

Welcome to Fredericton High School

Your Guide to Life at FHS



Welcome

Fredericton High School (FHS) is a school that strives for excellence. Our aim is to help each individual reach their full potential. Our multicultural community continues to grow, welcoming students from all over the world! We welcome you to our school! Meet our principal, Mr. Shane Thomas, who has a video message for you.

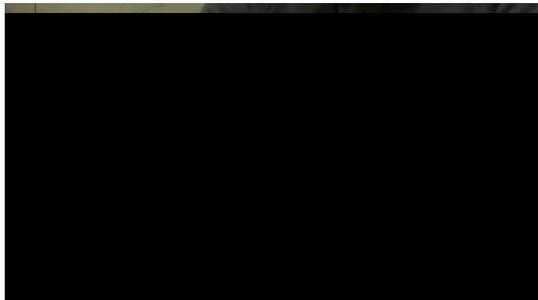
Principal's Message



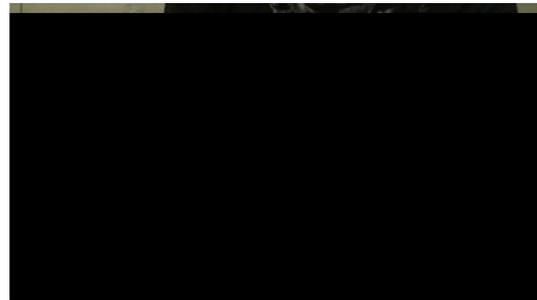
Guidebook Overview

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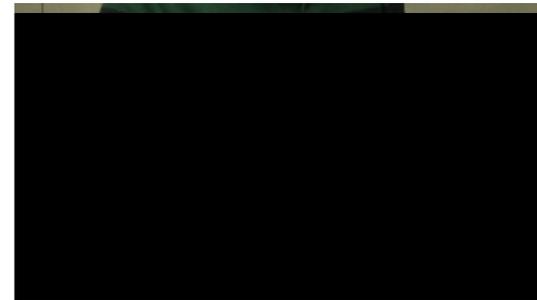
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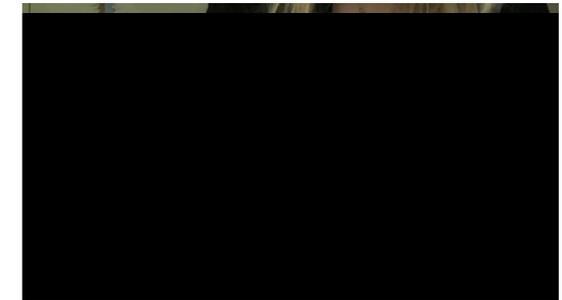
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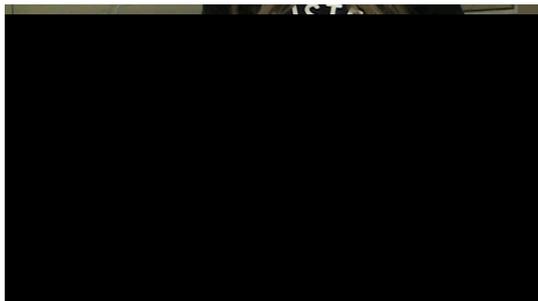
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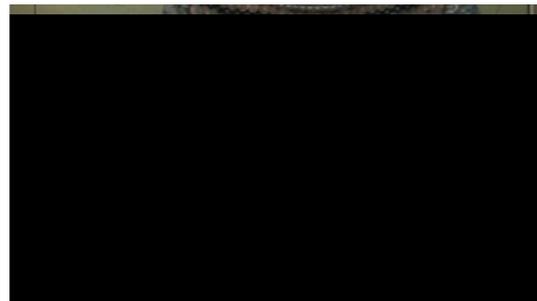
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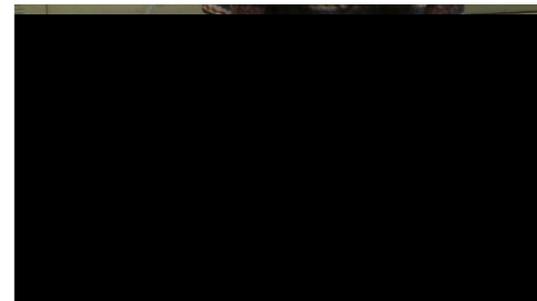
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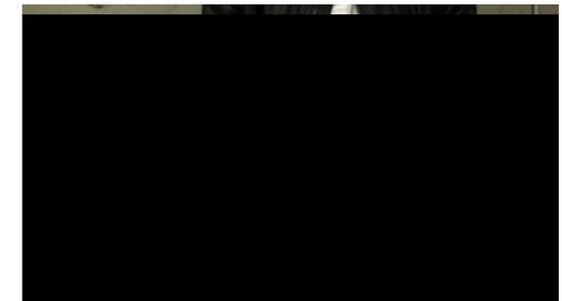
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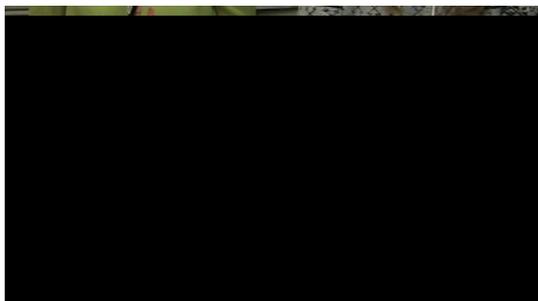
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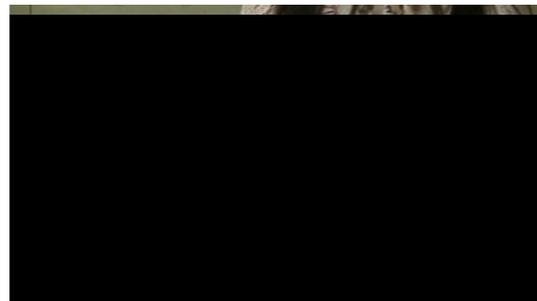
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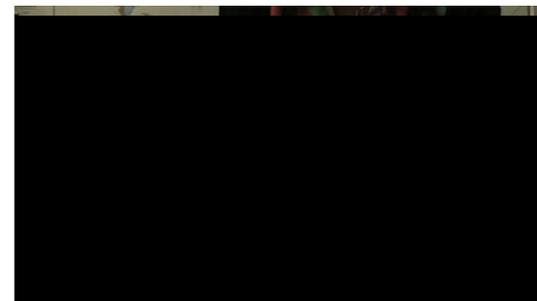
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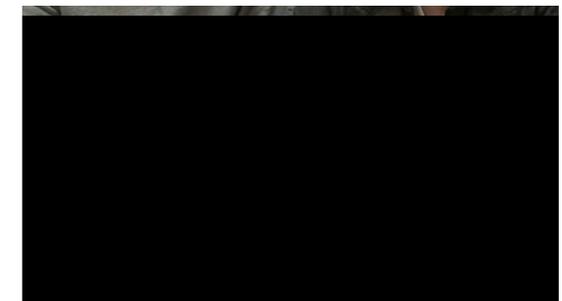
Spanish



Swahili



Vietnamese



Guidebook Overview

Welcome to Fredericton High School, or FHS, as we like to call it.

