

Freshmen ICAP/IB & College  
Grade Level Meeting  
Wednesday, October 24th

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International Baccalaureate®  
Baccalauréat International  
Bachillerato Internacional

# Q & A will follow our presentation on ICAP/ IB and college

Please hold your questions until the  
end. Please write down any question  
you have throughout the  
presentation for the Q & A session

The Power Point will be posted on  
the IB website on the  
[www.sequoiahs.org](http://www.sequoiahs.org) website.

# ICAP/IB Information



# Students, at Sequoia we encourage you to learn how to.....

- Develop time management skills
  - Plan ahead, calendar your assignments, start early, utilize time wisely (Ex: 20 minutes here, 20 minutes there adds up)
- Develop organizational skills (organized binder, student planner)
- Feel okay that you do not understand something. Learning can be a struggle at times which is good- you are challenging your brain
- Not give up when it gets hard but find strategies to work through it
- Develop a growth mindset, not a fixed one, avoiding statements like, “I can’t do that because I’m not good at it.” VERSUS “I do not know how to do that yet but I am learning.”
- Find balance between perfection in your work and sloppy work
- Talk to your teachers if you need help or do not understand
- Find other resources at school to get academic help

# Students, at Sequoia we encourage you to learn how to.....

- Meet deadlines
- Read for understanding
- Improve your writing and communication skills
- Be academically honest and cite correctly. It's more important to learn for the sake of learning with integrity than cheat for a higher grade.
- Communicate with teachers if you are absent. Take responsibility to make up work.
- Challenge yourself with ICAP & IB but pursue your passions and stay healthy. Find your balance.
- Communicate with adults on campus if something is wrong or you are too stressed (teacher, counselor, IB Office, admin, TRC etc.)
- Develop healthy coping mechanisms to handle stress and find balance (ex: exercise, talking about it, meditation/ mindfulness, music, taking breaks, scheduled time with family/friends)

# Students, at Sequoia we encourage you to learn how to.....

- Recognize that your ideas and perspectives are valuable even if they are different from those around you
- Push yourself to share your ideas and opinions with your classmates even if you are shy
- Understand it is okay to be wrong. It's not a failure, it's learning
- Respect all students and different perspectives in your class
  - Everyone belongs in ICAP & IB. Not an elite program
- Recognize that others bring value to your learning experience and you benefit from the diversity in your classroom
- Utilize technology and social media appropriately
  - Avoid social media (Twitter, Facebook, Snapchat etc.) while doing homework. Save it for built in breaks
  - Be respectful online. Remember family, future teachers, colleges, employees may see your posts.

# Expectations In ICAP Courses: Rigor

- Students will be challenged in ICAP courses
  - More time expected outside of class time dedicated to homework, reading and assignments
  - More will be expected in terms of depth, quality of thinking and the quality of work submitted.
- Transition from middle school to ICAP.
  - Many students who received good grades in middle school feel challenged by the work load of ICAP. Expect this difference.
  - Expect to put in more time in your high school ICAP courses than you did in middle school to receive a good grade.

# Expectations in ICAP: What If I Am Absent?

- Major projects are due regardless of whether the student comes to school that day. Turn in work on the due date. Utilize Canvas, IC & emails
- Parents/ guardians must clear absences within 5 days of the absence or it will show up as a cut and the student may not be allowed to make up missed work.
- Vacations during school days are strongly discouraged. They impact the student's ability to successfully complete the course.
- Communicate with teachers before any known absence (family emergency etc.)
- After an absence, students must see all teachers on the day of their return to get the makeup work. This can take place before school, during brunch, lunch or after school.



# Expectations In ICAP Courses:

## Late Work

- For Late Work Policy, please see each ICAP subject. Not the same for every ICAP course. Policy is the same across the ICAP subject. Ex: All ICAP English courses have the same policy.
  - Contact individual teachers for questions regarding Late Work
- Turning in late work (if accepted) will result in lower grades
- Get in the habit of turning things in on time. Deadlines are not suggestions
- Looking ahead.... The IB organization is not forgiving about deadlines. Assignments due to IB are due when they are due so learn this skill now

