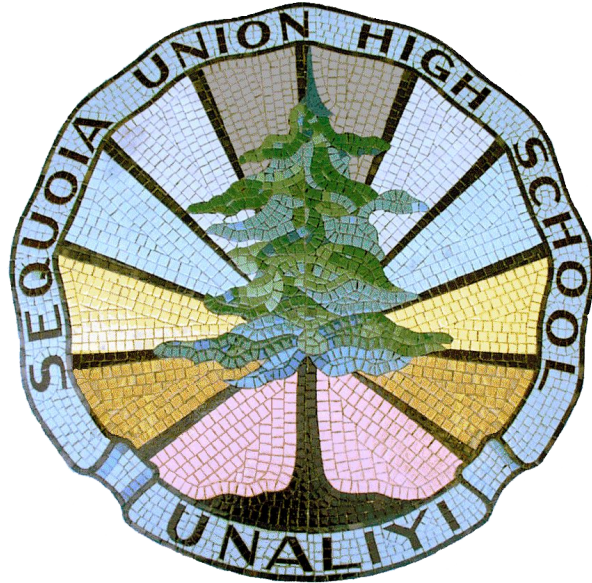


# SEQUOIA HIGH SCHOOL “101”

August 15, 2023



Welcome! ¡Bienvenidos!

# AGENDA



- Who's Who?
- School Basics & Resources
- Extracurricular Activities
- Parent-Run Organizations
- Checklist

# ADMINISTRATIVE TEAM



Sean Priest  
Principal



Tara Charles  
Instructional Vice Principal



Sophia Olliver  
Administrative Vice Principal  
(Grades 9/10)



Gary Gooch  
Administrative Vice Principal  
(Grades 11/12)

# SCHEDULE INFORMATION

## First week of school



- The **bell schedule** for the first week of school:
  - First day of school (tomorrow) students attend all classes and get out at the normal time. - This day is a collaboration day, and students end at 2:30pm.
  - The rest of the week is Block schedule Thursday (“A Day”) and Friday (“B Day”)
- See [www.sequoiahs.org](http://www.sequoiahs.org) (Bell Schedules under Resources) and Daily Bulletin for schedule (Back to School, Open House, holidays may not follow the typical schedule)
- Lockers will not be assigned this school year. Students should look for Google Form in their school email from the AVP Office to request a locker.

# Schedule Tips



- If your student has six periods, they could be 1-6, 2-7, or 1, 3-7th.
- These are all typical schedules for students
- Check on the schedule for each day
  - Your student might start after brunch some days
  - Your student might be done at 2:30 pm
- Schedules cannot be altered!
  - Many programs and courses
  - 520 courses offered

# SCHEDULE INFORMATION

## First week of school



*Wait! What are collab days and block schedules?*

- Block schedule - “A” (1st, 3rd, 5th) or “B” (2nd, 4th, 6th) days - 100 minute classes (plus 0 and 7th every day)
- Minimum Day schedule - All classes meet but for shorter periods - 30 minutes each.
- Collaboration Days-Wednesday - All classes, but class periods are 40 minutes and school ends early for teacher collaboration (department meetings, teacher training, etc.)

### BLOCK SCHEDULE

Block Days		
A-Day: Monday & Thursday (Lunes y Jueves)		
B-Day: Tuesday & Friday (Martes y Viernes)		
Period/Período		Times/Horario
A - Day	B - Day	
0	0	7:30 - 8:20
1	2	8:30 - 10:10
Brunch	Brunch	10:10 - 10:20
3	4	10:25 - 12:10
Lunch	Lunch	12:10 - 12:50
5	6	1:00 - 2:40
Passing	Passing	2:40 - 2:45
7	7	2:50 - 3:40

# BEHAVIOR EXPECTATIONS



Be on time and prepared.  
Event pickup within 20 min.  
Sequoia is a closed campus.



Electronics  
Discouraged  
8:15am-3:40pm



Dress code:  
-Professional dress that does not  
contribute to a hostile/intimidating  
environment for any student  
-Sequoia wear is always encouraged!



“Just be nice”

# STAY CONNECTED AND INFORMED



- “**THE SENTINEL**” - Weekly E-Newsletter for families shares important info and highlights upcoming events/activities. *Parent/guardian emails provided in registration are automatically subscribed.*
- **COLLEGE & CAREER** - Grade level updates sent by Ms. Ignaitis and Ms. Yeager (College and Career Advisors). *Parent/guardian emails provided in registration are automatically subscribed.*
- **CANVAS** - Track assignments and grades for each class; communicate with teachers (subscribe)
- **INFINITE CAMPUS** - View report cards/transcripts, attendance, food service and other finance transactions and more (subscribe)
- **DAILY BULLETIN** - an online version of the daily announcements that students hear every morning (subscribe)

*This is just a partial list! See **SHS Communications Resources** under Quicklinks on SHS’s website: [www.sequoiahs.org](http://www.sequoiahs.org) to subscribe.*



# ACADEMIC SUPPORT



Issue? Follow the “chain of command” (Student should lead the effort!)