This guide was created to help you to transition to our school. Every year, over 700 people are “new” to FHS. Don’t worry, very soon you’ll feel ready to help those who arrive after you!

The book has 3 chapters:

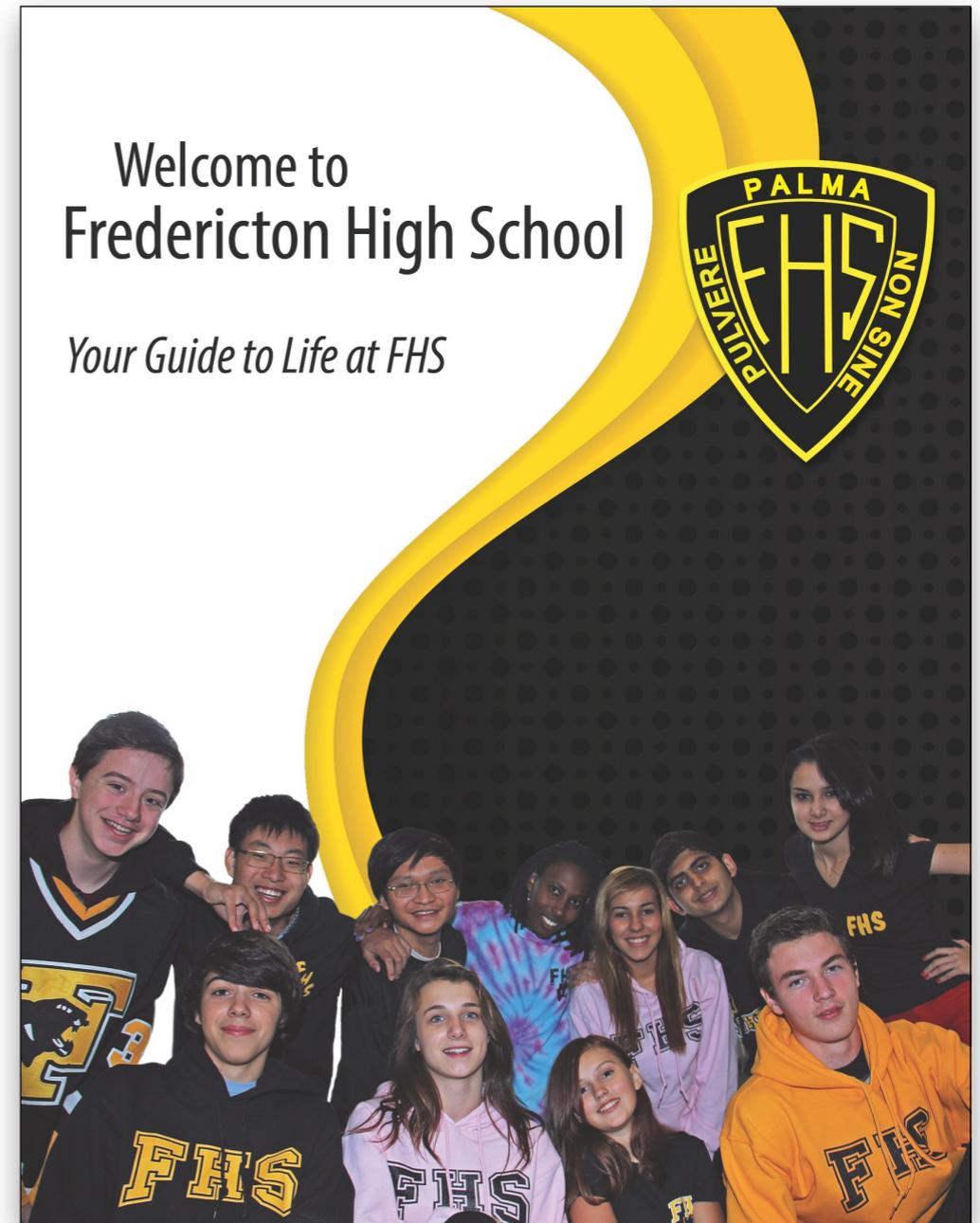
Chapter 1 explains what you should know before you arrive. This information includes the places and faces of FHS.

Chapter 2 tells you what to expect once you’re here.

Chapter 3 talks about important moments for FHS students, year by year. More specifically, these moments are your first day of grade 9 and activities during your last year in grade 12.

Remember, you can always come to the Guidance Office to get answers to your questions. Our teachers are friendly and helpful, as are our student leaders who have volunteered help you feel at home. We encourage you to participate in our many school activities to connect with others who share your interests. This is a great way to develop friendships and develop skills for life.

We call ourselves “Black Kats” at FHS – and now you’re one, too!



Our Proud History

Fredericton High School is located in our uptown business district. FHS was established in 1785. At first it was a boys-only school, as no girls were admitted. It was the first high school in Canada and over 3000 students attended the school. The school and the University of New Brunswick began in the same little wooden building located near the banks of the St. John River. In 1829, the institutions parted as more room was needed. Since that time, the school changed buildings many times and finally settled in the current building in 1972. Today, we have over 1900 students at the school and 114 teachers. The school colors are black and yellow, and our school mascot is the Black Kat.

- Here are other interesting historical facts about FHS:
- The name Fredericton High School was adopted in 1893.
- Black and yellow were chosen as the school colors also in 1893.
- In 1871, girls were admitted to FHS.
- In 1925, the George Street building was opened.
- In 1996, FHS had a student enrollment of 2815 and a faculty of 154.



FHS Offices and Their Purposes

At the school, there are 4 important offices that can help make your time at FHS a successful one.

Main Office

Here you will find the principal and four vice-principals. The administrative staff will help you if you are looking to find someone. If you arrive to school late or if you must leave early, report to this office.

