

High Point Central High School

Freshman Orientation

Class of 2024

#StrongerTogether



Welcome to
HPC

We are excited
to welcome
you to Bison
Nation!

Online Orientation Requirements:

- Complete all sections
- Take the quiz at the end in order to receive credit.



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In Online Freshman Orientation you will learn more about:

- Meet the Principal
- Middle School vs. High School
- The 9th Grade Experience
- School Resources
- Academic Lingo
- Understand your Credits
- School Involvement
- Stay Connected
- Health and Wellness
- Next Steps

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After every section there will be an outline of information you should have obtained while reading or viewing the content. For example:

Based off the information in this section you should be able to answer the following questions.

- Will there be a final quiz following all sections of online orientation?





Meet the Principal

Dr. Shelley Nixon Green is the principal and educational leader at High Point Central High School. She has over 20 years of experience working at all levels of public education; serving as a teacher, assistant principal and principal. She is passionate about the success of all students and provides an environment of opportunities for students to better themselves and increase their marketability as competitive 21st Century graduates throughout the school; bridging the gap among diversity. Dr. Nixon-Green is a lifelong learner, has an earned Ed. D in Educational Leadership and Administration, Master in Educational Administration and Supervision, and a Master and Undergraduate degree in Music Education, Performance and Special Education (K-12). She joins with other High Point frontline advocates committed to raising awareness for political, educational, social and equality for all. As a teacher, mentor, and principal she continues to serve and share her vision for education by working to ensure not only the success of all students at a High Point Central, but the entire High Point community in where she has served for over 16 years.



Ms. Norman-Rogers 12th Grade



Mr. Hagerman 11th Grade



Ms. Robinson 10th Grade



Mr. Glenn 9th Grade

Administrative Team

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A Message from Mr. Glenn

Greetings to our incoming 9th grade students and families! I am excited to welcome you to High Point Central High School – Class of 2024. Very soon you will embark on a four-year journey with us, and I am certain that you will have an outstanding experience. I can imagine the mixed emotions you may be experiencing as you begin to think of transitioning to the high school: nervousness, excitement, or general curiosity. I want you to know your feelings are valid and our staff will be here to support you every step of the way. We have a gifted faculty, a rigorous curriculum and we offer numerous sports and activities to engage students. At HPC you will be joining a community of learners with a legacy of excellence. At times, the whole experience can seem a bit overwhelming. We have created this guide to help make the transition from middle school to high school a little easier. Please know that we are here to help and do not be afraid to reach out to us. The new school year will be here before you know it, and we look forward to welcoming you soon.





Based off the information in this section you should be able to answer the following questions.

- Who is the Principal at High Point Central?
- Who are some of the individuals you can reach out to if you have any questions?
- Why should you reach out to staff and faculty here on campus?

High school offers you a fresh start

- No matter where you have been before coming to HPC, this is a fresh start for you! There are a few differences between middle school and high school.
- Live in the "now" and enjoy all the benefits of attending HPC. Keep old friends, make new friends, discover your potential, develop your talents, and never forget that the only one who can put a cap to your dreams here at HPC is you!

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A large, rectangular sign mounted on a brick wall. The sign is white with black lettering. The text on the sign reads "HIGH POINT" in a large, bold, serif font, and "CENTRAL HIGH SCHOOL" in a smaller, bold, serif font below it. The sign is set against a background of a brick wall and green bushes.

HIGH POINT
CENTRAL HIGH SCHOOL

Key differences between middle school and high school:



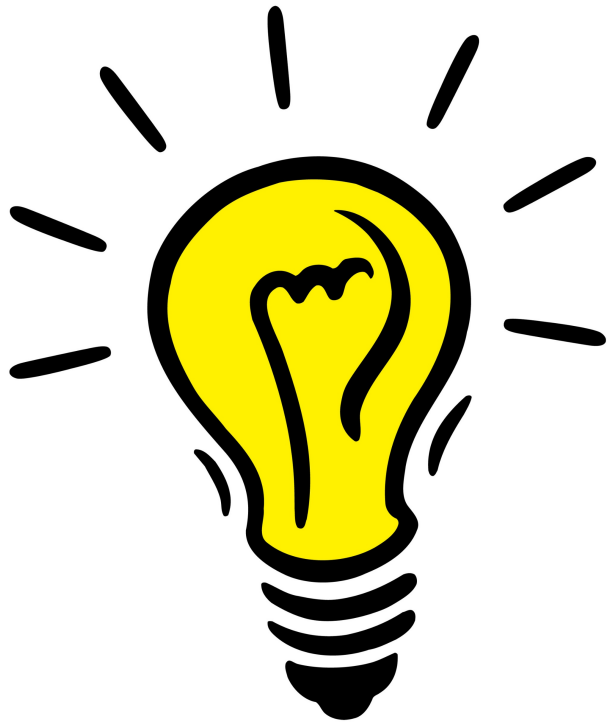
Middle School

High School

- Student-centered
- Emphasis on both cognitive and affective development
- Core academic classes are typically year long
- Course selections are mainly fixed or predetermined
- Few transitions during the day
- Transitions are supervised and coordinated by teachers

- Subject-centered
- Emphasis on cognitive development
- Attendance is more strict and is considered per semester per class
- Classes are typically offered by the semester
- Course options vary depending on your plans after high school
- More transitions each day
- Students transition from class to class independently





Based off the information within this section you should be able to answer the following questions.

- What are some of the key differences from middle school to high school?

The Power of a Bison Education

There are many reasons to gain a Bison education. Here are just some of the many reasons HPC has a valuable education that will help you succeed:

- The school has received National recognition such as a 'Piedmont Triad Education Consortium Signature
- Provides students with 21st Century skills through opportunities in:
 - Career and Technical Education
 - Advance Placement (AP)
 - International Baccalaureate (IB) Diploma
 - Accreditation by The Southern Association of Colleges and Schools (SACS).
 - "Most Challenging HS in America", Washington Post, 2018
- AP/IB courses are taught on an A/B day schedule.
- HPC students may take courses at Weaver Academy and through Apex Learning Virtual School (ALVS), Guilford County Virtual Public School (GCVPS) and North Carolina Virtual Public School (NCVPS).
- HPC offers a 4x4 block schedule
- HPC students can earn a GCS Service-Learning Diploma for 250+ hours and a Service-Learning Exemplary Award for 100+ hours.
- HPC has a dual enrollment agreement with Guilford Technical Community College (GTCC) through the Career and College Promise Program.
- HPC students can earn community college credits through our CTE Apprenticeship program and Certifications through Course Skills Testing
- HPC is a member of the Metro 4-A Athletic Conference
- Performance Data: Exceed Expected Growth (2018): #1 in Guilford County Schools and #9 in State of North Carolina





Based off the information in this section you should be able to answer the following questions.

- What are some of the highlights of a Bison education?

