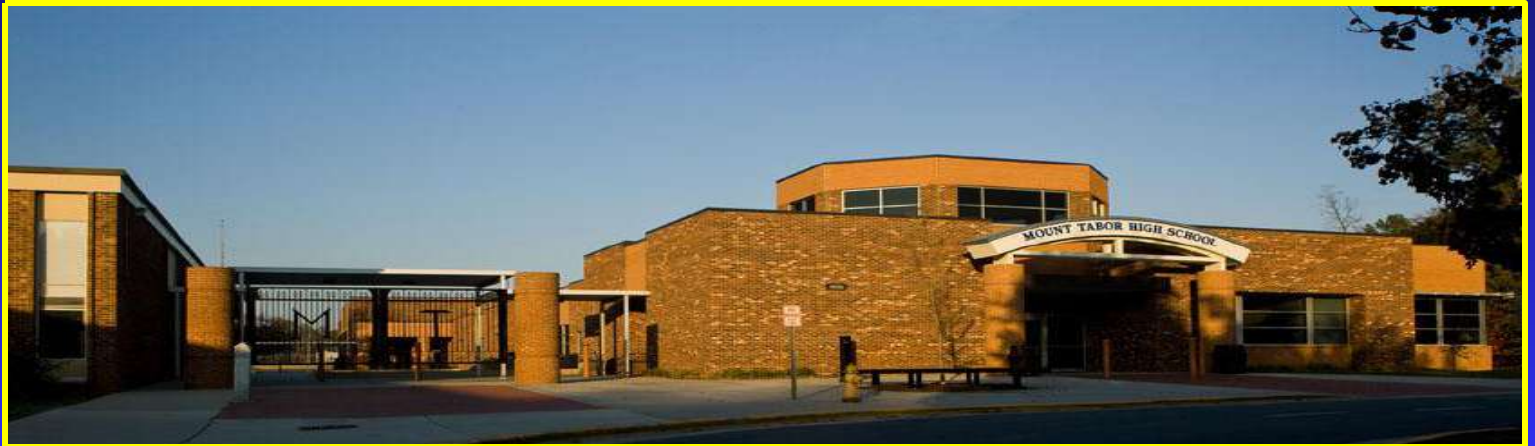


Mount Tabor High School

Rising Freshmen Forum

June 7, 2021



Agenda

- Welcome / Statement of Values
- Tabor Forum Series
- Freshman & Freshman Parent Orientation
- The Common Read
- Planning for Success
- Athletics / Driver's Ed
- Student Panel
- PTSA Introduction
- Wrap Up / Parent Communication

Mount Tabor Values

- ✓ Student Centered
- ✓ Collaboration
- ✓ Accountability
- ✓ High Expectations
- ✓ Integrity
- ✓ Equity



Student Services Staff

A-E---Ms. Corey Daniel

F-L ---Mr. Jerry Boswell

M-Q ---Mr. Stan Huck (Director)

