

# THE FRESHMAN Experience

Ninth grade can be an exciting yet challenging transition year for many students. It is a crucial time in students' social lives and academic careers - a new school, greater independence, a changing social environment and other factors can work against the best intentions of students trying to succeed. As part of the *college, career and citizen-ready* philosophy, NNPS helps to ensure an easier transition into high school and provides ninth grade students with the support needed to build a strong foundation for high school success.

It is the beginning of the final step on the path towards the goal of graduation. The academic foundation formed during the elementary years, and built upon in middle school, comes together during these years. In high school, students have four years to experience personal growth, exciting achievements and memorable accomplishments as they journey into a bright future. NNPS' goal is to help students and their families navigate the change while becoming *college, career and citizen-ready*.



## AN ACHIEVABLE DREAM

Home of the Phoenix  
5720 Marshall Avenue  
283-7820

[achievabledream.nn.k12.va.us](http://achievabledream.nn.k12.va.us)

 @AADMHS

## DENBIGH HIGH

Home of the Patriots  
259 Denbigh Boulevard  
886-7700

[denbigh.nn.k12.va.us](http://denbigh.nn.k12.va.us)

 @DenbighHSNNPS

## HERITAGE HIGH

Home of the Hurricanes  
5800 Marshall Avenue  
928-6100

[heritage.nn.k12.va.us](http://heritage.nn.k12.va.us)

 @HeritageHS

## MENCHVILLE HIGH

Home of the Monarchs  
275 Menchville Road  
886-7722

[mville.nn.k12.va.us](http://mville.nn.k12.va.us)

 @MenchvilleHS

## WARWICK HIGH

Home of the Raiders  
51 Copeland Lane  
591-4700

[warwick.nn.k12.va.us](http://warwick.nn.k12.va.us)

 @WarwickRaiders

## WOODSIDE HIGH

Home of the Wolverines  
13450 Woodside Lane  
886-7530

[woodside.nn.k12.va.us](http://woodside.nn.k12.va.us)

 @NNPSWoodside



# THE FRESHMAN Experience



## MAKING THE GRADE

High school courses are assigned units of credit, which accumulate towards the required credits needed for graduation. Course credits will be awarded based on the final grade for each class attempted throughout the student's high school career. All freshmen must be aware of the credit requirements for graduation to ensure all credits are met. Additionally, minimum credits must be met for promotion to the next grade level at the end of the academic year. Please refer to the *Secondary Course Offerings Handbook* for more information.

Advanced Placement (AP) courses are college-level classes that offer challenging coursework and a taste of what college classes are like. NNPS offers 26 AP courses, which are available at all high schools. During their freshman year, students have two options for AP classes: Human Geography and Environmental Science. NNPS students who take AP courses must take the corresponding AP exam in order to earn the full weighted credit for the course. Students who score well on the AP Exam in the spring may be awarded college credit and/or advanced placement at participating colleges and universities. NNPS pays for AP exams given to students.

## Credits Required for Graduation with an ADVANCED DIPLOMA

Subject	Number of Credits	Number of Credits Required to be Verified by Passing SOL Test
English	4	2
Mathematics	4	1
Laboratory Science	4	1
History and Social Sciences	4	1
Foreign Language	3	
Health & Physical Education	2	
Fine Arts or Career and Technical Education	1	
Economics and Personal Finance	1	
Electives	3	
<b>Total</b>	<b>26</b>	<b>5</b>

**YOU'VE GOT OPTIONS**  
in Newport News Public Schools

Grading Scale	
A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	Below 60%

## CAREER PATHWAYS

Career Pathways is a PK-12 program that connects students to career exploration and development. Students investigate careers and participate in work-based learning experiences to advance their career goals. Career Pathways assist students in setting goals and preparing for the future by building on their personal strengths, abilities and interests.

Through the Career and Technical Education (CTE) program, students may choose from over 70 courses in business, technology, family and consumer sciences, marketing, military science and trade and industrial education. Each CTE course is designed around current industry standards to prepare students for high-demand and high-skill careers. CTE classes are offered at all middle schools, high schools and at New Horizons Regional Education Center.

**PREPARING STUDENTS TO BE** college, career and citizen-ready!

# HIGH SCHOOL SCHEDULE

All students will begin their day in a daily homeroom class. High school students change classrooms throughout the day on an alternating day schedule. Below is a **sample** schedule.

A Day/ODD	B Day/EVEN	Times
Periods 1, 3, 5, & 7	Periods 1, 2, 4, & 6	
Home Room 1st Period	Home Room 1st Period	7:20 - 8:25 a.m.
3rd Period	2nd Period	8:31 - 10:05 a.m.
5th Period	4th Period	10:11 a.m. - 12:25 p.m. (Class and Lunch)
Lunch Block 1 10:12 - 10:46 a.m.	Lunch Block 2 11:08 - 11:39 a.m.	Lunch Block 3 11:54 a.m. - 12:25 p.m.
7th Period	6th Period	12:31 - 2:05 p.m.

First period, or homeroom, lasts approximately 60 minutes. Each of the remaining three periods are about 90 minutes each. Students will have six to eight minutes between each class period throughout the day. This time should be used for visiting lockers, using the restroom and transitioning to the next class location.