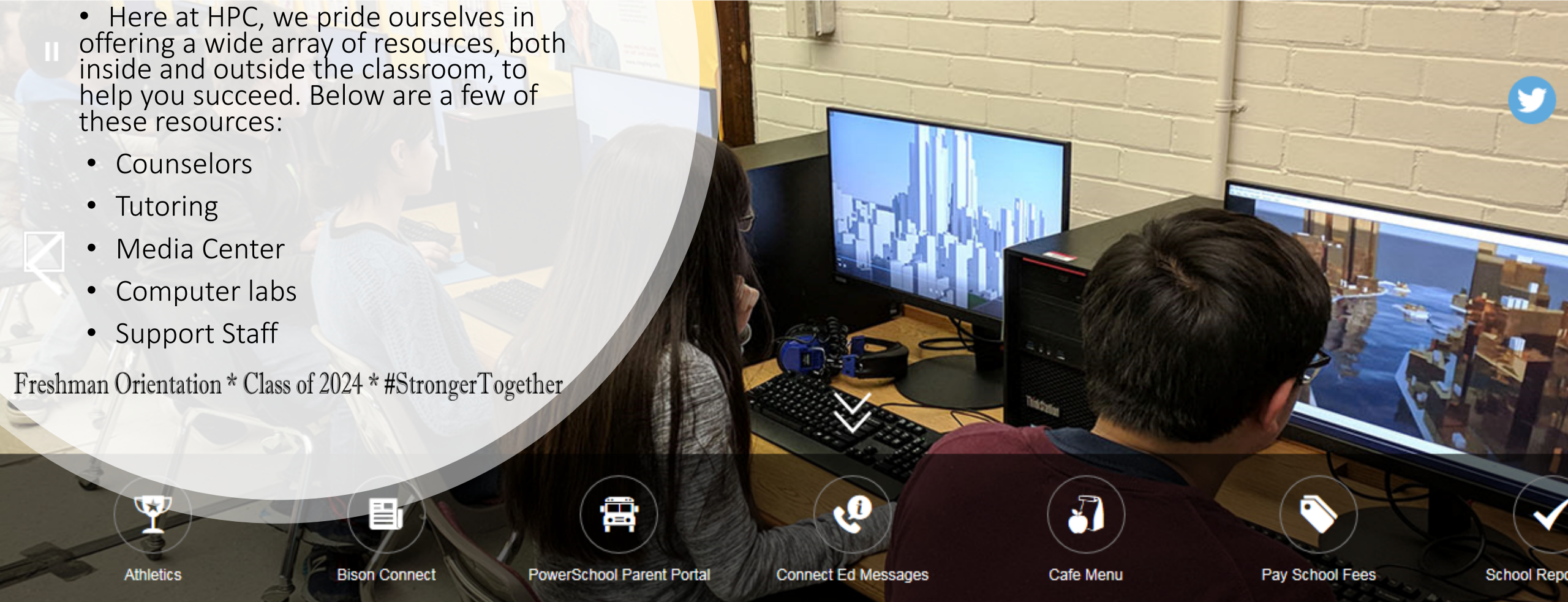


Academic Resources

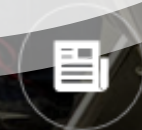
Here at HPC, we pride ourselves in offering a wide array of resources, both inside and outside the classroom, to help you succeed. Below are a few of these resources:

- Counselors
- Tutoring
- Media Center
- Computer labs
- Support Staff

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Athletics



Bison Connect



PowerSchool Parent Portal



Connect Ed Messages



Cafe Menu



Pay School Fees



School Report

Counseling Team



Name	Student Focus	Email
Nakisha Ingram	Counselor, 9-12th Grade A - C	ingramn2@gcsnc.com
Claudia Eldridge	Counselor, 9-12th Grade D - H	eldridc@gcsnc.com
Tikela Evans	Counselor, 9-12th Grade I - McK	evanst@gcsnc.com
Sheila White	Counselor, 9-12th Grade McL - Romero	whites3@gcsnc.com
Susan Lindsay	Counselor, 9-12th Grade Romo - Z	lindsas2@gcsnc.com
Anna Lejeune	Counseling Secretary	lejeuna@gcsnc.com
Lauren Fatyol	Registrar	fatyoll@gcsnc.com
Tracy Hamlin	Data Manager	hamlint@gcsnc.com

Student Support Team

Name	Support Focus	Email
Terrill Moore	Communities in Schools (CIS)	mooret9@gcsnc.com
Lilliam Tercero	Youth Development Coordinator (YDC)	tercerl@gcsnc.com
Patricia A. Williams	Social Worker	williap8@gcsnc.com
Michael Lowe	Career Development Coordinator (CDC)	lowem2@gcsnc.com
Sonya Shaw	Special Population Coordinator (SPC)	shaws2@gcsnc.com





Based off the information in this section you should be able to answer the following questions.

- What are some of the resources on or off campus to help me succeed academically?