Guidance Office

Here you will find four guidance counsellors and International Welcome Centre. This is where you register for school, take your English language test (WIDA), and get your timetable for courses. The guidance counsellors are here to support the social, emotional and academic growth of students.

Counsellors are here to support you with minor conflicts, transitional concerns, mental health, crisis support and effective decision-making and post-secondary planning.

School Resource Officer (Police)

The police officer is here to keep you safe and to educate you about Canadian laws. You can go speak with the officer about any concerns you may have.

Public Health Nurse Office

This nurse is here to point you in the right direction for health services in the community and educate you about wellness.

Important Offices at FHS



Main Office



A Quick Look at FHS

Hungry? The **cafeteria** offers breakfast and lunch foods like pizza, wraps & sandwiches. If you're looking for something different, there are many restaurants nearby! Students also bring their lunch from home and eat in the cafeteria. At FHS, food is not provided by the school.

There are many **gyms** if you like to be active! We often have open gym time at noon where you can play dodgeball, badminton & basketball. This is where you go for physical education class. There are washrooms to change nearby.

Awaken your pride! Our school store & eatery, The **Bookstore**, is where you can purchase our school clothing and get snacks lunch hour!

The **Tom Morrison Theatre** (also known as the "TMT") is where school productions and student events take place. Come and be amazed at our school's yearly talent show, or sign up and take part! The "TMT" is where the magic of FHS comes alive!

Have you ever wanted to record music? We have a class that gives you access to our **recording studio** where songs are recorded or where you come to make high quality music recordings.

Our **orchestra** is incredible in sound and size! So if you play an instrument, this is for you! The music department also has several bands and vocal ensembles.

Love art? FHS has its own **art gallery** where we showcase artwork created by our own students. It is sure to impress! Open during the lunch hour.

The **Future Chefs' Cafe** is where we encourage and train future chefs, or invite students who simply love to cook! You can take this class grade 11 or 12.



Cafeteria

Do you want a job that's hands on? The **industrial wing** is where students learn about the trades sector. In these classes, students learn how to weld, wire for electrical purposes, build structures, and repair or build cars.

Quiet, bright and BIG! The **library** has new & classic books along with computer access. You can borrow books but they need to be returned before a due date.

A Community of Growing Diversity

Fredericton High School's international community grows each year! We have a rich cultural diversity representing 70 nations. We're very happy that our school community offers exciting cultural diversity and languages from all over the world!

We encourage all students to explore and participate in the many clubs, activities and groups available at our school. This will help you meet new friends and develop your interests, but most importantly, giving you a chance to develop your intercultural and language skills.

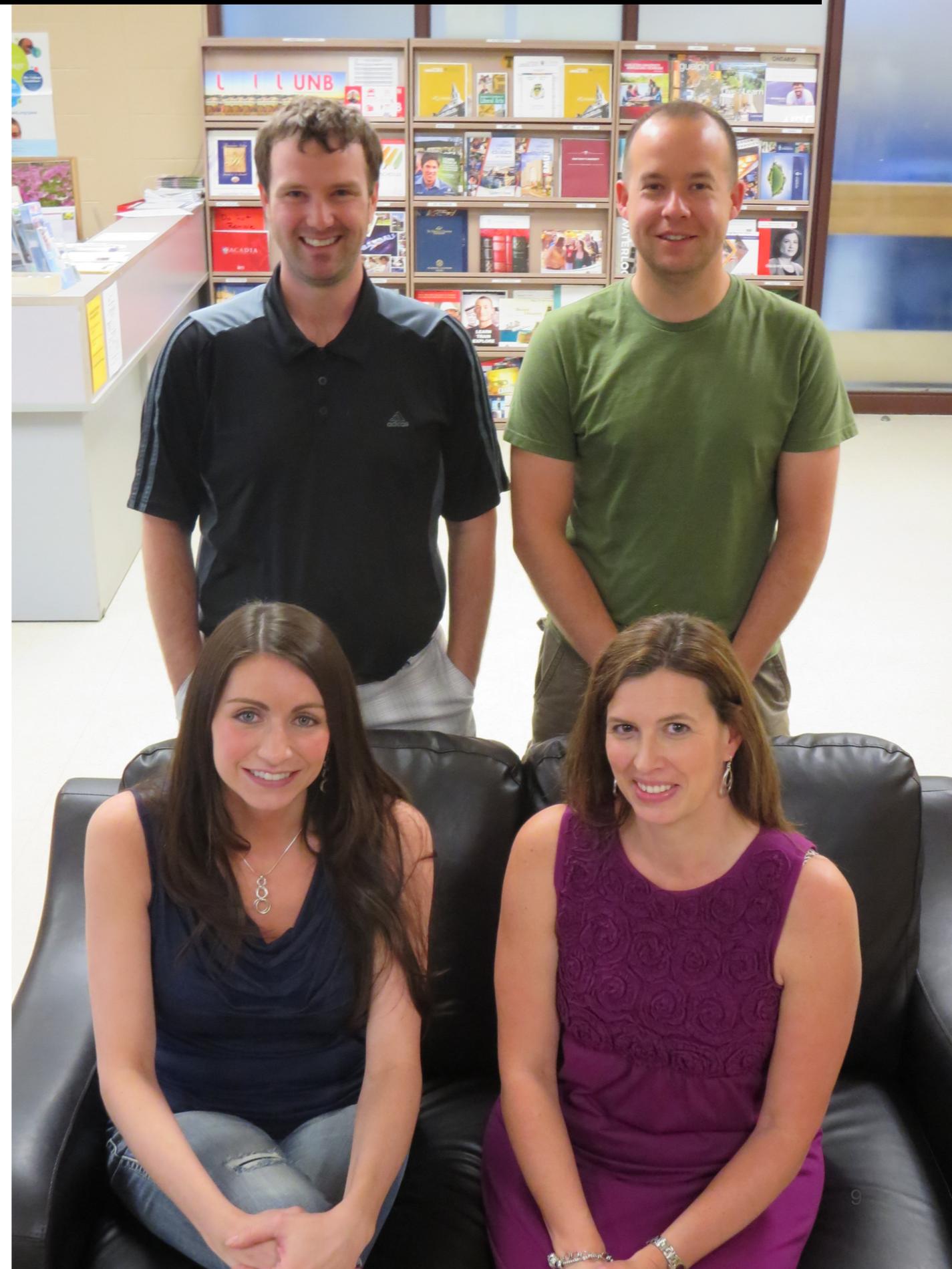
INTERNATIONAL COMMUNITY



Guidance Counsellors

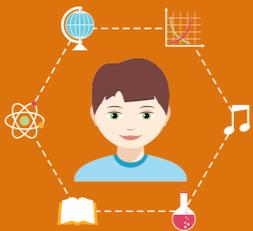
Counsellors are here to help with emotional issues, choosing courses, and exploring post-secondary choices. Each student has a different counsellor depending on the first letter of his or her surname. For example, a certain counsellor will work with students whose last names begin with letters A through F. If you feel troubled or lonely and need someone to talk to, go down to guidance.

