

AUGUST 16, 2023

**AS YOU SIGN IN,
PLEASE:**

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

SENIOR PARENT ORIENTATION

AGENDA

- **Welcome & Prayer** – Abby Asfahl
- **Start of the School Update** – Mary Lang
- **Academic Expectations/Testing/AP/DC** – Judy Fieldhouse
- **Leadership & Engagement** – Kristin Walsh
- **Attendance/Absences and Other Good Stuff to Know**– Kamaria Wesley
- **Student Support Services/Achievement Center** – Pam Conway
- **Retreats/ARISE** – Katie Culver
- **Information about College** – Kim Habich
- **Commitment & Communication** – Martha Tedesco
- **Overview of Senior Year Emotions/Counseling Services** – 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



START OF SCHOOL UPDATE

MARY LANG - PRESIDENT



WELCOME TO
2023 – 2024
SCHOOL YEAR

Enrollment

- 900 students
- Largest all girl's Catholic School in Louisville and the largest Mercy school in the Americas

AHS AT A GLANCE

**Work to Keep
AHS “Small”**

Student to Teacher
Ratio – 9 to 1

Average Class Size
– 18.5 (many
smaller)

Family Program –
building bonds
throughout school

Same Counselor,
Dean, and
Homeroom Teacher
all four years

WHERE OUR STUDENTS COME FROM



91 DIFFERENT GRADE
SCHOOLS



52 DIFFERENT ZIP
CODES



26% ATTENDED NON-
CATHOLIC SCHOOLS

MAKING AS AHS EDUCATION POSSIBLE

40% of student body receive tuition assistance (financial aid & scholarships)



Over \$1.5M awarded in tuition assistance for 2023-24 school year

COVID REMINDERS

COVID IS ON THE RISE..AGAIN!

- 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 class or school closure.

COVID REMINDERS

Keep your daughter at home if she is feeling sick.

If COVID positive – Isolate & notify our school nurse.

- Return **Day 6** if she is symptom free but must wear a mask for full 10 days
- If symptoms don't resolve by Day 5 must isolate for full 10 days and return **Day 11**
- **Day 0** is the first day experience symptoms

2023-2028 STRATEGIC PLAN

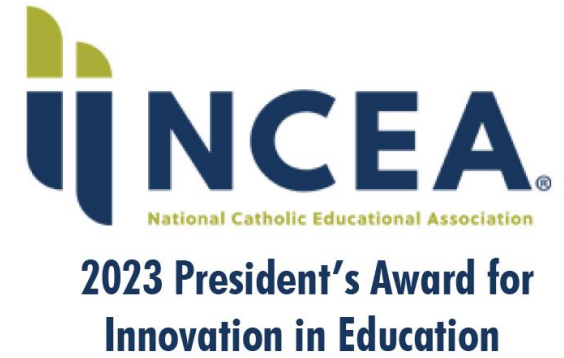
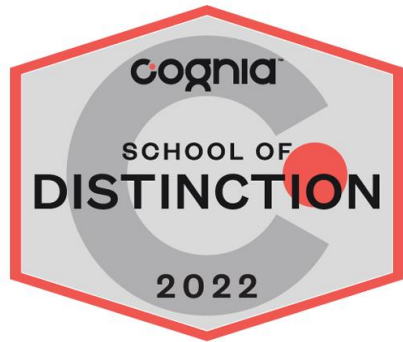
Synopsis of Plan soon!

- Result of intensive process and input from:
 - Board Members
 - Administrators
 - Faculty and Staff
 - Parents
 - Students
 - Community “experts”
 - Alumnae, Donors, Friends of AHS

STRATEGIC PLAN 2023-2028

Recommendations focused in 6 core areas – all centered on our students and their education & experience

- Mission including DEI
- Academics including Technology
- Leadership and Engagement including Athletics
- Campus and Facilities
- Marketing and Admissions
- Funding



RECENT ACCOLADES!



