



Adams High School

Welcome to Adams Class of 2025



Adams High School
3200 Tienken Rd.
Rochester Hills, MI 48306

Principal

Pasquale Cusumano
pcusumano@rochester.k12.mi.us

Assistant Principals

Todd Calcamuggio
tcalcamuggio@rochester.k12.mi.us

Luke Swanson

lswanson@rochester.k12.mi.us

Counselors

*(Counselors are assigned by
student's last name)*

Janice King (A - Dob)

jking@rochester.k12.mi.us

Sarah Falkowski (Doc - Ja)

sfalkowski@rochester.k12.mi.us

Jessica Bellomo (Jb - Ob)

jbello@rochester.k12.mi.us

Christy Clement (Oc - S)

cclement@rochester.k12.mi.us

Allison Parliament (T - Z)

aparliament@rochester.k12.mi.us

Media Specialist

Brenda Carlson

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Police Liaison Officer

Deputy Dan Prachar

dprachar@rochester.k12.mi.us

Athletic Director

Brian Hassler

bhassler@rochester.k12.mi.us

Freshman Information

Dear Parents of the Class of 2025,

Welcome to Adams High School. Our entire staff is excited and eager to get to know our future Highlanders. No matter where you are coming from, we are all Highlanders now. Highlander Pride is a tradition that has carried on since 1970, when Adams High School was founded. Our Highlander Pride is focused on three areas: High Academic Achievement, Character, and our school culture.

It is our goal to partner with you to ensure a smooth and positive transition to Adams High School. We are here to serve and help you, so please do not hesitate to reach out to us.

Sincerely,

Pasquale Cusumano, Principal
Todd Calcamuggio, Assistant Principal
Luke Swanson, Assistant Principal

Dates to Remember

Dates for 2021 - 2022 (tentative)

March 10th	8th Grade Parent Night - 6:00 pm <ul style="list-style-type: none"> ♦ Welcome and Information ♦ Academic/Club/Athletic Showcase
April/May	Lunch Visit/Open House - All future 9th Graders (TBD)
Week of August 9th	Registration information and forms available online
August 18th	Orientation with Link Leaders <ul style="list-style-type: none"> ♦ 8:00 am to 12:00 pm ♦ Have picture taken
August 19th	Registration <ul style="list-style-type: none"> ♦ Times vary based on last name ♦ Receive schedule and locker ♦ Sign up for Clubs ♦ Order class T-shirt
August 30st	First Day of School - Full Day (Books will be checked out the 1st week of school)
September TBD	Evening Freshmen Parent Meeting (Parents Only)

What Parents Can Do to Start Preparing Their Student for Adams High School

Update e-mail addresses on student emergency card to ensure you receive school updates via School Messenger.

Review the school website for events to attend - athletic, band, choir events, theater productions, etc. This may help familiarize your child about which extracurricular school activities they may like to participate in.

On a personal note, parents should:

Take an active role in the choices your student makes in selecting what classes he/she will take in ninth grade.

Join the Parent Teacher Student Association (PTSA) and take an active role in the transition process. Visit our [Rochester Adams High School Toolkit](#) for more information on the PTSA and events.

Encourage your student to become involved in the school community (athletics, music, summer music theater, band camp, clubs, etc.).

If your student is interested in music, join the music department parent support group, Adams Parents for Instrumental Music (APFIM). Information can be found on the [APFIM](#) webpage.

Stay involved with your student's teachers and attend school functions.

Become educated about the differences between the middle school and high school, in particular grades, graduation requirements, credits, and discuss these with your teens.

Continue to encourage responsibility and organizational skills in your teen.

Encourage your teen to try new things and to view failure as a part of life and learning.

Support your teen's efforts to become independent.

Maintain strong family connections with your teen.

Log into [ParentVue](#) on Synergy on a regular basis to track your student's progress.

Adams Counseling

Adams Counselors are assigned alphabetically by student's last names:

Mrs. Janice King

Mrs. Sarah Falkowski

Mrs. Jessica Bellomo

A - Dob

Doc - Ja

Jb - Ob

Mrs. Christy Clement

Ms. Allison Parliament

Oc - S

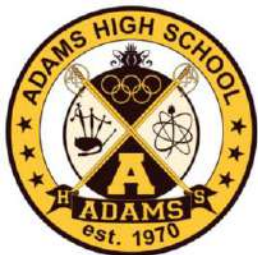
T - Z

Why do high school students meet with their counselors?

For a wide variety of reasons including post-secondary planning, scheduling, graduation requirements, course selections, Educational Development Plans, standardized tests, academic or personal concerns, vocational information, career exploration, college applications, etc. Counselors are there to help!

How do students make an appointment to see their counselors?