Back left: Andrew Culberson, Adam Dionne
Front left: Cristel Hamilton, Suzanne Maxwell



Course Selection

Courses selection is an important time to consider and decide on what courses you will choose in high school. You will need to consider a few things when selecting courses. They are: course availability, language skills, pre-requisites, the time of your arrival within a semester, and your future plans.



Course availability: FHS offers grades 10 to 12 students approximately 138 courses. Courses are offered depending on student demand. For example, if only 5 students register for a particular course, while 60 students register for another, the larger group's course will run. With low registrations, courses can be cancelled. Lastly, be certain to check if the course you wish to take has a pre-requisite.



Language skills: It is important to consider your level of English proficiency before you choose your courses. When you arrive, we will help you with course selections after your proficiency has been assessed. You may be registered in English as an Additional Language (EAL) courses to help your transition.



Time of arrival: If you arrive in the middle of the semester, courses may be limited due to size, however, we will help create the best schedule for you and your interests.



Post-secondary: Your choice of courses has to be aligned with what you wish to study after high school (e.g. university, college, trades, the performing arts, etc.). Please go to the guidance office to receive help with the planning of your courses (usually students start thinking about it in grade 10).

Additional Information

Grade Levels

FHS begins in grade 9 and ends in grade 12. In grade 9 and 10 you do course work with few optional classes. In grades 11 and 12 you enter a credit system. You will do 10 courses in your grade 11 year and another 10 in your grade 12 year. You need a minimum of 17 credits to graduate, and the minimum pass rate for a course is 60%. There are 7 compulsory courses to take and a guidance counsellor will assist you in choosing your courses to match your post-secondary educational goals. FHS has a well-structured system that ensures that you remain on track and your progress is constantly monitored.

Semesters

There are two semesters within the schooling year. First semester is from September to end of January. The second is from January to June. Please see the school calendar for public holidays and breaks during the year.



Chapter
2

Once You Are Here



Making Connections: People you Should Know

Homeroom Advisory Teacher

You must have heard that students are supposed to go to a “homeroom” for one period of the day, right? Homeroom is a twenty-five minute period for all students to connect with a teacher and/or finish their schoolwork. Your homeroom teacher plays a significant role in your school life; this is the person who assigns your locker, provides your login account, gives you your report card, etc. You can rely on this teacher to help you feel at home at FHS.

Vice Principals and Guidance Counsellors

In addition to your homeroom teacher, you should stop by the office of your vice principal and guidance counsellor. These teachers are assigned to you according to the first letter of your surname (last name). They work as a team to support you.

Back left: Mr. Nathan Langille, Mr. Mike Barrett
Front left: Ms. Elaine Kilfillen, Mrs. Robyn Allaby



Making Connections: People you Should Know

Settlement Worker in the Schools

Jeremias Tecu works for the Multicultural Association of Fredericton, but he spends a lot of his workdays at FHS. His role is to be the connection between newcomer students' families, the greater community, and our school. He can talk to you about the many services offered after school, during the weekends at 28 Saunders Street. Some of these services include tutoring, cultural activities, job-search training, and summer camps.

Black Kat Ambassadors and Transition Team Members

These students have volunteered to help make you feel at home. They know how the school works, where to find things, and who to talk to if they don't have the answers. They will provide you school tours and on-going orientation sessions in your language (if applicable). They will also help you make positive connections with others, by encouraging you to participate in school life at FHS.

Daily Schedule

<u>PERIOD</u>	<u>TIME</u>	<u>INFORMATION</u>
<u>1</u>	<u>08:30-09:30</u>	School and period one begin, "O Canada" plays on the intercom. Please stand for the duration of the song.
<u>TRANSITION</u>	<u>09:30-09:45</u>	During these transition periods you move to your next class. You can visit the cafeteria, eat a snack or visit the bathroom.
<u>2</u>	<u>09:45-10:45</u>	This class begins at 9:45, so be sure to be in class before the lesson commences. Those who arrive late disrupt lessons and will receive a detention. Please be on time.
<u>TRANSITION</u>	<u>10:45-10:50</u>	Kindly move to your next class. You may wish to visit your locker to change books in order to lighten your load.
<u>3</u>	<u>10:50-11:15</u>	This is your homeroom period. Your homeroom teacher will inform and update you with current school news. If you have any questions, don't be shy to ask your homeroom teacher. If you have a note indicating that you need to leave school early, please hand it in to your teacher.
<u>TRANSITION</u>	<u>11:15-11:20</u>	This is time to change classes again; make sure that you have all that you need for the classes that you going to. It helps everyone if don't have to leave the classroom to fetch books or other necessities.
<u>4</u>	<u>11:20-12:20</u>	This class begins at 11:20, so be sure to be in class before the lesson commences. Those who arrive late disrupt lessons and will receive a detention. Please be on time.
<u>LUNCH BREAK</u>	<u>12:20-13:20</u>	Lunch hour, the school has an open campus policy, which means you are free to leave the school buildings during this hour to perhaps purchase the lunch of your choice at nearby restaurants or return home. You have to be back in the school building and seated in your next class by 13:20.
<u>5</u>	<u>13:20-14:20</u>	This class begins at 13:20, so be sure to be in class before the lesson commences. Those who arrive late disrupt lessons and will receive a detention. Please be on time.
<u>TRANSITION</u>	<u>14:20-14:30</u>	This is time to change classes again; make sure that you have all that you need for the classes that you going to. It helps everyone if don't have to leave the classroom to fetch books or other necessities.
<u>6</u>	<u>14:30-15:30</u>	This class begins at 14:30, so be sure to be in class before the lesson commences. Those who arrive late disrupt lessons and will receive a detention. Please be on time. At 3:30, you can go home, wait for your bus, or participate in one of the many afterschool activities at FHS.