R-Z ---Mr. Jake McBride

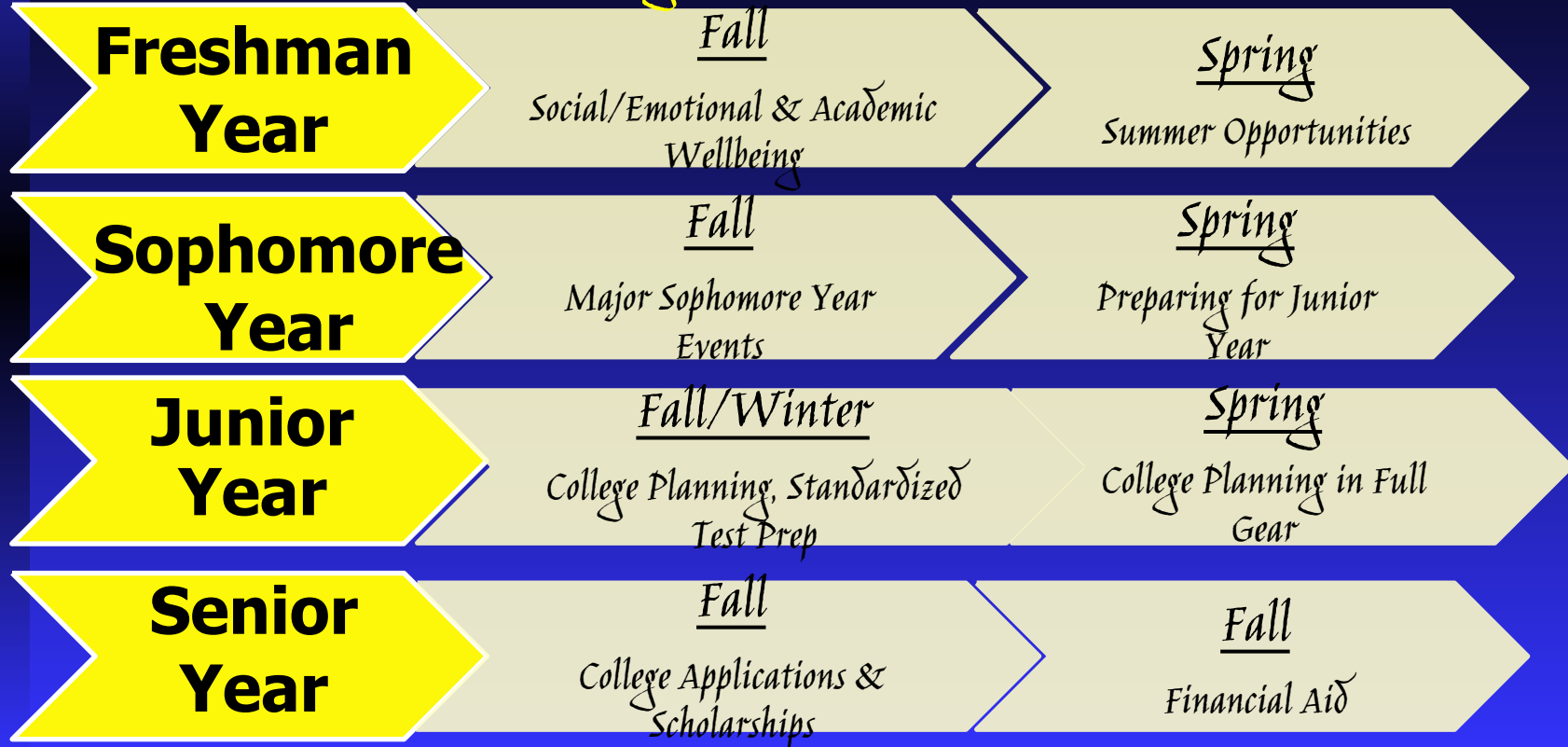
Social Worker: Ms. Sarah Gray

Registrar: Ms. Janice Fansler

Admin Asst.: Ms. Wendy Robinson

Tabor Forum Series

Preparing Parents and Students



Being Successful at Mount Tabor

- Get involved - the more they put into the school community, the more they get out.
- They should determine what interests them and delve deeper into it each year.
- Encourage them to take more and more responsibility for themselves over time.



Future - Ready Core

***22 Credit Minimum**

■ **English**

English 1, English 2,
English 3, English 4

■ **Math**

Math 1, Math 2,
Math 3, 4th Elective Math

■ **Science**

Earth/Environmental,
Biology, a Physical Science,
(1) Science Elective

■ **Social Studies**

World History, Civics Literacy
American History
Economics & Personal Finance

■ **PE/Health/LMS**

PE/Health
Life Management Skills & PE 2

■ **Electives**

Minimum 4 credits; 2 from same world
language for UNC System minimum
admissions requirements

Block Schedule

- Schedule operates on a 4 period block, A/B day format
- Most classes are 90 min. block everyday for a semester
- Some classes are 90 min. every other day all year

◆ (Arts, World Languages, AP, JROTC, Journalism, some math)

1st Period 8:55-10:25 3rd Period 12:05-2:05*

2nd Period 10:30-12:00 4th Period 2:10-3:40

** Lunch is during 3rd period.*

Troubleshooting

- If they get overwhelmed, they should contact teacher or school counselor
- If they aren't getting invested...
 - ◆ Ask school counselor for ideas
 - ◆ Peer mentoring through National Honor Society
- Resources for parents and students
 - ◆ Tutoring available from every teacher before or after school
 - ◆ Free tutoring lab after school for exams
 - ◆ Connect with other parents of high schoolers
 - ◆ Parent Portal



Freshman Orientation

- Freshman Student Orientation will be the week before school begins - typically it is the same day as Open House
 - ◆ Orientation runs from 8:55 am - 3:40 pm (the length of a regular school day) with check-in beginning at 8:15 am.
 - ◆ Students can ride their regular bus to and from orientation.
 - ◆ The day includes learning strategies for success in high school, a school tour, and a schedule run
 - ◆ Freshmen will get to know upperclassmen student leaders and learn about extracurriculars.
- Freshman Parent Orientation is typically the Monday before the first week of school. More information will be posted on the Mount Tabor homepage and Remind.