ACADEMIC EXPECTATIONS

JUDY FIELDHOUSE – DEAN OF STUDIES



Academic advising by Deans of Studies

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

**Drop/Add ends
Tuesday, 8/22**

ACADEMIC
ADVISING

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.
- Important to remember who purchased the textbooks and what email address was used for Book Buy Backs in May



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

Levelled 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
14-15 Assumption High School		
ALGEBRA I (Honors)	B+	1.00
BIOLOGY (Honors)	A-	1.00
CATHOLIC BELIEFS (Honors)	A	0.50
ENGLISH I (Honors)	B+	1.00
HEALTH (Honors)	B+	0.50
INTR DRAWPAINT (Honors)	A+	0.50
PHYS EDUC I (Honors)	A-	0.50
SCRIPTURE (Honors)	B+	0.50
SPANISH I (Honors)	B	1.00
WORLD GEOGRAPHY (Honors)	A-	0.50

9th YEAR CREDITS 7 ABSENT 3
9th YEAR GPA 3.76 TARDY 0 9th Yr Weighted GPA 3.76

Grade 11	Grade	Credit
16-17 Assumption High School		
ACT PREP (Honors)	A	0.50
ALGEBRA II (Honors1)	A	1.00
CATH SOCIAL TEACH (Honors)	A-	0.50
CATHOLIC MORAL TEACHING (Honors)	A-	0.50
ENGLISH III (Honors1)	A-	1.00
FORENSIC SCIENCE I (Honors)	A-	0.50
PAINTING I	A	0.50
PHYSICS (Honors1)	A	1.00
PSYCHOLOGY (Honors)	A-	0.50
WORLD HISTORY (Honors1)	A-	1.00

11th YEAR CREDITS 7 ABSENT 8
11th YEAR GPA 4.00 TARDY 3 11th Yr Weighted GPA 4.00

Grade 10	Grade	Credit
15-16 Assumption High School		
CHEMISTRY I (Honors)	A	1.00
DRAWPAINT I (Honors1)	A	0.50
ENGLISH II (Honors1)	B+	1.00
GEOMETRY (Honors1)	A	1.00
HUMANITIES I (Honors)	A-	0.50
SPANISH II (Honors)	A-	1.00
THE LIVING CHURCH (Honors)	A	0.50
THE PASCHAL MYSTERY (Honors)	A	0.50
US HISTORY (Honors)	A-	1.00

10th YEAR CREDITS 7 ABSENT 2
10th YEAR GPA 3.95 TARDY 1 10th Yr Weighted GPA 3.95



12th YEAR CREDITS 7 ABSENT 10.5
12th YEAR GPA 3.76 TARDY 6 12th Yr Weighted GPA 4.23

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 84-97	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/DC	Advanced	College Prep(H1, H and AC)
A+5	A+4.5	A+4
B+4	B+3.5	B+3
B3	C+3	C+2.5
D+2	D+1.5	D+1
F+1	F+0.5	F=0

Official Signature: _____ Graduation Date: _____

UNOFFICIAL TRANSCRIPT

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

DUAL CREDIT COURSES AVAILABLE TO SENIORS (NOTE FROM JUDY TO JUDY – HIT HARD THEIR OBLIGATION)

JCTC

Public Speaking (3 credit hours)

- COM 181
 - GPA requirement 2.8

OR

- ACT requirement

SPRING 2022 courses

PreCal (4 credit hours)

- MAT 160
 - ACT requirement
 - MATH 23

Calculus (5 credit hours)

- MAT 175
 - ACT requirement
 - Math 27

80%

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 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

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 BOTH 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

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 \$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

ACADEMIC ACCOUNTABILITY

- Throughout 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.

DISCUSS (*MUSINGS BY JUDY AFTER ALL SAINTS MASS 11.1.22*)

- LOVE our jobs and take them seriously
- Love watching your daughters grow in to powerful women, achieving things they never thought possible, earning awards, getting scholarships, doing great things in our community
- Don't love every part, uniform skirts, tardies, issues between friends, misunderstandings between adults and students
- But in both – Please trust us and be honest with us
- Know that with the breadth and depth of our experience in working with high school students, there really isn't much we haven't heard or dealt with. However, we know when it is your child, it is super important to you and we will work with you through the issue as if it's the first time we've ever seen it. We just need you to Trust us and be honest with us to be TEAM 'YOUR DAUGHTER'



LEADERSHIP & ENGAGEMENT

KRISTIN WALSH, DIRECTOR OF LEADERSHIP & ENGAGEMENT



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

L stands for

LEADERSHIP

E stands for

ENGAGEMENT

A stands for

ADVOCACY

D stands for

DIRECTION (GUIDANCE)

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!
 - Consider the needs of the student as well as the desire to commit.