School Rules

- Do not smoke in school or on school property (outside the building).
- Be on time for class and homeroom.
- Only use your cell phones before school, on break, at lunch and after school.
- Tell your homeroom teacher if you know that you will be absent on the following day.
- Email your homeroom teacher or call the school if you are sick in the morning and can't come to school.
- When you come back from being sick or away, you must present a note from your parents to your homeroom teacher informing her about your absence.
- Attendance is taken every day and each period. It is critically important to inform your homeroom teacher prior/post your absence. If you miss 20 days of school in a single semester without a valid and reasonable excuse, disciplinary actions will be taken which could lead to a suspension.

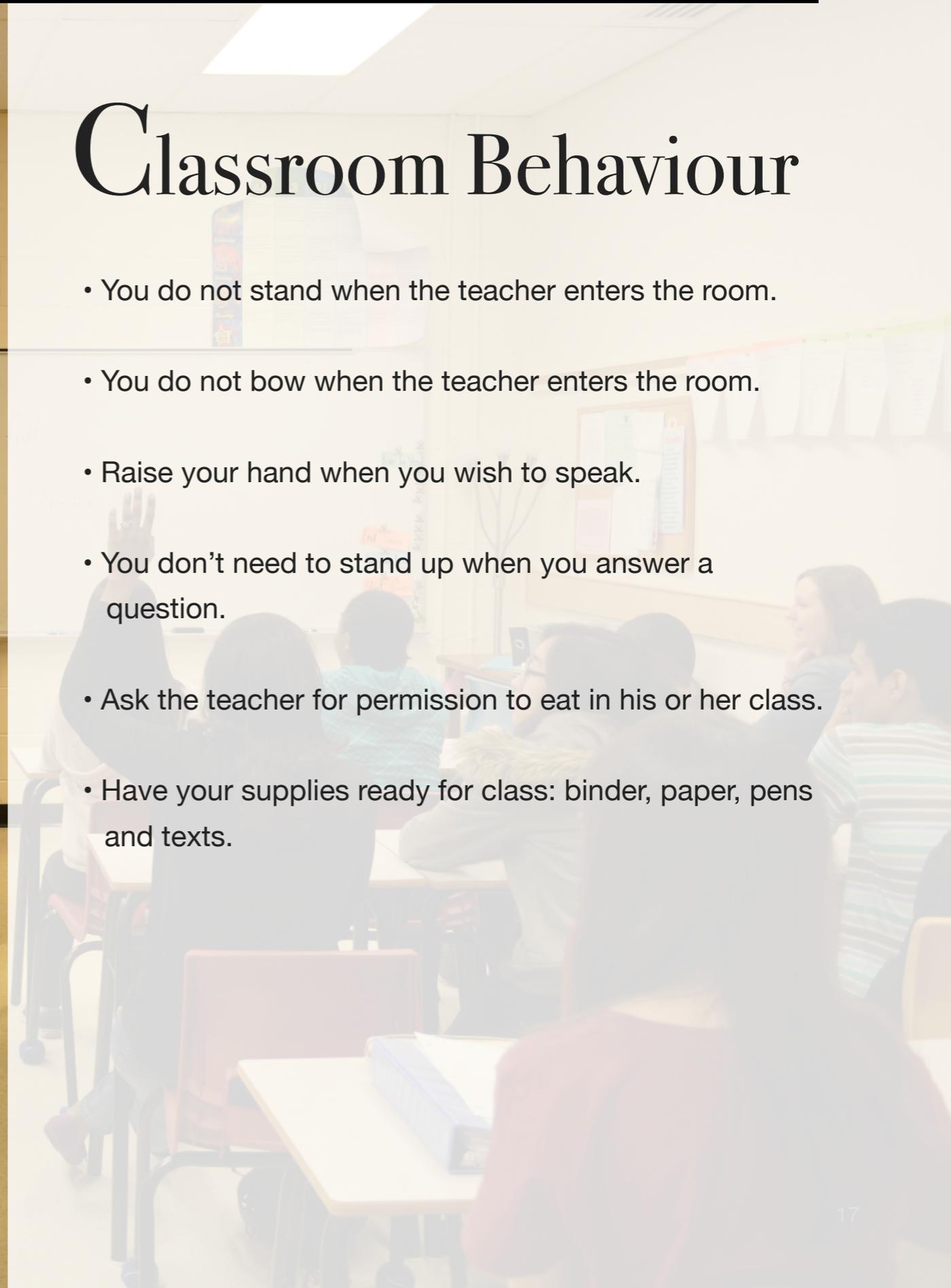


KNOW THE
RULES!



Classroom Behaviour

- You do not stand when the teacher enters the room.
- You do not bow when the teacher enters the room.
- Raise your hand when you wish to speak.
- You don't need to stand up when you answer a question.
- Ask the teacher for permission to eat in his or her class.
- Have your supplies ready for class: binder, paper, pens and texts.



