#### AUGUST 16, 2022

#### AS YOU SIGN IN, PLEASE:

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

# JUNIOR PARENT ORIENTATION

# AGENDA

- Welcome & Prayer Abby Asfahl
- Communication/Attendance/Absences and Other Good Stuff to Know– Martha Tedesco
- Student Support Services/Achievement Center Pam Conway
- Retreats/Service Learning Program –Katie Culver
- Start of School Update Mary Lang
- Academic Expectations/Testing/AP/DC Judy Fieldhouse/Theresa Schuhmann
- LEAD Program Theresa Schuhmann
- Information about College Leigh Jackson
- Overview of Junior Year/Job Shadow/Socio-Emotional Learning Abby Asfahl
- Closing Abby Asfahl

## 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

## COMMUNICATION, ATTENDANCE/ABSENCES AND OTHER GOOD STUFF TO KNOW MARTHA TEDESCO, PRINCIPAL

# COMMUNICATION

#### **THANKYOU** for a **GREAT** start to 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.
- **SPECIAL MESSAGES:** Special messages are sent as needed for timely information.

## STEPPING IN FOR ... DEAN OF STUDENTS CINDI BAUGHMAN



CARPOOL CONFIDENTIAL: TOPTIPS (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).

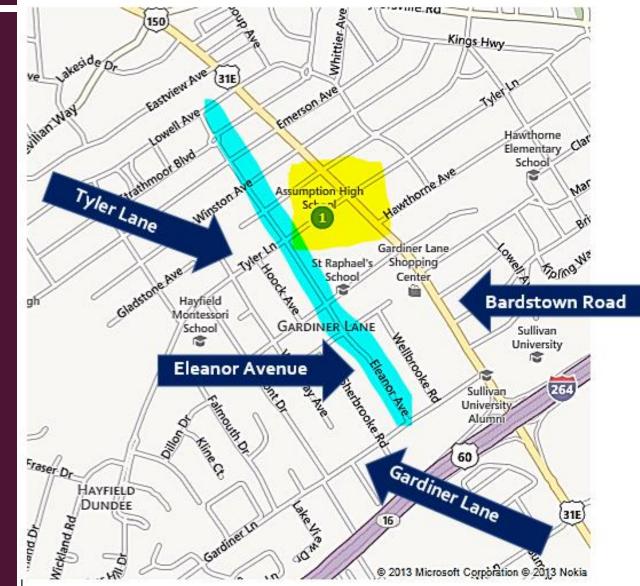
**#2: If you come early in the afternoon, do NOT park/wait on Tyler Lane.** 

#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.



#### ATTIRE & ATTENDANCE: BACK TO BASICS

Please consult the Student-Parent Handbook for all the details

• **ATTIRE:** Please help us with our uniform policies – especially skirt length.

#### ATTENDANCE:

- 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.
  - Contact 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: <u>attendance@ahsrockets.org</u>

#### 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: due to limited days/times when written tests are administered, students 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.



- Use Thursday of Mission Week (March 2)
- PSAT/college visit option on Testing Day (Wednesday, October 12, and followed by 3 days of fall break) to visit
- Parents contact in writing or via email to <u>attendance@ahsrockets.org</u> 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



- 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 I; 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 Lo you!

