

ST. VINCENT DE PAUL



CATHOLIC SCHOOLS

Heads UP!

For

Incoming 9th graders

... a book to get you started at St.
Vincent High School

Here are a few tips to better prepare you for your high school experience at St. Vincent.

1. There are 8 periods in a day and you will have a class assigned for each period. Some classes, such as Math, last for the entire year, while others are called semester classes (and last only for either semester 1 (August-December) or semester 2 (January—May)).
2. The first semester of your Freshman year is the MOST important one to set your GPA for high school. Your GPA is a grade point average, which helps you get into colleges when you graduate from SV. Your GPA is a number between 0.0 and 4.0. Getting an 'A' on your report card gives you 4 points; B=3; C=2, D=1; F=0. At the end of semester 1, you will receive your FIRST GPA. Whatever your number, it can go up or down a little each semester or year, but generally remains close to your FIRST GPA.
3. Exams occur at the end of each semester. Your exam is worth 20% of your final semester grade. So, if in Math Quarter 1 you received 80%, Quarter 2 = 80%, and your Exam = 90%, your final semester grade (that will give you your GPA) will be 82% (Take 40% of Q1 grade + 40% of Q2 grade + 20% of Exam grade)
4. Your PLANNER is extremely important. It will have the school calendar, the Handbook (with all of the rules) and hall passport. USE your planner to

The FOOTBALL game is always on Friday, following the parade, where all classes have a float—

Even those that have already graduated! IT IS IMPORTANT to note that your Class President—who will be elected in August, is the person who coordinates your parade float...of course, s/he will need your help to decorate the float. Lastly, on Saturday, there is the Homecoming dance, where all students (and guests) are invited to attend. To attend the dance, you will need to complete a permission slip and pay the entrance fee. Your guest (if from another school) must also turn in a signed permission form (which is also signed by his/her principal). There is a dress code which you will be given (part of the permission form) which must be followed. This dance is a dress -up dance, so no jeans.

- 11.College Counseling—All students and parents are highly encouraged to attend the Freshman college/career meeting. This is the first of a series of four meetings held throughout your high school career. Attendance is very important as all future meetings will build upon this one.

- 12.Call if you have any questions:

Main Office—547-4300 x230, (for absences) Secretary
Head of Schools/ Principal: X233, Dr. Pat Hensley
Counselor: X234, Mrs. Louise Wibbenmeyer
Athletic Director: X231, Mr. Bruce Valleroy

Fish Fries is one way to attain hours, but there are several other methods to achieve service. Listen during announcements, as oftentimes service hours are offered for helping people or organizations.

8. Dress code and rules—These are all found in the Handbook that you will receive on Book Day. It is important to read and know the information. You will be required to sign a form stating that you have read and know the rules. (your parent also signs). We file this form during the course of the year, and expect that you are true to your word—that you know the rules.
9. Respect and Responsibility—These are the two most important words that a high school students should know and understand. I expect that all students respect others. (faculty, staff, fellow students, maintenance crew, café workers, and secretary) I expect that we, as adults, do the same for you! Taking RESPONSIBILITY for your actions is a sign of maturity and growth. As young men and women, you ARE responsible for what you say and do.
10. HOMECOMING—Each year, the Alumni Association and School sponsor the Homecoming events. The week of Homecoming, we have SPIRIT WEEK (our Student Council –STUCO sponsors this) and there are daily activities. On Thursday, the seniors have an evening BONFIRE and spend that day (off school) collecting wood to build the bonfire.

write homework or assignments. YOU MUST carry your PLANNER with you to each class. The HALL PASSPORT is what a teacher signs to allow you to use the bathroom, visit the office, etc.

Check your grades online through www.jupitergrades.com. Doing this regularly allows you to see exactly how you are doing in each class AND also let's you communicate with your teacher via email.

5. Sports in high school is a great chance to experience teamwork. HOWEVER, in order to participate, your parent must attend a required Athletic meeting prior to your sport season.

An athlete must remain in school the FULL day on a game day. Athletes must have passing grades and can be placed on probation or become ineligible if grades are not satisfactory (see SV handbook for more information).

6. FISH FRIES—These Lenten events are fundraisers through our PTO for our school. All parents are asked to work at least one night, and the PTO will provide a list of which grades are requested for each of the Fish Fry nights. Students are also asked to work and receive service hours.
7. Service Hours—In order to graduate from St Vincent High School, each student must accumulate at least 80 hours of service to the community. Each school year, beginning with your Freshman year, you must complete at least 20 hours