Other Resources:



# GUIDANCE & COUNSELING STAFF



- Melissa Pérez, *Co-Head Guidance Counselor*
- Hoxira Castaneda, *Co-Head Guidance Counselor*
- Joel Rebello, *Guidance Counselor*
- Patty Vlahakos, *Guidance Counselor*
- Cynthia Wilde, *Guidance Counselor*
- Emilia Flores, *Guidance Counselor*
- Elisa Nino-Sears, *IB Coordinator*
- Teresa Ignaitis, *College Advisor*
- Tessa Yeager: *College Advisor*



# RESOURCE CENTERS



## MENTORING PROGRAM

(students referred by staff)

## WELLNESS

Mindfulness, Health Fair, Presentations

## MONTHLY ELAC MEETING

(Spanish)  
1st Tuesday of the month

## MENTAL HEALTH SERVICES

Crisis, Individual & Group Counseling

## YOUTH DEVELOPMENT PROGRAMS

Youth Advisory Board, Peer Mediation, Leadership, Resilience

## FAMILY CENTER

Assists families in navigating the school system & making referrals

## TEEN RESOURCE CENTER (TRC)

Ms. Judy Romero  
[jromero@seq.org](mailto:jromero@seq.org)

# SPECIAL ACADEMIC PROGRAMS



## International Baccalaureate

- 9th & 10th: ICAP classes
- 11th & 12th: IB classes
- 21 IB (and 3 AP) courses
- Students can take one or more for “certificate” or pursue IB Diploma
- *Contact: Elisa Nino-Sears*

## Health Career Academy

- Apply during 9th grade
- Preparation for college level study in healthcare fields or a career in health care upon graduation
- *Contact: Ashley Gray*

## Digital Arts Academy

- Apply during 9th grade
- Preparation for college level study in digital arts fields or a career in digital arts upon graduation
- *Contact: Victoria Mitchell*

# COLLEGE & CAREER CENTER

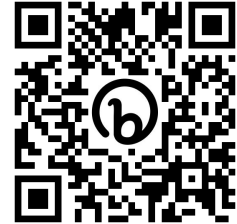


- All students will have a “Naviance” account to manage their college process
- 9th Grade College/IB Meeting October 17th 7pm (English- Carrington, Español- MPR)
- Students and parents should review the Weekly Newsletter emailed on Sundays from Ms. Ignaitis/Ms. Yeager through Naviance.
  - The Newsletter Includes:
    - College Informations and Events
    - College Visits at Sequoia
    - Student Opportunities (programs, community service, and jobs)
    - Career Information
    - Important Deadlines
    - Financial Aid/Scholarship information

# Ninth Grade College Day



- Thursday October 12, 2023
- All 9th graders will be visit local colleges and universities
- Complete the permission slip today: <https://bit.ly/9thCollegeDay23>



# BEYOND THE ACADEMICS



## Extracurricular Activities

- Clubs
- Student Activities & ASB
- Athletics
- Visual & Performing Arts

# CLUBS

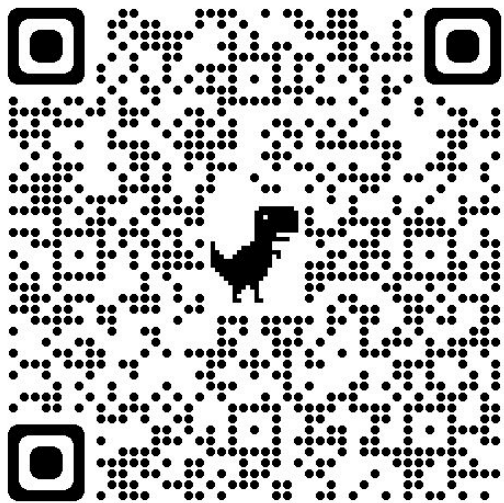


- More than 70 **student clubs**
- Students can join any club!
- Generally meet during lunch
- **CLUB DAY** *Sept. 15* - Info, Sign-Up, etc.





# CLUBS



## Club Directory

### Welcome to Young Feminists Club!

@sequoia\_feminists • Thursdays at lunch in the tea garden

Feminism: the advocacy of women's rights on the basis of **gender equality**.

