

**Stamford High School
Guide to Success
2015-2016**



**Home of the
Black Knights**

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Our Core Values

The Stamford High School partnership of administrators, faculty, and staff believes that all students can learn. We believe that we must provide a rigorous, relevant curriculum for all students that promotes critical and creative thinking and works to engage all students regardless of their varied abilities and backgrounds. To do so, we must give students multiple opportunities to succeed in the high school experience as well as set high expectations for all students and hold them, and ourselves, accountable. We must also foster and maintain a culture that focuses on the importance of academics and routinely celebrates academic achievement. It is our responsibility to model life-long learning, civic engagement, and respect and tolerance for diversity and for each other.



Our 21st Century Learning Expectations

The Stamford High School faculty has created the following 21st Century Learning Expectations and will work together to ensure that all students master these skills at a proficient level (or above) by the time they graduate in preparation for college and/or the workplace. Students will have the skills and knowledge necessary to:

Academic Expectations:

- Read and understand complex texts from all content areas, including visual texts, in order to extract information from them.
- Write cohesively and cite evidence when synthesizing information from multiple texts.
- Use critical thinking skills to analyze, interpret, and solve multi-step real-world problems.
- Conduct research to build and present knowledge individually or in groups.

Social Expectation:

- Develop an understanding of a healthy intellectual, physical, social, and emotional lifestyle.

Civic Expectation:

- Develop an understanding of the meaning of citizenship.

Academic Overview

Four Year Course Plan

Freshman Year English 9 Social Studies Math Science PE/Health World Language Unified Arts	Sophomore Year English 10 Social Studies Math Science PE/Health World Language Elective
Junior Year English 11 US History Math Science World Language Elective Elective	Senior Year English 12 Social Studies Math Science World Language Elective Elective

Grades/GPA

Letter Grade	Numerical Value	Grade Point
A	93-100	4.0
A-	90-92	3.7
B+	87-89	3.3
B	83-86	3.0
B-	80-82	2.7
C+	77-79	2.3
C	73-76	2.0
C-	70-72	1.7
D+	67-69	1.3
D	63-66	1.0
D+	60-62	0.7
F	0-59	0

Grade Distribution

Full Year Course	Half Year Course
Quarter 1- 20%	Quarter 1- 40%
Quarter 2- 20%	Quarter 2- 40%
Midterm Exam- 10%	Final Exam- 20%
Quarter 3- 20%	
Quarter 4- 20%	<i>Semester 1= Quarter 1 & 2</i>
Final Exam- 10%	<i>Semester 2= Quarter 3 & 4</i>

Progress Reports/Report Cards

Quarter	Progress Report	Report Card
Quarter 1	October 9, 2015	November 18, 2015
Quarter 2	December 23, 2015	February 4, 2016
Quarter 3	March 9, 2016	April 18, 2016
Quarter 4	May 13, 2016	June 22, 2016 (Mailed)

Parent Portal (sis.stamfordpublicschools.org)

Parents are encouraged to utilize parent portal to consistently monitor attendance and grades. For questions regarding log-in information please contact Patty Obando at 203-977-6623.

Daily Schedule

Bell Schedules

Daily Schedule			Connection Time		
Block	Start	End	Block	Start	End
1	7:25	8:21	1	7:25	8:21
2	8:27	9:17	2	8:27	9:17
3	9:23	10:13	Connection	9:14	9:38
4	10:19	11:09	3	9:23	10:13
5	11:15	1:09	4	10:19	11:09
Lunch 1	11:15	11:41	5	11:15	1:09
Lunch 2	11:59	12:25	Lunch 1	11:15	11:41
Lunch 3	12:43	1:09	Lunch 2	11:59	12:25
6	1:15	2:05	Lunch 3	12:43	1:09
			6	1:15	2:05

Delayed Opening			Unscheduled Early Release		
Block	Start	End	Block	Start	End
1	9:25	10:01	1	7:25	8:10
2	10:06	10:39	2	8:16	8:53
3	10:44	11:17	3	8:59	9:36
4	11:22	11:55	4	9:42	10:19
5	12:00	1:27	5	10:25	11:02
Lunch 1	12:00	12:25	6	11:08	11:45
Lunch 2	12:31	12:56			
Lunch 3	1:02	1:27			
6	1:32	2:05			