Students can schedule an appointment through the counseling secretary, Mrs. Snook. They are also welcome to stop in and see their counselor before or after school or in between class periods. Of course, emergencies are given immediate attention.



How can Adams' parents contact a counselor?

Parents are welcome to email or call their student's counselor with questions or concerns. If a parent needs to speak to a counselor in person he/she should call to make an appointment. Each counselor arranges his or her own appointments with parents by phone or by email. The counseling secretary is also available to assist parents and answer general questions.

Contact Information:
Adams Counseling Office:
248-726-5207 or
248-726-5227

Counseling Fax:
248-726-5385

Counseling Secretary:
Mrs. Joy Snook
jsnook@rochester.k12.mi.us

Registrar:
Mrs. Lori Pierre
lpierre@rochester.k12.mi.us

Accessing our website:

Go to www.rockester.k12.mi.us
Click "Schools"
Click "High Schools"
Click "Adams"
Go under Academics and click "Counseling"

High School Planning Information:

A general planning guide is printed on the back of this page. Continue to check out our website for updated news and events.

Other Useful Information:

- www.educationplanner.com
- www.michigancollegeguide.com
- **ACT:** www.actstudent.org
- **SAT:** www.collegeboard.com
- www.khanacademy.org
- **Adams School Code:**
233-194

Email:

Mrs. King
jking@rochester.k12.mi.us
Mrs. Falkowski
sfalkowski@rochester.k12.mi.us
Mrs. Bellomo
jbello@rochester.k12.mi.us
Mrs. Clement
cclement@rochester.k12.mi.us
Ms. Parliament
aparliament@rochester.k12.mi.us

General Planning Information for Students

Grade 9

- Get off to a good start with your grades. The grades you earn in ninth grade will be included in your final high school GPA. College might seem a long way off now, but grades really do count toward college admission and scholarships.
- Get involved in extracurricular activities (both school and non-school sponsored).
- Keep your future goals in mind as you schedule for 10th grade classes in the spring.
- Use the internet to check out college websites.

Grade 10

- Attend College Night at one of the Rochester Schools in October.
- Use the internet to check out college websites and begin making a list of colleges that might interest you.
- Review your 4-year plan as you survey for 11th grade classes in the spring.
- Check into NCAA Clearinghouse requirements if you are an athlete thinking about playing a sport in college.
- Investigate summer enrichment programs or other summer opportunities/jobs/volunteer options.
- Read, Read, Read! Work on your writing skills too!

Grade 11

- Commit to excellence in the classroom. This year may be your toughest year academically, and you need to do your best.
- Attend College Night at one of the Rochester Schools in October.
- Sign up in the counseling office to meet with a few of the many college representatives that visit Adams in the fall. They can provide you with insight and information regarding schools.
- The district will administer the PSAT-NMSQT test in October. This test will help to prepare you for taking the SAT, and possibly qualify you for recognition and scholarship opportunities.
- Register online to take the ACT at www.actstudent.org and the SAT at www.collegeboard.com. Spring test dates are popular so early registration is advised.
- Take state-required assessments in the spring of Junior year. Tests are given at Adams.
- Register with the NCAA Clearinghouse if you are an athlete thinking about playing sports in college: www.eligibilitycenter.org.
- When scheduling for senior year classes, make sure that you are meeting all graduation requirements as well as admission requirements of the schools you are planning to apply to in the fall.
- Start gathering college applications and working on your essays if required.
- Over the summer, visit college campuses, continue community service, and get a job if needed.

