



Welcome to SHS

Home of the Wildcats



New Parent Orientation
2022-2023

SHS School Counseling

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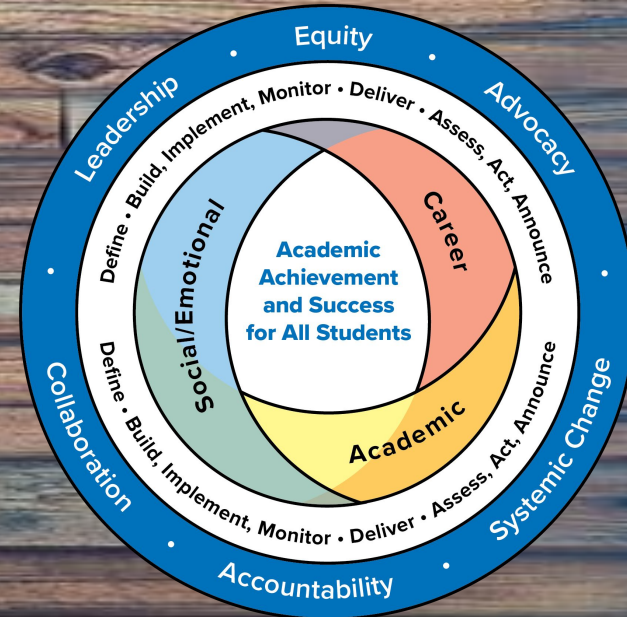
1060 Sheldon Street West Suffield 06093

SHS School Counseling Programming delivering across three domains: *Academic - College/Career - Social/Emotional*

Suffield High School Counselors promote **academic**, **career** and **social/emotional** development by collaborating with school staff, parents and the community to create a safe and respectful learning environment.

We offer students a comprehensive school counseling program that supports students to maximize their potential, complete all graduation requirements, and prepare students for post secondary opportunities.

Guided by the CT Comprehensive School Counseling Framework



SHS School Counseling Programming delivering across three domains:

Academic - College/Career - Personal Social

Academic

College Career

Social/ Emotional

Developing/monitoring individual Academic goals One on One Student meetings during the course selection process (Parents able to schedule during Pick a Time)	Step by step Post Secondary Planning College Admissions Night Financial Aid Night Post-Secondary Planning Night Senior Planning Week	Developmental Programming: Senior small group Wildcat Lessons Junior Small group Wildcat Lessons Sophomore small group Wildcat Lessons Freshman small group Wildcat Lesson
One on One Student meetings to review/ resolve conflicts/make changes Students have completed schedules before the end of each year.	Developmental Programming: Senior small group Wildcat Lessons Junior Small group Wildcat Lessons Sophomore small group Wildcat Lessons Freshman small group Wildcat Lesson	Responsive Services Student Checks in Student in Crisis Referrals - 211, DCF
Developing/Monitoring academic plans for at-risk academic students Review of final grades and planning for summer school credit recovery	One on One Post-Secondary planning meetings with students/Parents Individual goal setting Junior planning	Advocating for Students Supporting Students through conflicts Collaborative Resource for Mental Health Support
Advocating for students with teachers, Parents, administration, school psychologists and school social worker - MTSS. SAM - 504 case managers	Use of online resources/programming Naviance CollegeBoard SHS School counseling website	504 Case Managers, active members on MTSS, SAM, Crisis Team Collaborate with School Psychologists on re-entry meetings and safety plans

Graduation Requirements

Required 25 credits in the following areas

9 Credits in Humanities, including:

- Four (4) credits in English
- Three (3) credits in Social Studies, including one (1) credit in Civics
- One (1) credit in the Arts
- One (1) credit identified as a Humanities elective in the SHS Course Selection Manual

9 Credits in Science, Technology, Engineering and Mathematics, including:

- Four (4) credits in Math
- Three (3) credits in Science
- Two (2) credits identified as a STEM elective in the SHS Course Selection Manual

2 Credits in Career and Life Skills, including:

- One (1) credit in Physical Education
- One (1) credit in Life Education (Health)

1 Credit in World Languages

1 Credit in Mastery-Based Diploma Assessment (students must get a 3 or 4 on portfolio by the end of their graduation year.)

3 Credits in Additional Electives

Importance of a Transcript

A high school transcript is a record of your student's academic accomplishments in high school. It lists every class your student took, the year they took it, the grade they earned in each class and the credit awarded. The Quality Point Average (QPA) determines a decile rank. Independent studies, online coursework, ACC partnerships, GHAA, courses take on pass/fail basis, summer school grades and transfer credits are designated with a "T" on the transcript and not calculated towards QPA/GPA.