# Academic Honesty

- IB and Sequoia take academic honesty very seriously!
- **There is a zero tolerance policy for plagiarism and cheating.** Should this be discovered and confirmed by a teacher or other staff member, it will result in an AVP referral.
- **If malpractice occurs in ICAP classes, the consequences as stated in the Sequoia Union High School District Academic Integrity Policy and Sequoia High School ICAP/IB Academic Honesty Pledge will be carried out.**

# Academic Honesty

- Can impact your college admissions process
- Private college reps have stressed their focus on integrity and honesty.
  - Violations in these areas are big red flags to university
- Private college reps have stated that if students are caught cheating resulting in a disciplinary action, students are expected to tell colleges about the incidence.
  - Colleges want to hear it from the student first before they hear about the incidence from another source

# Support & Resources at Sequoia

- Teacher
  - Don't be afraid to ask for help. Teachers are happy to meet with you. You just need to ask.
- Learning Center & Math Tutorials
  - Schedule posted on school website
  - Classes are drop in basis
- Guidance Counselor
- IB Office
- Teen Resource Center

# Academic Support

- **Learning Center**

- **When:** Monday – Friday

- Monday - Friday 7:15-8:15 am

- Monday 2:30-4:30pm

- Tuesday - Friday 3:45-5:45pm

- **Where:** Learning Center (Room 128)

- **Math Tutorial:**

- **When & Where:** Monday-Thursday

- **Monday:** 7th Period Room A-5

- **Tuesday**

- 7th Period Room 216

- 4:00-7:00pm Room A-5 (Upper Level)

- 4:00-5:00pm Room 222

- **Wednesday:** 7th Period Room A-5

- **Thursday:** 7th Period Room 216

# Parents & Guardians, We Encourage You To.....

- Help your student learn how to advocate for themselves.
  - Encourage students to be the one to speak to, reach out to teachers, IB Office etc.
  - When they bring complaints or concerns home, ask them questions like:
    - Have you spoken to the teacher?
    - Who else on campus can you talk to about this for help?
    - How can I help you communicate this to your teacher/ IB Office/ counselor etc. ?
    - How have you tried to address this problem?

# Parents & Guardians, We Encourage You To.....

- Recognize they need to prepare for college by developing a sense of independence.
  - Students should “own” their education and activities- learn how to self-manage while you provide guidance, support and care.
  - Example: Students should be the ones filling out forms, dropping them off, completing their college apps etc.
    - You can help organize them, help manage their deadlines/ calendar, help identify what they should do to address issues but encourage them, when appropriate, to do it themselves.
  - This helps them be successful in college where legally parents can't access student information.

# Parents & Guardians, We Encourage You To.....

- Encourage students to ask for help & attend the Learning Center & Math Tutorials before dropping an ICAP/IB class. Then if still not a good fit, change schedule.
- Recognize there is a lot of stress placed on high school students (academic pressure, college admissions process etc.) Please try to monitor your students:
  - Academic progress
  - Social/emotional stress level
  - Balance between academic rigor, activities and health



# Looking Ahead To IB.....



# What's Exciting About IB?

- Emphasizes deep understanding vs. memorization & regurgitation
  - Critical thinking skills
- Encourages student choice
- International
  - Curriculum recognized around the world. Opens up university options abroad!
  - Emphasizes international mindedness
  - Encourages learning a second language
- Educates the whole person
  - Learner Profile
  - Goal of making this world a better place

# What's Exciting About IB?

- Colleges recognize the value of IB
- Prepares students not just to get into college but to be successful in college
  - Communication skills, critical thinking, class discussions, writing, reading, analyzing, synthesizing ideas, research skills (Extended Essay) etc.
- Welcomes all students and their voices
  - Emphasizes the importance of diversity & multiple perspectives
  - Values all opinions and encourages students to see that others are right
  - Encourages all students to be part of the discussion as all bring a valuable perspective

# Planning Ahead for Course Pathways

- You will sit with your guidance counselor each year in the Spring to select courses for the following year
- You will complete a 4 year plan during registration in the Spring with your counselor
  - Remember it is a “PLAN” and plans can change as you go through school and learn more about yourself and the school
  - 4 Year Plan is viewable on IC
- Things to know to help your 4 year plan.....