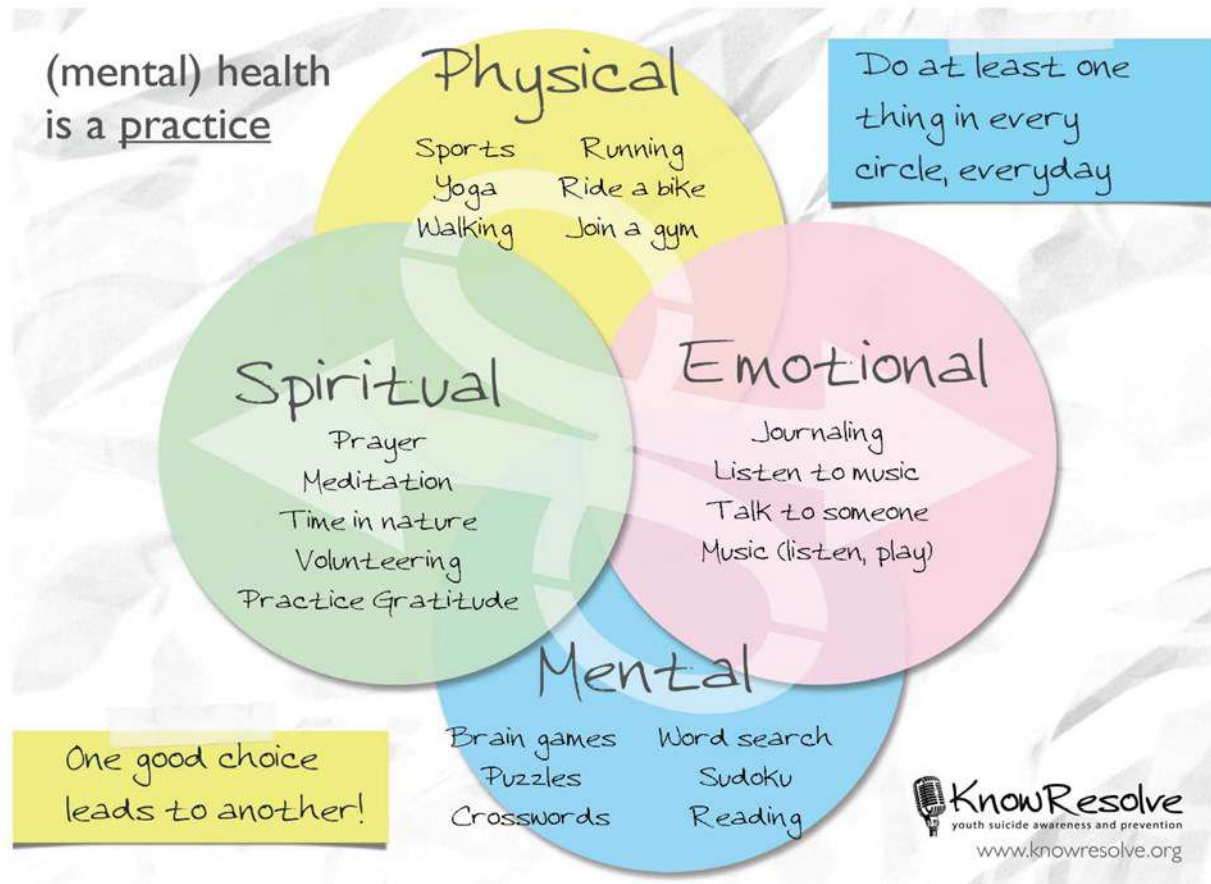
Grade 12

- Continue to take a strong course load and earn the best grades you can.
- Update your information as needed. Prepare your resume that you can include with college applications.
- Apply to colleges in early fall. You will have a meeting with your counselor about the college application process soon after school begins.
- In September, begin researching the financial aid process (www.fafsa.ed.gov) and attend a Financial Aid Night sponsored by RCS.
- Check out the Adams Scholarship Bulletin and other free scholarship searches online.
- Let your counselor know where you will be attending school or what your other plans will be after graduation.
- Attend all of the fun senior activities!
- Graduate!!!



HOW TO PRACTICE MENTAL HEALTH

Mental health isn't something that just happens or someplace that we end up one day, it's about mastering a daily practice in 4 areas: Physical, Emotional, Spiritual, and Mental. You can practice mental health by identifying positive habits in each area (be specific and practical) that will help you manage stress and feel your best. Positive daily choices lead to positive habits and a general sense of well-being!



Physical – One of the best things that you can do to care for your mental health is to get your blood pumping and move your body for at least 30 minutes every day. Mind your body, heal your mind!

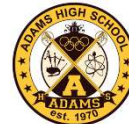
Emotional – Anything that helps you understand, process, or express your feelings can go here. Write down 3 ways that you can let it all out so that your emotions don't bottle up and explode.

Mental – Anything that "exercises your brain" can go here. What you're doing is improving problem solving skills and boosting your creative thinking.

Spiritual – Spending time connecting with something bigger than yourself fosters hope, connection and purpose and can help us see beyond ourselves



AHS Counselors' Parent Pointers for High School Freshmen



Guide them

Your child is in uncharted territory, so it would not hurt to stick close for the first few months. Keep an eye on who your child is making friends with, how and when they are getting their work done, and their general health. Some students stumble with their time management as they enter high school. They find themselves up late, sleeping inadequately, and getting on a vicious cycle. Parents can help with this, establishing routines, limiting social media and imposing a strict bedtime.

Count back for curfews

A wise headmaster once suggested to ninth grade parents that they think long and hard about curfews. He explained it this way, "Think about what time is okay for a high school senior to come in at night. Realize that every year you will want to move their curfew back a little bit in acknowledgment of their growing maturity and freedom. Then work backward four years. If you start ninth grade at midnight, you will soon find yourself in trouble."

Talk about the hard stuff

If you have not been talking about the hard stuff: drugs, birth control, sex, consent, etc., now is the time to start. Your child is now in a world where these issues arise, if not for them, for some of their schoolmates. Every family has its own morals and values and every ninth grader should know them.