Early Release			Full Day 1-7		
Block	Start	End	Block	Start	End
1	7:25	7:58	1	7:25	8:13
2	8:03	8:36	2	8:23	9:11
3	8:41	9:14	3	9:17	10:05
4	9:19	9:52	4	10:11	10:59
5	9:57	10:30	5	11:05	11:57
6	10:35	11:08	6	11:59	1:11
7	11:13	11:45	Lunch 1	11:59	12:23
			Lunch 2	12:23	12:47
			Lunch 3	12:47	1:11
			7	1:17	2:05

Rotating Schedule

A Day			B Day		
Block	Start	End	Block	Start	End
1	7:25	8:21	7	7:25	8:21
2	8:27	9:17	1	8:27	9:17
3	9:23	10:13	2	9:23	10:13
4	10:19	11:09	3	10:19	11:09
5	11:15	1:09	4	11:15	1:09
6	1:15	2:05	5	1:15	2:05

C Day			D Day		
Block	Start	End	Block	Start	End
6	7:25	8:21	5	7:25	8:21
7	8:27	9:17	6	8:27	9:17
1	9:23	10:13	7	9:23	10:13
2	10:19	11:09	1	10:19	11:09
3	11:15	1:09	2	11:15	1:09
4	1:15	2:05	3	1:15	2:05

E Day			F DAY		
Block	Start	End	Block	Start	End
4	7:25	8:21	3	7:25	8:21
5	8:27	9:17	4	8:27	9:17
6	9:23	10:13	5	9:23	10:13
7	10:19	11:09	6	10:19	11:09
1	11:15	1:09	7	11:15	1:09
2	1:15	2:05	1	1:15	2:05

G DAY		
Block	Start	End
2	7:25	8:21
3	8:27	9:17
4	9:23	10:13
5	10:19	11:09
6	11:15	1:09
7	1:15	2:05

Strategies for Success

Be Organized

- Use an agenda book (provided to freshmen only) to record assignments
- Be prepared for class
- Get organized the night before
- Keep your backpack neat
- Review notes and material daily



Time Management

- Stay on task in class
- Create a schedule for completing work at home
- Plan ahead to avoid conflicts with after school activities

Classroom Success

- Participate in class and ask questions
- Attend class, on time and get make-up work if necessary
- Always do your homework
- Study for tests and quizzes
- Be respectful

Seek Help

- Schedule time with your teacher outside of class
- Always be prepared with questions when asking for help
- Homework Club meets Mondays, Tuesdays, and Thursdays in the Media Center.

Helping in Your Child's Success

- Assist your child with setting goals (review regularly)
- Encourage involvement with school activities
- Encourage your child to meet with his/her school counselor for support or resources
- Establish a time for your child to complete homework
- Set a time and place to study each night
- Stay informed of assignments (stress the importance of time management)



- Be aware and be informed; know their friends; monitor computer and phone use, know important dates (i.e. progress reports, report cards).
- Stress importance of regular school attendance and timeliness.
- Support the school and teachers; communicate with teachers; attend Open House on October 15, 2014.
- Contact teachers with questions or concerns.
- Help your child choose appropriate courses; understand your child's strengths and weaknesses; identify abilities and interests.
- Help your child explore career options. The Naviance Program, a web-based college/career search engine, is available to all SHS students. Talk to your child. Open and honest communication is vital.
- Be aware of school rules and policies and encourage your child to follow them.

Academic Support



Guidance

School counselors assist students in academic and career planning, college selection and personal matters.

Incoming freshmen are assigned to a school counselor based on the Social Studies class they have in the ninth

grade. Students entering SHS after ninth grade are randomly assigned a counselor. Parents are encouraged to make appointments with school counselors to discuss any concerns related to their children.

College Planning/Career Center

The college planning/career center is located in the upper level of the Media Center and provides multiple resources for students on:

- College visits
- Naviance
- Careers
- College Financial Aid



Homework Center

The Homework Center is located in the lower level of the Media Center and is open to all students on Monday, Tuesday, and Thursday from 2:15pm to 3:15pm. Peer tutors from the National Honor Society are there to assist students with their work along with an SHS Math Teacher.



Library Media and Technology Center

The Library Media and Technology Center provides all students and staff with a wide range of materials and information resources in a variety of formats from both within and outside the school, many of which are accessible 24/7 in the SHS website. This is a valuable resource that includes a very supportive staff and can be used by all SHS students.