# Preparation for IB

- Some IB courses require pre-reqs
  - You cannot enroll in the IB course without completing the pre-req course
- Some IB courses have recommended preparation courses
  - (parents/students can override Sequoia's recommendation through formal process with Guidance)
- Some IB courses are open with no pre-req/  
recommended entry courses
- Understand both ICAP AND other college prep mainstream courses both prepare you for IB. Not ICAP in all subjects

# Planning Ahead: ICAP Courses Offered 10<sup>th</sup> Grade

## ICAP Courses Offered in 10<sup>th</sup> Grade

ICAP English II

ICAP Modern European History

Spanish 2/3 ICAP\*

French 2/3 ICAP\*

No ICAP Science\*\*

No ICAP Math\*\*

\*French III, Spanish III and Spanish III NS also lead to an IB world language

\*\*College Preparatory math & science courses prepare students for IB  
-Starting with Algebra or higher in 9<sup>th</sup> will lead to an IB math course  
-Any science pattern can lead to an IB science.

# Sequoia IB Course Offerings

- **Studies in Language & Literature**
  - English HL
  - English SL (Health Academy students ONLY)
- **Language Acquisition**
  - Spanish B SL or HL (both 2 years)
  - French SL or HL
- **Individuals & Societies**
  - History of Americas HL
- **Sciences**
  - Physics SL
  - Environmental Systems & Societies SL
  - Biology HL
- **Mathematics**
  - IB Math Studies SL
  - IB Math SL (AP/IB Calculus)
  - IB Math HL
- **The Arts (Electives)**
  - Visual Arts HL
  - Information Technology in a Global Society SL
  - Psychology SL
  - Business & Management SL
  - A 2<sup>nd</sup> IB Science or IB World Language
    - 2<sup>nd</sup> world language only fits into schedule if student comes in as a bilingual student already in French or Spanish

**\*Master Schedule subject to change**

**\* All HL Courses taught over 2 years. SL courses vary (1-2 years depending on subject)**

# Planning For IB: Pre-Requisite Requirements

IB Course	Grade IB Course Is Taken In	Pre-req Course Required	Grade Pre-req Is Taken In
IB Visual Arts	2 year course: 11 <sup>th</sup> and 12 <sup>th</sup>	Art I or Draw/Paint I	9 <sup>th</sup> or 10 <sup>th</sup>
IB Physics*	12 <sup>th</sup> Recommended	Physics	9 <sup>th</sup> , 10 <sup>th</sup> or 11 <sup>th</sup>
IB Biology**	2 year course: 11 <sup>th</sup> and 12 <sup>th</sup>	Chemistry or AS Chemistry	10 <sup>th</sup>
IB Environmental Systems & Societies	11 <sup>th</sup> or 12 <sup>th</sup>	Biology or Chemsitry	9 <sup>th</sup> or 10 <sup>th</sup> or 11 <sup>th</sup>
IB Spanish	2 year course: 11 <sup>th</sup> and 12 <sup>th</sup>	Spanish 2/3 ICAP or Spanish III or Spanish III NS with C- or higher	10 <sup>th</sup>
IB French	2 year course: 11 <sup>th</sup> and 12 <sup>th</sup>	French 2/3 ICAP or French III with C- or higher	10 <sup>th</sup>
IB Math	11 <sup>th</sup> and/or 12 <sup>th</sup>	Completion of previous math with C- or higher	9 <sup>th</sup> -11 <sup>th</sup>

- \*IB Physics recommended for senior year- More math knowledge the better
- \*\* IB Biology: Intended pathway = 9<sup>th</sup> Physics, 10<sup>th</sup> AS Chem or Chem.
  - College preparatory pattern of science includes Bio, Chem & Physics



# Tips that may help create space in your schedule...

- PE Dance fulfills the UC/CSU A-G Visual Performing Arts (VPA) requirement and Sequoia's PE grad requirement
- Some elective courses fulfill a CTE OR a VPA requirement for graduation. Ex: Art, Photo, Advanced Band, Choral etc. (No double dipping).
- World Language
  - The 3rd academic year of a world language can count as VPA grad requirement (the 3<sup>rd</sup> school year you take World Language NOT level 3)
  - The 3<sup>rd</sup> level of a world language can count as a CTE for graduation requirement
    - French 2/3 and Spanish 2/3 ICAP do NOT qualify as 3<sup>rd</sup> level for grad
    - Span III NS, Span III, French III, IB Spanish and IB French do qualify as 3<sup>rd</sup> level
  - No double dipping CTE with VPA requirement. Example: 9<sup>th</sup> Spanish I, 10<sup>th</sup> Spanish 2, 11<sup>th</sup> Spanish 3. Span 3 cannot count as both CTE and VPA.
- Playing Sequoia sports in 10<sup>th</sup> grade and above can count towards PE grad requirement. 1 sport = 3.5 credits

