

Freedom High School Community News



Principal LaurenKelly@FHSLKelly
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August 2022

Principal's Update

Welcome to 2022-2023! We are off and running. It has been wonderful to see school open in a "normal way!"

Students have enjoyed Welcome Week, 9th grade Bootcamp, the Back To School Dance, and later this month all of our clubs will be out at lunch and visiting our 9th grade PE classes for Club Rush. The Student Activities Program is thriving.

Student athletics are also back with Football, Cross Country, Sideline Cheer, Girls' Golf, Girls' Tennis, Boys' and Girls' Waterpolo, and Girls' Volleyball, and eSports all out representing FHS. .

Our Performing Arts students are also back with Choir performing at Back to School Night. The Drama students will be treating us to their production of "Clue" and the band has also held their freshmen bootcamp and is getting ready to perform during Football games.

In the classroom, you can see a return to learning. Students are demonstrating a better ability to focus and to work together in collaborative settings. They are also learning this year that being on time matters and we have also seen an improvement in this area as well.

I cannot begin to tell you how positive the environment is this year. I would like to thank everyone for remaining strong through these last few years and for helping to make Freedom an amazing school. Thanks to parents for holding the line and expecting the best from your students. Thanks to staff that refused to let Freedom be anything but amazing. Thanks to students for rolling with all the changes and returning with joy. Together, we are Freedom High School!

I would also like to thank our Parent Club and all of you who contributed to the wonderful Staff Appreciation Day to kick off the year. The food and treats were fantastic.

Lastly, I would like to thank the community for our new Auxiliary Gym which will support PE classes and Athletics. Let's hear it for Measure U.

My wish for all is a wonderful 2022-2023 year. Please reach out if you have any questions or feedback.

Lauren Kelly
Principal
Kellyl@luhsd.net

Parent Connection

There are many opportunities for families to participate at FHS. These include attending student events and performances, attending informational parent nights, and joining parent organizations.

Upcoming events for this quarter:

August 25 - ELAC Meeting at 6:00 p.m. in the A building

September 9: 7pm, September 10: 2pm and 7pm, September 16: 7pm and September 17: 2pm and 7pm – Theater Performance of the Play Clue at the Freedom Theater

September 14 - Parent Club Meeting at 6:00 pm in the A building

September 15 - 9th Grade Parent Information Night - Presentation 6:00 pm at MPR

September 24 – *The Mad Major* FHS Band performance at Pitman Preview of Champions – Turlock, CA

September 27 - Parent Connection Meeting at 6:00 pm in the Freedom Theater

September 29 - GETTING READY FOR COLLEGE Students in grades 10-11 6:00 p.m. in the PAC

September 30 - Blood Drive at Freedom High School

Fall Parent Workshops in Collaboration with C.O.P.E. Family Support Center. [Please register here:](#)



PARENT WORKSHOP SERIES/ SERIE DE TALLER DE PADRES

**Be Hopeful * Be Courageous * Be Happy
Tenga Esperanza * Tenga Valentia * Tenga Felicidad**

ZOOM ZOOM

ENGLISH 6:00-8:00 PM		
Sept. 20	Oct. 18	Nov. 15
Post-Pandemic Social Emotional Support	Depression and Suicide in Children and Adolescents	Coping with Anxiety

SPANISH 6:00-8:00 PM		
Sept. 13	Oct. 11	Nov. 8
<u>Apoyo Emocional</u> <u>Despues de la</u> <u>Pandemia</u>	<u>Depresion y</u> <u>Suicidio en Niños y</u> <u>Adolescentes</u>	<u>Lidiando con</u> <u>Anciedad</u>

REGISTER-YOURSELF-TODAY!
REGISTRESE-HOY!

<https://forms.gle/Ewkb1KQYHBFDVkeXA>

Questions/Preguntas? Call/Llame (925) 634-2166

For more information, please contact:

Isenia Rodriguez,

Spanish Speaking
Student, Family and Community Outreach
(Title 1 Secretary)
Rodriguezi@luhsd.net

Counseling News

Academic Area:

Welcome to the new school year. We are excited to offer a wide variety of classes that can support and develop our students. The counseling team is well versed and ready to answer questions about our programs, your student's graduation status or general counseling questions. Over the course of the first semester, we are going to be reviewing transcripts and updating 4-year plans for our students. This is often an inspiring moment to look forward to courses that will be taken in the years to come.