- WE WANT TO ENSURE STUDENTS LEARN KEY AND EFFECTIVE LEADERSHIP PRACTICES

- Teaching leadership skills based in the research of Kouzes and Posner, co-authors 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**



ATTENDANCE/ABSENCES/OTHER GOOD STUFF TO KNOW

KAMARIA WESLEY, DEAN OF STUDENTS



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.
- Unexcused for family trips, vacations.
 - Contact 1-2 weeks 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:** 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.

College Days

- Use Thursday of Mission Week (February 29)
- PSAT/college visit option on Testing Day (Wednesday, October 11, and followed by 2 days of Fall Break) to visit
- Parents contact 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 1 week in advance.
 - 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.

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...

Know that I am here to support you and your child in every way possible. I look forward to being a team with you and appreciate your support!

"COMING TOGETHER IS A BEGINNING;
KEEPING TOGETHER IS PROGRESS;
WORKING TOGETHER IS SUCCESS."

- Henry Ford

- Trust your parenting! Look at the wonderful job you've done.
- Trust your Assumption community! We love your child and are here to teach them academically and socially.
- Trust your child! They want to make you proud and be successful. Let them continue learning how to walk. If they fall, be there to help them if they need you. Let them feel the trust you have in them to advocate for themselves.





STUDENT SUPPORT SERVICES
ACHIEVEMENT CENTER

ARICKA PRENTICE – ACHIEVEMENT CENTER COORDINATOR





**The Achievement Center
is here for your student!**

**Mrs. Conway
Ms. Prentice
Mrs. Renz**

**We can assist with any class
to support academic
success.**

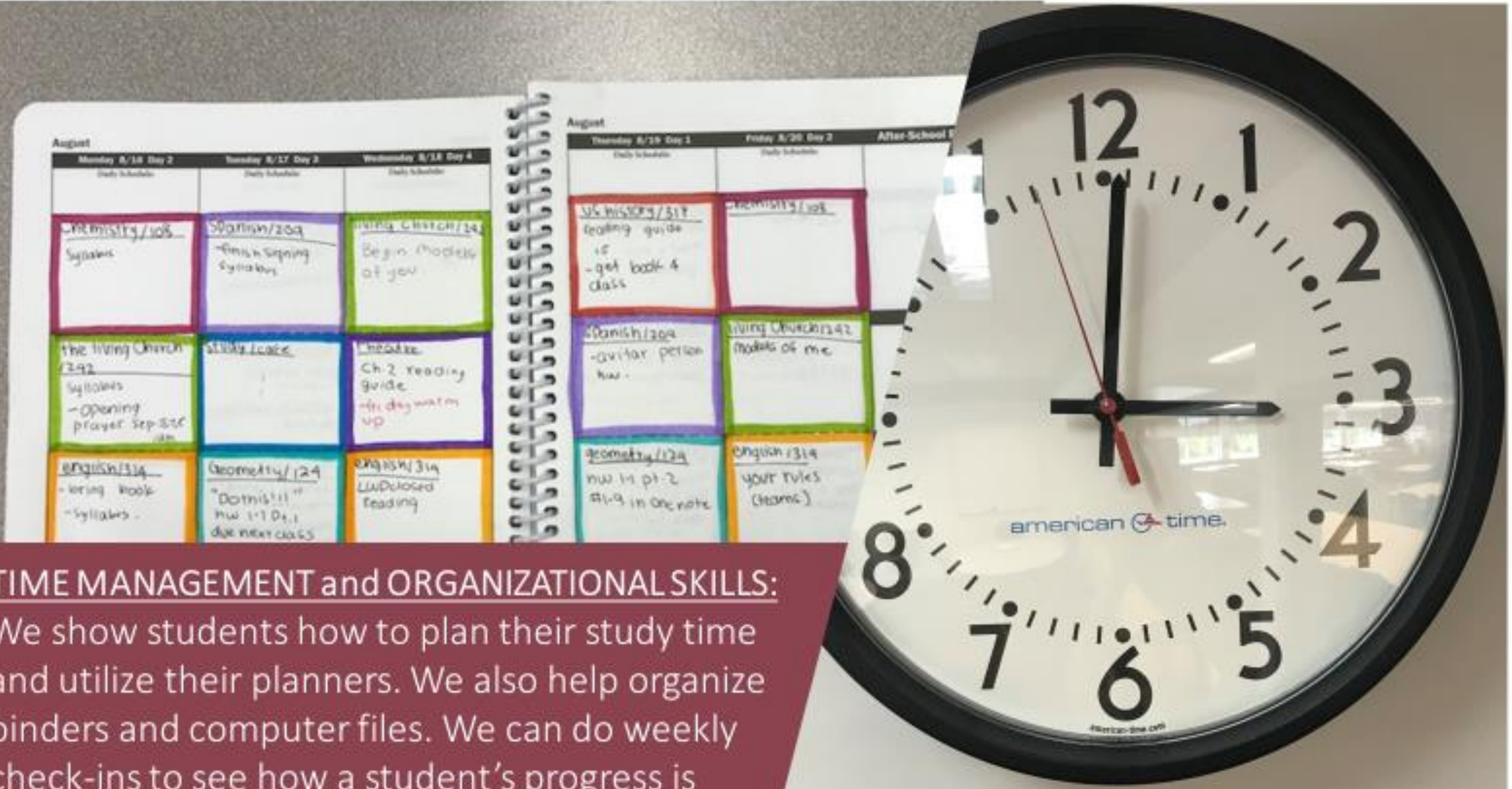


**Make sure your student stops by to
find out how the AC can serve them.**

**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!**





TIME MANAGEMENT and ORGANIZATIONAL SKILLS:

We show students how to plan their study time 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.

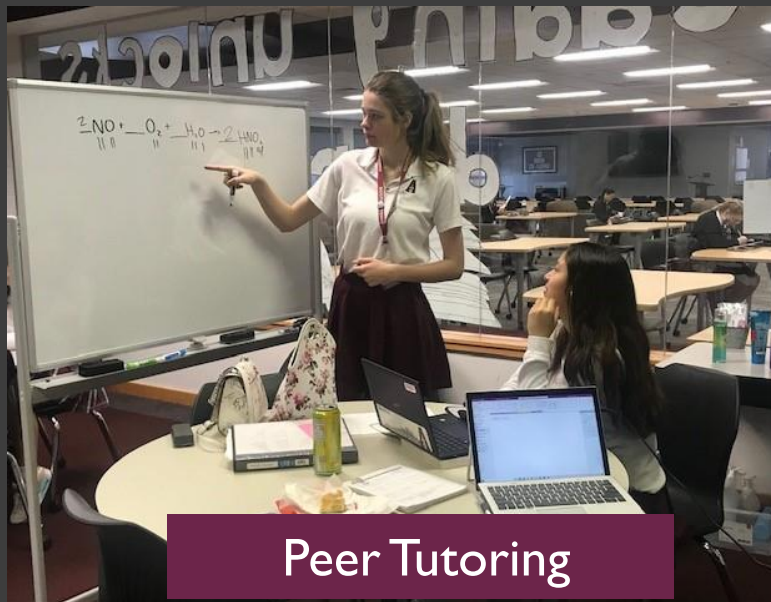
The AC provides study groups and peer tutoring to assist with test prep. They are available before and after school.



❓ Let's not forget about Work it Wednesday from 7:45-9:00 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



Peer Tutoring



WIW



Study Groups



RETREAT PROGRAM/ARISE

KATIE CULVER— SERVICE LEARNING DIRECTOR



SENIOR RETREAT

- Julia.Scudder@ahsrockets.org
 - 271-2621
 - Instagram: @ahs.rocket.retreats
- Integral part of senior experience.
- Most students have their own room but may request a room with a friend.
- Dates:
 - October 5-8 (Thur-Sun)
 - January 11-14 (MLK Jr. Weekend)
 - February 26-29 (Mission Week)
 - March 14-17 (Thur-Sun)
- Make-up work: our faculty are encouraged to support our students in their desire to go on retreat. See handbook for make-up work policy.

