

A photograph of the Sequoia High School building, a large, light-colored structure with a prominent arched entrance. The building features a gabled roof with a circular vent in the center, a decorative frieze above the entrance, and several arched windows. The entrance is flanked by columns and has a set of steps with metal railings. The building is surrounded by green trees and a paved walkway.

# **Welcome to SEQUOIA HIGH SCHOOL**

**Sequoia 101 - Tools for Success**

# **AGENDA**

- I. Counseling Department, TRC, & School Offices**
- II. Graduation Requirements**
- III. A-G Requirements**
- IV. School Involvement & Extracurricular Activities**
- V. Canvas, Infinite Campus (IC), & Naviance**
- VI. Kahoot**

**(Chromebooks required for activities)**

# Counseling Department

## Counselors, Room 104:

- Ms. Wilde
- Ms. Vlahakos
- Ms. Castaneda
- Ms. Flores
- Mr. Rebello
- Ms. Pérez
- Mr. Khan- Intern

We are all here to  
help and support  
**YOU!**

## Intervention Counselor/504 Coordinator, AVP Office Room 103

- Ms. Cristerna

## College & Career Center, Room 115:

- Advisor - Ms. Ignaitis

## Guidance Information Specialists (GIS):

- Jerri Port - GIS for 9<sup>th</sup> and 10<sup>th</sup> grade
- Fernando Ruiz - GIS for 11<sup>th</sup> and 12<sup>th</sup> grade
- Mayra Melchor Sanchez - Registrar

# What do Counselors do?

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## ⦿ Academic Support & Advocacy

- Graduation information
- Course selection
- Resources to help you successfully pass your courses

## ⦿ College & Career Advising

## ⦿ Personal/Social Concerns

**CONFIDENTIALITY**

# How do you contact your Counselor?

- **Email:** Using Sequoia Gmail or Canvas
- **Drop In:** Before school, during brunch or lunch, after school

# Offices on Campus

## Academic:

- College/Career Center, Rm 115
- International Baccalaureate (IB), Rm 130
- Media Center/Library
- Boys & Girls Club, SAFE Office, Rm 112

## Social/Emotional:

- Health Office & Teen Clinic/Wellness Center
- Teen Resource Center (TRC)
- AVP (Assistant Vice Principal), Rm 103

## Other:

- Treasurer: Pay fines, PAL sticker, bus passes, yearbook, Rm 105
- Family Center: Alternative Income Form, resources for families in need, student volunteers needed, Rm 129
- Athletic Director: Sports & eligibility, Rm 101
- Student Activities Center (SAC): Senate meetings, spirit gear, plan school events, buy tickets for dances & rallies, Rm SAC

# Teen Resource Center (TRC)

## GET HELP

- Talk about family issues, dangerous situations or experiences, safety concerns

## RELAX

- Take a break from class or people, sit on a sofa, have a calm moment, grab a snack, reflect

## TALK

- Counseling, mentoring, support groups, Youth Advisory Board, Peer Mediation

## CONNECT

- Mindfulness & Meditation
  - Mindfulness Mondays 12:10-12:25pm (beginning of Lunch)

## SHS Graduation Requirements

(220 credits required for graduation)

3.5 years/35 credits

Social Studies

4 years/40 credits

English

2 years/20 credits

Math

2 years/20 credits

Science

0

Foreign Language

1 year/10 credits

Visual Performing Art

62.5 credits

Other Elective

2.5 credits

Life Skills

2 years/20 credits

Physical Education

1 year/10 credits

Career Technical Education/WL III & Above

## UC/CSU A-G Requirements

A

2 years

B

4 years

C

3 years  
Alg 1, Geometry, Alg II

D

1 year physical lab  
1 year biological lab

E

2 years

F

1 year

G

1 year

0

0

0

The "A-G" requirements are courses that must be completed with a grade of C- or higher to be eligible to attend a University of California (UC) or California State University (CSU).

