



# 8th Grade Parent & Student Meeting

**SOUTH HILLS HIGH SCHOOL**  
**Class of 2028**



# Agenda

Introductions

Role of the School Counselor

Transition to High School

Requirements and Class Selection Process

Choosing Classes and Summer School Options

Electives

Preparing for College

Resources and Upcoming Events

Contact Information



# **SOUTH HILLS HIGH SCHOOL**

## **2023-2024 SCHOOL COUNSELORS**



**Ms. Danielle Alexander**

Last Names A-E  
dalexander@c-vusd.org



**Mrs. Christina Grigolla**

Last Names F-L  
cgrigolla@c-vusd.org



**Mrs. Raquel Chavarria**

Last Names M-P  
rchavarria@c-vusd.org



**Mrs. Shawna Hansen**

Last Names Q-Z  
shansen@c-vusd.org



**Mr. Sergio Perez**

Wellness Counselor  
sergioperez@c-vusd.org



[www.southhillshigh.com](http://www.southhillshigh.com)



(626)974-6208



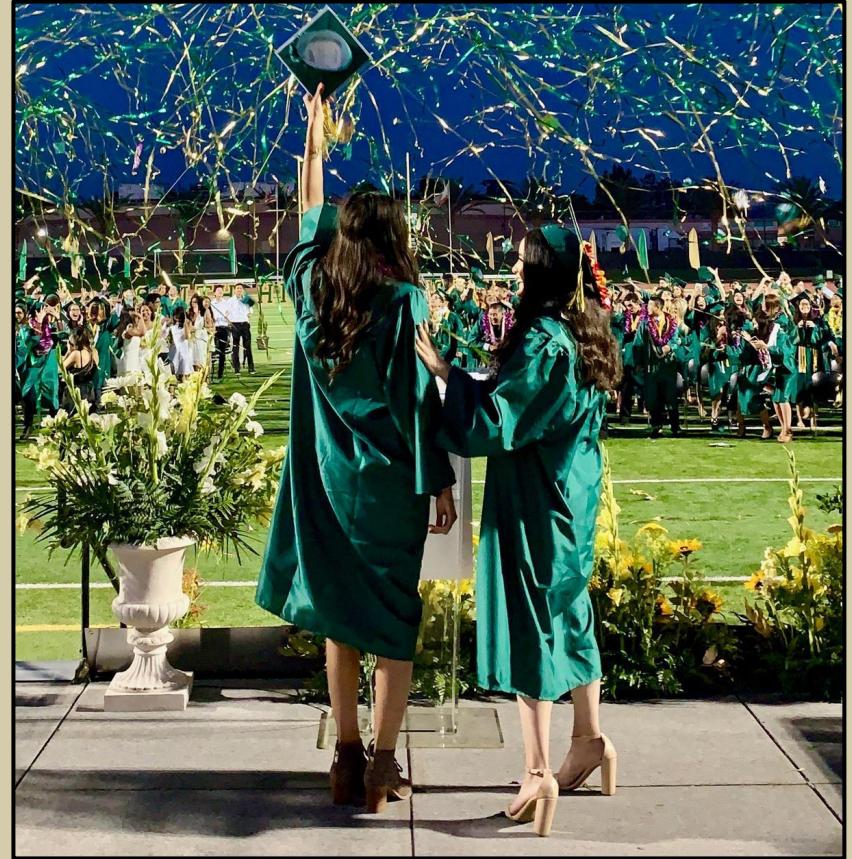
@southhillscounseling



## SOUTH HILLS SCHOOL COUNSELING PROGRAM

# Mission Statement

The mission of the South Hills High School Counseling Department is to provide a proactive and equitably comprehensive program to address students' academic, college/career and social/emotional needs, including their overall mental health and wellness. Respecting students' backgrounds and individual circumstances, South Hills School counselors collaborate with school and educational partners to ensure all students become successful, contributing citizens and lifelong learners in a diverse and changing world.







# Role of the School Counselor

---

ACADEMIC

COLLEGE/CAREER

SOCIAL/EMOTIONAL



AMERICAN  
SCHOOL  
COUNSELOR  
ASSOCIATION



# Transition to High School



# First Day of School

## Monday, August 19, 2024



**9th Grade Registration - Friday, August 9th**



# Husky Link

- Husky Link is a high school transition program that welcomes freshmen and other new students to our campus and makes them feel comfortable throughout their first year at South Hills High School.
- Husky Link is a yearlong program that starts with freshmen orientation and includes academic and social follow ups through Link Leader initiated contacts.



# Husky Link



Orientation tentative date: August 16, 2024

All incoming freshmen will be paired with Husky Link leaders in the summer Freshman Orientation.

- Team Building
- Games
- Campus Tours
- Mentorship
- The Ins and Outs of High School
- Meet New Friends!

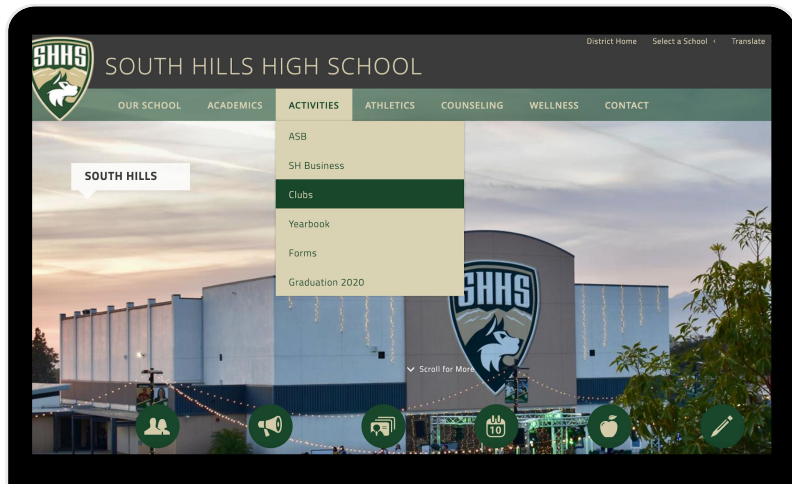
**Linking our freshmen to upper classmates who serve as mentors**

