New to FHS: LYNX Welcome Guide

**LYNX:** Linking Youth to New eXperiences

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

*LYNX is on Facebook, Instagram, and Twitter!* [@LYNXFHS](https://www.facebook.com/LYNXFHS)

*Website: [www.fcps.org/lynx](https://www.fcps.org/lynx)*

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 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 [ims.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

Naviance [student.naviance.com/frederickhi]

- Create your SSP (Student Success Plan)
  - How to create your SSP [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, Nyström, 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 Menus
   MySchoolBucks 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
   FCPS School Closings and Delays
   Frederick High School Website
   FHS Code of Conduct

FCPS Student / Parent Handbook / Code of Conduct
FCPS Student Handbook / Code of Conduct
FCPS Spanish Student Handbook / Code of Conduct