4 years highly recommended for area C, 3 1/2 years highly recommended for area D, and 3 years highly recommended for areas E



# Academic Timeline

- **Progress Reports -**
  - Progress grades every 6 weeks
    - Review via Canvas & Infinite Campus [IC]
- **Quarter Grades (2.5 Credits each Quarter)**
  - October 8th- last day of Q1
    - PE Q1 and Life Skills permanent grades go on transcript
  - December 17th- last day of Q2
    - PE Q2 and Ethnic Studies 1 permanent grades go on transcript
- **Semester Grades (5 Credits)**
  - 1st Semester Ends: December 17th
  - 2nd Semester Ends: June 3rd
    - Permanent grades go on transcript for each semester

# Ways to Get Involved at SHS

- Sequoia Athletics
- Clubs
- Theatre, Dance, Band, Orchestra,  
Choral, Art
- Yearbook
- Journalism/Raven Report
- Student Leadership
- Youth Advisory Board
- Peer Mediator
- Peer Tutoring



**Black Student Union (BSU)**



**YearBook Club**



**Bone Choir**



**Young Feminist Club**



**Key Club**



**Poetry Club**



**Gender Sexuality Alliance(GSA)**



**Robotics Club**



**Ski Club**



**Wilderness Club**



**So PHUN Club**



**Sustainability Club**

# Learn more about Clubs

Go to: [sequoiahs.org](http://sequoiahs.org)

Virtual 9th Grade Presentation x 2020 9th grade presentation.p x Sequoia High School - Clubs x +

sequoiahs.org/STUDENT-LIFE/Clubs/index.html

1201 Brewster Ave., Redwood City, CA 94062  
650.367.9780

HOME DEPARTMENT ABOUT PARENTS & COMMUNITY POLICIES RESOURCES STUDENT LIFE

HOME > STUDENT LIFE > Clubs

**STUDENT LIFE**

- Athletics
- Clubs**
- Graduation Activities
- School Newspaper
- Speech and Debate
- Yearbook
- Student Activities
- Work Permit

**Clubs**

Club List\_2020

File Edit View Tools Help

Request

Share

SEQUOIA HS

Club Name (Click Club Name to Access Zoom)	Adviser (And email)	Meeting Day/ <small>Please note, ALL clubs are meeting on this day. These are meeting dates.</small>
<a href="#">American Sign Language (ASL)</a>	Rebeca Goodwin <a href="mailto:rgoodwin@seq.org">rgoodwin@seq.org</a>	Tuesday - 1:00
<a href="#">Anime Club</a>	Rebeca Goodwin <a href="mailto:rgoodwin@seq.org">rgoodwin@seq.org</a>	Friday - 2:00
<a href="#">Asian Student Union</a>	Hannah Singh <a href="mailto:hsingh@seq.org">hsingh@seq.org</a>	Friday - 1:00
<a href="#">Baking Club</a>	Eileen Bray <a href="mailto:ebay@seq.org">ebay@seq.org</a>	1st/3rd Friday - 4:00
<a href="#">Bay Area Womens' Sports Initiative</a>	Jasmine Schimek	1st/3rd Monday - 3:00

Clubs at Sequoia HS will be Permitted During Distance Learning

<https://www.sequoiahs.org/STUDENT-LIFE/index.html> guidelines:

# Athletic Clearance



SEQUOIA RAVENS

[Admin Login](#)

[Sign Up For Alerts](#)



FALL ▾

WINTER ▾

SPRING ▾

YEAR-ROUND ▾

PHOTOS

CALENDAR

SHOP

MORE ^



## ATHLETIC DEPARTMENT

[Athletics Overview](#)

[Athletics Contact Info](#)

[Positive Coaching Alliance](#)

## COACHES CORNER

[Code of Conduct](#)

[Coaching Contract](#)

[Returning Coach Packet](#)

[New Coach Packet](#)

[Volunteer Application](#)

[Coaching Competencies](#)

[CIF Certifications](#)

## RAVENS HQ

[Boosters Club](#)

[SEQ Sports on Facebook](#)

[Team Store](#)

## REGISTRATION

[Athletic Clearance](#)

[Physical Form](#)

Girls Varsity Tennis · AUG 1  
**Girls Tennis Tryouts**

Multiple Teams · AUG 1  
**Volleyball Tryout Info**

0 New Alerts [Help](#)

# TOOLS FOR SUCCESS

- **Paper** Students will have access to a 24/7 online chat-based tutoring program for any subject area. Will be available after September 13th.
- **Learning Center** located in the Media Center: Monday - Friday before school, starting at 7:15 am and after school 3:45 - 5:45 (Wednesdays 2:30-4:30).
- **Math Tutoring** with Mr. Moaveni during 7th period on Monday, Tuesday, and Thursday in Room 216- All levels of math
- **Redwood City Public Library** Students have access to free online tutoring through Brainfuse daily 1pm-10pm.
- **Boys & Girls Club** Enrichment programs (culinary, music, audio/video), tutoring, English learning development, field trips, teen employment pipeline, transportation from Sequoia to BGCP, DINNER WILL BE PROVIDED
- **Canada College Upward Bound** is an academic program to support students from Freshman through Senior year. Tutoring available to all SHS students in Room 248 from 2:50-6pm
- **Teachers** check in with your teachers about your progress, get feedback, ask for help or attend teacher office hours.