**Linking our new Huskies to the South Hills Culture**

**Linking our campus to the community through service projects**

**Linking our struggling students to a path for success**

# South Hills Clubs

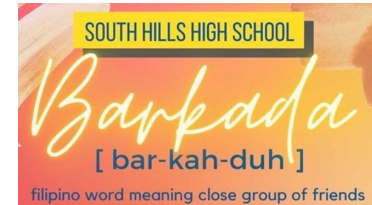


## 35 Active Clubs



Club Name	Club Purpose	Staff Advisor	Student President	Social Media
<b>Active Faith</b>	Our main goal is to help the next generation dive deep into the Bible and understand what and how it says we are to live our lives.	Mr. Pete Weber (pweber@c-vusd.org)	Anthony Schmidt (anthony.schmidt2002@gmail.com)	Instagram: @activefaith.noaviv
<b>Activism Club</b>	To impose the idea that students can change the world. To be a place where people of different opinions can unite to form a solution to everlastingly change the world in a positive way.	Mr. Eric Portier (epontier@c-vusd.org)	Golnaz Moghadam (gmoghadam2005@gmail.com)	Instagram: @activismouthills
<b>Anime Club</b>	To review and analyze various shows of the genre, including its cultural significance and to create a free and open environment to share interests and opinions about anime.	Mr. Dennis James (djames@c-vusd.org)	Derek Chow (slashingninja7@gmail.com)	Instagram: @shhs_anime
<b>AVID</b>	Provide students with College/University campus tours, provide students with College/University guest speakers, help students with College/University applications.	Mrs. Casie James (cjames@c-vusd.org)	Angelina Lariviere (dylan.fargillan)	
<b>Barkada</b>	Barkada seeks to educate and celebrate the community about the culture and history of the Philippines. Our goal is to create a bigger diversity in our community with greater appreciation and understanding of the Filipino culture. We are open to accept everyone that desire to learn about the Philippines.	Mr. Eric Portier (epontier@c-vusd.org)	Kristina Lim (krstinajlim@gmail.com)	Instagram: @shhsbarkada
<b>Class of 2021</b>	The purpose is to raise funds, hold events and keep students informed and create unity among the Class of 2021.	Mr. Claudio Seoatez (cseoatez@c-vusd.org)	Gabriella Griego (gabriellegriego22@gmail.com)	Instagram: @southhills21
<b>Class of 2022</b>	The purpose is to raise funds, hold events and keep students informed and create unity among the Class of 2022.	Mrs. Christine Miller (cmiller@c-vusd.org)	Rafael Janso (rafajanso@gmail.com)	Instagram: @southhills2022
<b>Class of 2023</b>	The purpose is to raise funds, hold events and keep students informed and create unity among the Class of 2023.	Mr. Kevin Colwell (kcolwell@c-vusd.org)	Tori Lay (torilay@gmail.com)	Instagram: @southhills2023
<b>Class of 2024</b>	The purpose is to raise funds, hold events and keep students informed and create unity among the Class of 2024.	Mrs. Shelley Robinson (srobinson@c-vusd.org)	Juliana Sarmiento (jul.sarmiento3@gmail.com)	Instagram: @southhills2024
<b>CSF</b>	The purpose of CSF is to foster high standards of scholarship, service and citizenship on the part of students of the senior high schools in California.	Mrs. Lorna Hauck (lhauck@c-vusd.org)	Henry Tiet (henrytiet@gmail.com)	
<b>The Diversity University</b>	To educate one another on their sexualities, ethnicities, races, religions, etc. and create a safe space for all of us to express ourselves without judgement or prejudice. We will also discuss global matters that are not given enough attention in the media while providing petitions and resources to help contribute to those causes as well.	Mr. Scott Stragier (sstragier@c-vusd.org)	Alexia Cortez (alexia.cortez@gmail.com)	Instagram: @thediversityuniversity
<b>Dog PAAC (Protect Animals at All Costs)</b>	To promote interest in protecting different types of animals, with getting involved with the animal community while raising awareness of different issues on all animal life. We can do this by cleaning beaches, volunteer in shelters, and raise money for shelters, and foster animals, etc. We will also provide fellowship among students and faculty. We will represent student needs and desire to help make a change in our environment for the better.	Mrs. Christine Morales (cmorales@c-vusd.org)	Lauren Bonafas (laurenbouafas62@gmail.com)	Instagram: @dogpaac
<b>FCA</b>	The mission of Fellowship of Christian Athletes is "to present to athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord and serving Him in their relationships and in the fellowship of the church."	Mr. Rob Froh (rfroh@c-vusd.org)	Anthony Schmidt (anthony.schmidt2002@gmail.com)	Instagram: @shhs_fca
<b>Gender &amp; Sexuality Alliance (GSA)</b>	Our mission as a club is to work towards achieving a more accepting environment and safe space for LGBTQ+ students attending South Hills. GSA is determined to provide student allies a place to give support and be better informed on the community. We will create an atmosphere of love, support, and acceptance for all individuals through education, support, and social action.	Mrs. Alexis Mela (amela@c-vusd.org)	Ms. Danielle Alexander (dalexander@c-vusd.org)	Instagram: @southhillsiga
<b>Girls Who STEM</b>	Educate girls about future job opportunities in STEM. Provide a support group for girls interested in futures in STEM. Discuss influential women in STEM along with discussions about the different branches. Provide resources about scholarship opportunities and information about high school course credits for STEM majors.	Mrs. Nicole Kosareff (nkosareff@c-vusd.org)	Lakshmi Garcia (lakshimigarcia@gmail.com)	Twitter: @southhillsiga
<b>Green Club</b>	The purpose of this club shall be to open up the study of agriculture to the students of South Hills, to learn agricultural techniques and our environment through agriculture.	Mrs. Larry Anderson (larryanderson@c-vusd.org)	Selenia Cao (sc392817@gmail.com)	Instagram: @shhs_greenclub
<b>Husky Link Crew</b>	Link is a high school transition program that welcomes freshmen and makes them feel comfortable throughout the first year of their high school experience.	Mr. Rob Froh (rfroh@c-vusd.org)	Anissa Cordova (cordova.anissa.0@gmail.com)	Instagram: @shhslinkcrew
<b>Husky Signers Club</b>	The purpose of this club is to develop the community awareness of Deafness and Sign Language, educate the population regarding Deaf Culture, including American Sign Language (ASL), Community Outreach/Services and Social Activities.	Mrs. Mingchen Yang (myang@c-vusd.org)	Penny Mesa (pennymesa00@gmail.com)	Instagram: @southhillsink
<b>I AM</b>	The purpose of this club is to plan the annual "I AM" Conference at South Hills and to create a team and event that will benefit South Hills students as well as staff, parents, and community members that attend the event.	Mrs. Rene Romero (romero@c-vusd.org)	Isabelle Enriquez (izabelenriquez7@gmail.com)	Twitter: @shhsiam
<b>IB Club</b>	The mission of this club is to provide support and services for IB students, to create a group where IB students can refer to one another and to build a strong community for both IB students and interested students.	Mrs. Marisol Marquez (mmarquez@c-vusd.org)	Angeline Ybarra (princessangelina7@gmail.com)	Instagram: @shhsibclub
<b>Interact Club</b>	Rotary members to recognize the positive change implemented by youth and young adults on the fifth Avenue of Service, Youth Service, through an active and personal commitment to empower young people to take action through community and international service, develop leadership skills, and gain a global perspective that fosters world peace and cultural understanding.	Mr. Barry Hepler (bhepler@c-vusd.org)	Gabriella Griego (gabriellegriego22@gmail.com)	
<b>Key Club</b>	Key Club is an international student-led organization that provides its members with opportunities to provide service, build character and develop leadership. Key Club aims to give back to the community through local volunteer opportunities.	Mrs. Rene Romero (romero@c-vusd.org)	Michele Lam (michelelam@gmail.com)	Instagram: @southhillskc

# Get Involved!



At South Hills, we do not have a volunteer requirement for graduation, we encourage students to do something productive with their time. This can include: clubs, employment, volunteering, sports, religious activities, etc.



# SOUTH HILLS HIGH SCHOOL ATHLETICS



## DARREN MURPHY

Athletic Director  
[dmurphy1@c-vusd.org](mailto:dmurphy1@c-vusd.org)



## JACOB CALDERON

Athletic Director  
[jcalderon@c-vusd.org](mailto:jcalderon@c-vusd.org)



## FALL

Cross Country  
Football  
Golf (Girls)  
Tennis (Girls)  
Volleyball (Girls)

*Dave McKissick*  
*Jacob Calderon*  
*Greg Osbourne*  
*Pete Weber*  
*Makayla Wright*

[dmckissick@c-vusd.org](mailto:dmckissick@c-vusd.org)  
[jcalderon@c-vusd.org](mailto:jcalderon@c-vusd.org)  
[gosbourne@c-vusd.org](mailto:gosbourne@c-vusd.org)  
[pweber@c-vusd.org](mailto:pweber@c-vusd.org)  
[makaylawright@c-vusd.org](mailto:makaylawright@c-vusd.org)

## WINTER

Basketball (Boys)  
Basketball (Girls)  
Soccer (Boys)  
Soccer (Girls)  
Wrestling

*Damieon Allen*  
*Danny Sevilla*  
*Demetrios Burgos*  
*Scott Mocabee*  
*Claudio Seañez*

[dallen@c-vusd.org](mailto:dallen@c-vusd.org)  
[dsevilla@c-vusd.org](mailto:dsevilla@c-vusd.org)  
[dburgos@c-vusd.org](mailto:dburgos@c-vusd.org)  
[smocabee@c-vusd.org](mailto:smocabee@c-vusd.org)  
[cseanez@c-vusd.org](mailto:cseanez@c-vusd.org)

## SPRING

Baseball (Boys)  
Golf (Boys)  
Softball (Girls)  
Swimming  
Tennis (Boys)  
Track

*Darren Murphy*  
*Greg Osbourne*  
*Ralph Navarro*  
*Peter Smiley*  
*Pete Weber*  
*Dave McKissick*

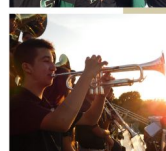
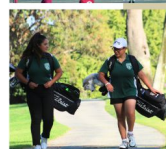
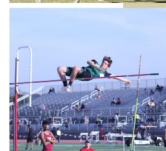
[dmurphy1@c-vusd.org](mailto:dmurphy1@c-vusd.org)  
[gosbourne@c-vusd.org](mailto:gosbourne@c-vusd.org)  
[rnavarro@c-vusd.org](mailto:rnavarro@c-vusd.org)  
[psmiley@c-vusd.org](mailto:psmiley@c-vusd.org)  
[pweber@c-vusd.org](mailto:pweber@c-vusd.org)  
[dmckissick@c-vusd.org](mailto:dmckissick@c-vusd.org)

