

Welcome to CCHS!

Our graduates are typically well prepared for college and other post-secondary plans. Research and our own experience have taught us that parents play a vital role in how well students take advantage of the opportunities that are available to them at CCHS.

Many parents of freshmen have concerns about how to use the high school years to prepare their adolescent for admission to college. Media attention and solicitations from private organizations frequently convey the impression that college planning should begin in the early years of high school. First time high school parents may worry that they are already behind in the college search process. To help answer this concern, the Guidance & Counseling Department sponsors an evening meeting for parents of freshmen/sophomores each year to outline the process and timetable for college bound students. For most students, beginning the college process in the junior year is optimal. There is plenty of time to prepare for this goal.

While planning for post-secondary education is important, we urge parents not to lose focus on the more immediate issues of this transition year and to participate actively in their adolescent's evolving development. Members of the Guidance & Counseling Department and faculty look forward to working with you throughout the next four years. We offer this booklet of practical suggestions to help start you and your adolescent on your successful journey.

Stay in Touch

- Attend Back to School Night in September.
- Attend the annual Parent-Teacher Conference Night in December.
- Attend Principal's monthly coffees (when possible).
- Contact your teen's teacher if you are concerned about his or her progress in a particular subject.
- Read progress reports and contact teachers for more information to discuss with your teen.
- Review the report card carefully with your teen to determine areas of strength and those where help may be needed.
- **IMPORTANT-** Please subscribe to the Parents' List Serve. An on-line communication serviced by the parents to inform you of various CCHS events/mailings throughout the year. Your child's ID# is required for all subscriptions.

www.lists.ptg-concord.org/mailman/listinfo

WATCH YOUR E-MAIL!

You will receive a monthly *CCHS Newsletter* (including the *Counselor Bulletin*) and our school calendar (via the Parents' List Serve) with specific details regarding dates and times of school events listed in this brochure. You may also receive special invitations to certain school events as well as information regarding parent volunteer opportunities at CCHS.

Be Organized

- Provide your teen with a quiet place, free of distractions, to study every day. Restrict phone calls, television, internet and computer games during study time.
- Monitor your teen's homework on a daily to weekly basis during freshman year, depending on his/her past performance.
- Help your teen plan ahead for long term projects.
- Encourage your teen to READ, READ, READ!
- Make sure your teen gets a sufficient amount of sleep.
- Provide your teen with an assignment book and other materials (i.e., binders, etc.) to organize homework.
- Plan early for the productive use of time during the summer.
- Discuss each teacher's course expectation sheet with your teen.

Use Resources

- Encourage your teen to seek extra help or clarification from his/her teachers as needed.
- Make sure your teen is familiar with school resources for help (i.e., SSERC, MARC, Science Resource Center).
- Make use of department phone numbers and personal e-mail addresses to communicate with your teen's teachers.
- Take advantage of Guidance & Counseling Department services which are available to all families.
- Contact your teen's counselor if you do not know where else to go for help. He or she will either have the answer or know where to find it.
- Discuss any medical issues and/or medications needed with the school nurse.
- Know and follow CCHS practices and procedures.
- Read the *Handbook for Students and Parents*. Pay particular attention to the school's attendance policy.
- Visit the CCHS Guidance & Counseling Department website at:

www.concordcarlisle.net
rollover on departments
scroll to Guidance

Stay Informed

Ask your teen to show you attendance reports and remind him or her to resolve any unexcused absences.

Read school publications such as those listed in this booklet.

Familiarize yourself with the *Program of Studies* before reviewing course selections.

Attend Summer Opportunities Fair in January/February for ideas.

Read and save each teacher's course expectation sheet.

Read monthly *CCHS Newsletter*, including the *Counselor Bulletin* (The Guidance & Counseling Department newsletter).

Open and read all school mail immediately. Students sometimes miss important information because it was not passed on in a timely manner.

Ask your teen to bring home report cards which are issued four times a year. The specific dates are published in the school newsletter.

Stay Involved

- Encourage your teen to attend the freshman orientation group in Guidance & Counseling.
- Encourage your teen to get involved in sports or co-curricular activities.
- Monitor your teen's co-curricular time commitments to ensure he or she does not get overextended.
- Encourage your teen to begin fulfilling the community service requirement.
- Review your teen's course selections for sophomore year in February.
- Join CCHS Parents' Association and your teen's class parents' group.
- Attend CCHS community events of interest such as musical and/or drama productions, concerts, athletic events, and receptions.
- Attend the Guidance & Counseling Department's evening meetings appropriate to your teen's grade.

Must Read Publications

- *Handbook for Students and Parents*
- *Guidance & Counseling Department Handbook**
- *CCHS Program of Studies*
- *Performing Community Service at CCHS**
- *Monthly CCHS Newsletter*, including the *Counselor Bulletin* (The Guidance & Counseling Department newsletter)
- *Student Crisis Handbook**

*Available from the CCHS Guidance & Counseling Office

Keys to Success at CCHS



A Guide for Parents of Eighth and Ninth Graders

Prepared by the Concord-Carlisle High
School Guidance & Counseling Department