# At Sequoia We Strive To:



- Encourage all students to access IB
- Encourage all students to take at least 1 IB course
  - Work with your counselor to help identify what IB courses would be a good fit for you.
- Make all students feel welcome and comfortable in ICAP & IB
- Have our ICAP & IB program represent the demographics of our larger student body
- Provide support so students can be successful in ICAP & IB
- Recognize when students are too stressed and help balance their rigorous schedule
- Encourage students to try new things, find passions and causes they care about and get involved.

**Get Ready to Go to a 4–Year  
College NOW  
COLLEGE 101**

# Welcome to the Freshmen College Info Meeting

## October 24, 2018

1. Selectivity and Admit Rate
2. A-G
3. Grades and Rigor
4. How to Read SHS Transcript
5. College Admissions Exams
6. Beyond the Classroom
7. Naviance (Sequoia's college research & organization software)
8. What you can do now

# **College Terms: Selectivity, Admit Rate, GPA & Grades, and Rigor**

# College Terms: Selectivity and Admit Rates

- What is a **selective college**?
  - A college that does not admit everyone that applies, so applicants must be **COMPETITIVE**
  - The lower the rate, the more selective the college is considered
    - Highly Selective: Under 20% **admit rate**
    - Selective: 20-30% **admit rate**

## **GOOD NEWS!!!!**

- Over 65% of colleges admit over half of students who apply

# Understand College Subject Requirements

## College Term: A-G Coursework

- **A–G coursework** is the name given to the series of courses required for admission to the University of California (UC) and to California State University (CSU). Each high school has an approved list of “Doorways”
- **A–G coursework**, which can be found at [www.eaop.org/resources](http://www.eaop.org/resources)
- Become familiar with A–G courses at your student’s high school.
- Encourage your student to challenge him-or herself by taking Honors and IB/AP courses in his or her strong subjects starting in the sophomore year to be a **competitive student**

Area	Subject	Years
a.	History and Social Science (including 1 year of U.S. history or 1 semester of U.S. history and 1 semester of civics or American government AND 1 year of social science)	2
b.	English (4 years of college preparatory English composition and literature)	4
c.	Math (4 years recommended) including Algebra I, Geometry, Algebra II, or higher mathematics (take one each year)	3
d.	Laboratory Science (including 1 biological science and 1 physical science)	2
e.	Language Other than English (2 years of the same language; American Sign Language is applicable - <a href="#">See below about a possible waiver of this requirement</a> )	2
f.	Visual and Performing Arts (dance, drama or theater, music, or visual art)	1
g.	College Preparatory Elective (additional year chosen from the <a href="#">University of California "a-g" list</a> )	1
Total Required Courses		15

# College Terms: Grades(GPA) and Rigor

- Usually two most important factors in admission selection.
- Most Private Colleges do not have a minimum GPA
- GPA is looked at differently by each school
- **Selective/Competitive** schools are not just looking for minimum A-G and GPA
- **Once a student chooses a course he/she must get a good grade to be competitive.**
- Students must receive a “C-” or higher for A-G credit (and most colleges)

IT is getting difficult to makeup a “D” because of budget cuts so try best to pass the class



# UC Case Study: Minimum vs Competitive 4 Yr Plan

## COURSEWORK: CHOOSE WELL AND DO WELL — TWO CASE STUDIES

Below are examples of two students' high school coursework. Student A took 15 courses by the end of his senior year, the minimum number to qualify for admission. Student B took 23 courses, including one community college course. Taking into account only the academic records below, Student B is more likely to be accepted to the university and selected by her top-choice campuses. By taking honors and Advanced Placement courses and going well beyond the minimum requirement, this student shows that she can do well in college.