ARISE SERVICE TRIPS (MISSION WEEK)

- Katie Culver
- Katie.Culver@ahsrockets.org 458-9551 ext. 2597
- 5 trips this year- Cincinnati, OH, Washington D.C., Auxier, KY, Queens, NY, Louisville
- Focus on: Service, Simplicity, Community, and Prayer
- Must attend one informational meeting (with their adult from home): ***Thursday September 14 at 6:30 pm in the Media Center***
OR Sunday September 17 at 6:30 pm in the Media Center



COLLEGE INFORMATION

KIM HABICH – COLLEGE COUNSELOR



COLLEGE COUNSELING AT ASSUMPTION

- **Two College Counselors:**
 - **Leigh Jackson: A-L (for the Class of 2024)**
 - **Kim Habich: M-Z (for the Class of 2024)**
- **College Counselors work with all juniors and seniors regarding the college process.**
- **We welcome individual appointments with students. Parents are welcome to be a part of the process!**
- **College Process at Assumption**

COLLEGE COUNSELING AT ASSUMPTION

Upcoming Events

- ❖ College Info Sessions with all Seniors

August 21st – 25th

- ❖ College Night for Parents/Families

Thursday, September 7th @ 6:30 – AHS Chapel



COMMITMENT & COMMUNICATION

MARTHA TEDESCO, PRINCIPAL



COMMUNICATION

THANK YOU 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.

**FOCUS OF OUR ORIENTATION DAY:
COMMITMENT TO THE CULTURE
HOW DO WE SUSTAIN IT?**

PRIDE

How do we take pride in ourselves?

How do we take pride in our school?

How do we take pride in our space?

How do we take pride in our relationships with each other?

Partnership with our Parents

COMMUNICATION & COMMITMENT

- **Assume positive intent.** We are all on the same team.
- **There are always at least TWO perspectives to every story.** And all perspectives are real.
- **Take a moment.** We acknowledge our passions for our daughter/student.
- **Be open to respectful, constructive dialogue.** We are committed to listening, reflecting, and responding.



OVERVIEW OF SENIOR YEAR EMOTIONS/COUNSELING SERVICES

ABBY ASFAHL— SENIOR COUNSELOR



THE FIVE STAGES OF SENIOR YEAR EMOTIONS- IT'S A ROLLERCOASTER OF EMOTIONS

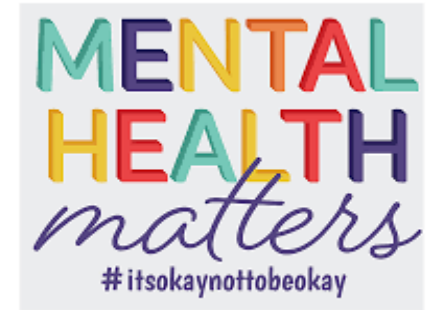
- It's all uphill right now
- And then it takes a crazy turn
- And then there's calm
- Before the storm
- And then it all comes to an end

<https://www.society19.com/5-stages-senior-years-emotional-roller-coaster/>



MENTAL HEALTH SUPPORT FOR YOUR DAUGHTERS

- At least one meeting per semester
- Groups (Senior Chat Groups, Grief, Divorce, Stress Management, etc.)
- Weekly Email
- Mindful Mondays
- Their commitment as a class is to each other



And, a resource for you: Edit Your Life podcast, episode "Simple + Compassionate Parenting Tactics with Dr. Tina Payne Bryson" (<https://edityourlifeshow.com/tina-payne-bryson/>)

REACH OUT!

President – *Mary Lang*

Principal – *Martha Tedesco*

Senior Counselor – *Abby Asfahl*

Dean of Students – *Kamaria Wesley*

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

College Counselors – *Leigh Jackson (A-L) & Kim Habich (M-Z)*

Retreat Director – *Julia Scudder*

Service Learning Director- *Katie Culver*

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