### STUDENT SUPPORT SERVICES ACHIEVEMENT CENTER PAM CONWAY – ACHIEVEMENT CENTER DIRECTOR



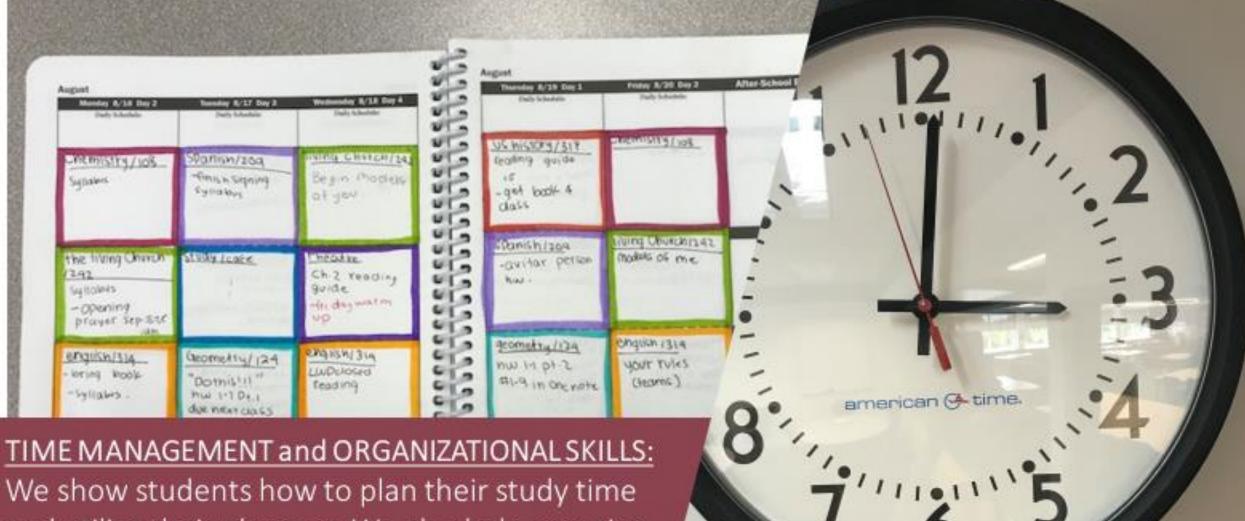
Mrs. Conway and Ms. Prentice are here for your student!

We can assist with any class to support academic success.

Make sure your student stops by to find out how the AC can serve them. The AC is eager to help your student have her best academic year!

We not only provide tutoring in any subject, but we also assist in other ways to ensure academic success!





and utilize their planners. We also help organize binders and computer files. We can do weekly check-ins to see how a student's progress is going with developing these skills.

The AC provides study groups and peer tutoring to assist with test prep. They are available before and after school.



Let's not forget about
Work it Wednesday from
7:30-9:00 a.m. Check the
Rocket Report for each
month's schedule!

 Specialized areas of support for Juniors and Seniors:

\*College essay review \*DC World History essay \*PreCal/Calc math help \*AP Resource books \*Speech presentation practice



## SERVICE LEARNING PROGRAM/RETREATS KATIE CULVER – SERVICE LEARNING DIRECTOR



#### JUNIOR ACTS

- Katie.Culver@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.
  - Looking ahead: One option for seniors during mission week is to participate in the ARISE service trip program. I 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, I-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 or access them on Sharepoint.
- 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.

## START OF SCHOOL UPDATE MARY LANG – PRESIDENT



#### WELCOME TO THE 2022-23 SCHOOL YEAR

- Enrollment 833 students largest all girl's Catholic School in Louisville
  - Seniors 200
  - Junior 212
  - Sophomore 205
  - Freshmen 216

#### ADDITIONAL FACTS & FIGURES AS WE START OUR YEAR

- Student to Teacher Ratio 9 to 1
- Average Class Size 18 (many smaller)
- 84 different schools
- 49 different zip codes including a few in Southern Indiana
- 26% public, private, home school/74% Catholic grade schools

#### FACILITY IMPROVEMENTS

- Lots of painting replacing ceilings and adding energy efficient lighting
- New state of the art broadcast studio and production room
- New video boards in gym for college like game day experience
- New track featuring plexitrac system installed at the Green
- Working on **branding & directional signage** throughout the building
- Additional outdoor furniture coming soon

# 2023-2028 STRATEGIC PLAN

Parents will be surveyed this fall as part of plan. Please provide your input. We want to hear from you!

# COVID REMINDERS

- AHS is Mask Optional
- Monitor our absenteeism rate for faculty/staff/students and report to Archdiocese if reaches or exceeds 10%.
- Archdiocese & LMDPH will determine if additional prevention measures
   necessary – such as universal masking - up to classroom(s) or school closure.

#### COVID REMINDERS

Keep your daughter at home if she is feeling sick! Helps decrease spread

#### If COVID positive – Isolate and notify our school nurse.

- Return day 6 if she is symptom free but must wear a mask for full 10 days
  - Day I is the first full day after the specimen was collected for the + result
- Return **day II** if she has lingering symptoms
  - Day I is the first full day after symptoms develop

### COVID REMINDERS

#### **COVID** Testing:

 Anyone who has had close contact to a person with COVID-19 should be tested 5 days or more after the exposure

#### **Quarantine:**

- Must quarantine if there is a known exposure and have symptoms whether vaccinated and unvaccinated
- Eliminates Test to Stay

#### **Reporting:**

 Still legally required to report positive cases to LMDPH

#### AHS HEALTHY AT SCHOOL POLICIES

Full AHS Healthy at School policies can be found on our website Under "ABOUT" Tab – scroll down and find link to AHS Healthy at School – continually updating.