# SHS ONLINE ACCOUNTS

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- **Canvas**; regularly check your grades and manage assignments
- **Infinite Campus**; view report cards/unofficial transcript, academic planner, check schedule & attendance
- **Naviance**; powerful web based college and career exploration tool
- **Sequoia Website**; explore different departments for resources, specifically **Counseling** and **College/Career Center**.
- **SEQ Email**; check regularly for school related communication

# Infinite Campus (IC)

1) [www.sequoiahs.org](http://www.sequoiahs.org)

2) Scroll down to the bottom of the webpage.



## Sequoia High School

1201 Brewster Ave.,

Redwood City, CA 94062

650.367.9780

650.367.9780 Ext 60000/60001 (attendance)

650.368.5180 (fax)

## Quick Links

- Distance Learning
- College and Career Center
- College & Career Center Weekly Newsletter
- **Infinite Campus**
- Donate to the Sequoia Ed Foundation!
- Sequoia Boosters
- Incoming 8th Graders/New Students
- Tickets- Sequoia Drama & Dance Shows
- 8th-Grade Shadowing and Open Enrollment
- Volunteer at Sequoia
- Sequoia's PTSA
- Bell Schedules
- Facilities Use
- Policy for Student Dress
- Naviance College App. Website Link
- Athletic Clearance
- Sequoia's Alumni Association
- Sequoia's Goals
- 9th/New Student Orientation

# Infinite Campus

**Username: Student ID**

**Password: Capital first letter of first name, Capital first letter of last name, 6 digit DOB**

Campus Student

## Sequoia Union High

Student Username

Password

Log In

[Forgot Password?](#) [Forgot Username?](#) [Help](#)

[Log in to Campus Parent](#)

## Announcements

**Tuesday 10/19/2010**

Parents and Students:

If you need assistance with your username and password, please contact

Parent and Student Assistance

\*Hablo Español

Sequoia High School (650-367-9780)

Mayra Melchor: A-I

Fernando Ruiz Chavez: J-Q

Jerri Port: R-Z

[mmelchor@seq.org](mailto:mmelchor@seq.org)

[fruib@seq.org](mailto:fruib@seq.org)

[jport@seq.org](mailto:jport@seq.org)