Academic Lingo

Here are some key terms to help you understand the academic process:



- **ACT:** A standardized test used for college admissions in the United States. The ACT test covers four academic skill areas: English, mathematics, reading, and science reasoning.
- **Advanced Placement program (AP):** A college board program that allows students to take college-level courses while in high school. Students can then take standardized AP exams; those with qualifying scores can earn credit at certain colleges and universities.
- **Canvas:** Learning Management Platform that allows schools to build the digital learning environment that meets the unique challenges faced by their institution.
- **Credits:** Used to determine and document that students have met academic requirements, generally at the high school level. Credits are awarded upon completing and passing a course or required school program.

Academic Lingo

Here are some key terms to help you understand the academic process:



Grade Point Average (GPA): A number that indicates how well or how high you scored in your courses on average. It's meant to score you (usually on a GPA scale between 1.0 and 4.0) during your studies and shows whether your overall grades have been high or low. This number is then used to assess whether you meet the standards and expectations set by the degree programme or university.

Electives: Courses that students can choose to take for credit towards graduation

International Baccalaureate Diploma (IB): program is a certified IB World School with a rigorous two-year course of study for junior and senior students that embodies a disciplinary and interdisciplinary approach to learning. IB provides a challenging, and comprehensive education that enables students to understand and manage the complexity of our world.

PowerSchool: Student information system, used to record and track student records, including grades and attendance. It's an award-winning system that allows educators and administrators to effectively and conveniently manage student records.

Academic Lingo

Here are some key terms to help you understand the academic process:



Rank: A measure of how a student's performance compares to other students in their class.

SAT: A multiple-choice, pencil-and-paper test created and administered by the College Board. The purpose of the SAT is to measure a high school student's readiness for college and provide colleges with one common data point that can be used to compare all applicants.

Service Learning: An educational approach that combines learning objectives with community service in order to provide a pragmatic, progressive learning experience while meeting societal needs.

Transcript: A transcript is a certified record of a student throughout a course of study having full enrolment history at educational school including all courses attempted, grades earned, and awards conferred



Based off the information in this section you should be able to answer the following questions.

- What is the difference between AP and IB courses?
- How can you benefit from Service Learning hours?
- What do credits determine?

School Involvement

Why get Involved?

Life outside the classroom is just as important to your future success as life inside the classroom. The opportunity to get involved begins with our 30+ clubs and organizations which provide plenty of service opportunities, activities, and cheering on one of our 24 varsity athletic or junior varsity teams.

Fall	Winter	Spring
Cheerleading	Cheerleading	Baseball
Football	Basketball (Men & Women)	Golf, Men
Soccer, Men	Swimming & Diving (Men & Women)	Lacrosse (Men & Women)
Tennis, Women	Indoor Track (Men & Women)	Soccer, Women
Volleyball, Women	Wrestling	Softball (Women, fast pitch)
Cross Country (Men & Women)		Track & Field (Men & Women)
Golf, Women		Tennis, Men

Sports may be offered at varsity, junior varsity, or freshmen levels. Check with the school athletic director for details.





Based off the information in this section you should be able to answer the following questions.

- T/F Getting involved and meeting new people makes it easier to stay focused on academic growth and development
- What is one way you can meet new people while at HPC?

Stay Connected : Remind

Families that last name are from A - L to register in Class of 2024 A

Pick a way to receive messages for Class of 2024 A:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/bison2024a

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@bison2024a](https://t.me/bison2024a) to the number **81010**.

If you're having trouble with **81010**, try texting [@bison2024a](https://t.me/bison2024a) to **(515) 346-6931**.

** Standard text message rates apply.*

Get information for **High Point Central High School** right on your phone—not on handouts.

Don't have a mobile phone? Go to rmd.at/bison2024a on a desktop computer to sign up for email notifications

Families that last name are from M - Z to register in Class of 2024 B

Pick a way to receive messages for Class of 2024 B:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/hpc2024b

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@hpc2024b](https://t.me/hpc2024b) to the number **81010**.

If you're having trouble with **81010**, try texting [@hpc2024b](https://t.me/hpc2024b) to **(515) 346-6931**.

** Standard text message rates apply.*

Get information for **High Point Central High School** right on your phone—not on handouts.

Don't have a mobile phone? Go to rmd.at/hpc2024b on a desktop computer to sign up for email notifications.