# RECENT ACCOLADES

- Stained Glass Art from our Chapel was selected for a 2022 Top 100 CODA award! CODA recognizes the most successful design projects internationally that integrate commissioned art into an interior, architectural, or public space.
- AHS volleyball recognized as one of the greatest sport dynasties in the nation!
- CJ Best of Best Community Choice Award voted Best Private High School in Louisville!

# JUDY FIELDHOUSE – DEAN OF STUDIES

ACADEMIC EXPECTATIONS

#### ACADEMIC ADVISING

# Academic advising by Deans of Studies

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

#### Drop/Add ends Friday 8/19



Course selection in March—please attend the Sophomore/Junior College and Registration Night

#### TEAM'YOUR DAUGHTER'S NAME HERE'

# TEXTBOOKS

- Thank you for taking care of ordering these texts from MBS Direct at <u>https://bnck-l2.com/ahsrockets</u>
- 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.

Assumptio 2170 Tyler Lane Louisville, KY 4020 Phone: (502)458-9 www.ahsrockets.or	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					
		Ť	Leveled courses and individualized courses		students to allow	for an
CUMULATIVE GPA:3.50 CRE CUMULATIVE WEIGHTED GF		<b>RS</b> :14.00	Academic: college prepar requiring greater emphasis Honors: college preparato which requires in-depth co research Honors 1: college prepara concepts, independent stu accelerated rate Advanced: the most adva accelerated college prepar analyze and synthesize cu DC: dual credit college lev Louisville or Western Kent AP: College Board approv	<ul> <li>on basic skills ry course based in nsideration of contourse required dy, analysis, and need high school atory course whice miculum el course; credit micky University</li> </ul>	on standard high sch- ncepts and independe ring in-depth consider research; material is level course available ch requires students t may be earned throug	ool curriculum int study and ration of presented at an e to students; o independently h University of
Grade 9	Grade	Credit Y	Grade 11		Grade	Credit
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Arade 10 14-15 Assumption High School AP US HISTORY CHEMISTRY I (Advanced) ENGLISH II (Advanced) SEOMETRY (Advanced) HUMANITIES I (Advanced) LEADERSHIP ED (Advanced) SPANISH II (Advanced) THE LIVING CHURCH (Honors) THE PASCHAL MYSTERY (Honors)	<b>Grade</b> B + B B A+ B B- A	Credit 1.00 1.00 1.00 0.50 0.50 0.50 0.50 0.50 0.50	Grade 12		Grade	Term
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	ing Scale			Weighted Gr	ading Scale	H1, H and AC)

- Emailed home late summer
- Password protected with
  - your daughter's student ID
- Only valid for 30 days
- Save as PDF for unofficial

## use



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

## OFFICIAL NATIONAL ACT

## TUESDAY, OCTOBER 18, 2022 & TUESDAY, MARCH 28, 2023

CA3 CB= EA J CA3 CA3 CD3 CA3 CD3 AJ CD3 CBJ A E D J - C CD3 CBJ CC3

## PSAT DATE: WEDNESDAY, OCTOBER 12

- 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 LAST YEAR: This test is optional
- You will be asked to reserve a spot in late September. Watch the Rocket Report

## DUAL CREDIT COURSES AVAILABLE TO JUNIORS



# Public Speaking (3 credit hours)

- COM 181
  - GPA requirement 2.8

# OR

- ACT requirement
  - ENGLISH 18
  - READING 20



#### SPRING 2023 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

## ENGLISH

UI

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

#### **TEACHING AND LEARNING PATHWAY**

(3 credit hours each)

- EDTP 201 The Teaching Profession
- EDTP 215 Foundations of Instruction
- 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: WEARE LEADING HER THROUGH

#### AP

Enroll in the course online and choose to take the exam

Pay the test fee to AHS

currently \$97 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 \$91 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
  - TWO COURSES for EACH 11th and 12th grade
  - 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

- Through the pandemic, 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.
- Please 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

"Rooted in the values of Jesus Christ and the spirit of the Sisters of Mercy, Assumption High School, dedicated to the development of the whole person, educates young women in a Catholic community where faith guides, compassion inspires, integrity matters, and excellence empowers."