## YEAR LONG

Band/Colorguard  
Cheer  
Pomline  
Dance

*Mike Wooten*  
*Cynthia Fuentes*  
*Sara Llanos*  
*Debbie Lopez*

[mwooten@c-vusd.org](mailto:mwooten@c-vusd.org)  
[cfuentes@c-vusd.org](mailto:cfuentes@c-vusd.org)  
[sllanos@c-vusd.org](mailto:sllanos@c-vusd.org)  
[deborahalopez@c-vusd.org](mailto:deborahalopez@c-vusd.org)





## DARREN MURPHY

Athletic Director

[dmurphy1@c-vusd.org](mailto:dmurphy1@c-vusd.org)



## JACOB CALDERON

Athletic Director

[jcalderon@c-vusd.org](mailto:jcalderon@c-vusd.org)




# Online Athletic Clearance

- Prior to participating, athletes must be physically cleared by a doctor.
- Physical must be uploaded to athleticclearance.com

2022-2023 ATHLETIC CLEARANCE



## ONLINE ATHLETIC CLEARANCE

- 1 VISIT [ATHLETICCLEARANCE.COM](https://athleticclearance.com)**  
**CHOOSE CALIFORNIA**  
**LOG INTO ACCOUNT**  
**Return Users**  
Log into existing account used in previous School Year.  
**New Users**  
Create an account. Please register with a valid PARENT/GUARDIAN email address as the username and generate a password.
- 2 SELECT START CLEARANCE HERE**  
Type in School & Confirm Address  
Select Year  
Add Sports  
Participating in multiple sports? Use Add New Sport button. Athletes participating in multiple sports will have to create clearances for each sport.
- 3 COMPLETE ALL REQUIRED FIELDS**  
Student Information, Parent/Guardian Information, Medical History, Signature Forms, and upload any File(s).  
**Student Info & Parent Guardian Info**  
Type in Student & Parent/Guardian Information. This information will be saved for future clearances. Utilize the drop down menu to autofill information for subsequent clearances.  
**Signatures**  
Sign required documents by typing in an EXACT match of what is on the Student & Parent/Guardian page.  
**Files**  
Click  to add a file. Browse from your computer for the file or select Choose Existing File to search for a previously uploaded file.
- 4 CONFIRMATION MESSAGE**  
Your clearance is ready for review by your school once you have reached the CONFIRMATION MESSAGE page.

**MAKE SURE TO CLICK SAVE & CONTINUE AFTER COMPLETING THE FILES PAGE TO SUBMIT THE CLEARANCE.**

**THE STUDENT IS NOT CLEARED YET!**  
THE SCHOOL MUST REVIEW AND CLEAR THE STUDENT. AN EMAIL NOTIFICATION WILL BE SENT ONCE THE SCHOOL HAS REVIEWED AND CLEARED THE STUDENT FOR PARTICIPATION.

**CONTACT HOME CAMPUS**  
[SUPPORT@HOMECAMPUS.COM](mailto:SUPPORT@HOMECAMPUS.COM)  
[ATHLETIC CLEARANCE HELP ARTICLES](#)





# ***SOUTH HILLS HIGH SCHOOL***

**FOOTBALL**





# UPDATES AND INFORMATION

---



- SOCIAL MEDIA:
  - TWITTER: @SHHS\_FB
  - INSTAGRAM: @SOUTHILLSFOOTBALL
  - INSTAGRAM: @SH\_HUSKIESFBBBOOSTERS
- HUDL
- PARENTSQUARE
- PARENT EMAIL LIST
- MONTHLY LIFTING AND PRACTICE CALENDAR
- JUNIOR HIGH LIFTING CAMPS

**1st Day of Summer Practice - June 10th**

**Jacob Calderon**  
jcalderon@c-vusd.org





# GIRLS SOCCER



7  
LEAGUE  
TITLES  
IN A  
ROW



CIF State Southern  
Regional Champions:

2016

CIF Champions:  
2016

League Champions:  
2007, 2016, 2018,  
2019, 2020, 2021,  
2022, 2023, 2024

## We have two goals:

- Create a competitive environment that develops a player's skills, knowledge and appreciation for the game of soccer
- Help players mature as student-athletes and encourage the development of important life skills such as good sportsmanship and teamwork

## Head Coach: Scott Mocabee

- CIF Coach of the Year (2016)
- SGV Tribune Coach of the Year (2007, 2016)
- Asst. Coach – APU Women's Soccer 1999-2016
- [smocabee@c-vusd.org](mailto:smocabee@c-vusd.org)



Summer Camp: July 8-12 1:30- 3:30 p.m SHHS Turf Field



# Requirements & Class Selection Process

# Requirements

- In order to graduate, students must earn credits.
- Every class is worth 5 credits per semester.
- In order to receive credits for a class, students must earn a grade of D or higher, though we expect students to earn a C or higher.
- Students must earn at least 220 credits in specific classes in order to graduate.



## SOUTH HILLS HIGH SCHOOL

Graduation Requirements vs. UC/CSU A-G Requirements



Subject	South Hills High School	UC/ CSU A-G
A- Social Science	30 credits World History US History Gov/Econ	2 years required World History US History
B- English	40 credits	4 years required
C- Mathematics	20 credits Including successful completion of International Math I	3 years required (4 years recommended) International Math I, II, III
D- Science	20 credits 1 year Biological Science *Health requirement met with successful completion of Biology 1 year Physical Science	2 years required (3 years recommended) Biology, Chemistry or Physics
E- Language Other than English	10 credits Spanish/ Chinese American Sign Language	Language other than English 2 years required (3 years recommended) AND
F- Fine Arts	OR Music/Art/Drama/Dance	Visual Performing Arts 1 year required of same class- Consecutive Semesters Only Music/Art/Drama/Dance
G- Electives	80 credits	College Prep. Electives 1 year required
Physical Education	20 credits	Special Note: Colleges require a grade of "C" or higher. Any D's must be re-taken for admission consideration.  NCAA Clearance is required to compete in college athletics

### California School Dashboard- College/Career Indicator

The College/Career Indicator measures how well schools are preparing students for likely success after graduation. High school graduates must meet at least one of the measures in the prepared level:

- ☐ CAASPP: Score of Level 3 "Standard Met" or higher on both English (ELA) and math
- ☐ Advanced Placement (AP) Exams: Score of 3 or higher on two AP exams
- ☐ International Baccalaureate (IB) Exams: Score of 4 or higher on two IB exams
- ☐ Completion of Dual Enrollment: Two semesters of college coursework with a grade of C or better
- ☐ Complete a-g course requirements with grades of C or better **plus** one of the Additional Criteria below
- ☐ CTE Pathway completion with a grade of C or better in the capstone course **plus** one of the Additional Criteria below

#### Additional Criteria

- ☐ SBAC Level 3 or higher on ELA and at least a Level 2 "Standard Nearly Met" in mathematics
- ☐ SBAC Level 3 or higher on mathematics and at least a Level 2 "Standard Nearly Met" in ELA
- ☐ One semester of Dual Enrollment with a grade of C or better
- ☐ Score of 3 on one AP exam or score of 4 on one IB Exam (for a-g requirement only)
- ☐ Completion of CTE Pathway (for a-g requirement only)



# A-G Classes at South Hills



- We expect all students to graduate from high school ready for college.
- Colleges have certain requirements that are similar to the graduation requirements.
- In order to meet the college entrance prerequisites, you must earn a grade of C or higher in all college prep classes.