How to Contact Faculty or Administration by Email

The email address consists of the first initial and last name followed by @stamfordct.gov. (Example: BKnight@Stamfordct.gov). All faculty and administrator email addresses can also be found on the school website (stamfordhigh.org).

Graduation Requirements

- A student must earn a minimum of 20 credits to graduate from SHS.
- Each full-year course **TAKEN AND PASSED** earns a student, one credit, while semester courses taken and passed earn .5 credit.
- There are core courses that must be **TAKEN AND PASSED** within the 20-credits requirement.



English	4 years
Social Studies (includes Civics & U.S. Hist.)	3 years
Mathematics	3 years
Science	2 years
Fine Arts/Music or Unified Arts	1 year
Physical Education	1 year
Health	1 year
World Language	Recommended

Other Services

Student Health Services/Family Health Connections

School Nurse



SHS is staffed with two full-time registered nurses who assist students with medical problems, administer first aid, and provide emergency care. The nurse is located across from the Main Office.

Student Health Center

The Student Health Center is located across from room 118. This teen friendly Health Center offers on-site comprehensive medical and mental health services. Parents need not be present during appointments; however, students must have a signed permission form on file to receive care. For more information call 203-977- 5512.

Lockers

Upon entrance into SHS, each student is assigned a locker. Students will keep that same locker for as long as he/she is enrolled at SHS. For security purposes, locker combinations should not be shared.



Also, please avoid bringing expensive personal items to school as SHS is not responsible for items that are lost or stolen. Students who have problems with their locker should speak with Mr. Tinnen (Head Security Officer).

Lost and Found

All articles found on school property should be returned to the Main Office. The School is not responsible for lost items. Please keep personal items in your locker and leave all valuable possessions at home.

School Resource Officer (SRO)

As a valuable part of our school community the SRO's serve as law enforcement officers and work with students, faculty and staff to help maintain a safe environment. The SRO office is located in room 404A.



Security

We have eleven security guards stationed throughout the building to assist students in various capacities.

Important Phone Numbers

Principal

Raymond Manka 977-4226

Administrators

*Claudia Berlage (Freshmen) (German Swiss) 977-4268

Matthew Forker (Sophomores) 977-0850

Matthew Laskowski (Juniors)..... 977-4706

*Rafael Escobar (Seniors) (Spanish) 977-5086

Dean of Students

Michelle Malave..... 977-5614

Administrative Assistants

Cecelia Martinez 977-4227

Mary Sutton 977-5430

Matthew Tougas 977-5482

Fran DeCarlo (Guidance)..... 977-4272

Guidance Counselors

Geraldine Nuzzo- (DH) 977-5755

Anne Murray 977-4356

Benjamin Levy 977-4273

Robert Augustyn 977-4277

*James Henry (Creole/French) 977-5366

Francine Moavero 977-4279

*Maria Olveira (Spanish)..... 977-5751

Tiffany Russo 977-4276

Andrena Forlenzo (College Planning/Career Center)..... 977-5754

Parent Facilitator

*Patty Obando (Spanish) 977-6623

Psychologist

Dr Barbara Boller 977-4259

Dominica Pellegrini 977-6158

School Resource Officer

Kenny Boyd 977-4218

*James Stackpole (Spanish) 977-5717

Social Workers

Dr. Rachel Bria..... 977-6157

*Leslie Chapman (Spanish) 977-4614

*Christine Viala (Creole/French)..... 977-5439

Emily Segal 977-5489

***Faculty is fluent in multiple languages.**

Policies and Procedures

Closed Campus

SHS is a closed campus and students are not allowed to leave school grounds during the school day without parent permission or during a school sponsored event.

Hall Passes

Students are required to have a hall pass when classes are in session. Students must also show their pass to any faculty or staff who requests to see it.

Electronic Devices

Refer to the SHS acceptable use policy.

Bullying

Any form of bullying is strictly prohibited at SHS. Bullying is the *repeated* use by one or more students of a written, verbal, or electronic communication, such as cyberbullying, or a physical act or gesture directed at another student attending school in the same district that:

1. causes physical or emotional harm to such student or damage to such student's property;
2. Places such student in reasonable fear of harm to himself or herself, or of damage to his or her property;
3. Creates a hostile environment at school for such student;
4. Infringes on the rights of such student at school; or
5. Substantially disrupts the education process of the orderly operation of the school.

