

Student Skills - How to be your best student self!

<p style="text-align: center;">School Attendance</p> <p>Being in school each day is an essential part of learning, <i>but... What do I do if my child is not going to be in school?</i></p> <ul style="list-style-type: none"> ➤ Call the Attendance Office each day that the student is not in school to report an absence (241-6059; Spanish speaking 241-6045) ➤ When the student returns to school, send them in with a note ➤ Student should bring that note to the Attendance Office the first thing that morning ➤ Any student who misses a class that has not been excused will trigger a robo-call that day to alert you that your child has missed a class <p>Fox Lane has a strict attendance policy. You can access your child's attendance in the Parent Portal.</p>	<p style="text-align: center;">School Contacts</p> <p>Principal: Brett Miller – 241-6065; bmiller4344@bcsdny.org</p> <p>Assistant Principals: Ana Piquero – 241-6089; apiquero0873@bcsdny.org Jason Spector – 241-6054; jspector2543@bcsdny.org</p> <p>Deans of Discipline: Keith Alleyne – 241-6069; kalleyne0013@bcsdny.org Dan Mulvey – 241-6091; dmulvey0792@bcsdny.org</p> <p>Nurse: Theresa Tomassi – 241-6051; ttomassi1089@bcsdny.org</p> <p>To contact teachers: Main line: 241-6095; Spanish speaking: 241-6045 Link for email directory: https://www.bcsdny.org/Page/1567</p> <p>Free & Reduced Lunch Questions: Patty Gomez – 241-6012; pgomez0441@bcsdny.org</p> <p>Transportation Questions: Michele Mitchell – 241-6008; mmitchell4667@bcsdny.org</p> 
<p style="text-align: center;">Parent Portal</p> <p>https://parentportal.eschooldata.com</p> <p>Setting up your parent portal: If you have not been emailed your portal credentials, or are having technical difficulties logging on to the portal, please send an email to esdportaladmin@bcsdny.org for assistance. For security reasons, emails must be sent from an email address already on file with the District.</p> <p>Why Should I Use the Portal?</p> <ul style="list-style-type: none"> ➤ You can check your child's up-to-date attendance ➤ You can check your child's grades in classes ➤ You can check your child's report cards online the day they are available <ul style="list-style-type: none"> ○ Parents/Guardians with portal accounts that wish to receive paper copies of Report Cards can do so by changing their account settings in the Portal 	<p style="text-align: center;">Steps Towards Academic Success</p> <p>What do I do if my child is struggling in a class? First, call/email the teacher. Then call/email the counselor, if necessary.</p> <p>Here are some recommendations for your child:</p> <ul style="list-style-type: none"> ➤ Each teacher is available at least 2X a week for after-school help. ➤ Students can access the Writing Center during lunch or a free period. ➤ Students can request a free NHS peer tutor. ➤ Students should identify a "study buddy" per class. This buddy is helpful if your child is absent or needs clarification. Be sure to get the study buddy's contact information. ➤ Students and Parents can check the Parent Portal together to review current grades and to see if there are any missing assignments.
<p style="text-align: center;">Fox Lane Website Calendar and Important Events</p> <p>FLHS Parent Communication: https://www.bcsdny.org/domain/450</p> <p>BCSD Parents and Community: https://www.bcsdny.org/domain/84</p> <p>BCSD One Page Overview Calendar: https://www.bcsdny.org/domain/464</p> <p>FLHS Guidance Website: https://www.bcsdny.org/domain/120</p> <p>FLHS Guidance Timelines by grade level: https://www.bcsdny.org/Page/2642</p> <p>FLHS Calendar: https://www.bcsdny.org/Page/913#calendar2048/20210902/month</p>	<p style="text-align: center;">Homework How To's</p> <ul style="list-style-type: none"> ➤ Students should have a designated space and time for nightly homework. ➤ Technology should be minimal unless needed for an assignment. The space should be relatively free from distractions. Try the kitchen table or a desk in a bedroom. ➤ You should ask to see your child's agenda book in order to see how much homework is assigned. ➤ Papers should be contained and organized in their backpack. ➤ If your child says they do not have homework, they should work on organizing their binder, reviewing their notes, or reading for pleasure. ➤ Keeping the time & space consistent will help establish good student habits & a nightly routine

Test Taking Tips

BEFORE the Test...

1. **Don't Procrastinate. Don't Cram.** Most experts agree, cramming just isn't effective!
2. **Plan Your Study Time.** Make time for studying. Setting aside regular time to study is critical for achieving high test performance. We recommend preparing a term calendar, weekly schedule and daily schedule that includes regular study sessions.
3. **Review Early. Review With a Group.** Start a review of all lecture notes, reading assignments, and other class materials that will help you prepare, a couple days before the test. You can do this review by yourself or as part of a study group.
4. **Prepare an Outline.** Prepare an outline of the main topics and concepts that will be covered during an exam, then use this sheet to study. This will help you memorize key facts and other information you will be tested on.
5. **Use Visual Aids.** Visual aids, including charts, diagrams and graphs are great study helps – especially if you're a visual learner. Organizing information into diagrams and charts helps to condense and simplify information and improves recall at test time.
6. **Stay Healthy & Get Plenty of Sleep.** Getting plenty of rest and exercising regularly will enhance your ability to perform well on a test. Eat a nutritious meal prior to taking a test to be alert and focused. Stay away from junk food. Eating junk food or sugar prior to a test will cause your energy levels to deplete quickly and can impact your ability to focus.

Test Taking Tips

DURING the Test...

1. **Arrive Early & Take a Moment to Relax.** You'll increase your confidence if you take time to relax. Try a mindfulness app if you have the time!
2. **Listen Attentively to Last Minute Instructions Given by the Instructor.** If you miss test instructions, test taking anxiety tends to increase.
3. **Be Prepared. Breathe.** Look over the test. Plan out your time. Decide where to start.
4. **Do a Memory Dump.** A memory dump can be a useful strategy for improving performance. As soon as you begin the test, write down info you might need (formulas, equations, dates, lists, etc.)
5. **Read the Test Directions Very Carefully & Watch for Details.** Test questions/directions contain valuable info. Always read directions carefully to ensure you understand what is being asked.
6. **Plan how you will use the Allotted Time.** Take a moment to estimate how much time you'll have for each section & each question. Allow enough time for more difficult sections or sections that are weighted more heavily. Don't spend too much time on one question. Read multiple choice q's carefully & cross out wrong answers. If you get in a rut, move on to another section and come back.
7. **Maintain a Positive Attitude.** Don't lose confidence or waste time on confusing/difficult questions. Answer the questions you know first. If you have no clue about the correct answer, make an educated guess.
8. **Rely on your First Impressions.** The first answer that pops in your mind is usually the correct answer. If you have to guess, guess.
9. **Plan to Finish Early & Have Time for Review.** Go back & answer difficult questions after answering easy ones. Make sure you have completed the entire test.
10. **If you start to feel anxious, take deep breaths & use self-talk.** It may seem silly, but it works!

Minimum Graduation Requirements:

Required Courses	Credits
English	4
Social Studies	4
Math	3
Science	3
World Language	1
Art and/or Music	1
Health	0.5
Physical Education	2
Electives	3.5
Total	22

Required Exams (Passing score of 65 and above)
English Language Arts
Math
Science
Social Studies
Fifth Exam: Second Math or Second Science or Second Social Studies or CDOS Credential or CTE Assessment

****ALL FLHS Students must complete 20 hours of community service before they graduate!****