Students often ask what is the difference between GPA and QPA?

- GPA is calculated by your student's final grade in a class. Highest 4.3
- QPA (weighted GPA) is calculated to weight final grades with consideration for level of classes that the student takes (Advanced Placement, Honors, Academic) Highest 5.16
- QPA is what determines a student's decile rank

Who sees a student's transcript?

A transcript is necessary to apply to college and other post-secondary opportunities such as learning a trade or the military. A transcript may be requested by employers during the job application process.

GPA/QPA Chart

Grade	Description	GPA	QPA (A)	Honors Added Value	QPA (H)	AP/ECE Added Value	QPA (AP/ECE)
A+	96.5-100	4.3	4.3	0.43	4.73	0.86	5.16
A	92.5-96.4	4	4	0.4	4.4	0.08	4.8
A-	89.5-92.4	3.7	3.7	0.37	4.07	0.74	4.44
B+	86.5-89.4	3.3	3.3	0.33	3.63	0.66	3.96
B	82.5-86.4	3	3	0.3	3.3	0.6	3.6
B-	79.5-82.4	2.7	2.7	0.27	2.97	0.54	3.24
C+	76.5-79.4	2.3	2.3	0.23	2.53	0.46	2.76
C	72.5-76.4	2	2	0.2	2.2	0.4	2.4
C-	69.5-72.4	1.7	1.7	0.17	1.87	0.34	2.04
D+	66.5-69.4	1.3	1.3	0.13	1.43	0.26	1.56
D	62.5-66.4	1	1	0.1	1.1	0.2	1.2
D-	59.5-62.4	0.7	0.7	0.07	0.77	0.14	0.84
F	0-59.4	0	0	0	0	0	0

SUFFIELD HIGH SCHOOL
Academic Transcript

Name: [REDACTED]
SASID#: [REDACTED]
[REDACTED]
Suffield, CT 06078
Birthday: [REDACTED]
Grade: 12

Suffield High School
1060 Sheldon Street
West Suffield, CT 06093
Phone: 860-668-3810 Fax: 860-668-3793
CEEB: 070760

Suffield Middle School		Credit
ALGEBRA I SMS		1
SPANISH II A SMS		1
SPANISH I A SMS		1

Grade 9	Final	Credit	Grade 10	Final	Credit
17-18 Suffield High School			18-19 Suffield High School		
ENGLISH I H	A	1	ALGEBRA II A	A-	1
INTEGRATED SCIENCE H	A	1	AP US GOVERNMENT & POLITICS	A-	1
FOODS I A	A+	0.5	BIOLOGY I H	A-	1
GEOMETRY H	A	1	ENGLISH II H	A-	1
MODERN WORLD HISTORY H	A+	1	LIFE EDUCATION I A	A-	0.5
SPAN III H	A-	1	SPAN IV H	A-	1
SPORTS CONCEPTS	A	0.5	YOGA	A	0.5
Grade 9 Credits: 6.00			Grade 10 Credits: 6.00		

Grade 11	Final	Credit	Grade 12	Final	Credit
19-20 Suffield High School					
AMERICAN HISTORY H	A-	1			
AP ENGLISH LANG	A	1			
AP SPAN LANG	A	1			
CHEMISTRY H	A	1			
PERSONAL FINANCE A	A	0.5			
PRECALCULUS A	A	1			
WRITING CENTER THEORY & PRACTICUM H	A	0.5			
Grade 11 Credits: 6.00			Grade 12 Credits:		

CAPT DATA	
Cumulative GPA: 4.0167 Cumulative QPA: 4.4059 Total Credits Earned: 21.00 Official School Signature _____ Title: _____ Date: _____	Science:

Daily Bell Schedule

Suffield High School Regular Bell Schedule

MONDAY (A)		TUESDAY (B)		Block Day WEDNESDAY (C)		Block Day THURSDAY (D)		FRIDAY (B)	
1	7:25 - 8:19 (54 min)	1	7:25 - 8:13 (48 min)	1	7:25 - 9:00 (95 min)	2	7:25 - 9:00 (95 min)	1	7:25 - 8:13 (48 min)
2	8:22 - 9:10 (48 min)	2	8:16 - 9:00 (44 min)					2	8:16 - 9:00 (44 min)
3	9:13 - 10:01 (48 min)	Wildcat Flex	9:03 - 9:27 (24 min)	Wildcat Flex	9:03 - 9:32 (29 min)	Wildcat Flex	9:03 - 9:32 (29 min)	Wildcat Flex	9:03 - 9:27 (24 min)
4	10:04 - 10:52 (48 min)	3	9:30 - 10:14 (44 min)	3	9:35 - 11:05 (90 min)	4	9:35 - 11:05 (90 min)	3	9:30 - 10:14 (44 min)
Wildcat Advisory	10:55 - 12:22	4	10:17 - 11:01 (44 min)	5	11:08 - 12:35	5	11:08 - 12:35	4	10:17 - 11:01 (44 min)
	L1: 10:52 - 11:22 L2: 11:22 - 11:52 L3: 11:52 - 12:22 (60 min class + 30 min lunch)	5	11:04 - 12:31 L1: 11:01 - 11:31 L2: 11:31 - 12:01 L3: 12:01 - 12:31 (60 min class + 30 min lunch)					5	11:04 - 12:31 L1: 11:01 - 11:31 L2: 11:31 - 12:01 L3: 12:01 - 12:31 (60 min class + 30 min lunch)
6	12:25 - 1:13 (48 min)	6	12:34 - 1:18 (44 min)	7	12:35 - 2:05 (90 min)	6	12:35 - 2:05 (90 min)	6	12:34 - 1:18 (44 min)
7	1:16 - 2:05 (49 min)	7	1:21 - 2:05 (44 min)					7	1:21 - 2:05 (44 min)

Sample Schedule

Period 1	English
Period 2	Math
	Wildcat
Period 3	Environmental Physics & Chem
Period 4	Modern World History
Period 5	Lunch/Sports Concepts
Period 6	French II
Period 7	STEM/Arts Electives

Schedules and Course Selections

SHS Course Selection Manual is available on the SHS website and Warehouse

SHS School Counselors meet one on one with each student each year at course request time to develop academic goals related to post-secondary planning. Parents are encouraged to schedule a Pick a Time appointment typically offered in February to meet with your student and students counselor regarding course selections.

Once schedules are complete SHS School Counselors follow up with students to resolve conflicts. All Schedules are typically released in June for the following year.

Typical 9th Grade Schedule

COURSE	Credits
English	1.0
Math	1.0
EPAC	1.0
Modern World	1.0
World Language	1.0
PE/LIFE ED	.5/.5
STEM/ARTS	1.0

Typical 10th Grade Schedule

COURSE	Credits
English	1.0
Math	1.0
Biology	1.0
American Gov. & Civics	1.0
World Language	1.0
PE/LIFE ED	.5/.5
STEM/ARTS	1.0

Typical 11th Grade Schedule

COURSE	Credits
English	1.0
Math	1.0
Science	1.0
American History	1.0
World Language	1.0
STEM/ARTS	.5/.5
Electives	1.0

Typical 12th Grade Schedule

COURSE	Credits
English	1.0
Math	1.0
Electives	4.0
<u>Course Levels</u> Academic Honors Advanced Placement Teacher Recommendations PowerSchool Portal	

Athletic Eligibility

Only students who are academically eligible may participate in athletics and extracurricular programs. Suffield High School's eligibility requirements for athletes exceed that of the Connecticut Interscholastic Athletic Conference (CIAC). In order to be eligible to participate in athletics or extracurricular programs, a student must:

- Be enrolled in at least 6 or 7 courses
- Have earned a quarterly G.P.A. of 1.7 or better with no more than one failing grade at the end of the marking period preceding the start of the season
- Maintain a positive standing within the school community. Students found in chronic defiance of school rules per BOE Policy #5144 will not be allowed to participate.

If a student would otherwise be academically ineligible to participate in a fall sport, he or she may regain eligibility through successful completion of summer school. The final summer school grade will be utilized in lieu of the previous quarter grade for that individual subject when recalculating the student's G.P.A. Freshmen entering Suffield High School from the middle school or other sending schools are automatically eligible to participate in fall sports regardless of their academic record in the middle school.

Attention parents of Student Athletes-Please visit [**NCAA.org**](https://www.ncaa.org) for important information if your student is interested in playing a sport beyond high school.

National Honor Society

The National Honor Society (NHS) was created to establish an enthusiasm for scholarship, to stimulate a desire to render service, to promote worthy leadership, and to encourage the development of character in students of the secondary schools of the nation. All students whose Q.P.A. is 3.7 or higher after their sophomore or junior year, as determined by the weighted quality point average system used at Suffield High School, shall be considered for membership in the Sigma Chapter of the National Honor Society. After a student has met this scholarship requirement, he/she is then considered for membership based on three additional qualifications: leadership, character, and service. A vote by the National Honor Society Faculty Council determines the final selection of members.

Please refer to the Student Hand Book for further information

Thank you for coming!

Please reach out to your students School Counselor with any questions.

Let the Journey Begin!