Bullying shall include, but not be limited to, a written, verbal, or electronic communication or physical act or gesture based on any actual or perceived differentiating characteristics, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, socioeconomic status, academic status, physical appearance, or mental, physical, developmental or sensory disability, or by association with an individual or group who has or is perceived to have one or more such characteristics.

Plagiarism/Copying

Plagiarism is the practice of taking someone else's work or ideas and passing them off as one's own. Any student caught submitting

another's work under his/her name will be subject to teacher and/or administrative disciplinary action.

Sexual Harassment

Any unwelcome sexual advance, request for sexual favors, or other verbal or physical contact of any nature may constitute sexual harassment and will not be tolerated. Students who feel they are being harassed should tell their teachers, administrators, or any other staff member in the school.

Sign in policy

All visitors must enter the school through the front doors, provide identification and sign in.

Dress Code

SHS enforces the *Dressing and Grooming policy number 5147* of The Board of Education and encourages students to dress in a manner that reflects pride in and respect for themselves, their school, and their community. To promote a positive, safe, and non-disruptive learning environment, proper attire should be worn. Therefore, the following are some of the items prohibited from being worn in the Stamford Public Schools during the academic school day:

- Attire or accessories that portray disruptive, obscene writing or pictures.
- Attire or accessories that depict logos or emblems that encourage the use of drugs, tobacco products, or alcoholic beverages.
- Shirts and/or blouses that reveal the abdomen, chest, breasts, or undergarments.
- See-through clothing
- Shorts, miniskirts, or pants that reveal upper thigh or undergarments.
- Other attire or accessories that, in the opinion of the Principal, are not in good taste or depict vulgar, illegal, racial, or sexist viewpoints.
- Head covering of any kind, including, but not limited to scarves, bandanas, masks, kerchiefs, athletic headbands, hoods, etc., except those worn for religious reasons.
- Footwear that damages floors or is a safety hazard.
- Sunglasses (unless required by a doctor's order).
- "Name-belts" or other oversized belt buckles

- Studded bracelets, oversized or multi-finger rings, belts or any other articles of attire with spikes or studs attached.
- Pants/shorts that show off ones undergarments.

Attendance

The school day at SHS begins at 7:20 a.m. (warning bell) and ends at 2:05p.m. Students are expected to attend all classes throughout the school day. In the event that a student is absent from school, he/she should bring a note to verify that it was a legitimate absence.

Absences: Should a student be absent from class in excess of the number of days below, he/she will receive a failing grade with a maximum numerical average of 59 for the quarter.

- **7 abs in a quarter**
- **14 abs in a semester**
- **28 abs in a school year**

Class Cuts/Tardiness

- A cut is an absence from class without permission when the student is in school for the day. Any cut may result in a grade of zero for the day.
- Three tardies to a class will be recorded as one absence. One tardy of more than 20 minutes will be counted as an absence.

Exemptions- (an absence which is not counted toward the maximum allowable number) will be granted by the Grade Level Administrator **and ONLY for the Following Reasons:**

- **Long Term Medical** (defined as 3 or more consecutive absences) as documented by a Doctor's note which specifically includes dates and reason. **The note must be reviewed within 72 hours of the absences.** No exemptions will be granted after this time.
- **Calendar Religious Holiday**
- **School Mandated Absence** (i.e. AP Testing, Representing the School at a FCIAC or CIAC event, etc.)

Exemptions **WILL NOT BE GRANTED** for single day illnesses, appointments or outside school commitments. Such absences will be counted as part of the maximum allowable absences for each quarter/semester/school year.



Appeals Process

Students may seek an Administrative Review or Appeal for absences leading to potential failure. The process is as follows:

- Students must make up all missed work before requesting an appeal
- Students must submit in writing the reason for the Appeal and the written request must outline an “**Extraordinary Circumstance**” or “**Emergency**” which caused the absence(s).
- Student must present their appeal to **The Appeal Committee** which will be made up of 1 Dean of Students, 2 Teachers, and 1 Guidance Counselor.
- Students will not be eligible for an appeal if any absences are found to be class cuts.

This committee shall hear the appeal and determine whether or not a restoration of a passing grade is justified. The Decision of the Appeal Committee shall **be final**. A student shall be granted **only one appeal per school year**.

Final Note

The fact that a student must not exceed 7 absences should not be interpreted as a right to miss class. We at Stamford High believe that there is a direct correlation between attending class and doing well in school.