ext. 60096

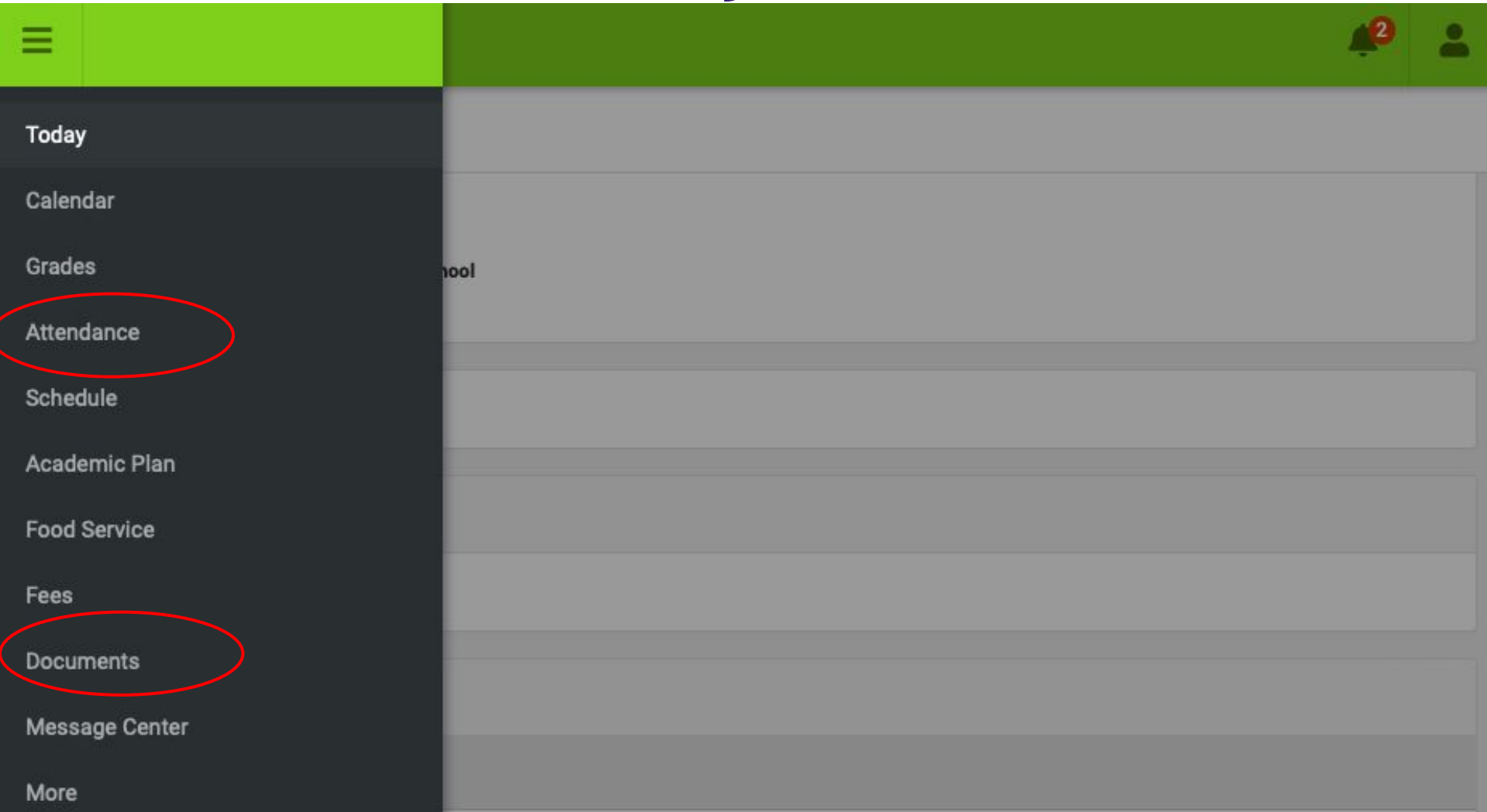
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ext. 60095

# How do I see who my counselor is?

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# How do I see my attendance?



# Infinite Campus: Documents



## Documents

21-22 Sequoia High School	
Progress Report Card Q4 21-22 Sequoia High School	>
Quarter Report Card Q1 21-22 Sequoia High School	>
Quarter Report Card Q2 21-22 Sequoia High School	>
Quarter Report Card Q3 21-22 Sequoia High School	>
Quarter Report Card Q4 21-22 Sequoia High School	>
<b>Schedule</b>	
S1 Semester 21-22 Sequoia High School	>
<b>Transcript</b>	
<b>UNOFFICIAL TRANSCRIPT</b> 21-22 Sequoia High School	>
<b>Other</b> (Documents not related to a specific school year)	
<b>Academic Progress</b>	
Academic Plan Progress Report	>

# Infinite Campus: Unofficial Transcript

**District Name: Sequoia Union High  
Sequoia High School Transcript**  
Tel: (650)367-9780 Fax: (650)562-3246  
1201 Brewster Ave, Redwood City, CA 94062

[Redacted]  
Generated on 08/19/2021 09:56:41 AM Page 1 of 1

Student Information	
Student Number:	[Redacted]
Birthdate:	[Redacted]
State ID:	[Redacted]
Counselor:	Flores, Emilia
Grade:	09
Gender:	F
In-Progress Courses	
133600 Algebra II/Trig-P	5.000
051182 English I ICAP-P	5.000
203000 Life Skills	5.000
161410 PE-Dance-P	5.000
175000 Physics-P	5.000
076100 Spanish I-P	5.000
Comments	
UNOFFICIAL TRANSCRIPT	
This is an Unofficial Transcript. For an Official Transcript, contact your school's Guidance Office.	

