

JCHS Freshman Newsletter

GRADUATING CLASS OF 2024

WELCOME JAYBIRDS

Welcome Class of 2024! Your school counselors are excited to get to know each and every one of you. We are here to support you throughout the next four years at Jefferson City High School.

Your counselor is here to help you with:

Academic progress/difficulties
College advising
Course selection and scheduling
Tutoring services
Social and peer issues
Conflict resolution
Career counseling

Jefferson City High School Counseling Team

Mrs. Lauren Winemiller (A thru D) lauren.winemiller@jcschools.us 573-632-3434

Mr. Kurt Hafley (E thru J) kurt.hafley@jcschools.us 573-659-3064

Mrs. Michelle Lorenz (K thru M) michelle.lorenz@jcschools.us 573-659-3066

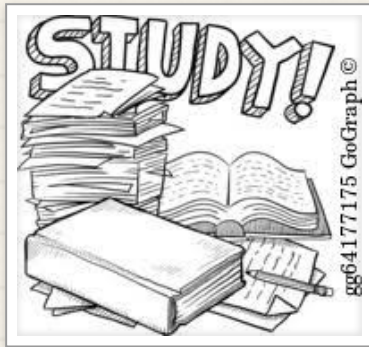
Mr. Jamie Kennedy (N thru Sp) jamie.kennedy@jcschools.us 573-659-3069

Ms. Brandy Martin (St thru Z) brandy.martin@jcschools.us 573-659-3027

Join Freshman google classroom: zohcvls

As you embark on your high school journey, there are several things to keep in mind over the course of your freshman year. Take high school seriously right from the start! **Your freshmen grades count.** That means what you do in your ninth grade year has a direct impact on the opportunities available to you in your senior year. It is up to you to "hit the ground running" as you begin your high school career. Start off the school year strong by following these tips:

- Time management is crucial in high school! You'll have more homework and more activities to balance--find ways to get organized!
- Stay on top of your homework and see your teachers for extra help. They are happy to schedule time to meet with you.
- Get to know your teachers! They want you to be successful in high school.
- Set short and long term goals. Discuss your goals with your parents and/or your counselor.
- Play a sport, join a club, and do the things you love best! Be an active participant in the JCHS community.
- Get to know your counselor. We are here to answer any questions you might have about high school and to help you reach your goals. Stop by and say hello.



WHAT CAN I DO IF MY HIGH SCHOOL STUDENT IS STRUGGLING ACADEMICALLY

- First step is to reach out to the teacher directly. They can often give you more info about the grade, a more accurate picture of how they are struggling or can work more with your student.
- Email is the preferred way for most teachers. You can get the email addresses from the website jcschools.us
- Contact your counselor
- Ask about tutoring/RTI

WHAT CAN I DO IF MY HIGH SCHOOL STUDENT IS STRUGGLING EMOTIONALLY OR SOCIALLY

- Contact the counseling office. We have resources that we can provide to you and your student. '
- Compass health has an on site therapist here at JCHS. Please see your counselor for more information.

WHAT CAN I DO IF MY HIGH SCHOOL STUDENT IS ABSENT FROM SCHOOL

- Contact the attendance office at 659-3050 or email attendance.jchs@jcschools.us
- Many teachers use google classroom to help students stay on top of assignments when absent.
- Do your best to keep up with work if you have missed several days.

KAHN ACADEMY---FREE PRACTICE EXERCISES AND INSTRUCTIONAL VIDEOS

GRADUATION REQUIREMENTS

State of Missouri Graduation Requirements

4 units of English

1 unit of Fine Arts

3 units of Math

1 unit of Practical Art

3 units of Social Studies

.5 units of Health

3 units of Science

.5 Personal Finance (can be .5 units of Practical Art)

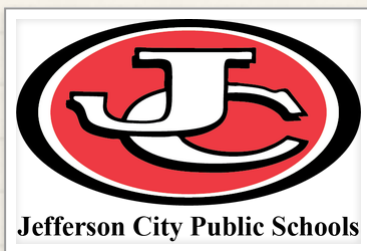
1 unit of PE

*All students must pass the MO and US Constitution exams and the American Citizenship test to graduate. These are taken in Government.

*All students must pass CPR instruction to graduate.

*All students must take their required EOC exams. (Alg I, Eng II, Bio, and Govt)

*All students must take one standardized test. (i.e. – ACT, SAT, ACT Work Keys or ASVAB).



JEFFERSON CITY HIGH SCHOOL

Facebook @JAYSCOUNSELING

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573-659-3099

jcschools.us/domain/1741

EXPLORE CAREERS--CLICK HERE TO EXPLORE CAREERS

BIG FUTURE.ORG--CLICK HERE TO START RESEARCHING COLLEGES, CAREERS AND MAJORS AT THIS SITE. GET AN EARLY JUMP ON DETERMINING YOUR COLLEGE CRITERIA AND UNDERSTANDING WHAT COLLEGES ARE LOOKING FOR IN CANDIDATES.

10 TIPS ON HOW TO HELP YOUR CHILD BE SUCCESSFUL IN HIGH SCHOOL