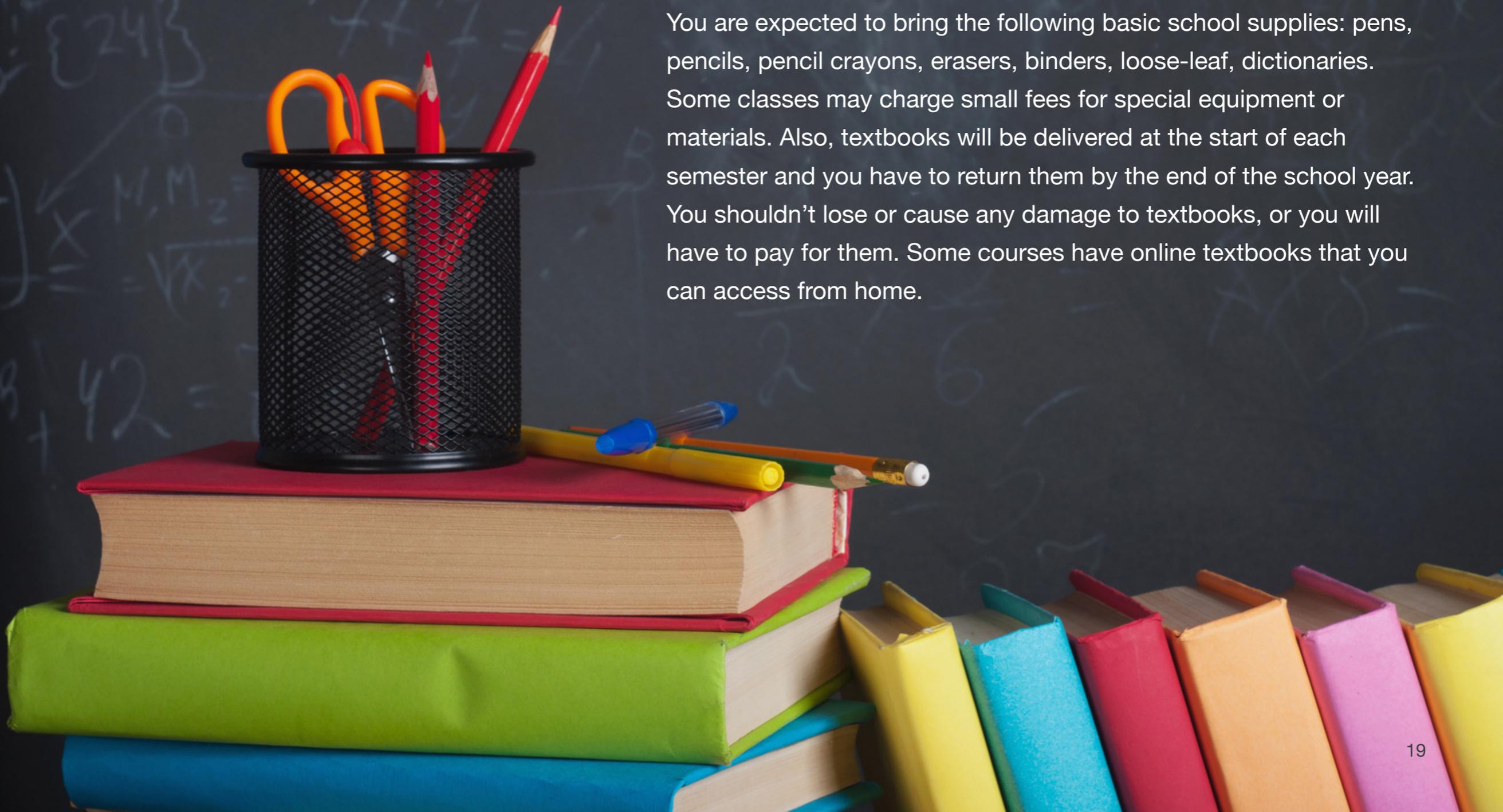
What to Wear

- There are no school uniforms.
- Do not wear hats, bandanas or hoods in the school buildings.
- Do not wear perfume, aftershave or cologne. This is a scent-free school.
- You are not allowed to wear clothing with offensive (bad) messages on them.
- You must have gym shorts or pants and sneakers (trainers, runners) for Physical Education class.



Textbooks and School Supplies

You are expected to bring the following basic school supplies: pens, pencils, pencil crayons, erasers, binders, loose-leaf, dictionaries. Some classes may charge small fees for special equipment or materials. Also, textbooks will be delivered at the start of each semester and you have to return them by the end of the school year. You shouldn't lose or cause any damage to textbooks, or you will have to pay for them. Some courses have online textbooks that you can access from home.



Assessment

Talk to each of your teachers about how you will be assessed. Your final mark of the semester (or year) may depend on your attendance, homework, quizzes, tests, assignments, portfolios, projects, exams, and any other assignments you completed during class. Your syllabus (or course outline) for each class should give you an idea of how you will be marked, which can be very different for each class. Your teacher can report on your progress upon request. You also get four report cards each year: one at the end of each semester and two others at mid-semester.



School Fees

At the beginning of every school year, learners are expected to pay a school fee of \$45 per individual. However, if you have siblings in the school, then a fee of \$60 is required for the family regardless of the size. This fee covers rental payment, photographs for the school yearbook, a school ID, and much more. Your homeroom teacher will ask about the school fee at the beginning of the school year. If there is a problem, please don't hesitate to inform your homeroom teacher so that something can be done to help you out. Preferred method of payment for all school fees can be paid online.

Here is the link to the cashless schools website:

<http://frederictonhigh.nbed.nb.ca/other/cashless-schools>



Student ID and Computer Login Account

Student IDs and login accounts are all done at the beginning of the school year. A school photographer comes in and takes photos of the students to create photo identification cards. If you missed the photographer due to late entrance or being absent, please inform your homeroom teacher. The photographer will be at school at a set date, usually before events, (i.e., school dance) to take photos for student IDs as they are required for entrance. Your homeroom teacher will put in a notice regarding you login account as soon as you inform them to do so. It does take a bit of time to get your login so please be very patient, but check with your homeroom teacher regularly to see if it has been created.



Lockers

Ask your homeroom teacher for your locker. Sometimes, you may share one with a partner. You may need assistance to learn how to use the lock properly. Watch this video below for some instructions. If you need more help, ask your homeroom teacher for assistance.

Yassir demonstrates how to use a combination lock.



Clubs and Activities

Getting Involved: There's so much you can do at FHS to get involved and meet new people! Here is a list of the many clubs and activities available!

Creative

- Animation Club
- Anime and Manga Club
- Hip Hop Club
- Improvisation Club
- Drama Club
- FHS Concert Band
- FHS Glee Choir
- FHS Jazz Band
- FHS Orchestra
- Musical Production
- Spoken Poetry Club
- Ukrainian Dance

Social Awareness

- Best Buddies Club
- Interact Club
- Beyond the Hurt
- Duke of Edinburgh
- Youth for Christ
- Gay Straight Alliance
- Muriel McQueen Ferguson Club
- Multicultural Club
- TADD (Teens Against Drunk Driving)
- TATU (Teens Against Tobacco Use)

Important Moments

- Grad class Committee
- Grad dvd
- Safe Grad
- Student Representative Council
- Transition Team (t-squared)
- Yearbook

Academics

- Book Club
 - Debate Club
 - Ecology Club
 - English Enrichment
 - French for the Future
- Conference
- French Oratorical
 - Geography Club
 - Math and Chess Club
 - Oratorical
 - Reach for the Top
 - Shad Valley

Hobbies and Other Skills

- Auto Club
- Junior Achievement
- Book Store
- Crystal Growing
- Fly Fishing
- Knitting Club
- Table Tennis
- Technical Crew (theatre)

Health Promotion

- Diabetes Club
- Quit 4 Life
- Red Cross Response Team

Athletics

We have a strong history of athletics at Fredericton High School. Our teams are well known for winning provincial championships! We have a variety of sports you can try out for or become part of! It is a great way to make friends and have fun. Here are some of the competitive and recreational physical sports and activities at our school:

badminton	fly fishing	soccer	track and field
baseball	football	softball	ultimate frisbee
basketball	golf	swimming	volleyball
cross country	hockey	tennis	wrestling
curling	rugby		

Many of our athletes get featured in the local media or social media.