The counseling team wants to remind you that Freedom offers several academic support services. If your student is struggling, please encourage them to try utilizing one of the supports below.

HELP LAB – Homework Extended Learning Program. After-school tutoring program for all students in all subject areas. This program is scheduled on Mondays-Thursdays, between 3:30pm to 4:30pm in B-119.

Canvas – LUHSD uses Canvas to monitor student progress and grades. Parents now can create Canvas Observer accounts to be able to see their student's grades. Instructions for creating an account are linked below.

[How to Set-up the Canvas Parent App](#)

Upcoming Grade Reporting:

9/7/22: Mid-Quarter 1 Progress Report

10/18/22: Quarter 1 Report Card

Ken Hickok
Assistant Principal
hickokk@luhsd.net

Attendance Information

Did you know that you can view your child's daily attendance through the **Aries Parent Portal**? During registration, parents created an online **Aries** account. We encourage you to

download the app found on the [Aries homepage](#) to track important student information like attendance and grades.

Why Attendance Matters?

- Showing up every day is a skill that students are developing to help them do well in class, as well as with getting and keeping a job later on.
- School only gets harder when students skip a class. Sometimes it's tempting for students to skip or stay home because they are tired or don't understand what's going on in class. But missing a day only makes that worse because they aren't learning something that will help them understand a lesson later on.
- If you think students missing a day here or there won't matter, think again. By missing just one day every two weeks, students would be on track to miss two full weeks in a semester or nearly a month of school for the year!
- Did you know that a student who misses 10 days or more during a school year is less likely to graduate from high school and or ever enroll in college?

By monitoring your student's attendance, you can support them to have a successful school year! Download the [Aries App](#) and/or monitor your Aries parent portal daily/weekly.

Laura Sims
Assistant Principal
Simsl@luhsd.net

College and Career Center News

Seniors: University of California (UC) admission application is now OPEN. Start the application early. Application submission is between November 1 and due by November 30. Link: <https://admission.universityofcalifornia.edu/>

Seniors: California State University application opens October 1 and is due by November 30. Link: <https://www.calstate.edu/apply>

Seniors: Historically Black Colleges application dates will be due depending on the college the student is applying to. Check each college's admission website. <https://hbcuconnect.com/>

Seniors: FAFSA or Dream Act application opens October 1st and the Cal Grant deadline is March 2, 2023. Complete the 2023-2024 application.

SAVE THE DATE: District College Fair will be October 20 from 6:00pm - 8:00 pm at Freedom HS. (New Auxiliary Gym). Connect with representatives from colleges, vocational schools, community colleges & U.S. Military.

PSAT Exam – October 25th. Pre-registration fee is required by September 9. The test fee can be paid on-line FHS Webstore. The **PSAT TEST** is a PRACTICE college entrance test for 9th, 10th & 11th graders, providing a preview of the official SAT Test. It tests in the subjects of: English, Math, Writing, & Language, providing a score that predicts what a student would earn on an official SAT Test. To qualify for the National Merit Scholarship Program students must take the PSAT during the 11th grade year.

Los Medanos College Career Pathways focus on providing a sequence of coursework that can help lead students into a career. Some examples of LMC Pathways: Automotive Technology, Appliance Service, Electrical/Instrumentation Technology, Graphic Communications, Process Technology, Fire Technology, Emergency Medical Services, Nursing, Physics, Travel Marketing and Welding. For a complete list of Career Pathways visit the LMC website: <https://www.losmedanos.edu/degrees/index.aspx>

Students can take a free career assessment:

<https://losmedanos.emsicc.com/assessment?region=Contra%20Costa&radius=>

IMPORTANT DATES:

September 8th - UC Application workshop at 1:30 pm in A202

September 15th – UC Personal Insight Question workshop at 1:30 pm in A202

September 27th – Senior Local Scholarship Application opens

October 20th – District College Night from 6-8pm at FHS

October 21st – CSU Application workshop at 1:30 pm in A202

October 25th – PSAT exam

October 27th – Financial Aid – Dream Act presentation at 6:30 pm in PAC

October 18, 25 & 28 – College Application help in A202 1:30 pm – 4:00 pm

Alice Cartwright

cartwria@luhsd.net or 925-625-5900 ext. 3024

Room: A202

English Language Learners News

Our first ELAC meeting will take place at Freedom High School on Thursday, August 25th at 6:00pm. Please join us so we can have the opportunity to meet you and provide you with information about our English Learner program. If you have any questions/concerns prior please contact us.

EL Team Members:

- Noelle Nelson - Assistant Principal (nelsonn@luhsd.net)
- Dan Hawley - TOSA (hawleyd@luhsd.net) (ext. 3413)
- Maria Sanchez - Counselor (Spanish speaking, sanchezm@luhsd.net)
- Isenia Rodriguez-Student, Family, and Community Outreach (Spanish speaking, rodriguezi@luhsd.net)
- Nicole Rosales - Attendance Secretary (Spanish speaking, rosalesn@luhsd.net)
- Teresa Villa - Secretary (Spanish speaking, villat@luhsd.net)

Falcon Student Activities & Club Council

Hello Falcon families. We started the school year with a successful Senior Sunrise and Senior Luau. We recently had our Freshmen Bootcamp so that they could get familiar with the school, have fun and make new friends. In the leadership class our rallies and activities committee is working on the Back to School Rally that's on August 26th. We are selling

Leadership Rib Dinner tickets for \$15 until August 30th. We have our first spirit week Aug.22nd-Aug.26th. There will be a Freshman Club Rush on August 23-24th so they can learn about and join a club of their choice.

We cannot wait to have a great school year and make new memories!!

Keontene Taylor
Associated Student Body President

FHS Library News

Greetings from the Vernon C. Noble Freedom High School Library!

Our library is open daily from 7:45 to 4:15. Along with books, our library has computers, printing, board games, research material, and tables for projects. We are also a safe place to be and hang out. Students are welcome before and after school and during both lunches. A library pass is required during class time.

Please visit soon!

Toni Campbell, MLIS
FHS Library Clerk
625-5900 ext. 3016
campbellt@luhsd.net

Falcon Parent Club News

Parents, we need you as an integral part of the school community. Volunteers are needed. Please join us for the 2022-2023 school year.

If you're going to have a senior next year and would like to get involved with helping put together a Grad Night, become a volunteer for the parent's club so you can make it happen. Please join us!

The Parents Club would like for you to join their first meeting of the year Thursday August 18th at 6:00pm in the A-building. Visit the Parents Club website to get more information about who they are and what we do. www.fhsparentsclub.com. Hope to see you!

Meeting dates are:

9/14
10/19
11/9
12/7
1/11
2/8
3/14
4/5
5/? TBD

Parent Club
Kelli Cole, President
parentsclubfhs@gmail.com

Falcon Athletics and Booster News



Athletic Ticket on gofan.co
No tickets will be sold at the gate.
[CLICK HERE](#)

Athletics Update

- **Register for Sports** at AthleticClearance.com. Athletes are required to have a physician clearance to participate.
- **Academic Requirements** – Athlete must maintain a 2.0 GPA and have no more than 1 'F's if taking 7 class or less classes. If student is taking 8 class may have 2 'F's. Student with a GPA between 1.75 or 1.99 may qualify for probation.

Fall Sports ... Girls Tennis, Girls Volleyball, Girls Golf, Boys & Girls Water polo, Football, and E-Sports. Cross Country & Girls Tennis are 2 sports which can handle late students.

Winter Sports ... Wrestling, Boys & Girls Basketball, Boys & Girls Soccer

Spring Sports ... Boys Tennis, Boys Volleyball, Boys Golf, Track & Field, Swimming & Diving, Softball, Baseball and E-Sports.