## SOUTH HILLS HIGH SCHOOL

UC/CSU Approved Courses

A-G Requirements

Subject	Requirement	South Hills UC Approved Courses
A- Social Science	2 Years	Human Geography (AP) Pre-AP World History and Geography, World History P, World History (AP) U.S. History and Geography, U.S. History (AP) American Government P IB History HL
B- English	4 Years	Pre-AP ELA 1, Pre-AP ELA 1 Honors Pre-AP ELA 2, Pre-AP ELA 2 Honors Composition/Literature III CCSS CSU Expository Reading and Writing English Literature and Composition (AP) English Language and Composition (AP) IB Language A: Language and Literature HL
C- Math	3 Year Required, 4 Years Recommended	International Math I International Math II International Math III International Math III/Trig Pre-Calc Stats/Prob/Finite P Trig/Pre-Calc P, Trig/Pre-Calc Honors Calculus AB/Calculus BC (AP) IB Math Analysis SL
D- Laboratory Science	2 Years Required, 3 Years Recommended	Pre-AP Biology, Pre-AP Biology Honors, Biology (AP), IB Biology HL Pre-AP Chemistry, Chemistry Honors, Chemistry (AP) Physics P, Physics 1(AP) Body Systems and Disorders Conceptual Physics P Environmental Science (AP)
E- Language other than English	2 Years Required, 3 Years Recommended	American Sign Language I P, II P, III P, IV P Chinese I P, II P, III P, IV P, Chinese Language (AP) Spanish I P, II P, III P, Spanish Language (AP) IB Mandarin SL IB Spanish SL/HL

# A-G Classes at South Hills



F- Visual and Performing Arts	1 Year	Intro to Theater Arts Advanced Acting Beginning Dance Intermediate Dance Art Appreciation Advanced Art Photography/Commercial Art Ceramics and Sculpture Video Production I, II Advanced Band Jazz Ensemble Marching Band Chorus Concert Choir Special Projects IB Visual Art HL
G- Elective	1 Year	AVID 9, 10, 11, 12 Entrepreneurship Intro to Computer Science Computer Science Principles (AP) Computer Science A (AP) Economics P, Economics: Macro (AP) ELD III- English Language Development Game Design and Development Culinary Arts I, II Yearbook Journalism in the Digital Age Leadership 1, 2 Literature, Media, and Film Peer Counseling 1, 2, 3 Psychology/Sociology, Psychology (AP) Screenwriting as Literature Speech Sports Management Medical Careers Advanced Sports Physical Therapy Advanced Welding Virtual Enterprise IB Business and Management SL IB Sport Exercise and Health Science SL IB Theory of Knowledge

# Scheduling Process for Sierra Vista Students



- On **Monday, March 18th**, the counselors met with 8th grade students at Sierra Vista during their history class. Counselors explained requirements and 9th grade class options.
- On **March 21st and 22nd**, the counselors will meet individually with each student during their history class to review their course selections and high school plans.
- The counselors will suggest summer school classes based on the student's grades at that time.



# New Student Registration



## WELCOME

Welcome to the South Hills New Student Enrollment website!

We are happy that you are considering South Hills for your child's high school experience.

If your child currently attends Sierra Vista Middle School, you do not need to complete the enrollment process.

If your student is in one of these programs (Special Education or Speech and Language), do not begin the Online Enrollment Process.

Please contact Elsa Morales in our C-VUSD Special Education Department at [emorales@c-vusd.org](mailto:emorales@c-vusd.org) or at (626) 974-7100 ext 800091

**Please select the option below that best fits your situation.**



### Assigned to South Hills

Select this option if your child currently resides within the Covina-Valley Boundaries and South Hills is the assigned school.



### District of Choice

Select this option if your child was approved for South Hills through District of Choice.



### Intra-District Permit

Select this option if your child currently resides within the Covina-Valley Boundaries and Covina or Northview is the assigned school.



### Inter-District Permit

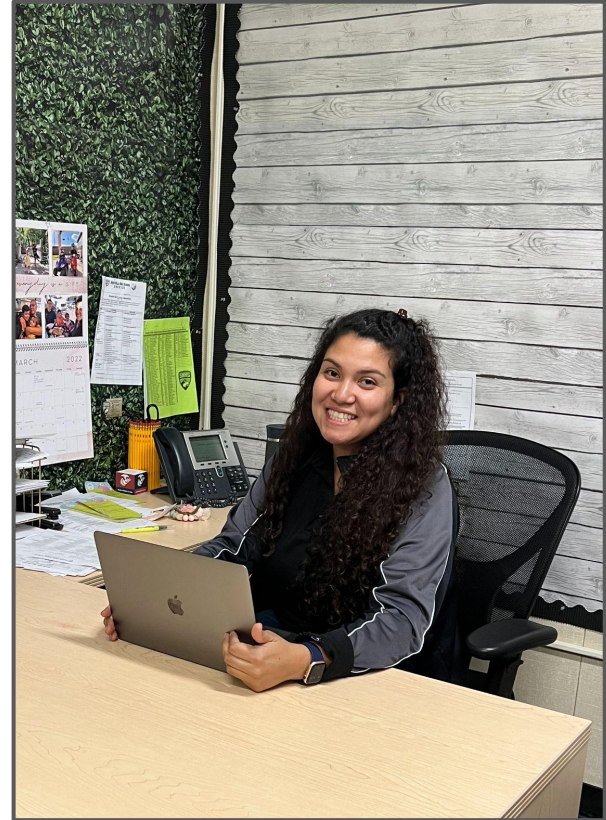
Select this option if your child currently resides outside of the Covina-Valley Boundaries.



# Scheduling Process for Other New Students



- During the enrollment process, the last step is to complete the class selection process.
- You will watch a short video regarding the classes available and then choose your child's classes.
- A counselor will review the documents and place your child in the classes you select or the appropriate classes based on transcript review and class availability.
- You will have a chance to choose for your child to take a summer school class, if they are available.





# Choosing Classes

# 9th Grade Classes



- All students are required to take seven classes.
- Students should take a strong academic schedule that includes English, Math, Science, PE/Sport/Band, and a language other than English courses.
- We expect students to work toward completing the A-G requirements.
- We expect students to choose classes that they will commit to for the entire academic school year.
- Pre-AP classes are standard college-prep classes for all 9th and 10th grade students.
  - These classes include: Pre-AP English 1&2, Pre-AP Biology, Pre-AP Chemistry
  - We also offer Honors options of each of these courses

# Honors, AP, IB Expectations



- Honors, AP and IB courses demand more than regular college prep courses.
- Classes tend to be fast-paced and cover **more material** than typical high school classes.
- Classes require more time, inside and outside of the classroom, and more time required to complete lessons, readings, assignments, and homework.
- Discussions in IB classes are required and thought-provoking.
- If committing to the Full Diploma IB program, there are other requirements including TOK, Extended Essay, and CAS (Creativity, Activity & Service.)



# What is Honors?



**Honors** courses are accelerated classes for self-motivated students that teach a greater depth and breadth of material than is covered in the regular college prep classes. Enrichment topics are added. Standards in reading, writing, calculation, and critical thinking are higher. More independent learning takes place. Students should expect more homework and independent work.

## What should I consider before choosing to forecast for an Honors class?

- Do I have a high level of interest in this matter?
- Do I want to explore this content in more depth?
- Am I willing to engage more time, do more work, and strive to meet the higher standards?
- Do I have the time to commit to this class and still balance outside activities, sports, time with friends and family, etc.?
- Is it OK if I don't earn an "A" in this class?

# What is Honors?



## Pre-AP ELA 1 Honors

- Same curriculum framework as Pre-AP ELA 1
- Expectations beyond proficient
- Write more essays and paragraphs throughout the year
- More small group collaboration and class discussion
- Read more complex novels and texts
- 4- Independent reading projects/papers/ book reports
- Participate in Literature Circles

## Pre-AP Biology Honors

- Be able to execute more complex lab investigations
- Design and carry out independent investigations of biological questions
- Read and report on recent research in biology
- Demonstrate higher level understanding of data analysis and interpretation of data
- Apply higher level mathematical concepts related to science
- Work more independently on assignments and be curious, self motivated and accept greater responsibility for their learning.
- Participate in discussions with their peers regarding scientific topics
- Exams during the course will consist of questioning that demonstrates a deeper understanding of the material

# What is AP?



- AP = Advanced Placement
- AP courses are college-level courses offered in high school.
- All AP courses are one year courses and are taken individually.
- Students take **AP Exams** at the end of the course, measuring their mastery of college-level work.
- A score of 3 or higher on an AP Exam can typically earn students college credit and/or placement into advanced courses in college.

# What is IB?



International  
Baccalaureate



- IB = International Baccalaureate
- Two year courses in **grades 11 and 12**
  - HL courses 2 years
  - SL courses 1 year
- Students can take:
  - IB Full Diploma Program (6 courses plus T.O.K.)
  - Associates Program (3-4 courses plus T.O.K.)
  - Individual course (a la carte)
- IB focuses on each student as a whole person.
- The aim of IB is to develop ***inquiring, knowledgeable, and caring*** young people with adaptable skills to tackle society's complex challenges and who will help to make a better, more peaceful world.