Find the one thing

Ninth grade is the year to start (or for some kids, continue) one thing that will carry your student through high school (ex: the newspaper, a drama group, a sport or art activity), and to try other things along the way. Academics may seem a bit challenging, but for most freshmen, there is still time to experiment with different extracurricular interests. This is a year they can discover interests they never knew they had.

Friendships change

Ninth grade is the time and chance for new friendships to grow. For most school districts, ninth grade provides an opportunity for teenagers to expand and/or completely change their social group. As multiple middle schools feed into one high school, it can be immensely liberating for 8th grade students who crave different peer groups. It can also shake up an existing social order, bringing in a breath of fresh air to stratified social status.

A bit of parental input

In ninth grade, students should begin advocating more for themselves. Teachers do not mind **a bit** of input from parents if there are hiccups along the way. Students, by now, should be able to speak up for themselves, but sometimes teachers or counselors need a bit of background to help a 14-year old. Again, a little is not out of line.

Course Selection

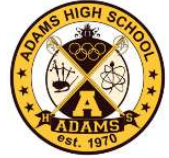
Many high school classes have prerequisites and freshmen need to be aware of these and the order in which classes should be taken. Freshmen need to imagine where they would like to end up academically senior year and draw a path of classes that will get them there. Plans change, but it helps to set goals from the start. Parents and counselors can help guide the way for these freshmen. Please see the last page of the Registration Information packet that will be handed out to your child during their scheduling meeting.

Start learning the college process

As a parent, it's never too soon to start learning about the process, costs, and financing of college. FAFSA (Free Application for Federal Student Aid) forms are based on tax information from January of a student's junior year. So learning about costs and how financial and merit aid is granted is something parents really need to start understanding in freshman year. And remember, the GPA colleges look at includes grades from 9th to 11th grade – and each grade counts equally.



HELPFUL STUDY HABITS



Study Skills

1. Find your own quiet place at home to study where you can concentrate and do better on your homework.
2. When studying, sit in a comfortable chair but not one that is TOO comfortable.
3. Don't do homework in front of the TV – it is too distracting. While you're at it, try to ignore the telephone - your friends can leave a message!
4. Quiet background music might help you stay focused while you are studying.
5. Study with a friend or a group of friends. Compare notes and ask each other questions.
6. Know what your learning style is, and study in a way that best matches your own learning style.
7. Take short, but frequent, breaks like a five minute break after twenty-five minutes of studying.
8. Try to relate what you are studying to things you already know to remember information more easily.
9. Start with the most difficult tasks or assignments, and then move on to the easier ones to focus maximum brain power on the hardest tasks.
10. The quality of your study time is much more important than the quantity of your study time.
11. Get into the habit of studying every day.
12. Try to determine your best study time and plan on studying at that time every day.
13. Think of homework as practice, not work. You know that you don't get better at things like sports, music or cheerleading unless you practice. School's the same.
14. Plan on a fun activity for yourself as a reward for when you are DONE with your studying.
15. After each study session, try to recall the main points and as many details as possible.
16. If you are not sure about something, ask a teacher, parent, or friend for help. Asking questions is one of the most effective ways we learn.
17. Plan to spend MORE time (not less time) on the subjects that are harder for you.

Organizational Skills

1. Use things like outlines, charts, or flashcards to help you organize and learn new material. You'll be reviewing the material while you are making these tools, and you'll have them to use later when it's time to study for tests.
2. Use a planner to keep track of homework assignments, tests, and projects. Write in your planner every single day so that it becomes a habit.
3. Keep a notebook or folder for all your notes and homework assignments. You might need one for each subject to make things easier.
4. Keep a "To Do" list. Write down things you need to do, then decide what needs to be done right away and what can wait until later.

Time Management Skills

1. For each study period, decide what you want to accomplish and how long you will spend on each subject or assignment.
2. Break your workload down into manageable chunks and take your homework one step at a time.
3. Don't procrastinate (that's a big word that means putting things off). Give yourself plenty of time to get things done by planning ahead and sticking to a schedule.
4. Be aware of things that distract you or waste your time and keep them to a minimum.

Test Taking Skills

1. Be well rested before taking tests.
2. Don't cram for tests. It's OK to spend extra time studying the night before a big test, but don't try to learn EVERYTHING that night.
3. Try to find out what type of test you will be taking (essay, multiple choice, True/False, matching, etc.). It's likely that test questions will be similar to homework you have done.
4. DON'T PANIC! Tackle one question at a time. If a question is too hard, skip it and come back to it later.