**We strive to break social norms and promote human rights**

Learn + Educate

Opportunity + Access

Direct Action

### Sequoia Sustainability Club

Our mission is to promote environmental sustainability through community engagement :)

Follow us @sequoiasustainabilityproject

### Baking Club

MEETINGS TWICE A MONTH ON WEDNESDAYS  
@ lunch and during 7th in the culinary room

## SEQUOIA MODEL UNITED NATIONS

Every Thursday in Room 117 at Lunch

First Club Meeting: September 23 (12:25 pm)

Inviting new delegates passionate about international affairs and global issues!

ABOUT: Sequoia Model United Nations (MUN) is a student organization at Sequoia High School students interested in foreign relations. From leadership conferences to networking, seminars for other Model United Nations experiences, Sequoia MUN strives to engage students about global issues and empower delegates to become better diplomats.

LEARN MORE: EMAIL: sequoiamun@gmail.com CONFERENCE WEBSITE: www.sequoiamun.org INSTAGRAM: @sequoiamun

## March for Our Lives

### Sequoia Union

Nationally Recognized District Chapter of MFOL

"Fight for your lives before it's someone else's job!"  
EMMA GONZALES #NEVERAGAIN

Through common-sense gun reforms and social services, MFOL Sequoia Union demands bold action to end the gun violence epidemic that has plagued America. In March 2018, MFOL was founded by the survivors of the Stoneman Douglas High School shooting.

YOUTH ACTIVISM GUN VIOLENCE PREVENTION SOCIAL JUSTICE

## Sequoia Debate

Sequoia Debate is a student-run club at Sequoia that prepares students for tournaments at a state and national level. Debate meets on Fridays from 4-5:30 in room 202. All are welcome!

## KEY CLUB

Join us on the 1st and 3rd Wednesday at 2pm on Zoom to find out more!

Largest service organization in the world!

Support Community Events

Support Second Harvest Silicon Valley Food Bank

Make care packages

@seqkeyclub

## SEQUOIA BUSINESS CLUB

REGISTRATION LINK

ABOUT THE CLUB: Sequoia Business Club empowers students with an assortment of business opportunities. Students within the organization have access to the real world of business, whether it be attending entrepreneurial conferences or getting a startup company.

LEARN MORE: Home to: SEQUOIA HIGH SCHOOL'S DECA CHAPTER REGISTER: https://www.tinyurl.com/sequoiabusinessclub2021

## The Sequoia High School Fantasy Sports Club

Here at the Fantasy Sports Club, we bring the school together through playing Fantasy sports including basketball, football, baseball, and soccer!

If you have a passion for sports and want to compete against other students to show your skills and have lots of fun, the Fantasy Sports Club is perfect for you. We hope to see you join us soon!

REGISTRATION LINK

# STUDENT ACTIVITIES



- ❑ Leadership Classes
  - ❑ ASB (Student Government)
  - ❑ 9th Grade Student Leadership
- ❑ Student Activities

Student Activities Director  
Corey Uhalde @ [cuhalde@seq.org](mailto:cuhalde@seq.org)



# ATHLETICS



Sequoia High school fields over 45 teams and competes primarily in the Peninsula Athletic League.

<b>Fall (8/4-mid Nov)</b>	<b>Winter (10/30 - end of Feb)</b>	<b>Spring (1/29 - mid May)</b>
Sideline Cheer Cross Country (Co-ed) Football Flag Football - girls Golf - Girls Tennis - Girls Volleyball- Girls Water Polo - Girls Water Polo - Boys	Basketball - Boys Basketball - Girls Sideline Cheer Soccer - Boys Soccer - Girls Wrestling - (Boys and Girls)	Badminton Baseball Sideline Cheer Golf - Boys Lacrosse - Boys Lacrosse - Girls Softball Swimming (Co-ed) Tennis - Boys Track and Field (Co-ed) Volleyball - Boys Competitive Sport Cheer (Stunt)

# ATHLETICS REMINDERS

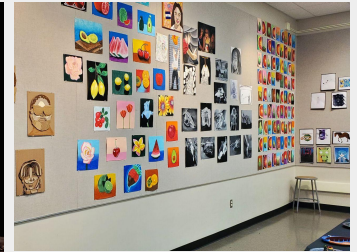
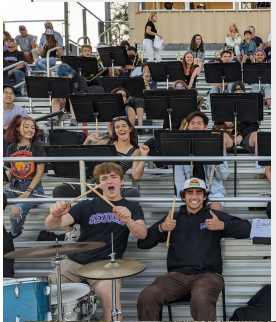