Special Services Information

For questions regarding
EC services, please contact:

Emily Houlditch,
EC Department Chairperson

ejhoulditch@wsfcs.k12.nc.us

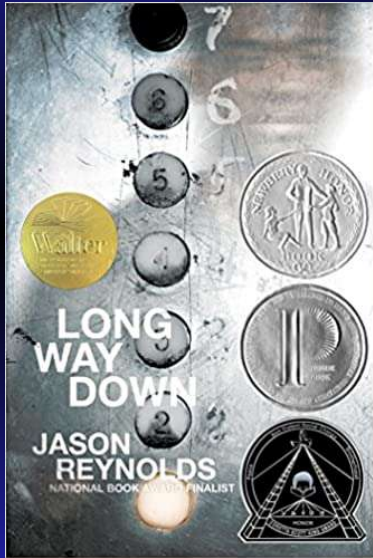
For questions regarding
504 services, please contact:

Hollie Hutchinson,
MTSS Interventionist /
504 Plan Coordinator

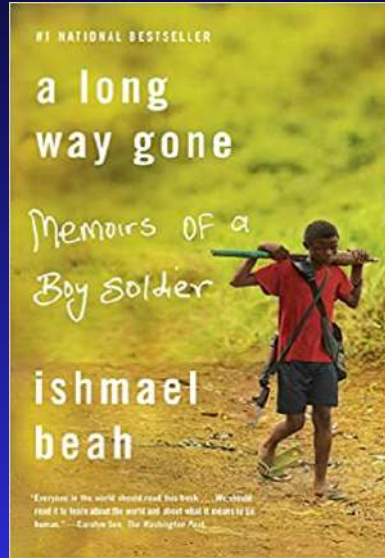
hdhutchinson@wsfcs.k12.nc.us

The Common Read

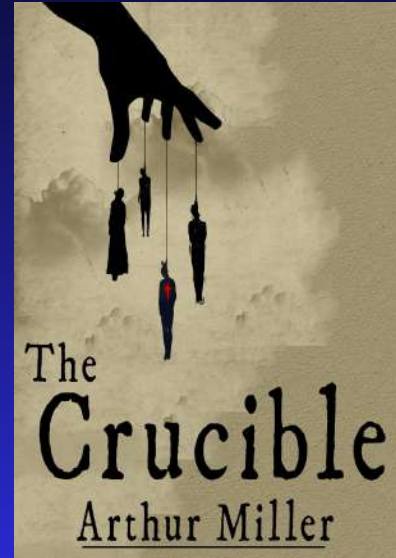
9th Grade



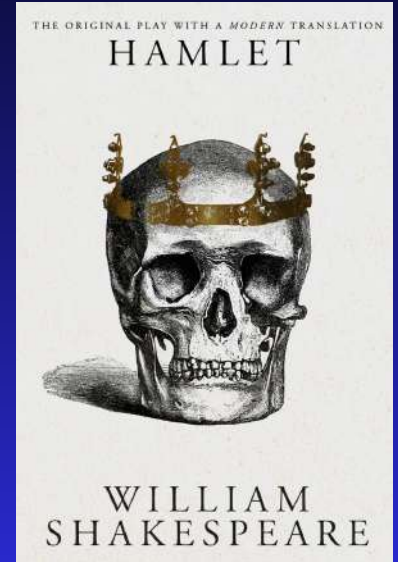
10th Grade



11th Grade

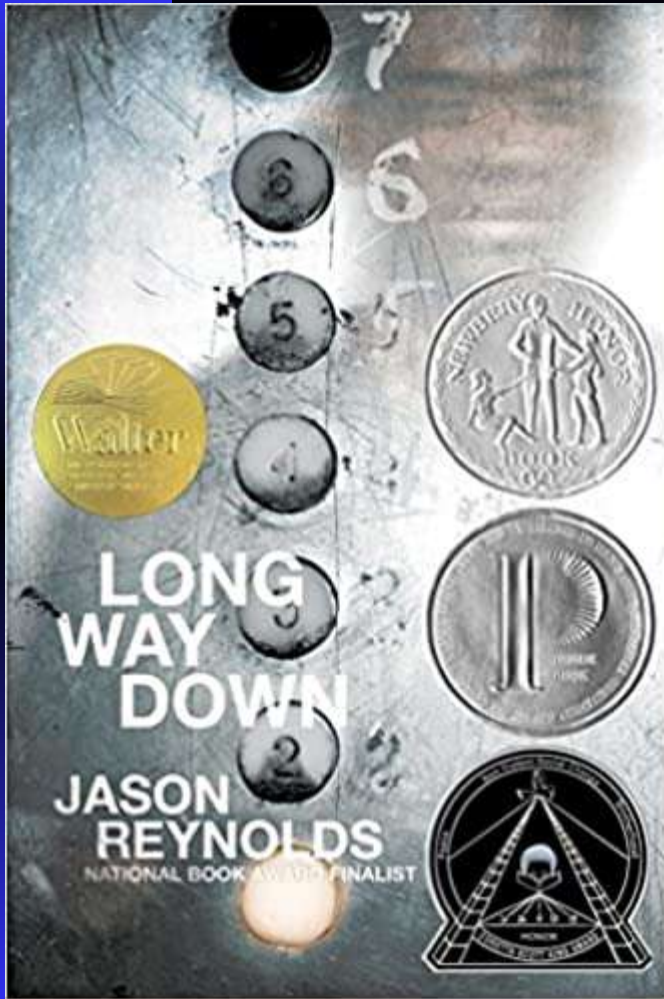


12th Grade



The Common Read

- All WSFCS high school English classes will read a common novel beginning in the 2021-2022 school year
- Each level (9-12) has a separate text to read.
- This text will be read by standard, honors, and seminar students, but assessed at different levels.
- This is NOT a required summer reading title, but one that will be read during the class.
- However, we encourage freshmen to read it before they take English I.



Join the
Tabor
Community

Text

@2025mth

to 81010

BUS INFORMATION



BOARDING PASS

- Please download..

HERE COMES THE BUS "APP"

This "APP" keeps you informed.

- you can track only your students bus
- It notates any changes for your students bus

Please Note: Information may not be available until about 2 weeks before the new school year begins.

- ❖ **SCHOOL CODE: 74254**

<https://www.wsfcs.k12.nc.us/Page/109102>

You need the following to set up the APP

- ❖ + an email address you regularly use.
- ❖ + students last name.
- ❖ + students lunch # /school ID

MT. Tabors website details all of this information.

Look under the Links on Left hand side: click- (Most commonly downloaded forms/links on the left bar). Then, click BUS INFORMATION