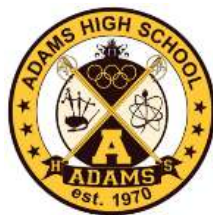
Note Taking Skills

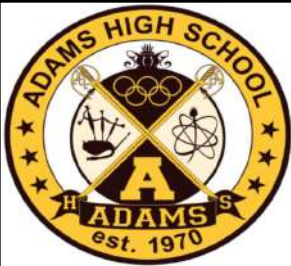
1. Don't try to write down everything the teacher says. Focus on the main ideas.
2. When you're taking notes, use your words.
3. Keep your notes organized. They will be as important as the textbook.
4. Each night, review the notes you took that day. This will make things easier to remember when it comes time to study for the test.

Stress Management Skills

1. Don't sweat the small stuff. Try to prioritize your activities, and focus on the most important ones.
2. Work off stress through some kind of physical activity. Exercise is a great stress reliever because it takes your mind off the things that are bothering you.

Take care of yourself. Be sure to eat right and get enough sleep. Eating too much or too little, or sleeping too much or too little, can aggravate the stress that you already have.





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P. 248.726.5200
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www.rochester.k12.mi.us

Administration
Pasquale Cusumano, Principal
Todd Calcamuggio, Assistant Principal
Luke Swanson, Assistant Principal

ROCHESTER ADAMS HIGH
ROCHESTER COMMUNITY SCHOOLS
2020-21 STUDENT PROFILE
PRIDE IN EXCELLENCE

Rochester Adams High School

233-194

School Information

Grades:	9-12
Enrollment:	1562 Students
Graduating Class:	370 Students
Schedule:	6 Periods
Class Periods:	55 Minutes
Calendar:	Traditional, 182 days
Accreditation:	AdvancEd

COUNSELORS

Jessica Bellomo;	jbellomo@rochester.k12.mi.us
Christy Clement;	cclement@rochester.k12.mi.us
Sarah Falkowski;	sfalkowski@rochester.k12.mi.us
Janice King;	jking@rochester.k12.mi.us
Allison Parliament;	aparliament@rochester.k12.mi.us

Class of 2020 Graduates

380 students
91% planned to enroll in a four year college
6% planned to enroll in a two year college
3% planned to enter the military, career/vocational schools, gain employment or delayed admission to college
31 students were recognized as National Merit Scholars

2020 Advanced Placement

Adams students took 1425 Advanced Placement Exams with 89% scoring 3 or higher; 180 of these students are AP scholars.

RCS Graduation Requirements

Minimum 22 credits are required for graduation. Students must meet the following course-work:
• 4.0 credits in Language arts
• 3.0 credits in Social Studies
• 4.0 credits in Math
• 3.0 credits in Science
• 2.0 credits in World Language
• 1.0 credit Visual, Applied, Performing Arts
• 1.0 credit Physical Education

The Greater Rochester Community

With thirteen elementary schools, four middle schools, three traditional high schools, one alternative high school, and one childcare center, approximately 15,400 students residing in the greater Rochester area have the advantage of receiving a world-class education. The District is comprised of 544 acres of property encompassing 66 square miles, primarily in the City of Rochester Hills, the City of Rochester, and Oakland Charter Township.

The well-established communities of Rochester and Rochester Hills include approximately 88,044 residents with a median household income of \$84,562. A combination of rural and suburban settings, as well as close proximity to Oakland University, Ascension Providence Rochester Hospital, and the Detroit Metropolitan area, has attracted business professionals and families who enjoy the area's wide array of recreational and cultural activities.

SAT SCORES	2018-2019	2019-2020
ERW	602	*638
MATH	630	*673
Total Score	1232	*1311
Total Students Tested	740	*139

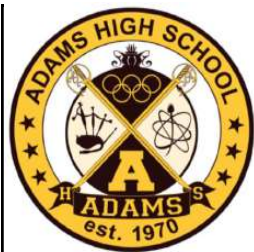
*No State School-wide Testing for the Class of 2021 due to COVID-19.

National Merit Scholars

The class of 2021 has 40 National Merit Scholars.

Grading Scale

A	4.0	93-100% *	A-	3.7	90-92%*
B+	3.3	87-89%	B	3.0	83-86%
B-	2.7	80-82%	C+	2.3	77-79%
C	2.0	73-76%	C-	1.7	70-72%
D+	1.3	67-69%	D	1.0	63-66%
D-	.7	60-62%	E	0.0	0-59%
AP courses are factored into the GPA with a 1.25 multiplier.					
Rochester Community Schools does not provide Class Rankings for students.					
**Due to COVID-19 SM2 2019/20 grading scale changed to Credit (G)/No Credit (H).					