Click here for a recent example:

Hockey:

http://www.youtube.com/watch?v=sPB_S28QIPw

Football:

<http://www.youtube.com/watch?v=8e0lowA66nA>



Student Representative Council

SRC Office

At FHS, we have a student representative council or “SRC”. Its role is to represent the student body in our school, plan & hold events (like school dances), and encourage school spirit. Students are elected to the council each year through a voting process. The SRC office is located in the cafeteria. Students are encouraged to visit the office if you have ideas or have a concern in the school. If you love leadership opportunities, run for SRC! All are welcome!



Chapter
3

Year By Year



Grade 9

The start of the best four years of your life!

It is important to know that you are not alone in this journey to our large school. High school is new for everyone, and here are a few suggestions to ensure your first year is a *successful* one!

Ask for help when you need it.

Arrive on time.

Be organized.

Respect technology rules.

Pass in assignments.

Get involved.

Stay positive!





Grade 10

Let the options begin!

In grade 10, you are given a couple of choices for courses. They include art, music, physical education and technology.

Students also begin to consider applying for part time job and/or summer employment. You may need to check your documentation to ensure you can work in Canada. You will also need a social insurance number.

It is also the year to...

Create a resume.

Join a club, activity or sport.

Grade 11 &12 course interests.

Talk to your guidance counsellor about post-secondary interests/options.

Grade 11 and 12

Your two most important years at FHS!

Getting ready for the future can be intimidating and scary. Don't let it be! The guidance office staff is here to help you with the transition to post-secondary, or talk about your plans for the future.

Here are some helpful things to remember about your grades 11 and 12:

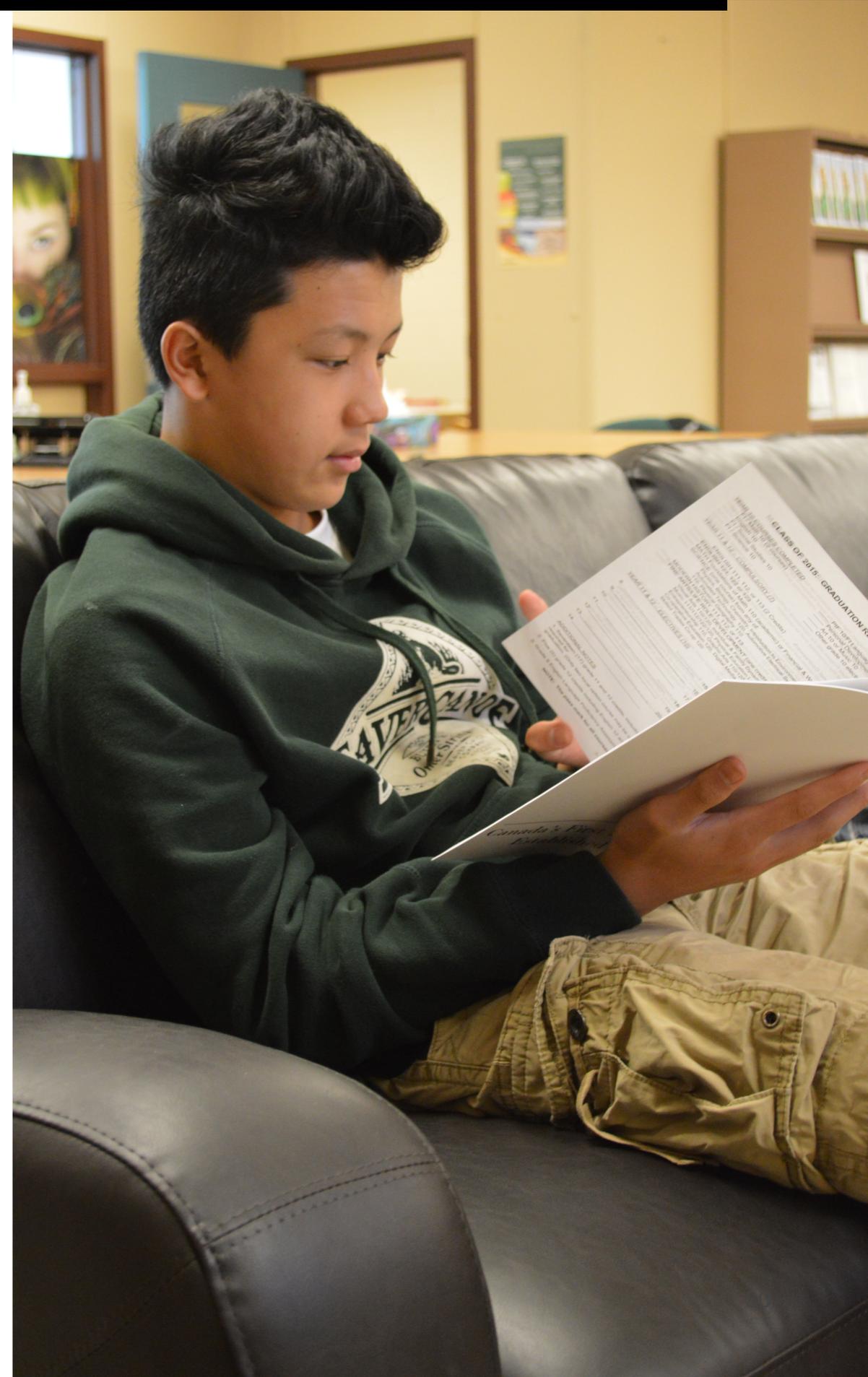
Manage your time well.