Clubs/Activities

School clubs and organizations provide students with opportunities and experiences that are beneficial to the individuals, SHS, the School District and often the community at large.

Four great reasons for joining a high school club:

- To become an active member of the school community
- Extracurricular activities look good on resumes and college/scholarship applications.
- Make new friends
- They may help to set you on a career path

Animal Rights Club – Mrs. Gleason
 Asian Club – Ms. Chaikind
 Biology Club – Mr. Halmeck
 Book Discussion Club – Ms. George
 BuildOn – Mr. Gladstone
 CAM (Comics, Animation, & Manga) – Ms. George
 Cancer Awareness Club – Mrs. Chacra
 Cardio Club – Ms. Perry & Bartolo
 Chess Club – Mr. Sartor
 Chemistry Club – Mrs. Kaiser
 Class Officers – Class Advisors
 Concert Choir – Mrs. Sinaguglia
 Concert Band – Mr. Beratis
 Debate Team – Mr. White
 DECA (Dist. Education Clubs of America) – Mr. Levy
 Drama Club/Tech Crew – Ms. Nerreau
 Fashion Club – Mrs. Van Nostrand
 Food For Thought – Ms. Townes
 Friendly Faces – Ms. Ashley
 Future Business Leaders of America – Ms. Mackey
 Haitian Club – Ms. Salomon
 H.U.G.S. (Help United Gays & Straights) – Ms. Segal
 Interact – Mr. Gifford & Ms. Mackey
 Jazz Band – Mr. Beratis

Knightly Review – Mrs. DeAngelis & Ms. Hadsell
 Latin Club-- Mrs. Grady
 Light Club – Mrs. Paci
 Madrigals – Mrs. Sinaguglia
 Marching Band – Mr. Beratis
 Math Club – Mr. Sartor
 Media Innovators – Mr. Boone
 Mindfulness Meditation Club – Mr. Cooney
 Mock Trial – Mrs. Gillin
 MYLC- Mr. Kocienda
 Nat'l Art Honor Society – Ms. Zielinski/Mr. Cusano
 National Honor Society – Ms. Clark & Mr. Grillo
 Open Studio Art – Ms. Zielinski/Mr. Cusano
 Orchestra – Mrs. Sinaguglia
 Photo Club – Mrs. Wade
 Physics/Engineering Club - Mr. DelGiudice
 Poetry Slam – Mr. Ringel
 Recycling Club – Mr. Katz
 Round Table Newspaper – Mr. Ringel
 Shakti- Ms. Clark
 Ski & Snowboard Club – Mr. Kelley
 Stock Market Club (STAG)- Ms. Ferrer
 Strawberry Hill Players – Ms. Nerreau
 Tri-M Music Honor Society – Mrs. Sinaguglia
 Ultimate Frisbee – Mr. Moynihan
 Winter Percussion – Mr. Beratis
 Yearbook - Mrs. Wade & Mr. Lutz

THE STRAWBERRY HILL PLAYERS PRESENT



ATHLETICS

Athletic Director: James Moriarty (203) 977-5753



Interscholastic athletics are a vital part of school life and we encourage all students to participate in the athletic program. Stamford High School sponsors 24 varsity sports. Stamford High School sports are open to all students who are academically eligible (some sports are more competitive than others). Students must have and maintain a minimum of a 2.0 GPA. Stamford High School is a member of the Connecticut Interscholastic Athletic Conference (CIAC). Each school is placed in a division based on its student enrollment and plays in the LL division, which is the larger school division. Stamford High School has won over 40 state championships in various sports throughout the years. The school also plays in the Fairfield County Interscholastic Athletic Conference (FCIAC), Western Division and has won over 100 divisions and league championships. Schedules for each sport are available in the Main Office or from the Athletic Director. Rainouts are usually played the following day. Practices are generally held every week day and can often run into vacation periods.

Fall Sports

BOYS Football, Soccer, Cross Country	GIRLS Field Hockey, Soccer, Volleyball, Cross Country, Swimming, Cheerleading
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Winter Sports

BOYS Basketball, Hockey, Swimming, Wrestling, Indoor Track	GIRLS Basketball, Hockey, Cheerleading, Indoor Track,
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Spring Sports

BOYS Baseball, Tennis, Outdoor Track, Lacrosse, Golf	GIRLS Softball, Tennis, Outdoor Track, Lacrosse
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Stamford High School
55 Strawberry Hill Avenue
Stamford, CT 06902