# Core Course Options



## English

- Pre-AP ELA 1
- Pre-AP ELA 1 Honors

## Math

- International Math 1
- International Math 2
- International Math 3
- International Math 3/Trig

## Science

- Conceptual Physics
- Pre-AP Biology
- Pre-AP Biology Honors

## PE

- 9th Grade PE
- Beginning Dance
- Marching Band
- Sports

# Core Course Options

## Language Other than English

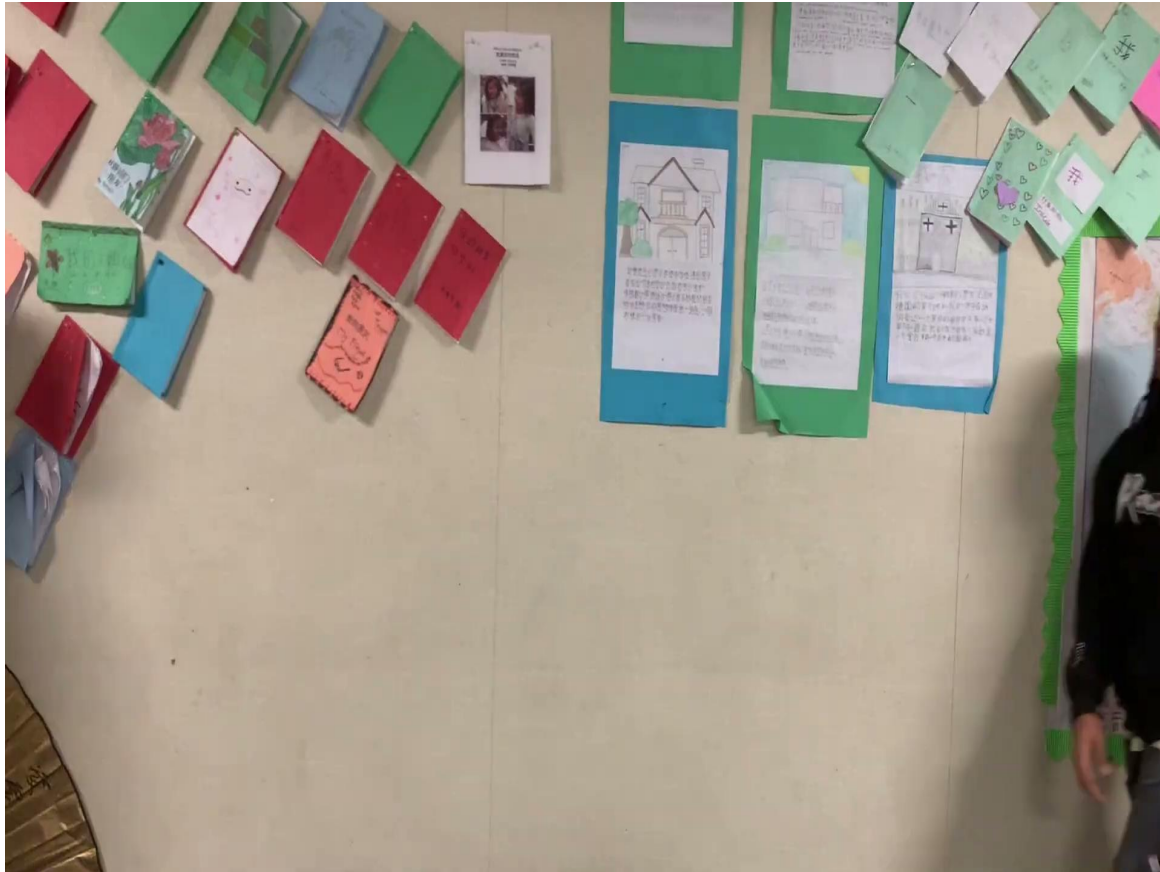
- Spanish
- Chinese
- American Sign Language
  - Not part of IB Diploma Program

## History/Social Science

- \* Not Required in 9th Grade
- AP Human Geography



# Chinese



# Summer School Options



**June 10- July 12, 2024**

## **High School Transition/Academic Success**

- English and Math Intervention and High School Preparation

## **High School Credit Classes**

- Spanish 1
- Art Appreciation
- Math 1



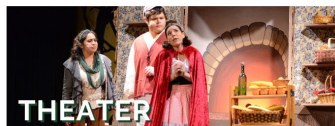
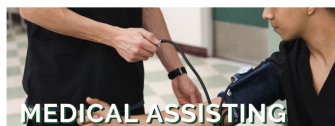


# Electives



# South Hills High School

## SPECIALTY PATHWAYS



PATHWAYS IMPROVE STUDENT ACHIEVEMENT, PREPARE STUDENTS FOR POSTSECONDARY EDUCATION AND CAREER, AND CONNECT ACADEMICS TO REAL-WORLD APPLICATIONS

### AVID

AVID 9, AVID 10, AVID 11, AVID 12

Contact: Mrs. James - [cjames@c-vusd.org](mailto:cjames@c-vusd.org)

### BUSINESS

Entrepreneurship, Sports Management, Virtual Enterprise, IB Business Management

Contact: Mr. Hepner - [bhepner@c-vusd.org](mailto:bhepner@c-vusd.org)

### CHORUS

Chorus & Concert Choir

Contact: Mr. Jeremy Cooley - [jcooley@c-vusd.org](mailto:jcooley@c-vusd.org)

### COMPUTER SCIENCE

Intro to Computer Science, AP Computer Science Principles, AP Computer Science A

Contact: Mr. Fitzgerald - [rfitzgerald@c-vusd.org](mailto:rfitzgerald@c-vusd.org)

### CULINARY ARTS

Culinary Arts 1 & Culinary Arts 2

Contact: Chef Redd - [aredd@c-vusd.org](mailto:aredd@c-vusd.org)

### DIGITAL PHOTOGRAPHY

Digital Photography

Contact: Megan Pennings - [mpennings@c-vusd.org](mailto:mpennings@c-vusd.org)

### MEDICAL ASSISTING

Medical Careers, Body Systems and Disorders, Medical Assisting

Contact: Ms. Rodriguez-Ahern - [grodriguezahern@c-vusd.org](mailto:grodriguezahern@c-vusd.org)

### PEER COUNSELING

Peer Counseling 1 & Peer Counseling 2

Contact: Mrs. Hert - [jhert@c-vusd.org](mailto:jhert@c-vusd.org)

### SPORTS MEDICINE

Body Systems and Disorders, IB Sports Exercise, Advances Sports Physical Therapy

Contact: Mr. Linenberger - [dlinenberger@c-vusd.org](mailto:dlinenberger@c-vusd.org)

### THEATER

Intro to Theater Arts & Advanced Acting

Contact: Mr. Jeremy Cooley - [jcooley@c-vusd.org](mailto:jcooley@c-vusd.org)





# South Hills High School

## 9th Grade Elective Options 2024-2025



### GENERAL ELECTIVE OPTIONS

<b>AP Computer Science Principles</b>	This course is an introductory AP course designed to build understanding of computer science, covering topics including programming, data, coding and the digital representation of information.
<b>AP Human Geography</b>	In this college-level course, students will study the dynamics of population growth, culture, and political dynamics based on geography.
<b>Art Appreciation</b>	This course introduces and develops basic concepts, skills, tools, and techniques of drawing and painting. Students will develop an appreciation of works of arts from other cultures and times.
<b>Chorus</b>	This course is for students who have an interest in singing and developing musical skills. Students will participate in scheduled school and community performances.
<b>Entrepreneurship</b>	Entrepreneurship is a project-based college prep course where students analyze and develop a small business. As students create their business plan, they will integrate academic knowledge to their own ventures, thus putting theory into practice.
<b>Intro to Theater Arts</b>	This course introduces the basics of acting techniques, discipline, and stage movement through pantomime, improvisation, and scenes.
<b>Photography/Commercial Art</b>	Through demonstration, discussion, readings, and studio work, students will learn the fundamentals of digital photography as a means of self-expression and visual communication.
<b>Speech</b>	This course emphasizes the development of communication skills by including group discussions, public speaking, and debate.