### STUDENT A

"a–g" SUBJECT CATEGORY	9TH GRADE	10TH GRADE	11TH GRADE	12TH GRADE
a. History		World History	U.S. History	Government
b. English	English 1	English 2	English 3	English 4
c. Math	Algebra 1	Geometry	Algebra 2	
d. Lab Science		Biology	Chemistry	
e. Language Other Than English		Spanish 1	Spanish 2	
f. Visual and Performing Arts		Band 1		
g. College Preparatory Electives (AP) from a.–f.				Economics

### STUDENT B

"a–g" SUBJECT CATEGORY	9TH GRADE	10TH GRADE	11TH GRADE	12TH GRADE
a. History		World History	AP U.S. History	Government
b. English	English 1	English 2	Honors English 3	AP English Literature
c. Math	Geometry	Algebra 2	Honors Pre-Calculus	AP Calculus
d. Lab Science		Biology	AP Chemistry	AP Physics
e. Language Other Than English	Spanish 1	Spanish 2	Spanish 3	AP Spanish
f. Visual and Performing Arts	Theater 1	Theater 2	Adv. Acting 1 & 2*	
g. College Preparatory Electives (AP) from a.–f.	Physical Science		Psychology	Economics

\*concurrent enrollment community college

# College Terms on SHS Transcripts

## Unweighted GPA-

All courses taken at SHS

**Weighted GPA –HP** Includes courses given extra point (honors, IB, or AP courses)

9-12<sup>th</sup> grades

This is the GPA SHS uses for private colleges

## A-G Courses – P

Approved UC/CSU courses

## Weighted 10-12 A-G GPA -

Only includes A-G course work (courses –P)

## CA Cal Grant GPA-

10-11<sup>th</sup> (no PE, college or remedial courses)

GPA Summary			
Cumulative GPA (Weighted)		4.000	
Cumulative GPA (Unweighted)		4.000	
CA Cal Grant GPA		4.000	
Weighted 10-12 A-G GPA		4.000	
#4136693 Sequoia High School			
Course	Mark	Weight	Credit
<b>2014-2015 Grade 08 Term 10</b>			
257000 Upward Bound	A-	7.5000	7.5
Credit: 7.500 GPA: 4.000 U/W GPA: 4.000			
<b>2015-2016 Grade 09 Term 1</b>			
203000 Life Skills	A-	2.5000	2.5
160011 PE-1	A+	2.5000	2.5
Credit: 5.000 GPA: 4.000 U/W GPA: 4.000			
<b>2015-2016 Grade 09 Term 2</b>			
401100 AVID I	A+	5.0000	5
129600 Community Service-Project Read	CR	1.0000	1
5 CSF Member	CR	0.0000	0
051182 English I ICAP-P	A	5.0000	5
191200 World Studies 2-P A 5.0000 5 Credit: 32.500 GPA: 4.000 U/W GPA: 4.000			
#4150622 Canada College			
Course	Mark	Weight	Credit
<b>2016-2017 Grade 10 Term 10</b>			
133500 Intermediate Algebra	A	10.0000	10
Credit: 10.000 GPA: 4.000 U/W GPA: 4.000			
Work In Progress			
133600 Algebra II/Trig-P			5.000
174085 AS Chemistry-HP			5.000
401200 AVID II			5.000
052082 English II-ICAP-P			5.000
196882 Mod Euro Hist-ICAP-P			5.000
160021 PE-2			2.500
077360 Spanish III-NS-P			5.000
Credit Summary			
Curriculum Program: SUHSD Grad Requirements			
SUHSD			
Requirements	Earned	Required	Remaining
Social Studies	5.000	35.000	30.000
English	10.000	40.000	30.000
Math	20.000	20.000	0.000



# College Term: *Recalculated GPA*

- Each college can decide what courses they want to use to calculate a student's GPA for admission – they **recalculate** it from a student's transcript
- Unweighted GPA is just as important as weighted to most competitive colleges
- Good question to ask a college; **How do you calculate your GPA for admissions?**

