    New to FHS: LYNX Welcome Guide

**LYNX:** **L**inking **Y**outh to **N**ew e**X**periences

*All FHS students have access to LYNX opportunities and services!*

*LYNX is on Facebook, Instagram, and Twitter!* **@LYNXFHS**

*Website*: [**www.fcps.org/lynx**](https://www.fcps.org/lynx-at-frederick-high)

    LYNX at FHS - for all students!

* Advocates and counselors
* Join the “FHS LYNX 2023-2024” Schoology group
  + Go to your Schoology account (lms.fcps.org)
  + At the top left:  Click “**Groups**” make sure you click “**Groups**” not “Courses”
  + At the top right (under your name):  Click “**My Groups**”
  + On the right:  Click “**Join Group**”
  + Enter the Access Code: **GCTR-W4RX-SB5T5**
* Folders
  + Quick Links
  + FHS Information
  + Partnerships & LYNX Experiences
    - View the LYNX experience calendar and sign up for LYNX experiences
  + Work Based Learning
  + Advocacy
  + Media Center
* LYNX Learning Lab (Monday-Friday 2:20-3:40)
  + Academic workspace with teacher support in Math, Language Arts, Science, and Social Studies.
  + Students must [**sign up**](https://docs.google.com/forms/d/e/1FAIpQLScSZupL0CTpZJkSI0fv-ijBQNLxGuOBN43nd763R21QGjbGAg/viewform) **by 1:15 pm** on the day they plan to attend.
  + Students attending Learning Lab must enter the Media Center by 2:30 pm.
  + LYNX staff will assign seating.
  + Students must work on class assignments or assessments until 3:40 pm.
  + All students report to the cafeteria for dinner and bus service.
  + Students may sign out before 3:40 pm if they are car riders/walkers.

**FHS Class Schedules**

Regular and Advocacy Bell Schedules

**Regular Schedule (Mon, Thurs, and  Fri)**

* **Block 1**: 7:30 - 9:00 (Warning Bell: 7:15, 7:25)
* **Block 2:** 9:05 - 10:35
* **Block 3:** 10:40 - 12:40 (The PM CTC Bus departs at 11:05)
  + 1st Lunch: 10:35-11:05
  + 2nd Lunch: 11:25-11:55
  + 3rd Lunch: 12:10-12:40
  + **Block 4:** 12:45 - 2:15 (Dismissal; Buses depart at 2:25)
  + **Block 5 and Learning Lab:** 2:20 - 3:40
* Supper: 3:45-4:15 (Buses depart at 4:15)

**Advocacy Schedule (Tues and Wed)**

* **Block 1**: 7:30 - 8:50 (Warning Bell: 7:15, 7:25)
* **Block 2:** 8:55 - 10:15
* **Advocacy:** 10:20 - 10:55
* **Block 3:** 11 - 12:50 (The PM CTC Bus departs at 11:05)
  + 1st Lunch: 10:55-11:25
  + 2nd Lunch: 11:35-12:05
  + 3rd Lunch: 12:20-12:50
  + **Block 4:** 12:55 - 2:15 (Dismissal; Buses depart at 2:25)
  + **Block 5 and Learning Lab:** 2:20 - 3:40
* Supper: 3:45-4:15 (Buses depart at 4:15)

Schoology [ [**lms.fcps.org**](https://lms.fcps.org/) ]

* Classwork assigned by teachers
  + Calendar to keep track of due dates
* Messaging with teachers and guidance counselors
* Grades
  + Formative (20%) and Summative (80%)
* Updates: School events
* “Courses” and “Groups”

What else do students and caregivers need to know about Schoology? Visit this link for an overview from FCPS: [**https://www.fcps.org/student-services/schoology**](https://www.fcps.org/student-services/schoology)

Naviance [ [**student.naviance.com/frederickhi**](https://student.naviance.com/frederickhi) ]

* Create your SSP (Student Success Plan)
  + How to create your SSP [ [**https://bit.ly/2Xc0JS2**](https://bit.ly/2Xc0JS2) ]
* Plan for college
* Create your course schedule (January/February - registration time)

Meal Service

**FIND YOUR BLOCK 3 TEACHER:**

1st Lunch 10:55 - 11:25 (late bell 11:30)  
Brown, Cleary, Cramer, J., Cramer, M., Figueroa, Green, Hale, Hoagland, Ketrow, Kuder, Mannick, Martinez, Nystrom, Paulson, Pfeil, Pompe, Smith, A., Spencer, Stone,  Strakonsky, Trice, Warren, Welch, **CTC** (Brewbaker)

2nd Lunch 11:35 - 12:05 (late bell 12:10)  
Arney, Arnold, Arp, Aviles, Bair, Beans, Border, Byrd, L., Coleman, DeLameter, Dufresne, Estep, Grove, Lane, Massey, Mujeeb, McGuinness, Roehl, Smith, T., Stup, Vandevander, Thompson, Wade

3rd Lunch 12:20 - 12:50  
Allen, Anderson, Baier, Barber, Benson, Bodner, Bush, Byrd, Cauble, Churchill, Cosens, Day, Forrest, Graunke, Martell, McCarron, McGaughey, Melcher, Morris, Riesmeyer, Stonebraker, Templeton, Zimnik, **L4L** (Dobbin, Smith, JP), **Virtual** (Hill)

**Supper 3:45 - 4:15 pm**

FREE to ALL FHS STUDENTS! (grades 9-12)

Report to the **cafeteria** from your supervised area (Learning Lab, scheduled athletic practice or school-based activity)

**USEFUL APPS:**

[**Nutrislice**](https://www.fcpsnutrition.com/index.php?sid=1496937421390&page=menus)Menus

[**MySchoolBucks**](https://www.fcpsnutrition.com/index.php?sid=1496937421390&page=prepaidacct)Pay for your lunch

Useful Links for FHS Students & Families

**24 Hour Tutoring** (available to all FCPS high school students): [**https://www.fcps.org/student-services/tutoring**](https://www.fcps.org/student-services/tutoring)

[**FCPS School Closings and Delays**](https://www.fcps.org/student-services/closings-and-delays)

[**Frederick High School Website**](https://edu.fcps.org/fhs/)

[**FHS Code of Conduct**](https://docs.google.com/document/d/1MKJOka6Bs6oJ9mXCybLHkqn63EBGoJnACts1gI50-Uo/edit)

[**FCPS Student / Parent Handbook / Code of Conduct**](https://www.fcps.org/student-services/files/documents/students/CodeofConductOurExpectations.pdf)

[**FCPS Student Handbook / Code of Conduct**](https://campussuite-storage.s3.amazonaws.com/prod/33903/86de7fb0-3a18-11e6-b537-22000bd8490f/2630709/2f7bbe68-24d3-11ee-b316-0ad72e39358f/file/StudentCodeofConduct_2023-24.pdf)

[**FCPS Spanish Student Handbook / Code of Conduct**](https://campussuite-storage.s3.amazonaws.com/prod/33903/86de7fb0-3a18-11e6-b537-22000bd8490f/2630710/2f7bc3e0-24d3-11ee-b1b6-0ad72e39358f/file/StudentCodeofConduct_2023-24_spa.pdf)