### INTERVENTION ELECTIVE OPTIONS

<b>Math Lab</b>	This course serves as an intervention class for students who need support with math concepts and need additional support. *For students in International Math I
<b>Literacy Enhancement</b>	This course serves as a support/ intervention class where students will learn strategies to increase comprehension, vocabulary, critical thinking, and motivation.

### APPLICATION REQUIRED ELECTIVE OPTIONS

<b>AVID</b>	This elective course is designed for underachieving-disadvantaged students with academic potential to succeed. Students must want to be enrolled in a rigorous curriculum that prepares them for college eligibility.
<b>Journalism</b>	The Growl is a student-run news site which helps keep our community informed, active and engaged. Students find compelling stories and report relevant, interesting and newsworthy information. Students develop skills such as interviewing, writing, photography, and podcasting. Application: <a href="https://bit.ly/shhsgrowl24">https://bit.ly/shhsgrowl24</a>
<b>Peer Counseling 1</b>	This course will provide students with the essential information and skills necessary to counsel, mediate and support students in need and is designed for peer to peer interaction and support.
<b>Leadership/ASB</b>	The Associated Student Body and Leadership class are built on the foundation of character, integrity, and leadership. While balancing these traits, the students put on incredible rallies, amazing dances, and school wide activities. More information will be available on the South Hills website in April.
<b>Yearbook</b>	Students design and produce the school yearbook-which is a memory book, a history book, and a journalistic publication which reflects the events and lives of people at SHHS. Application: <a href="https://bit.ly/shyearbook24">https://bit.ly/shyearbook24</a>

# Elective Options

- AP Computer Science Principles
- AP Human Geography
- Art Appreciation
- Chorus
- Entrepreneurship
- Intro to Theater Arts
- Photography/Commercial Art
- Speech
- Math Lab
- Literacy Enhancement
- AVID
- Journalism (application required)
- Peer Counseling 1
- Leadership/ASB (application required)
- Yearbook (application required)



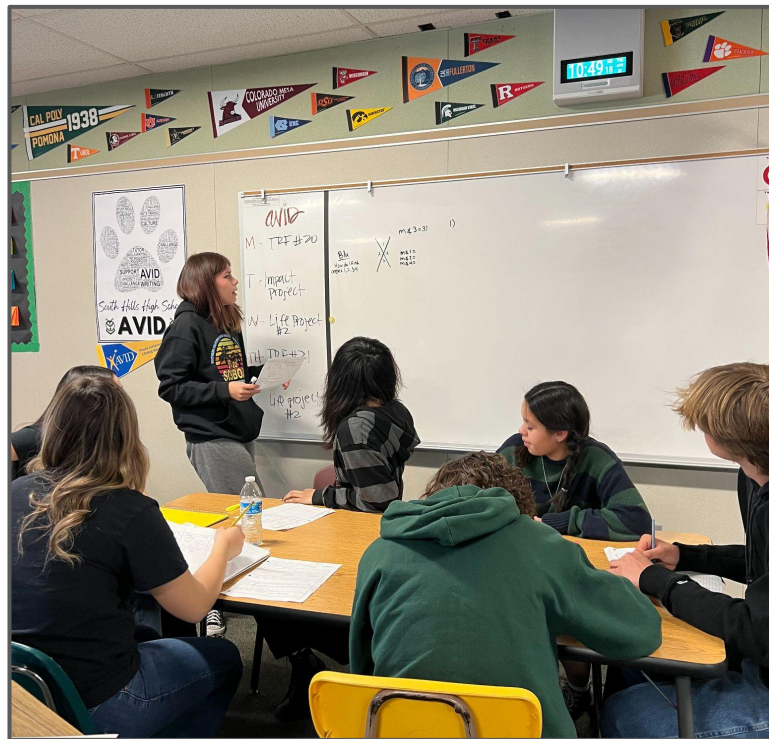
# Intervention

## Math Lab

For students who need math support and will be taking Math 1

## Literacy Enhancement

For students who need reading and writing support



# AP Computer Science Principles



- AP Computer Science Principles (CSP) introduces students to the foundational concepts of computer science and challenges them to explore how computing and technology impact the world.
- Students don't need previous computer science experience to take this course. With a unique focus on creative problem solving and real-world applications, AP CSP prepares students for college and career.
- Whether for 3-D animation, engineering, music, app development, medicine, visual design, robotics, or political analysis, computer science experience is essential for today's students and the workforce they'll enter.
- AP CSP was designed to attract and engage a greater diversity of students, including those traditionally underrepresented in computer science, such as women and minorities.



# AP Human Geography

- Geographic concepts emphasized throughout the course are location, space, scale, pattern, regionalization, and place.
- Students will study the dynamic of human growth and movement, patterns of culture, economic use of the earth, political organization of space, and human settlement patterns, especially urbanization.



# Art Appreciation



- The emphasis of this course is to introduce the basic art elements and art principles as they apply to the four components of art education: visual perception, art history, aesthetic analysis, and individual expression.
- The student will also work with the Elements of Art—line, value, composition, shape/form, color, and texture. Subject matters (projects) may include still life, landscape, people (figure and portraiture) and animal cartooning.
- We will also be using a variety of media that may include graphite, pen and ink, Prismacolor pencils, paper mache, oil pastels, and charcoal. Students will gain hands on understanding of some of the historical art movements and diverse cultural artistic practices.



# Chorus



- Students will learn the fundamentals of choral pedagogy, including harmony, breathing, diction, phrasing, expression, etc. Students will also be introduced to music theory, and sight singing skills.
- The Choir performs 2-3 yearly concerts, as well as special songs for various school rallies and events.
- Existing choral students will also have the opportunity to audition for our advanced Concert Choir.



# Beginning Dance PE





# Entrepreneurship

## *Business Pathway*

- This introductory business course provides the future business person with an understanding of job skills, personal finance, marketing, advertising, and legal practices within today's business world.
- These principles and practices will be identified and explored to help students understand the ever-changing, complex fundamentals of the business environment.





# Intro to Theater Arts

- This course introduces students to all aspects of theatre, acting, stage techniques, and the functional roles of the actor, director, and stage support personnel.
- All aspects of theatre arts are introduced, including make-up, set design, and crew and performance skills.
- A history of theatre will be included in the course work through the theatrical content from different historical periods.



# Photography/ Commercial Art



- Through demonstration, discussion, readings, and studio work, students will learn the fundamentals of digital photography as a means of self-expression and visual communication.
- The class will focus on the merging of photography with digital imaging technologies, including digital camera operation and portfolio presentation and exhibition.
- Students will learn digital image manipulation and photo retouching techniques and apply all of these skills toward the creation of photographs that express or communicate themes and concepts.

# Speech



- Open to all students who have a desire to improve their communication skills
- Write and deliver original speeches
- Express ideas clearly and effectively
- Focus on tone, posture, body language, movement, and listening
- Speeches outside of the classroom are not required.

# AVID



**SHHS  
AVID**

Jumpstart  
your  
future!



# What is AVID?

**Advancement Via  
Individual Determination**



## What you will learn:

To be College Ready  
Organization Skills  
Time Management  
Team Work  
Communication  
Presentation Skills

## Topics of Study:

Careers Options  
University Selection  
Skills for Life  
Options for your future



## Help!

During class time,  
tutors are available  
two times a week to  
help with difficult  
subjects and exams.

## Fun Stuff!

Field Trips  
Guest Speakers  
AVID Club



# Peer Counseling 1

- Students will learn skills necessary to counsel, mediate and support students in need. The primary goal of the Peer Counseling program is to be an effective tool for providing prevention, intervention, and referral services to students experiencing social/emotional difficulties in conjunction with South Hills Wellness Center.
- The success of Peer Counseling program is based on the premise that effectively trained and motivated young people have the ability to positively influence the attitudes and behavior of their peers.



# ASB/Leadership



## Application Required

- The Associated Student Body and Leadership class are built on the foundation of character, integrity, and leadership. While balancing these traits, the students put on incredible rallies, amazing dances, and school wide activities.
- ASB is designed to take 60-70 students from different backgrounds, activities, and interests and bring them together to unite the entire student body. We are devoted to promoting a positive school culture while growing as leaders and displaying high character.