ROCHESTER ADAMS HIGH SCHOOL **ROCHESTER COMMUNITY SCHOOLS** **2020-21 STUDENT PROFILE** **PRIDE IN EXCELLENCE**

AP-General

- **AP Capstone Seminar
- **AP Capstone Research±

AR – Art

- ** AP Studio Art
- 2D Art Exploration
- 3D Art Exploration
- Advanced Drawing/Painting
- Advanced Photography
- Advanced Video Productions
- Ceramics
- Drawing/Painting
- Graphic Design
- Photography
- Printmaking
- Video Production

BU - Business Services and Technology

- Accounting 1-4
- Business Functions and Operations
- Business Law
- Computer Operations in Business
- Financial Math and Analysis (not offered 2014-2017)
- International Business
- Adv. Marketing and Advertising
- Merchandising Lab/School Store
- Small Business and Entrepreneurship
- Virtual Enterprise Capstone
- Web Development and Social Media

DT – Design and Technology

- Architecture 1
- Architecture 2
- Architecture 3
- Architecture 4
- CAD 3D Computer Mod. and Animation
- Engineering Design 1(formerly CAD 1)
- Engineering Design 2(formerly CAD 2)
- Engineering Design 3
- Engineering Design 4
- Engineering Design 5
- Engineering Design 6

EN – English/Language Arts

- **AP English Language and Composition
- **AP English Literature and Composition
- 12th Grade Composition and Language
- 12th Grade Composition and Literature
- 20th Century Literature
- Advanced Multi Media Communications
- Applications of Composition
- ¹Creative Writing
- Elements of Composition and Literature
- Exploring Literature
- * Honors Language Arts 9
- * Honors Language Arts 10
- Introduction to Film/Screenwriting
- Language Arts 9
- Language Arts 10
- Literature of the Strange and Mysterious
- ¹Multi Media Communications
- Myths
- ¹Oral Communications
- Poetry
- True Stories±
- ¹Yearbook

FC – Family and Consumer Sci.

- Child Development
- Cuisines of the World

Personal Relationships

- Fashion Design
- Foods and Nutrition
- Independent Living
- Interior Design
- Personal Finance
- Practicum Comm. in the Classroom

MA - Mathematics

- **AP Calculus AB
- **AP Calculus BC
- **AP Statistics
- **AP Computer Science
- **AP Computer Science Principles
- Algebra 1
- Algebra 2
- Algebra 2A
- Algebra 2B
- Computer Programming 1
- Computer Programming 2
- Geometry
- * Honors Geometry
- * Honors Algebra 2
- * Honors Pre-Calculus
- Intro to College Math
- Pre-Calculus

MU – Music

- Chamber Choir
- Chorale
- Concert Band
- Concert Choir
- Exploring Music (formerly Music Appreciation)
- Guitar
- Marching Band
- Men's Choir
- Music Theory
- Symphony Band
- Treble Choir
- Wind Ensemble

Performing Arts

- Theater 1-2

PE - Physical Education

- Health
- Personal Fitness: Aerobics
- Personal Fitness: Agility
- Sports Activities: Team
- Sports Activities: Individual
- Wellness 1
- Wellness 2 – Aerobic Fitness
- Wellness 2 – Team Sports

SC – Science

- **AP Biology
- **AP Chemistry
- **AP Environmental Science
- **AP Physics
- Anatomy & Physiology
- Astronomy and Geology
- Biology
- Chemistry
- Forensic Science
- Fundamentals of Chemistry
- Fundamentals of Physics
- Microbiology and Genetics
- Pathology
- Physical Science
- Physical Sci. and Biology Block
- Physics
- Vertebrates

Veterinary Science

- Wilderness Survival

SS – Social Studies

- **AP Human Geography
- **AP Macroeconomics
- **AP Microeconomics
- **AP Psychology
- **AP U.S. Government
- **AP U.S. History
- **AP World History (offered 2013-14 & 2015-16)
- American Government
- Current Issues
- Economics
- International Relations
- Philosophy
- Practical Law
- Psychology 1
- Psychology 2
- Sociology
- U.S. History
- World Geography
- World History
- World Religions

WL – World Language

- **AP Chinese
- **AP French
- **AP German
- **AP Spanish
- Chinese 1
- Chinese 2(offered in 2017)
- Chinese 3 (offered in 2018)
- Chinese 4 (offered in 2019)
- French 1
- French 2
- French 3
- French 4
- German 1
- German 2
- German 3
- German 4
- Sign Language 1
- Sign Language 2
- Spanish 1
- Spanish 2
- Spanish 3
- Spanish 4

KEY

* Honors

** Advanced Placement

·Two (2 Hour) Block

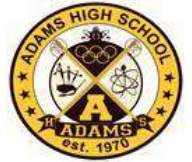
¹These courses are not counted toward the MMC Language Arts requirement.

±First offered in 2019-2020.

Students may dual enroll at Oakland University or Oakland Community College.



