

Incoming Freshman Information Night

Class of 2026

Wednesday, March 30, 2022



Tonight's Agenda



-
- Welcome and Introductions
 - Registration
 - Counseling Supports and Resources
 - When to contact a counselor
 - Wellness and Peer Helping
 - How to effectively use ParentVue
 - Student Course Selection - Academic Planning
 - Freshman Orientation & Back to School Night
 - Signing up for; Athletics, Leadership, Band, Clubs, etc.
 - Opportunities for Parent Involvement

Administration Team

Megan Carey, Principal

mcarey@jeffersonunion.net

650-550-7670

Ame Seibel, Vice Principal

aseibel@jeffersonunion.net,

650-550-7673

- Grades 9 & 11

Steve Pofahl, Vice Principal

spofahl@jeffersonunion.net,

650-550-7672

- Grades 10 & 12

Carla Hensley, Vice Principal

chensl@jeffersonunion.net, 650-550-7672

- Attendance & Flex Time

Counseling Department

Maya Lozowski, M.A., PPS
Last Names A-La

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Sophia Hutcheon, M.A., PPS
Last Names Le-Z

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Cielo Calpotura-Wagner, M.A., APPC #2410
Wellness Counselor

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Michela Genato Christensen
Registrar

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Diane Spasic
College & Career

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Registration

- All students must be enrolled with JUHSD. Feeder schools auto enroll.
- During the month of November, you will receive an email prompting you to confirm your student's registration at TN and upload all necessary documents:
 - Three proofs of residency (including one parent/guardian ID)
 - A TB test or TB screening taken within the last 12 months
 - Immunization records
- Please remember to fully complete all registration agreements in your online profile and include at least **two to three** emergency contacts

This must be completed before course selections can be made.

ParentVUE

- **How do parents/guardians access ParentVUE?**
 - If you have a or have had a JUHSD student, you already have an account and would just need to log in to see your new student
 - Feeder School families should have received an activation key sent to the email address on file at your child's current school
 - New families not from a feeder school would have created an account when enrolling with the district
 - Link on TNHS website and accessible through mobile app
- **How ParentVUE can support you and your student?**
 - Grades and attendance
 - Tracking your student's progress
 - Communication with teachers
- **How often should you check ParentVUE?**
 - Every 1-2 weeks



When to Contact Your Student's Counselor

- Navigating High School
- Four year planning and academic progress
- College and Career Development
- Supporting classroom success and learning
 - First Intervention: Parent/Guardian-Teacher Communication
- Medical/health conditions and concerns

Wellness Support and Peer Helpers

When to contact Ms. Calpotura-Wagner about your student....

- Death in the family
- Recent behavior changes
- Lack of motivation
- Self harm
- Social challenges
- Life stressors
- Anxiety and Depression
- Substance Abuse

Peer Helpers support Freshmen through...

- Monthly classroom visits
 - Building rapport and connection within freshmen class and with upper classmen
 - Modeling positive behavior
 - Supporting high school transition
- Available for peer counseling and conflict mediation

Freshman Course Selection

- All freshmen are required to take six classes: English, Math, Biology, Physical Education, Health, and one elective
- Students will select and rank 4 elective options via a google form, [Freshman Course Selection](#)
 - First choice electives are not guaranteed
 - Courses are year long and class changes are only made in the case of computer error or academic misplacement
- Incoming 9th grade Enriched English Placement Test
 - TBD
- Math placement is received from the middle schools and is based on multiple measures
- Spanish placement is based on teacher recommendation and performance on a cumulative exam from middle school
- Please review the [22 -23 Course Catalog](#) for more detailed course information

SUMMER READING: ALL 9th Grade English: **Buddha Boy, by Kathe Koja.**

Enriched English also reads: **A Tree Grows In Brooklyn, by Betty Smith**

Link Crew and Freshman Orientation

What is Link Crew?

Link Crew is a nationally renowned high school transition program that welcomes freshmen and helps them to feel comfortable during the first year of their high school. Trained Link Leaders (11/12 th grds.) give them a friendly face on campus and someone to lean on throughout the school year.

- **Student-led Orientation (Wednesday, August 3rd)**
 - Welcoming and introduction to TNHS community
 - Relationship building
 - School Pictures & IDs/Schedules
 - Campus Tour - finding classrooms/lockers



STUDENT SUCCESS is a group effort: STUDENTS → SCHOOL → GUARDIANS

STAY IN THE LOOP - PRO TIPS

- Emails come from donotreply@jeffersonunion.net, we communicate regularly. If you feel like you missed something, **check your spam folder** then contact the school. **In addition**, most school wide information can be found on our website including teacher email addresses and principal messages.
- **Check ParentVue weekly or biweekly** and encourage your students to start with the teacher if they have an issue. We will always encourage **students to advocate for themselves** in the classroom. If after they have spoken to teacher and there are still concerns, **reach out to counselors** for support.