## THE GROWL

a student-run news site  
which helps keep our  
community informed, active  
and engaged



### STORIES

We find compelling  
stories and report  
relevant, interesting  
and newsworthy  
information

### SKILLS

We develop skills  
such as interviewing,  
writing and  
photography



### JOIN US

complete an  
application (scan  
QR code) and join  
our team of  
storytellers



CHECK US OUT

[www.shgrowl.com](http://www.shgrowl.com)

# Journalism in the Digital Age



## Grade 9-12 (application required)

A student-run news site which helps keep our community informed, active and engaged

### STORIES

We find compelling stories and report relevant, interesting and newsworthy information

### SKILLS

We develop skills such as interviewing, writing, photography, and podcasting

### JOIN US

Complete an application (scan QR code) and join our team of storytellers

<https://bit.ly/shhsgrowl24>



## YEARBOOK

Neomega 2024-2025

### WELCOME TO YEARBOOK

#### We Are Storytellers



Students design and produce the school yearbook-which is a memory book, a history book, and a journalistic publication which reflects the events and lives of people at SHHS

### OUR AIM



#### Learn and Develop

Learn and develop skills to create an exceptional book. Some skills include: interviewing, writing, photography and design

### EXPECTATIONS



#### Learn to Function as Part of a Team

Students are expected to communicate effectively with others, meet deadlines, take some risks and learn something new and take responsibility for their role

### GET INVOLVED!



Scan the QR code to submit an application for the 2024-2025 school year

Contact Neomega Adviser, Marisol Marquez, for further questions at mmarquez@c-vusd.org

# Yearbook

## Grade 9-12 (application required)

### We Are Storytellers

Students design and produce the school yearbook-which is a memory book, a history book, and a journalistic publication which reflects the events and lives of people at SHHS.

### Learn and Develop

Learn and develop skills to create an exceptional book. Some skills include: interviewing, writing, photography and design.

### Learn to Function as Part of a Team

Students are expected to communicate effectively with others, meet deadlines, take some risks and learn something new and take responsibility for their role.

### Submit an Application

Staff App: <https://bit.ly/shyearbook24>

# Marching Band



## **Color Guard Auditions - May 13-16, 2024**

4:30-6:30PM

South Hills HS Band Room

\*No experience necessary.

\*Please arrive in PE/Dance style clothing that will not hinder your movement.

\*Please contact Mr. Wooten at [mwooten@c-vusd.org](mailto:mwooten@c-vusd.org) with any questions.

## **Drumline/Percussion Auditions - May 13-16, 2024**

4:30-6:30PM

South Hills HS Band Room

\*No experience necessary.

\*Please arrive in PE style clothing that will not hinder your movement.

\*Please contact Mr. Wooten at [mwooten@c-vusd.org](mailto:mwooten@c-vusd.org) with any questions.

## **New Student Orientation - May 28, 2024**

7PM - South Hills HS Band Room

\*If you are unable to attend please contact Mr. Wooten at [mwooten@c-vusd.org](mailto:mwooten@c-vusd.org) to arrange an alternate meeting time.

\*Due to the fact the band and color guard are active over the summer, it is very important you receive all the information we cover during our new student orientation before school gets out in June.

\*If you have any questions regarding the South Hills HS Band and Color Guard please contact Mr. Wooten at [mwooten@c-vusd.org](mailto:mwooten@c-vusd.org).





# Cheer

INTERESTED IN  
JOINING

## South Hills Cheer

Follow us on Instagram @ Southhills.huskiescheer

### RECAP OF WHAT CHEER DOES:

Show all your  
SHHS pride  
cheering for all  
events! FNL szn,  
basketball szn,  
rallies, & special  
events

### JOIN OUR BAND!



email: [CFuentes@cc-rusd.org](mailto:CFuentes@cc-rusd.org)

### SKILL SETS INCLUDE:

jumps. Tumbling,  
stunting, dancing,  
sideline cheer

All info regarding  
the 24-25 season  
will be posted on band



### Important dates:

Mandatory parent meeting:

April 3rd 6pm

Try out dates:

Mandatory clinics 4/29 4/30 5/1

Try out day 5/2



# Pomline

Follow on Instagram

@shhspomline



SOUTH HILLS HIGH SCHOOL

## VARSITY POMLINE GAME DAY & COMPETITION TEAM

2023-2024 PREP WEEK AND AUDITIONS



Start your school year by joining the Varsity Pomline Team. We train in Traditional Sideline Cheer and Dance. We also offer the opportunity to take that training to the stage and compete at a national level. As a Pomline Member you are given the opportunity to represent our Huskies, in-school and in our community. The Pomline Team helps build a student's leadership and performance skills at athletic events, rallies, competitions, and other school spirit related activities. Follow the team's Instagram Page or contact Head Coach Sllanos@c-vusd.org to stay updated with any information about prep week and auditions.

**Mandatory Parent Information Meeting**  
**March 8, 2024 5:00PM at SHHS Dance Room**

WHEN:  
MARCH 20TH-MARCH 23

WHERE: SOUTH HILLS  
DANCE ROOM #122

INSTAGRAM:  
@SHHSPOMLINE





# Dance Team

Instagram: @shdanceteam



## AUDITIONS

### Dates:

- Thursday, April 25th from 4:00pm - 7:00pm and
- Friday, April 26th from 4:00pm - 6:00pm

**Location:** SHHS Dance Room #122

For any questions, contact:  
[Deborahalopez@c-vusd.org](mailto:Deborahalopez@c-vusd.org)



# High School Information

# Course Grades



- Course grades are assigned six times during the academic school year. These grades are used to determine sports and activity eligibility and placement in classes.
- Parents are responsible for checking grades through the Parent Portal. Report cards are NOT sent home.
- Semester grades (December and June) are transcript grades that count towards high school graduation credits and will be used to determine whether or not students meet the A-G/college pre-requisite requirements.



# Parent Portal

- All parents have an Aeries Parent Portal Account
- All students have access to a Student Portal Account
- View and have access to:
  - Daily Attendance
  - Student's Class Schedule
  - Teachers' Email Addresses
  - Graduation Status
  - Class Grade Books
  - Current Grades
  - Upcoming Assignments
  - Student Transcripts



# GPA



- All C-VUSD high schools report students' GPAs on the transcript as unweighted
- A = 4pts, B = 3pts, C = 2pts, D = 1pt, F = 0pts
- 10th and 11th grade GPA is used to determine eligibility for UC and CSU admissions
  - Colleges use their own weighting criteria to determine weighted GPA (typically Honors, AP, and IB classes)
- 10th and 11th grade GPA is used to determine financial aid
- Cal Grants are determined by
  - Financial Need
  - GPA
    - 3.0 or higher for 4-year University
    - 2.0 or higher for Community College



For South Hills NCAA approved courses: [eligibilitycenter.org/courselist](https://eligibilitycenter.org/courselist)  
School Code: 050704



## HIGH SCHOOL TIMELINE

### GRADE 9

#### *Plan*

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at [eligibilitycenter.org/courselist](https://eligibilitycenter.org/courselist).

### GRADE 10

#### *Register*

- Register for a Certification Account or Profile Page with the NCAA Eligibility Center at [eligibilitycenter.org](https://eligibilitycenter.org).
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

### GRADE 11

#### *Study*

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT, and make sure we get your scores by using code **9999**.
- At the end of the year, ask your counselor to upload your official transcript.

### GRADE 12

#### *Graduate*

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code **9999**.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.



