



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](#)

Website: 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)



Schoolology [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 Schoolology? Visit this link for an overview from FCPS: <https://www.fcps.org/student-services/schoolology>



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, 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 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](#)