Glenn Briggs, Athletic Director
Briggsg@luhsd.net

Athletic Boosters

Welcome Falcons!

Tuesday, August 23 will be our first Booster Board Meeting for the 2022-2023 school year. Our meeting will be at Straw Hat Pizza (next to WinCo) and will begin at 6pm. August 26 is our FIRST Freedom Football home game!! The snack shack will be open and we can't wait to cheer our Falcons on! If you can't wait for the 26th – be sure to catch their scrimmage games on Friday, August 19. As always we are available via messenger on our Facebook page: Freedom High School Athletic Boosters OR you can email us at: fhsfab1team@gmail.com

GO FALCONS!

The Athletic Boosters are currently looking for volunteers for the 2022-23 school year.

Lisa Sanchez, Treasurer
Fhsfab1team@gmail.com

Falcon Performing Arts & Booster News

Band Update

The marching band has been up and running since our summer band camp two weeks before school and has been meeting every Wednesday night since school began. Wednesday night rehearsals from 6 pm – 8:30 pm each week.

This year our parade march is *The Mad Major* by Kenneth Alford. We will perform this march at our three competitions this year.

Saturday, 9/24 - Pitman Preview of Champions – Turlock, CA

Saturday, 10/15 - Santa Cruz Band Review – Santa Cruz, CA

Saturday, 11/5 - Grape Bowl Classic – Lodi, CA

We are looking for more students to join color guard. Color Guard are the students who march along the band and spin flags, shields, rifles, and sabers. Color Guard rehearses every Monday, Tuesday, and Wednesday night from 6 pm – 8:30 pm. If you are interested, please see Mr. Mabry for more details.

Brian Mabry, Band Director
Mabryb@luhsd.net

Band Boosters

Thank you to all the new parents that came out for our first band booster meeting. If you are interested in being a part of band boosters or helping in any shape or fashion this year, please reach out to one of our board members listed below.

Erin Ramey, President
erinrina@yahoo.com

Melissa Mitchell, Vice President
Baseballchck02@gmail.com

Misty Jackson, Treasurer
Zmjackson@sbcglobal.net

Regina Alvarez, Communications Chair
Reginaalvarez@comcast.net

Theatre Update

We are in our fourth week of rehearsals for the fall play *Clue*. Please join us in the Performing Arts Center for our production on:

9/9 7pm
9/10 2pm and 7 pm
9/16 7 pm
9/17 2 pm and 7 pm

Ticket Sales will be on gofan.co and at the door. Ticket prices are:

\$5 for students with ASB
\$7 for students without ASB and Senior Citizens
\$10 for general admission

<https://gofan.co/app/school/CA22914>

We will be holding talent show auditions on September 26, after school in the PAC with a performance on October 18 at 7 pm.

Thank you for supporting the arts!

Regina White, Theatre Teacher
Whiter@luhsd.net

Theater Parent Club

We would love to have more parent volunteers involved in set builds, painting, concessions, box office, costumes, marketing, ad sales, bookkeeping and fundraising! Angela Gallegos is working on building the Theatre Parent Boosters!

Theatre Parent Club Contact
Angela Gallegos
creationbyangela@gmail.com

FHS School Site Council News

The School Site Council meets monthly and consists of staff, parents and students. The purpose of the SSC is to promote the continuous improvement and implementation of the School Site Plan. Specifically, SSC will encourage programs that promote positive climate, address areas of special student need, promote staff development, and facilitate the accreditation process. The School Site Council meets at 5:30pm in the College and Career Center and all are welcome to attend. For agendas and meeting notes, please visit the [school webpage](#).

The School Site Council members are:

Students: Leadership Representative

Parents: Mishanne Coleman, Tanya Garcia, Michelle Pimental, and Brianna Wood

Staff: Melissa Luna, John Jeffries-Wilmore, Lizette Nuno, Sarah Snyder, and Lauren Kelly

SSC meetings for the year are listed below.

9/6

10/5

11/2

12/7

1/11

2/1

3/1

4/5

5/3

Lauren Kelly
Principal
Kellyl@luhsd.net