



Welcome
Class of 2024
Parents!



Overview of Freshman Parent Night

- Introduction
- Slide Presentation
- Review of Resources



**Presentation and materials will be posted on the
Penncrest website*

Penncrest Counseling Department

Rochelle Eaton, 9th Grade Counselor, DCTS Liaison

610-627-6207

reaton@rtmsd.org

David Harple

Coordinator

10-12th Last Names A-B

Karen Kerr

10-12th Last Names Ca-Ck, L-Q

Lori Rice-Spring

10-12th Last Names D-K

Helen Douglass-Garrett

10-12th Last Names Cl-Cz, R-Z

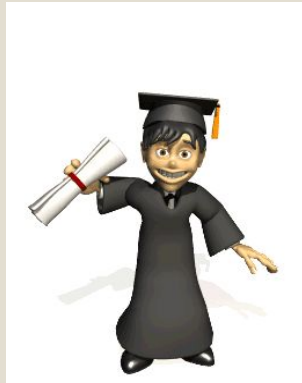


Graduation Requirements

- *4 years in English
- *3.5 years in Social Studies
- *3 years in Science
- *3 years in Math
- *Reach second level of World Language,
example, Latin II
- *2 years in PE (9th & 10th Grade)
- *1 year in Health (10th Grade)



What Do Counselors Do?



Academic Advising

- Course Guidance
- Guide students towards graduation
- Individual student meetings
- Classroom Naviance Lessons

College and Career Planning

- Career Exploration through Individual Meetings and Naviance
- PSAT in 10th Grade
- College Rep Visits (in Naviance)
- Post-Secondary Meetings with Counselor in 11th & 12th Grades

Social/Emotional Support

- Individual Counseling
- Crisis response
- Therapeutic referrals through our SAP Program



Getting to know Penncrest Freshman

- Meet & Greet - 9th Grade Welcome Zoom on 9/9
- Meet Students via Email, Phone, and Zoom
- Appointments can be made via email or online scheduling
- Classroom Visit - Career Exploration through Naviance (November/December) and Scheduling in February



Work In Progress

- Have balance - do not take on too much, too soon.
- Be the best that you can be - raise the bar and do not be afraid to challenge yourself.
- Get involved! Colleges are looking for students that get involved, demonstrate leadership, and are well rounded individuals.
- 9th grade is the beginning of academic & extracurricular records that colleges will use for admissions decisions.
- Have a plan, but stay flexible- high school is a journey.



Maintaining a Healthy Mental Balance

Preparing for post secondary plans is important, but so is preserving mental health.

- Consider the workload and rigor of classes
- Pursue your intellectual interests
- Get involved in extracurricular activities
- Make time for community service or other interests
- Eat healthy, exercise, and get enough sleep.

Mental wellness is as important to your overall well-being as physical health, social and emotional connectedness, and intellectual accomplishments.



Social Media

□ Things to know:

- Monitor activity
- Advise them to be selective of material they post and who they accept as “friends”.
- Employers and colleges could potentially pay attention to what perspective students post on social media when making admissions decisions



Tips to Help Your Child Succeed

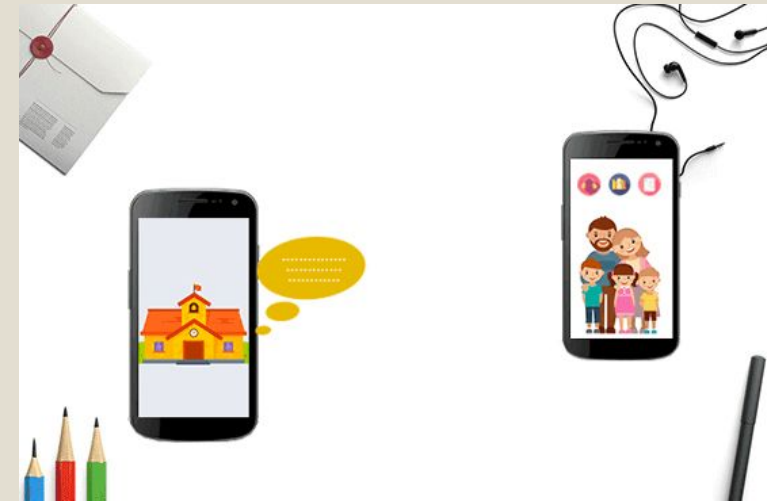
High school students need their parents to be interested and involved in their academic progress. The following are tips to help your child succeed in school.