- ❖ **ALL** students riding a bus must have a Bus Boarding Pass. They will receive a bus boarding pass during 9th grade open house based on what information you provided to the middle school.
- ❖ Bus assignments will be mailed home with the last report card from middle school. Please read the bus assignment letter and respond to the middle school before the deadline set in the letter.
- ❖ Mount Tabors school website has all of the bus information posted.

Look Under the Links on the left hand side

Click- (Most commonly downloaded forms/links on the left bar). Then, click BUS INFORMATION

https://www.wsfcs.k12.nc.us/cms/lib/NC01001395/Centricity/Domain/11711/bus_questions_2016.pdf

Athletics & Eligibility

Athletic Administration

- Chris Applegate – Athletics Assistant Principal
- Frank Martin- Athletic Director
- Michelle Palmer – Assistant Athletic Director: Eligibility
- Mjpalmer@wsfcs.k12.nc.us

Guidelines

- Attendance: Cannot miss more than 10 full days per semester
- Must pass 75% of courses enrolled in the previous semester and maintain a 2.0 QPA
- Complete a 2021-22 Participation Packet; including a physical, annually, on **DragonFlyMax.com**. Physical form available on the Mount Tabor website (Athletics)

■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

PHYSICIAN REMINDERS

1. Consider additional questions on non-sensitive issues.

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
- During the past 30 days, did you use chewing tobacco, snuff, or dip?
- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance-enhancing supplements?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt, use a helmet, and use condoms?

2. Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION			
Height:	Weight:		
BP: / /)	Pulse:	Vision: R 20/ / L 20/	Corrected <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance <ul style="list-style-type: none"> • Marfan stigmata (biphasic aortic, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency) 	<input type="checkbox"/>		
Eyes, ears, nose, and throat <ul style="list-style-type: none"> • Pupils equal • Hearing 	<input type="checkbox"/>		
Lymph nodes	<input type="checkbox"/>		
Heart* <ul style="list-style-type: none"> • Murmurs (auscultation standing, auscultation supine, and 2 Valves reassess) 	<input type="checkbox"/>		
Lungs	<input type="checkbox"/>		
Abdomen	<input type="checkbox"/>		
Skin <ul style="list-style-type: none"> • Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylococcus aureus (MRSA), or Urea carbor 	<input type="checkbox"/>		
Neurological	<input type="checkbox"/>		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS	
Neck	<input type="checkbox"/>		
Back	<input type="checkbox"/>		
Shoulder and arm	<input type="checkbox"/>		
Elbow and forearm	<input type="checkbox"/>		
Wrist, hand, and fingers	<input type="checkbox"/>		
Hip and thigh	<input type="checkbox"/>		
Knee	<input type="checkbox"/>		
Leg and ankle	<input type="checkbox"/>		
Foot and toes	<input type="checkbox"/>		
Functional <ul style="list-style-type: none"> • Double-leg squat test, single-leg squat test, and box <u>drop</u> or step drop test 	<input type="checkbox"/>		

*Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____ MD, DO, NP, or PA

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■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____

Medically eligible for all sports without restriction

Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of _____

Medically eligible for certain sports _____

Not medically eligible pending further evaluation _____

Not medically eligible for any sports _____

Recommendations: _____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____ MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: _____

Medications: _____

Other information: _____

Emergency contacts: _____



Driver's Education

- The state of NC requires anyone under the age of 18 to complete a driver education course consisting of 30 hours in the classroom and 6 hours behind-the-wheel.
- To be eligible to register for a class session, students must be 14 years and 6 months old by the first day of class.
- All driver's ed. classes are taught by North Carolina Driving School, Inc.
- Register online beginning 21 days prior to the first day of class. Registration closes out five days before each class

Driver's Education

- You will receive a call within 30 to 90 days from your driving instructor to set up your behind-the-wheel schedule.

All Classroom sign-ups and information is at
www.ncdrivingschool.com

Their phone is 1-800-375-6550.

There will be a mixture of virtual and in-person classes this Summer. You can sign-up at any school.

Drivers Education

July 5-16 8-11AM Virtual

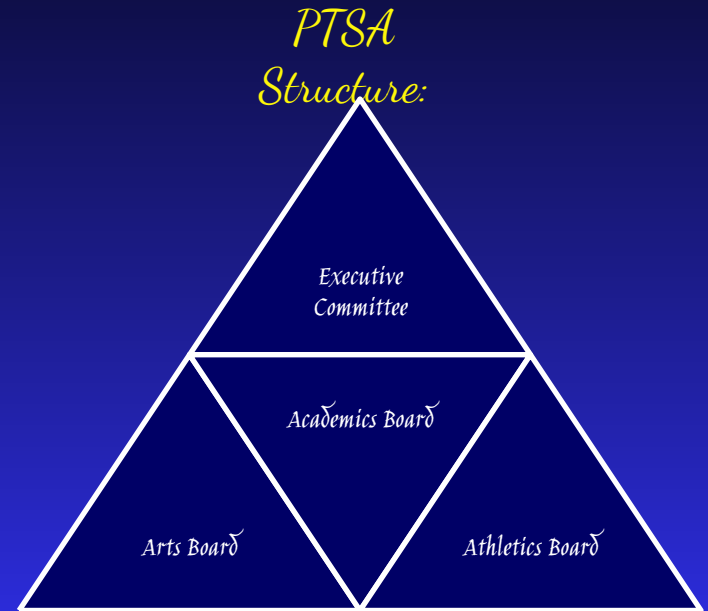
July 19-29 M-Th 8-12AM Cafeteria

\$45. Fee check or Money Order

Fee is waived with proof of Free or
Reduced Lunch from Cafeteria

How Parents Can Stay Involved

- 3 supportive Parent Volunteer Boards run by an Executive Board:
 - ◆ Academics
 - ◆ Arts
 - ◆ Athletics
- Get involved in the area you are passionate about
- Come to games, concerts, plays
- On Mt Tabor website, click on "Mt Tabor PTSA"



Student Welcome

Student Body President 2021-22

William Burns

Communication / Wrap-up

Parent Communication

- Website
- Sunday evening phone message
- Friday afternoon email with important announcements
- Remind text for students and parents by class year
- Contact teacher directly via email

Parent Orientation

- Monday, Aug 16th at 6:30pm
- Parents will get student's schedule, walk their schedule, get questions answered

Mount Tabor High School
Excellence in Every Endeavor