- Developed by our faculty and staff to identify the academic, life and leadership skills we want to guarantee for your daughters.
- Flow from our four pillars of our mission statement
- Developing these skills is a focus in our classroom

## OUTCOMES OF AN ASSUMPTION GRADUATE



But we are also purposeful about accomplishing this through our LEAD Program

## OUTCOMES OF AN ASSUMPTION GRADUATE

## LEAD PROGRAM

## LEADERSHIP

E stands for

L stands for

## ENGAGEMENT

## **ADVOCACY**

A stands for

# **DIRECTION (GUIDANCE)**

D stands for

## ENGAGING OUTSIDE OF THE CLASSROOM

- Wide variety of clubs and activities for our students to engage with others with similar interests
  - Never too late to explore a new interest or develop a new passion!

# WEWANT TO ENSURE STUDENTS LEARN KEY AND EFFECTIVE LEADERSHIP PRACTICES

- Teaching leadership skills based in the research of Kouzes and Posner, coauthors of The Leadership Challenge
- Distilled observable leadership skills and abilities into 5 core practices
  - Model the Way
  - Inspire a Shared Vision
  - Challenge the Process
  - Enable Others to Act
  - Encourage the Heart

## LEOS (LEADERSHIP EDUCATION OPPORTUNITIES)

- Based on the specific skills identified in each of Kouzes' and Posner's practices
- Developed by faculty and staff with expertise in and passion for each of these areas
- Last year, open to all students to participate in last year before and after school
  - Students will continue to have this option if they are excited to explore
- This year during LEAD & Learn Time, students will participate in a LEO every 6-8 weeks
  - Designed to be offered to meet the developmental needs of students in each grade year

## LEOS DESIGNED FOR JUNIORS

- Managing Meetings (Model the Way)
- Developing an Elevator Pitch (Inspire a Shared Vision)
- Dealing with Change (Challenge the Process)
- Presentation Skills (Enable Others to Act)
- Authentic Leadership (Encourage the Heart)

## COLLEGE INFORMATION LEIGH JACKSON – 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 Presentation in English Classes in January
  - College & Registration Workshop (February 9, 2023)

## 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
  - SCOIR
  - 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 ABBY ASFAHL – JUNIOR COUNSELOR

#### OVERVIEW OF JUNIOR YEAR: HERE WE GO!

#### Academic

- Prepare for and take the ACT: In-school dates are in October and March and I'm happy to share our test prep resources – feel free to reach out!
- Explore colleges:schedule in-person visits and check out the virtual tours as well
- Schedule a second semester appointment with her college counselor
- Keep an eye on grades: this is the last full year of grades colleges see

#### Social

- Independence:new responsibilities such as driving, getting a job for the first time
- Mental health: last couple years have been tough, stress/overwhelm can be common as they begin thinking about the future and feeling pressure

### JUNIOR JOB SHADOW PROGRAM

- Juniors will have an opportunity to complete a job shadow experience during Mission Week second semester.
- 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 interests, strengths, values, and personality as they relate to career fields. Help your daughter explore online (OOH and O\*Net).

#### 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 & Counseling program provides a solid foundation for social/emotional learning by...

- Meeting with all our students at least once a semester.
- Offering groups: grief, stress management, college exploration, personal growth, etc.
- Additional appointments by student request or by referral from faculty, staff, friends, and parents
- Weekly Schedule emails with announcements and reminders
- Referral list and support for students seeking outside counselors

## GUIDANCE RESOURCES: WE ARE HERE TO HELP

- Guidance & Counseling Program:
  - Junior Class Counselor: Abby Asfahl
  - Two College Counselors: Leigh Jackson (A-K) & Kim Habich (L-Z)
  - Administrative Assistant: Meghan Rogers

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 – Abby Asfahl Dean of Students – Cindi Baughman Deans of Studies – Judy Fieldhouse (A-K) and Theresa Schuhmann (L-Z) College Counselors – Leigh Jackson and Kim Habich Service Learning Coordinator – Katie Culver Retreat Director – Julia Scudder

Email us at <u>firstname.lastname@ahsrockets.org</u> or call the school at (502-458-9551).