Rochester Adams High School



Dear Future Highlanders and Parents,

On behalf of the student body here at Rochester Adams High School, I would like to welcome you to the Adams Family. As senior class president, I can assure that you and your child will be in great hands! It is hard to believe that my four years here are already coming to end. That being said, your time here will fly by, and it is important to appreciate every step along the way.

The transition from middle school to high school can seem overwhelming and intimidating, but I know that you will fit right into our Highlander community. Through clubs, sports, Link Crew, and other activities, you are sure to find something that inspires you here at Adams. We have programs that will assist you in scheduling, finding your way through the school, and meeting new people. From cross country to swim and dive, we have many sports teams that have had their share of success and state titles throughout the years.

Our faculty is one of the best around. They have your student's best interest at heart and will help them prepare for the future in the best way possible. They are nurturing, empathetic, and supportive. We have a wide variety of classes and electives available to fit your needs and curiosities. From forensic science to visual art, there is something for everyone.

You have heard it all before, but it is extremely important to get involved. As a senior, I have met some of my best friends in clubs and sports teams at Adams, and we share similar interests and experiences. I am sure you have heard the phrase, "if you never try, you'll never know", and that seriously applies when it comes to clubs and sports. I entered high school as a cheerleader, and will graduate as a varsity golfer who also played a little lacrosse... you really never know until you try! There is a club for everyone, and if you want to start one yourself, you have the opportunity to do so!

That being said, parents — it is also important for you to get involved! My parents (who cannot believe I am writing this... it goes by too fast) said the best piece of advice they received was to stay involved throughout these years. Be supportive of your child as they become young adults, and before you know it, they'll be onto their next adventure. No matter what path your student decides to take in life, know that Adams is preparing them to be the best version of themselves.

There is no doubt that you will have a great experience here at Adams. The opportunities truly are endless, and every day is a new venture. If I could tell my freshman self one thing, it would be to appreciate the time while you have it. You will hear time and time again that these four years will be over in the blink of an eye, and while you may not believe it at first, you will blink and be picking out your cap and gown. So enjoy the climb, because the view is great!

Sincerely,

Megan Mills
Senior Class President Class of 2021



8th GRADE PARENT NIGHT

Frequently Asked Questions and Answers



WHAT DO I DO IF?

1. My child is sick at home?

- Report the absence in ParentVue or call the attendance line at 248-726-5310 to excuse partial or all day absences. Please call this line for any attendance issues.

2. My child gets sick at school?

- Students must come to the attendance office to call home. ***Please tell students not to text or call home from their cell phones.***

3. My child needs to leave early for an appointment?

- Call the attendance line 248-726-5310 to request an early dismissal. Students must pick up their pass in the attendance office after 1st hour, but prior to departure. ***(Passes will not be delivered.)***
- Students can sign themselves out and meet their parents/guardians in the pick-up loop. If returning, students should sign back in at the attendance office.

4. My child arrives late to school?

- Students need to sign in at the attendance office to receive a pass to class. Parents should call the attendance office to advise of a student's late arrival.

5. My child forgot something at home?

- Parents should bring all items to the Safe Ed desk in the main office. ***Your child will need to pick up the items; items will not be delivered.***

6. My child has a Medical Action Plan?

- Turn in your child's [Medical Action Plan](#), along with all medication authorized on the plan, prior to the start of school to the main office. Please ensure all forms have been signed by the parent and physician, and the medication has not expired.
- Students are not allowed to carry any medication with them. If your child needs to take medication while at school, please complete [School Medication Form](#).

7. Please visit the [Health and Wellness](#) section of our website for more information.

8. I am not receiving School Messenger emails or automated notification calls?

- Contact the attendance office at 248-726-5221 to verify/update your email address and/or phone number on your student's Emergency Card.

HOW DO I?

1. Get homework assignments when my child is absent?

- Please email the teachers directly. Email addresses for your child's teachers are available in "*ParentVUE*" under your child's Class Schedule. Assignments can be picked up in the attendance office after school.

2. Buy an "A" pass for athletics?

- An "A" pass allows students to enter any athletic event within the Rochester Community Schools District for the school year (with the exception of district/regional/state finals and the Crosstown Showdown). "A" passes can be purchased during registration, in the main office, or on-line.

3. Buy class pictures or a yearbook?

- Yearbooks can only be purchased online in the fall. Directions to order are on the [AHS Yearbook website](#).
- Class pictures can be purchased during registration.

4. Join an afterschool club?

- Adams has many clubs open to all students. Clubs will begin advertising soon after school begins. Most clubs meet after school. To participate in a club there is a one-time club fee of \$30.

5. Get help in a class?

- Start by talking with the teacher for help. Find a "Study Buddy". Upper classmen and National Honor Society students will help tutor students. In addition, the counseling center has a list of tutors available for hire.

6. Make an appointment with a counselor?

- Students can make an appointment to meet with their counselor by stopping in or calling the counseling center secretary at 248-726-5207. Parents should call the counseling secretary to make an appointment to meet with your child's counselor.