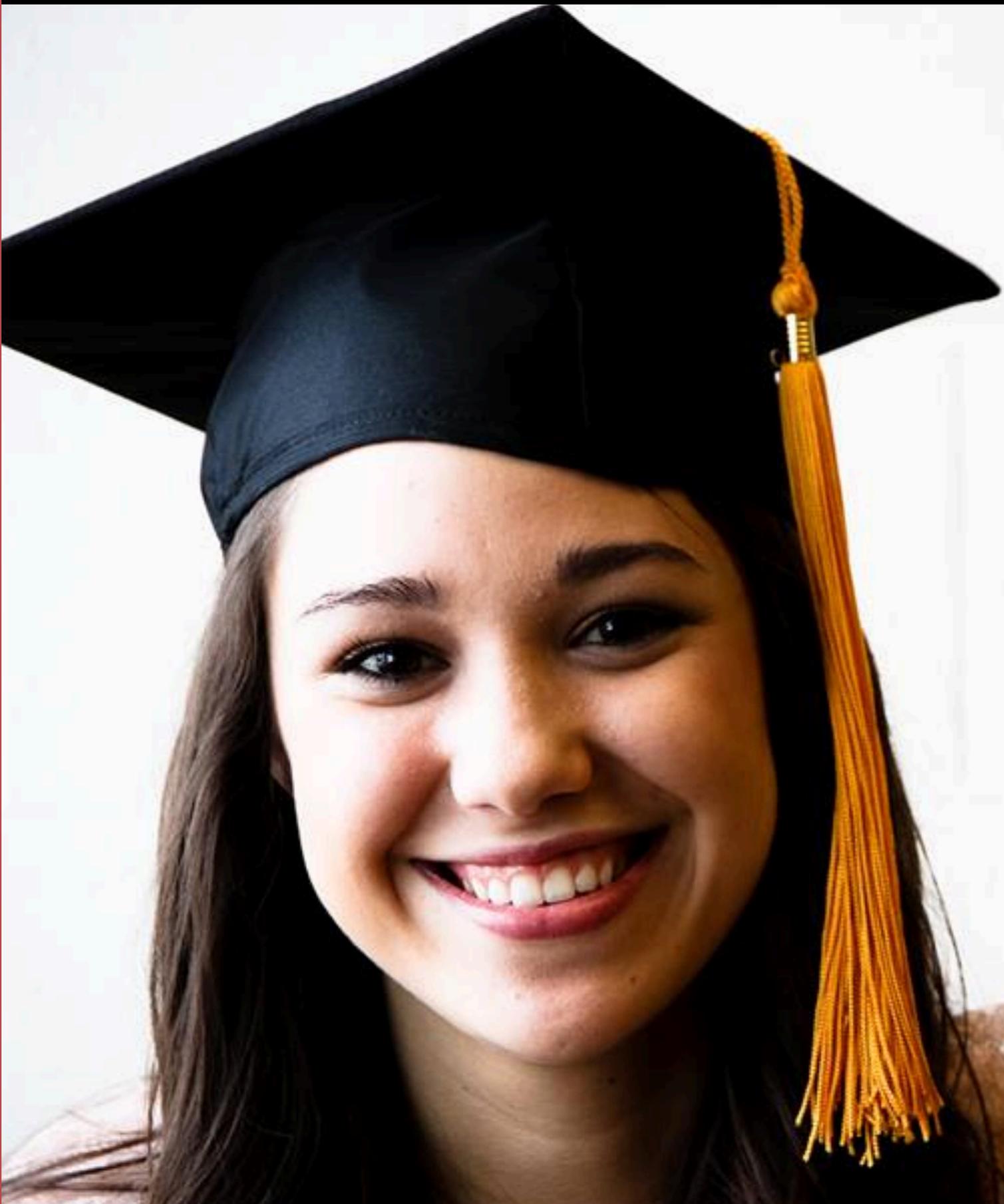
Find balance in personal relationships, technology, school, and work.

Tour a potential post-secondary school.

Volunteer in the school or the community.

Go to a school event, like the Yellow & Black Review!





Graduating from FHS

Your grade 12 year is a fast and exciting one! Grad events take place year-long.

You should take note of these important graduation events, and be sure to attend!

Graduation photos

Scholarship applications

Post-secondary applications

Casino Night

Mr. Mardi Gras

Grad Dinner

Prom Night

Graduation

Safe Grad

[Click here](#) for a sneak peek at our grade 12 activities:

F.A.Q.



Frequently Asked Questions

What does EAL mean?

EAL stands for English as an Additional Language. We use this term in Canada, because the second official language is French, if you speak English and vice-versa. Therefore, we cannot use ESL or English as a Second Language, like other countries. Also, EAL reflects the fact that many students speak more than two languages, already.

Do I have to do voluntary or community service work in order to graduate with my high school diploma?

No, you do not; although, we do encourage you to get experience for your resume and volunteering is a great way to gain skills, make friends and learn English.

How do I know that school is closed due to poor weather or road conditions?

You can call 453-5465 (press 1 and press 1 again).

You will hear it on the radio.

You can go to ASD-Website : <http://web1.nbed.nb.ca/sites/asd-w/Pages/default.aspx> or Twitter: @ASD_West

What is the ELPA?

The ELPA stands for the English Language Proficiency Assessment, which is a provincial English test that students do when they are in grade 9. If you miss it, you may be asked to do it before graduation.

What should I do if I don't feel well and I can't go to school?

Your parents should call the school 453-5435 and leave a message for your homeroom (period 3) teacher. The next day, you need to bring a written excuse (a note) signed by your parent.

What if I am struggling in my courses? What should I do to get help?

First, ask your teacher for help at noon or after school. Some departments, like math, offer weekly tutoring sessions at noon. Also, there is afterschool tutoring available through Frontier

English as an Additional Language Program



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English as an Additional Language Program

More than 20% of Fredericton High School's current student body is comprised of students who were born in over 60 different countries. In response to this, FHS has developed comprehensive supports for academic inclusion, including opportunities for short-term targeted instruction to assist students in their movement towards a high school diploma. When students arrive at FHS, they are scheduled for a language test, called the WIDA MODEL 9-12 (World-Class Instructional Design and Assessment Model). This assessment measures the students' social and academic language skills in reading, writing, listening, and speaking across the subject areas of English for language arts, science, mathematics, and social studies.

Students who require additional support to develop English language skills are placed in a number of classes with English as Additional Language (EAL) teachers according to their overall score on this assessment. Students are placed according to individual needs, interests, and course availability is a factor, as well. Some students may score at "Entering" and "Beginning" levels on the WIDA continuum, and in their EAL classes they will develop literacy and foundations in English for social interaction. Students who score at "Developing" or above are placed in classes that focus on supporting students with the academic language required to communicate their understandings of curriculum and to interact with others. Students at all levels are also placed in non-EAL classes in order to participate fully in the school experience at FHS. It may take some students longer than others to develop language skills; therefore, students' individual timetables and pathways for learning may change to suit their evolving needs. Everyone is welcome and encouraged to participate in the many activities and community programs offered at FHS, as well.

A Warm Welcome



Mrs. Lafargue - Department Head for International Students

Acknowledgements



Acknowledgements

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FHS staff: Mrs. Hay, Mrs. Lafargue, Mrs. Maxwell

Editors: Masoka Ekangyela, Mrs. Hay & Mrs. Lafargue

Graphic designer: Ms. Lori Thomas

Photographer: Ahmed Eldesoky

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