**Required College Exams:  
ACT/SAT/Subject Exams**

	How to Sign Up	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
PSAT	No registration needed. Taken during school day		Wed Oct 16, 2019	Oct -2 <sup>nd</sup> or 3 <sup>rd</sup> Wed of the month	
SAT Reasoning w/writing	Register on own www.sat.org Pay fee			Spring March, May	Fall If needed
ACT w/writing	Register on own www.act.org Pay fee			Spring Feb, April	Fall If needed
SAT Subject Exams	Register on own www.sat.org Study guides in Rm 115 Pay fee	June after course completed <b>Science</b>	June after course completed <b>History</b> <b>Science</b>	June Math II Various Subjects	Fall If needed
IB	Register with McCahon individually			May Aligned to SL Courses	May Aligned to HL/SL Courses
AP	Register with teacher or treasurer (Calculus, Stats, World Language)	May Aligned to AP	May Aligned to AP or World	May Aligned to AP or World	May Aligned to AP or

# SAT Subject Exams: Why Take as a 9<sup>th</sup> Grader?

- A college you know you want to attend requires them
- Best to take this exam as soon as you finish the highest level\* of subject course (June)
  - Math Level II – after Pre-calculus or later
  - Chemistry, Physics\*, Biology\*
- **NEED TO Study on OWN** for these exams
- **NEED TO Register on OWN** on the CollegeBoard website
  - Study guides available in room 115 and on the CollegeBoard website [www.collegeboard.com](http://www.collegeboard.com)

# Save the Date: PSAT in October

- All 10<sup>th</sup> and 11<sup>th</sup> graders at SHS take the PSAT during the school day on either the second or third week in October (Oct 16<sup>th</sup> 2019)
- There are no make-ups so when the date is posted, make sure to mark your calendar

# **Beyond Academics**



# 9<sup>th</sup> Grade: Impact on Community and School

	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
Inside School	Tryout clubs and activities	Choose one or two activities you want to commit to in high school <b>Become an active participant!</b>	Become a formal leader or plan an event within the club. <b>Commit to the club beyond lunch time meeting</b>	As a leader, make responsible decisions that create an impact at school
Outside School	<ul style="list-style-type: none"> <li>•Learn about community service opportunities</li> <li>•Continue outside activities of interest</li> </ul>	<ul style="list-style-type: none"> <li>•Commit to a volunteer opportunity for 1 hr a week</li> <li>•Continue outside activities of interest</li> </ul>	<ul style="list-style-type: none"> <li>•Continue volunteering</li> <li>•Continue outside activities of interest</li> </ul>	<ul style="list-style-type: none"> <li>•Continue Volunteering</li> <li>•Continue outside activities of interest</li> </ul>

# Be Active Outside Classroom

## College Term: **Sustained Commitment**

- **Sustained Commitment:** Participating in a few activities over a long period of time is much better than “collecting hours” – one hour on this and another on something else
- Competitive students should complete about 100 hours a year in outside activities that they enjoy!
- Should include activities both in and out of school
- Should include community service
- Students should be **able to write about why** they chose the activities they did- How did you make an impact
- Do what you are interested in not what “looks good on an application”

# **Accessing Information About the College Process at SHS**

# Classroom Presentations for 9<sup>th</sup> Graders

## FALL:

- Counselors met with students to go over Infinite Campus, Canvas, and Naviance

## SPRING:

- Ms Ignaitis meets with students to go their transcripts and A-G Requirements, create a resume in Naviance
- Counselors complete a 4-YR plan with all 9<sup>th</sup> graders individually

# Naviance

- College information and organizational software purchased for all Sequoia students
- Students have accounts- parents' account available by contacting guidance counselor but not needed
- Access through Sequoia's website

# Naviance Weekly Email

- Every opportunity that comes into College and Career Center is announced in the Weekly Email.
- If a student is planning on going to college, he or she is responsible to read the Weekly Email

# What you can do now to help you figure out what type of college you want

- Visit colleges that come to SHS
- Go to college fairs, college evening events, or visit colleges to find out what schools have to offer
  - NACAC STEM College Fair in San Francisco- NEXT FALL
  - NACAC Visual and Performing Arts Fair in San Francisco – Wed, Nov 1<sup>st</sup>
  - National Portfolio Day in San Francisco – Sun, Jan 12<sup>th</sup>
  - WACAC College Fair in Santa Clara –Fri, May 3rd
    - Sequoia takes students during school day – Field Trip
- Go on college websites and register as a student interested in their college
  - Some private colleges note students that show interest

# Thanks for Coming

We encourage you to attend all grade level meetings throughout your high school career to stay informed about policy, updates, IB, college admissions, academics and so on



# THANKS

Please contact us with further questions at:

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Emails preferred for faster response

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