointments**
- **Weekly Schedule emails with announcements and reminders**

GUIDANCE RESOURCES- WE ARE HERE TO HELP

- **Guidance Program:**

- **Junior Class Counselor:** Jennifer Ruckriegel
- **Two College Counselors:** Leigh Jackson (A-K) & Kim Habich (L-Z)
- **Administrative Assistant:** Kim Steinke

Be sure to follow us on Twitter **@AHSGuidanceDept**

Like us on Facebook: **AHS Guidance Parent Page**

New posts throughout the week on a wide range of topics

REACH OUT!

President – *Mary Lang*

Principal – *Martha Tedesco*

Junior Counselor – *Jennifer Ruckriegel*

Dean of Students – *Cindi Baughman*

Deans of Studies – *Judy Fieldhouse (A-K) and Theresa Schuhmann (L-Z)*

College Counselors – *Leigh Jackson or Kim Habich*

Service Learning Coordinator – *Katelyn Moore*

Retreat Director – *Julia Scudder*

Email us at firstname.lastname@ahsrockets.org

or call the school at (502-458-9551).