Stay Connected: Social Media



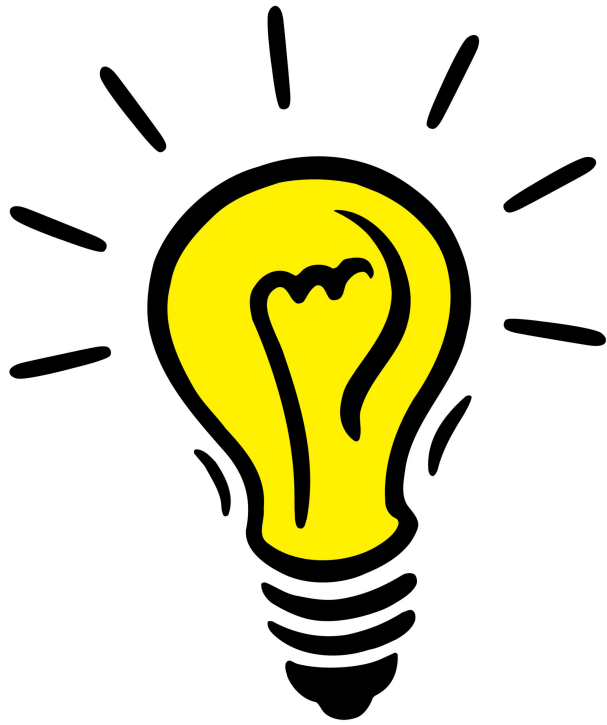
Calendar of HPC events

- Go to <https://www.gcsnc.com/Page/83>

HPC Social Media

- HPC Twitter: @HPCHighSchool
- HPC Athletics Twitter: @HPCBisonSports

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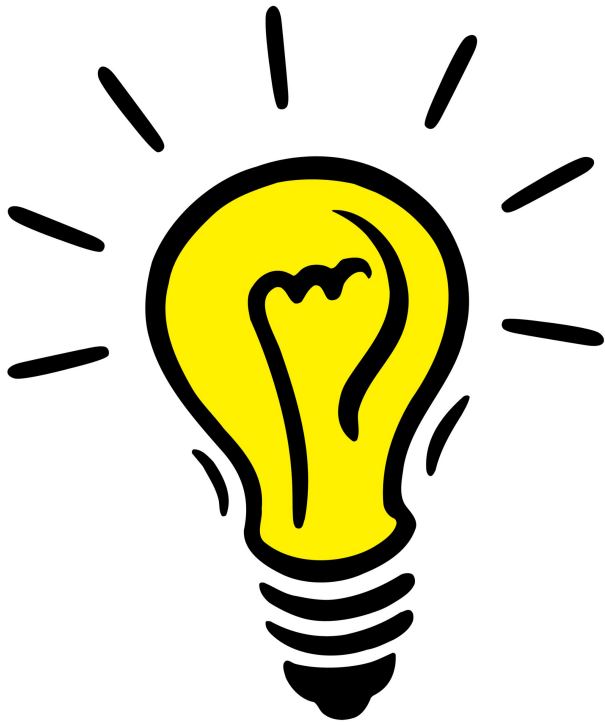
Based off the information in this section you should be able to answer the following questions.

- What one way to stay connected?
- How can you know what events are going on around campus?

Health and Wellness

- School Nurse - Teresa Payne, RN
- **Services:**
 - First aid
 - Care plans and management for chronic conditions
 - Train school staff to administer medications as needed
 - Support for pregnant students
 - Provide health information to student and staff.





Based off the information in this section you should be able to answer the following questions.

- How can if you have any health concerns?
- What are some services provided by the school nurse?



Next Steps

Please use the link below to take a short quiz. Once submitted, you will receive a Certificate of Completion and your official HPC lanyard.

Quiz:

<https://forms.gle/fQuqM7kEhrGkyWcj9>

Thank you for taking the time to review information regarding Freshman Orientation. If you have any further questions or concerns, please feel free to contact the school at 336.819.2825 M-Th from the hours of 10am – 2pm. You can also access information on the school website at <https://www.gcsnc.com/Page/83>.