MAKE THE MOST OF IT - PRO TIPS

- Involved students and families have a more positive and successful high school experience because in the end, it's what they make it.
- Encourage your student to join a school extracurricular activity; the beauty of TN is that we have something for everyone. From musicians to athletes and gamers to thespians, everyone can find something.
- There are also opportunities for Parents and guardians to get in the mix.
- Flex is the best! Two - 30 minute period during the week for extra help! Encourage students to use it wisely.

WE ARE IN THIS TOGETHER

Leadership and Student Activities

➤ What is Leadership? (ASB)

Leadership is a graded, zero period class made up of elected student representatives and those interested in helping to create a positive school climate. Ms. Fil is the teacher and leadership advisor.

- Class Meetings
- Spirit Rallies
- Lunch Time Games & Activities
- Community Engagement
- Clubs and Club Fair
- Student Store

➤ [Online Application Here](#)

➤ Freshman Elections - September

➤ **Drama** - Two major productions a year in addition to concerts, poetry slams, dance recitals, and a variety of smaller performances which are all open to the public.

➤ **Marching Band/Color Guard**

- Zero period, graded class
- Competitions
- Ensembles (jazz, drumline, etc.)
- Summer Band Camps

➤ **Clubs** - So many options, if we don't offer it, a student can start it

Tiger Athletics: Student ⇒ Community ⇒ Athlete

Athletic Director: Chris Cullen ccullen@jeffersonunion.net

- Register on [SPORTSNET](#) – A link can be found on the TN athletics website, www.Terranovasports.com. Sports registration for 9th grade will be open in July.
- Upload Physical – good for one year, best to do in the summer
- Terra Nova has the most Sports in the District. We offer several NO CUT teams.

Freshmen: Come in Academically Eligible first 6 weeks then a 2.0 GPA is required

- School Policies
 - Must attend 4 **full** periods day of game (or day before if Saturday game)
 - Must attend school to participate – If you can't practice, you can't play
 - There is NO MPR in high school
 - NO CONTACT SUNDAYS



Seasons and Sports

Participating in sports promotes essential skills like accountability, loyalty, integrity & leadership.

FALL SEASON

Varsity & JV Football

Boys & Girls

Varsity & JV Cross County

Girls Var, JV & FR Volleyball

Boys & Girls

Varsity & JV Water Polo

Girls Tennis

Cheer

WINTER SEASON

Boys & Girls

Varsity & JV Basketball

Boys & Girls

Varsity & JV Soccer

Boys & Girls

Varsity & JV Wrestling

Cheer

SPRING SEASON

Varsity & JV Baseball

Varsity & JV Softball

Coed Badminton

Boys & Girls

Varsity & JV Track & Field


Varsity & JV Golf

Boys & Girl

Varsity & JV Swim

PARENT TEACHER ORGANIZATION (PTO)

- ★ Terra Nova's PTO is dedicated to enabling families, teachers, staff and the community to join forces to promote a positive learning environment for all students.
- ★ Meetings are held at 7 PM on the 4th Tuesday of the month in the Library.

 Follow Us On Facebook For Up-To-Date Info

- ★ CONTACT US@ tnhspto@gmail.com

ATHLETIC BOOSTER CLUB (ABC)

- ★ The Terra Nova ABC's primary function is to raise funds in support of all athletic programs at Terra Nova. The TN ABC also believes that keeping students involved in high school sports helps promote good health, good grades and school spirit.
- ★ Meetings are held at 7 PM on the 2nd Tuesday of the month in the Library.

- ★ CONTACT US@ tn.athleticsboosterclub@gmail.com

BAND BOOSTERS

- ★ The Mission of the TNHS Band Boosters is to provide logistical and financial support to the TNHS Band programs. Volunteer to Chaperone, Food Crew, Pit [https://www.tneducationfoundation.org/Crew, Load & Unload Instruments, Make Up, Fund Raising, Donations, Photos, Videos and much more.](https://www.tneducationfoundation.org/Crew,Load&UnloadInstruments,MakeUp,FundRaising,Donations,Photos,Videosandmuchmore)
- ★ Meetings are held at 7 PM on the 1st Tuesday of the month in the band room.
- ★ <https://www.terranovalands.org/>

TN EDUCATION FOUNDATION (TNEF)

- ★ Terra Nova Education Foundation works with the school administration to identify and fund initiatives that drive educational excellence, helping to prepare students for college and productive careers.
- ★ Funding a variety of College & Career Planning needs, 8th grade outreach activities and marketing, SAT/PSAT test prep
- ★ Meetings are held at 7pm the 2nd Thursday of each month in the library. <https://www.tneducationfoundation.org/>