## ATHLETICS

The NNPS athletic program offers high school athletes the opportunity to strive for excellence while making personal sacrifices for the benefit of the team. Working with teammates and opponents, athletes will develop a sense of loyalty and dedication as well as a respect for the dignity of others. Students in all grades are encouraged to participate in athletics. Each school has an Athletic Director who manages its athletic programs.

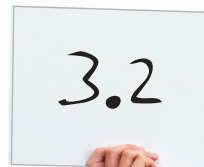
NNPS offers football, basketball, baseball, field hockey, golf, volleyball, tennis, soccer, swimming, wrestling and track at all high schools.

All participants must have a current physical on file, maintain a minimum 2.0 GPA and meet the requirements for athletics as outlined by the Virginia High School League. Most athletic teams have both a Junior Varsity and a Varsity team. For information on school specific athletics, please visit [nnschools.org/athletics](http://nnschools.org/athletics).



Get it. Keep it.

**3.0**  
or higher



*NNPS high school students are expected to earn and maintain a minimum 3.0 GPA.*



## CLUBS AND ACTIVITIES

With the NNPS Youth Development program, high school students learn to develop leadership skills and hone them through clubs, organizations, sports and activities. NNPS strives to connect every student to school beyond the classroom by engaging students in clubs and organizations, making these experiences meaningful, and offering clubs and activities that students deem interesting and relevant. Each high school has its own Activities Director who can assist students with the options available to them. Options may include: Academic Challenge, Archery, Art Club, Band, Bowling, Chorus, Debate Club, Drama Club, Environmental Club, German Club, Key Club, National Honor Society, NJROTC, Red Cross Club, SCA, Spanish Honor Society, STEP Team, Teens Against Violence, Ultimate Frisbee and Yearbook.

Transportation home is provided for after-school activities. Activity buses run two days a week and depart at approximately 4:30 p.m.

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# RISING FRESHMAN WANT TO KNOW...

## *Will there be other grade level students in my classes?*

In high school, grade levels are not separated. Most freshman classes will primarily be comprised of freshman students; however, electives will be a mix of grade levels as well as some core classes. Unlike middle school, there is not a separation of grades or designated sections of the building for each grade.

## *What is the average class size?*

Class sizes vary but generally there are between 24 and 28 students in each class.

## *Will there only be ninth-graders in the cafeteria at lunch time? Which lunch block will I have?*

All lunch blocks are a mix of all grade levels. Students eat lunch together with no assigned seating. Additionally, students are not escorted to the cafeteria by their classroom teacher. Lunch periods occur during period 4/5. Lunch blocks are based on the class and can change between alternating days. Freshmen may not leave the campus for lunch; this is a privilege to look forward to as a senior.

## *Will I be assigned a locker? Will I have to share with another student?*

Depending on the number of students and the number of lockers available at a school, students may have to share a locker their freshman year. When possible, students will be issued their own locker to use with a private combination. Typically lockers are assigned by the student's first period teacher.

## *How often may I visit my locker?*

Students may visit their lockers as few or as many times as needed during the course of the day. Students who need to visit their lockers should do so before the start of school, in between classes and at the end of the school day.

## *May I carry a book bag?*

Students may carry their belongings with them to class in a book bag if they choose to do so.

## *Is there a dress code?*

Students may express their personal style at school. From jeans and t-shirts to dress shirts and skirts, students may wear a variety of outfits that meets the NNPS dress code guidelines as found on the NNPS website and in the *Rights and Responsibilities Handbook*. An Achievable Dream High School has a dress code requirement.

## *May I bring my cell phone to school?*

Students may bring their cell phones to school provided the phone is turned off and kept out of sight until after dismissal. Cell phones may be used in class for instructional purposes with teacher permission. Please refer to the *Rights and Responsibilities Handbook* for the complete cell phone use policy.

## *Where may I find support?*

In addition to teachers and main office staff, each high school has numerous staff members who are available to assist students in a variety of areas including student assistance counselors, graduation coaches, assistant principals, school counselors, college-career specialists, nurses, attendance secretaries and school security officers.

## NEED MORE INFORMATION?

### *Still have questions?*

- Talk to your school counselor.
  - Visit your high school.
- Visit us on-line at [nnschools.org](http://nnschools.org).
- Like [nnschools](#) on Facebook.
- Follow [@nnschools](#) on Twitter.

## HOURS OF OPERATION Denbigh, Heritage, Menchville, Warwick and Woodside

7:20 a.m. - 2:05 p.m.

Half-Day Dismissal:

10:40 a.m.

Early Dismissal:

12:35 p.m.

## An Achievable Dream

Grades 9 & 10:

8:05 a.m. - 4:20 p.m.

Grades 11 & 12:

8:05 a.m. - 2:45 p.m.

Half-Day Dismissal (9-12):

11:35 a.m.

Early Dismissal (9-12):

1:10 p.m.

## Freshman year is when it all begins...

ART EXHIBITS

ASSEMBLIES

BAND COMPETITIONS

BASEBALL GAMES

BASKETBALL GAMES

CAPS AND GOWNS

CLASS RINGS

COLLEGE APPLICATIONS

COMMUNITY SERVICE

CONCERTS

FOOTBALL GAMES

GRADUATION

HOMECOMING

MUSICALS

NEW FRIENDS

PARKING PERMITS

PEP RALLIES

PROM

RING DANCE

SENIOR PORTRAITS

SENIOR PRIVILEGES

SPIRIT WEEK

VOLUNTEERING

YEARBOOKS