WHERE DO I GO FOR?

1. Athletic physical

- [Physical Forms](#) are available on the website, in the main office and by the Athletic Directors office. Physicals can be completed by your family physician, or see the Athletics handout in the packet for more information on physicals exams available at the high schools (2021 TBD).

2. Lunch account

- Information will be available in August to create an account for your child's lunches.

3. School Spiritwear is available from:

- [The Amble Inn](#) our school store
- [AHS Booster Club](#)

ROCHESTER ADAMS ATHLETICS

"Be Highlander Proud"



Welcome to Rochester Adams athletics. It is an exciting time as we welcome our next class of incoming freshmen to another year of Highlander athletics.

The athletic department, school administration, and the staff of Adams High School ask all new incoming students and parents take part in continuing the tradition that began in the fall of 1969. We are looking for students who are interested in continuing, as well as building upon, the success already experienced during the school's history.

Adams Athletics Offerings 2021-22 Season

<u>Fall</u>	<u>Start Date</u>
Sideline Cheerleading	Aug. 11
Football	Aug. 9
Boys/Girls Cross Country	Aug. 11
Girls Golf	Aug. 11
Boys Soccer	Aug. 11
Girls Swim/Dive	Aug. 11
Volleyball	Aug. 11
Boys Tennis	Aug. 11

<u>Winter</u>	<u>Start Date</u>
Boys Basketball	Nov. 16
Girls Basketball	Nov. 8
Competitive Cheerleading	Nov. 8
Boys United Ice Hockey	Nov. 1
Boys/Girls Skiing	Nov. 15
Boys Swim/Dive	Nov. 22
Wrestling	Nov. 15

<u>Spring</u>	<u>Start Date</u>
Baseball	Mar. 14
Boys Golf	Mar. 14
Girls Soccer	Mar. 14
Softball	Mar. 14
Girls Tennis	Mar. 14
Boys/Girls Track	Mar. 14
Boys Lacrosse	Mar. 14
Girls Lacrosse	Mar. 14

Physical Exams

All athletes **must have a physical exam dated after April 15, 2021**, before they can practice or tryout. Physical forms may be picked up at the main office after April 15, 2021. The **physical form** will also be available for **download from the athletic website**.

Physical exam dates are provided at the high schools:

TBD @ Adams

TBD @ Rochester

TBD @ SCHS

Please call 248-726-3138 after May 1st to schedule an appointment at any of the three High Schools. There is a **\$30.00** fee to cover the cost of the physical.

Tryouts and Sport Specific Information

Additional information about Adams athletics, including fall tryout schedules, will be available on the athletic website once times have been determined. There will be sport informational meetings once school starts for winter and spring sports. You may also be able to access team websites for various sports on the Adams Athletics webpage at: www.adamshighlanders.com

Pay to Participate

Rochester Community Schools will continue to implement the Pay to Participate program for athletics. Annual costs per student are outlined below:

First sport: \$195 Second sport: \$135 Third sport: \$80

If you have additional questions regarding the athletic program, please call Director of Athletics, Brian Hassler at (248) 726-5208, or email: bhassler@rochester.k12.mi.us

Frequent Spectator Discounts!

Econo-tickets may be purchased at home athletic contests or at the RCS Administration Building (Athletic Dept.) and may be used at all three high schools.

ADULTS: \$45.00 for 15 admissions

STUDENTS: \$40.00 for 20 admissions

Admission Price to all JV and Varsity Contests is \$5.00

Student "A" Pass \$50.00 – admission to all high school athletic events (except hockey and lacrosse) at all three high schools. "A" Pass can only be purchased at student registration dates.



Parents, you too can get involved with the athletic program. The athletic department is looking for individuals to join the Booster Club, or become part of the voting membership. Call now or stop by the Athletic Office and sign-up.

Booster club meetings will be held the 2nd Monday of every month @ 7pm in the Media Center.

ADAMS HIGH ALMA MATER

Standing proudly there before us,
With your glory all around,
Truth and justice be your watchwords,
And may you in love abound.

Chorus

Adams High we do thee honor,
Ever will we hail your name.
May you always go before us,
Into life's great hall of fame.

Open wide your doors of knowledge,
Welcome all who enter here.
Gain in wisdom, soul and merit,
Stand for all we hold most dear.

Repeat Chorus

THE HIGHLANDER

Who's the greatest team in sight?
Rochester Adams High!
Go get the ball,
And score some more.
That's the way we fight -
FIGHT, FIGHT, FIGHT!

Highlanders fans will satisfy -
"Beat 'em" is our cry.
Victory's the name,
And fame's the game,
Of Adams High -
FIGHT, FIGHT, FIGHT!