# Preparing for College

# Preparing for College



## **High school grades and classes matter!**

- Start building your college list
- Students and parents might have different priorities. Discuss those priorities before beginning your college search.
- Things to consider when searching for colleges:
  - Size/Location/Housing available
  - Majors Offered
  - Admission requirements
  - Cost/Financial Aid available
  - Campus Life/ Sports/ Activities
  - Research/ Internship opportunities available
  - Average amount of time it takes to graduate





# How to Build a College List



## Reach

10-20% chance of acceptance

- Dream school
- One that you shouldn't expect to be admitted to
- GPA/SAT are below average range for acceptance

## Target

50-60% chance of acceptance

- On Target for acceptance
- GPA/SAT are within average range for acceptance

## Safety

90% chance of acceptance

- Certain that you will be accepted
- GPA/SAT are above range for acceptance
- Financially safe

# Consider Your College Options

- California State Universities (CSU)
- University of California schools (UC)
- Private Colleges and Universities
- Out of State Colleges and Universities
- Community Colleges





# Resources and Upcoming Events



# Welcome to South Hills Wellness Center

*The South Hills Wellness Center is committed to providing students with a safe and comfortable space with access to wellness resources and healthy strategies to support students' mental health and well-being in order to develop healthy coping skills, improve school climate/culture and promote academic success.*

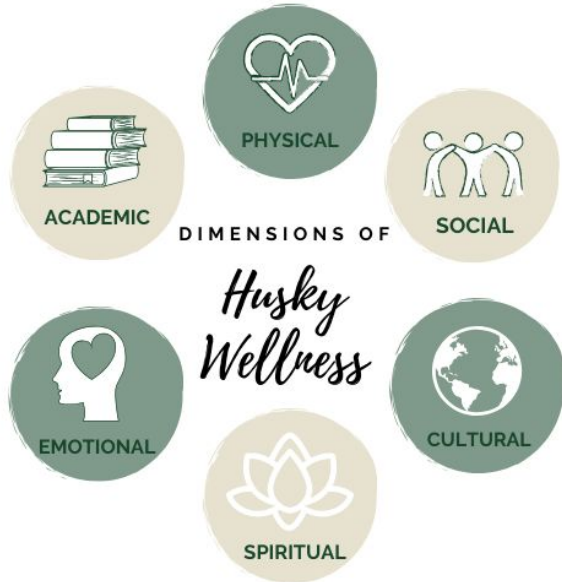
- Wellness Counselor provides short-term counseling for students
- Works closely with district social worker to refer out to therapy services
- Teach healthy coping skills and stress management tools for students to utilize throughout school and personal life
- Our Wellness Center is available to students who are in need of immediate support with an open-door policy



# Peer Counseling



- ❑ Peer counselors provide mental health support to Huskies.
- ❑ Peer counselors are trained in confidentiality, counseling skills, coping techniques, and are informed about school resources.

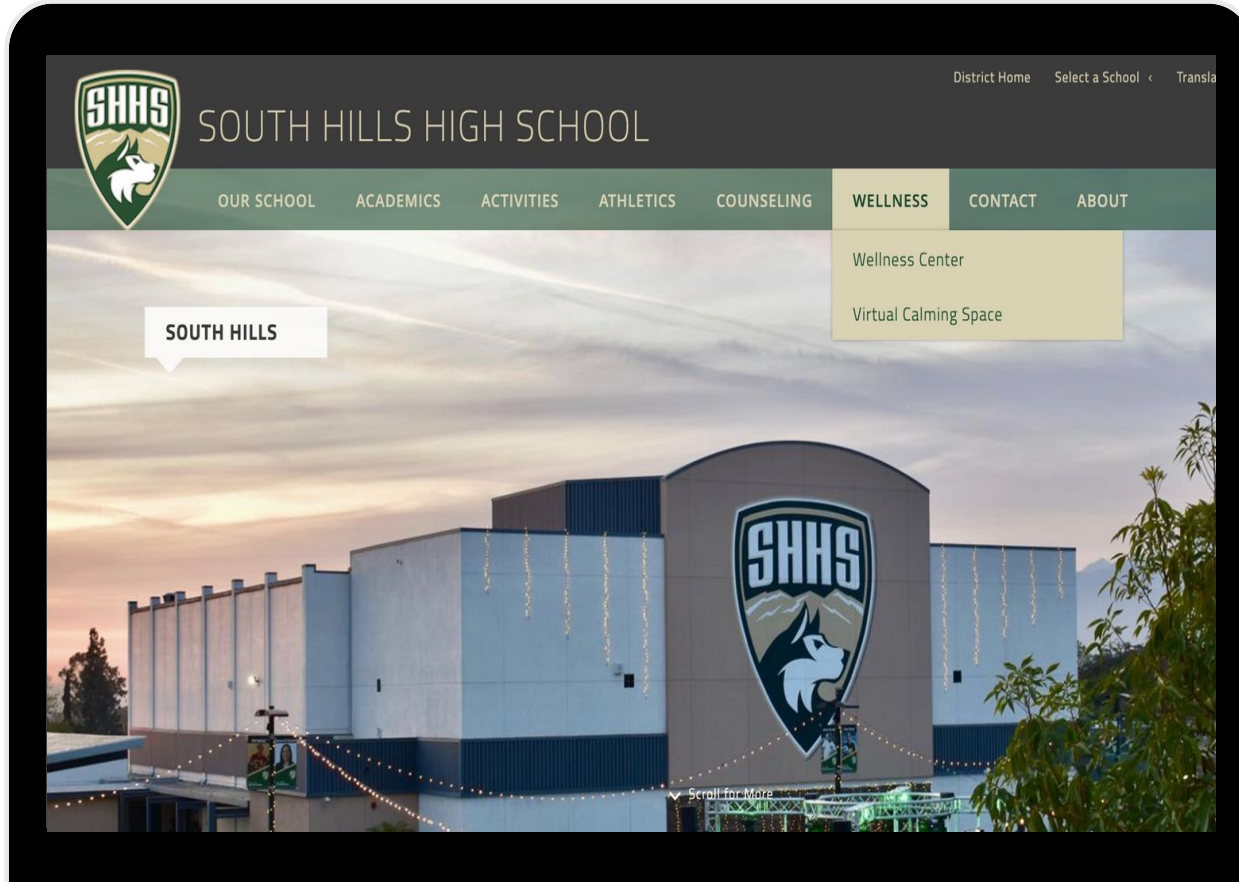


**Stress**  
**Sadness**  
**Test Anxiety**  
**Relationships**  
**Getting Connected**  
**Time Management**  
**Struggles at Home**  
**Motivation**  
**Loneliness**  
**Grades**





# Wellness Center Website





# WELLNESS RESOURCES

The South Hills Wellness Center Staff and Peer Counselors encourage our students to play a pro-active role in accessing wellness resources and learning about wellness related issues. On the left and linked below, you will find mental health and wellness related topics for you to access to look through the resources. Seeking out help and resources is the first step to finding overall wellness and empowerment in healing.



Academic Support

Anxiety/Stress

Depression

Gender Identity/LGBTQ+

Grief/Loss

Isolation/Loneliness

Relationships

Self-Harm

Sleep

Substance Abuse

Suicide Prevention

Wellness Apps



# Hazel Health



**Covina-Valley Unified School District's partnership with Hazel Health means you can get high-quality teletherapy.**

- Students can get teletherapy at school or at home.
- Weekly therapy sessions can help students with depression, anxiety, loneliness, personal relationships, anger, academic stress, motivation, and more.
- All Hazel Health visits are safe and confidential.
- Contact your school counselor if you are interested in getting started.

## How telehealth with Hazel Health works

Telehealth is the use of technology to provide health care virtually. All Hazel visits are virtual visits.



### Teletherapy

Our licensed therapists help students cope with their feelings through virtual mental health sessions.



### Care coordination

If your student needs care beyond Hazel, we can provide recommendations for ongoing care.



# It's Okay to Ask for Help

## Mental Health Resources for Yourself and Your Friends

### **Suicide & Crisis Lifeline**

988

Press 1 for Veterans, Press 2 for Spanish

### **Crisis Text Line**

Text TALK to 741741 for English

Text AYUDA to 741741 for Spanish

Text with a trained counselor for free, 24/7

### **RAINN**

National Sexual Assault Hotline

Lifeline: 1-800-656-4673

Chat: Via [hotline.rainn.org](https://hotline.rainn.org)

### **TWLOHA**

Connect to mental health resources in your community  
[twloha.com/find-help](https://twloha.com/find-help)

### **The Trevor Project**

TrevorLifeline: 1-866-488-7386

TrevorText: Text TREVOR to  
1-202-304-1200

TrevorChat: [thetrevorproject.org](https://thetrevorproject.org)

### **National Alliance for Eating Disorders**

Helpline: 1-866-662-1235

[allianceforeatingdisorders.com](https://allianceforeatingdisorders.com)

### **National Eating Disorders Association**

Helpline: 1-800-931-2237

Chat: Via [myneda.org](https://myneda.org)

### **Seize the Awkward**

[seizetheawkward.org](https://seizetheawkward.org)

@seizetheawkward



# First Day of School

## Monday, August 19, 2024



**9th Grade Registration - Friday, August 9th**



# Contact Us

[www.southhillshigh.com](http://www.southhillshigh.com)

Main Office: (626) 974-6200

Counseling Office: (626) 974-6208

ASB Office: (626) 974-6210

Attendance Office: (626) 974-6220



Instagram

Follow us on Instagram

**@southhillscounseling**

@southhillsasb