- Provide your child a quiet place to study. **Encourage independent problem solving**
- Help your child set academic goals** Encourage your child to reach out to his/her teacher to promote self-advocacy
- Listen **Encourage nightly studying**
- Attend available parent programs** Limit social media/video games
- Monitor activities and jobs **Insist on daily attendance**
- Encourage a healthy lifestyle** Be aware and informed
- Help with time management **Check HAC weekly**
- Monitor your child's homework** Reach out to your child's counselor with any questions or concerns



Communication & Resources

- **Schoology**
- **HAC**
- **Naviance**
- **Guidance Website**
- **Grade Level Schoology Pages**
- **Principal's Weekly Wrap-Up**
- **Twitter**
- **Guide to Academic Programs**
- **Club List**
- **Athletics**
- **Technology Help Desk Link**



Freshman Year Timeline

- **Present-January:** Adjust to high school and do your best!
- **February:** Scheduling for 10th Grade & Course Selection Night for Students and Parents
- No Mid-terms or Finals this school year
- PSAT in 10th Grade (October)



FAQ's

- “Who do I contact if my son/daughter will be late or absent?”
 - Karen Jackson, Grade Level Office, kjackson@rtmsd.org or 610-627-6218
- “Where do I get working papers?”
 - Main Office from 7am-3pm. Please bring a birth certificate or passport.



“The schedule is confusing. Can you please explain it to me?”

- Monday, Tuesday, Wednesday, Thursday - please follow Daily Class Schedule
 - Homeroom (Attendance is taken): 7:30-7:40
 - Period 1: 7:44-8:25
 - Period 2: 8:29-9:10
 - Period 3: 9:14-9:55
 - Period 4 (LUNCH): 9:59-10:30
 - Period 5: 10:34-11:15
 - Period 6: 11:19-12:00
 - Period 7: 12:04-12:45
 - Period 8: 12:49-1:30
- CE Day - Fridays
 - CE is after Period 2



“Does PE alternate in 9th Grade?”

- Yes, PE alternates with Study Hall or Achievement Center (every other day).
- Posted on Grade 9 Schoology:
 - 9th graders often have alternating schedules with PE. We are moving away from cycle days, so remember: Monday/Wednesday are always 'odd' days (1,3,5,7), and Tuesday/Thursday are always 'even' days (2,4,6,8). The CE's alternate and are posted on the website.
 - So: If you have PE on days 1,3,5,7, it might be easier to think of that as having PE on Mondays and Wednesdays (and Study Hall or Achievement Center on Tuesdays and Thursdays). If you have PE on days 2,4,6,8, it might be easier to think of that as having PE on Tuesdays and Thursdays (and Study Hall or Achievement Center on Mondays and Wednesdays).



“What is CE?”

- CE stands for Core Extension
- An opportunity for students to complete work and meet with teachers for extra help.
- We will be using a SEL (Social & Emotional Learning) curriculum during CE for the first few weeks.



“How can my child receive extra help from a teacher?”

- Monday-Friday from 1:45-2:30. Please tell your child to email his/her teacher(s) to schedule extra help. Students should not wait until the day before a test!
- Students should come prepared with questions to ask his/her teacher.
- Students can use CE to schedule extra help as well.



From students: “Does freshman year really count?”

- More than you think!
- The foundation of your child’s GPA (Grade Point Average) is based on 9th Grade and it can only go up so much year after year. It is not possible to go from a 2.5 to a 3.5 cumulative GPA.
- Please try your best and complete homework daily.
- Have a balanced schedule - sleep, eat well, spend time outside, time management, and plan ahead.
- Stay organized! Use the Schoology calendar and make daily to-do lists.



“How can my child get involved with the Penncrest community?”

- Many activities are put on hold during this time. Please email the club advisor or check the website for updates.
- Athletics, clubs, band, theater, choir, class and student council - many activities to choose from.
- A list of athletics and clubs can be found on the Penncrest website.
- Make the most of your high school experience and all that Penncrest has to offer!
- You want to think back and have those memories outside of the classroom. Also, a great opportunity to meet others!



“What is Naviance?”

- Naviance is a career and college planning tool.
- Used throughout high school, but ultimately how recommendation letters and transcripts are sent to colleges.
- Career exploration
- College searches
- College visits
- <http://connection.naviance.com/penncrest>



“I am worried about my child. Does Penncrest have any resources?”

- Yes, please contact your child’s counselor. We will try our best to provide support and counseling.
- SAP (Student Assistance Program) -
<https://www.rtmsd.org/1/Content2/2268>
- Mrs. Kelley Coppedge, SAP Coordinator and Mental Health Counselor



“What is DCTS?”

Delaware County Technical High Schools has two main campuses in Aston and Folcroft. Students from the 15 area school districts have the opportunity to enhance their educational program with career and technical experiences that are directly connected to the real world. Available in Grades 10-12th. Transportation is provided.

- Culinary, Cosmetology, Biomedical Technology and Lab Sciences, HVAC and Plumbing.
- <https://www.dciu.org/dcts>



“Will there be any orientation events for 9th grade students?”

- Mr. Harrison sent out the 9th Grade Welcome Video with a student led tour.
- Freshman First Day in October
 - Tour of the school building
 - Meet teachers in-person
 - Only 9th graders in the building



Thank you for joining!

*Please feel free to contact me with
questions or concerns!*

*Rochelle Eaton
reaton@rtmsd.org*