- Schedule physical exam and have form filled out by doctor. Physicals are good for exactly one CALENDAR year.
- Complete online clearance (seqsports.com - “More” - “Registration - Athletic Clearance”). Must be completed each SCHOOL year.
- ALLOW 2 WEEKS PRIOR TO START OF SEASON FOR CLEARANCE. Athletes may not participate until cleared.
- Check [www.seqsports.com](http://www.seqsports.com) for sport-specific information
- Athletic Director: Melissa Schmidt mschmidt@seq.org

# VISUAL & PERFORMING ARTS



Band, Orchestra, Choir, Dance, Photography, Ceramics, Drama, Piano, Guitar, Art 1, and Drawing & Painting



# VISUAL & PERFORMING ARTS



- Classes for Band, Orchestra, Choir, Dance, Photography, Ceramics, Drama, Piano, Guitar, and Industrial Arts
- After school options include theatre productions, Dance Team and Open Art Studio
- Fall Musical is URINETOWN!
  - Pre-Audition Workshop and Info Meeting: August 18
  - Auditions: Vocal - Aug 21-22; Dance - August 23
  - Fall Performance needs help with costumes & set building!
  - Students visit [sequoiadrama.com](http://sequoiadrama.com) to sign up to audition or register to join Tech Crew
  - Contact Talia Cain at [tcain@seq.org](mailto:tcain@seq.org) if interested in volunteering

*What you can do:* attend performances, volunteer.

*Questions?* Contact Ben Politzer [politzerben@gmail.com](mailto:politzerben@gmail.com)



# PARENT OPPORTUNITIES



- PTSA & ELAC
- Sports & Spirit Boosters
- Sequoia High School Education Foundation (SHSEF)
- Sequoia Business Sponsorship Program

# PARENTS, TEACHERS & STUDENTS ASSOCIATION (PTSA)

*The PTSA mission is to positively impact the lives of all children and families*



- "The Sentinel"
- Reflections Art Contest
- Graduation Week Activities
- Staff Appreciation
- Junior Class Achievement Awards
- New Teacher Program
- Mini-Grant Program





# ENGLISH LEARNER ADVISORY COMMITTEE (ELAC)



- Parents and interested community members working to meet the needs of English Learners at Sequoia
- Meets 7pm, the first Tuesday of the month, in the MPR
- Learn about Sequoia events, make recommendations to the principal and the Sequoia site council
- Promotes school policies that enhance the educational opportunities of Sequoia English Learners

# SPORTS & SPIRIT BOOSTERS



Mission: Promote school spirit and provide financial support to all Sequoia High School athletic and cheer teams



Equipment and Uniforms



Crab Feed Dinner and Auction



Transportation to games



Football game concessions



Sports Awards Ceremonies



Stampede Fun Run



Student-Athlete Scholarships



Spirit Wear

*What you can do to become a member:* volunteer (1 hour or more), donate (\$ or auction items), attend events



# SEQUOIA HIGH SCHOOL EDUCATION FOUNDATION (SHSEF)



**\$650,000+** donated annually ensures that every Sequoia student has the opportunity to reach their highest potential. Your investment provides lower class sizes, additional counselors, after school tutoring, and many other programs.



Academic  
Enrichment



College and  
Career



Family Support  
& PTSA



Staff  
Development



Technology



Visual and  
Performing Arts

**What you can do:** Donate (\$1,500 suggested per student but all donations, of any amount, help us reach our goal) and volunteer. Visit [www.shsef.org](http://www.shsef.org).



**SHSEF**

SEQUOIA HIGH SCHOOL  
EDUCATION FOUNDATION

# SEQUOIA BUSINESS SPONSORSHIP PROGRAM



- Benefits SHSEF, Boosters, PTSA and VPA (i.e.- one-stop shop)
- School-wide marketing opportunities for business donors throughout the year
- Different Sponsorship Levels
- More information at the SHSEF table or visit our website: [www.shsef.org](http://www.shsef.org)



# CHECKLIST



- Subscribe to lists: Daily Bulletin, Infinite Campus, Canvas, ELAC, Boosters, etc
- Schedule sports physical and complete online sports clearance two weeks prior to team tryouts ([www.seqsports.com](http://www.seqsports.com))
- Donate and volunteer for SHSEF ([www.shsef.org](http://www.shsef.org))
- Become a Sequoia Business Sponsor ([www.shsef.org](http://www.shsef.org))
- Join and volunteer for PTSA ([www.sequoiapta.org](http://www.sequoiapta.org))
- Join and volunteer for Boosters ([www.sequoiaboosters.org](http://www.sequoiaboosters.org))
- Attend Principal's Welcome with Sean Priest
- Attend Back to School Night
- Attend Freshmen College and IB (ICAP) Info. Night

# Principal's Message & Q&A



Thank you!  
¡Gracias!