Counselor found here

Cal Grant & A-G GPA's will appear on transcripts after 10th grade first semester grades are posted

9th graders will only have 2 GPA's once final grades post to their transcripts

# Infinite Campus: ATTENDANCE



## Attendance

Term SQ-S1 (08/11 - 12/17)		
COURSE	ABSENT	TARDY
Algebra I-P	1	0 >
Biology-P	0	0
English I Intensive	0	0
English I Intensive Support	0	0
Life Skills	0	0
PE-1	0	0
Spanish I-P	0	0
English I ICAP-P <span>DROPPED: 08/17/2021</span>	1	0 >
<b>Totals</b>	<b>2</b>	<b>0</b>

# ATTENDANCE

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- SHS students will not earn credit if they have 12 or more absences in a class, where 3 or more of those absences are cuts (unexcused).
- Students who have a passing grade in a class, but do not meet the attendance requirement, will earn a NA grade (no credit) for the class. Talk to your teacher or counselor about appealing.
- Absences must be cleared within 5 school days. On the 5th day the absence becomes unexcused/cut.
- Check your attendance in IC regularly.
- Parents/Guardians must call the attendance office within 5 days and leave a message to excuse absences (650) 367-9780 x60001



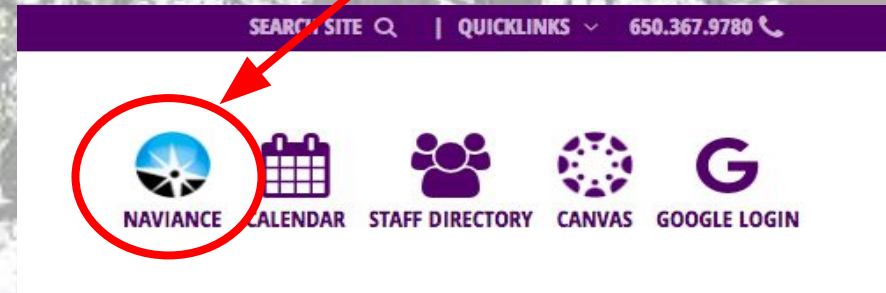
# NAVIANCE

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- **Used for college/career exploration**
- **College visits**
- **College admissions applications**
- **Résumé**
- **Surveys**
- **Scholarships**
- **Weekly Email/Sequoia Email**

# NAVIANCE

1. Visit sequoiahs.org
2. Click on Naviance
3. Log-in Info:
  - a. Single sign on with google



# NAVIANCE

Home

Self-Discovery

Careers

Colleges

Planner



About Me



Type a college name

SEARCH

English



Go

## My Favorites



COLLEGES

I'm thinking about



COLLEGES

I'm applying to



CAREERS AND CLUSTERS

I'm thinking about

nunity,

ce! We are very excited to offer this tool that allows you to investigate, plan the college admission process. It is also the way your counselor and communicate with you. Every Naviance email gets sent to your school email. Check your email regularly. It is important to read Ms Ignaitis' Weekly. All opportunities, events, and college specific information is presented. Provide job postings, volunteer opportunities, internships, and scholarships.

# Counseling Department Page

Go to SHS website: [sequoiahs.org](http://sequoiahs.org)



Sequoia High School

1201 Brewster Ave., Redwood City, CA 94062

650.367.9780

HOME

DEPARTMENT

ABOUT

PARENTS & COMMUNITY

POLICIES

RESOURCES

STUDENT LIFE

9TH/NEW STUDENT ORIENTATION

Administration

AVID

Business Info Tech

College & Career Center

Digital Arts Academy

ELL

English

Health Career Academy

Culinary Arts

IB Programme

Industrial Arts

Mathematics

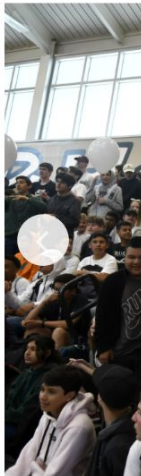
Physical Education

Science

School Counseling

Social Studies

Welcome to Sequoia High School



## General Announcements

### Food Services

Food Services will be providing meals

### Mental Health Resources from the TRC and Counseling

English ([click here](#))

Spanish ([click here](#))

### 2021-22 Academic Year Add/Drop Course Dates

#### 1st semester

9/22 last day to add/drop without penalty on transcript

11/10 last day to drop with penalty on transcript

Deadline to drop IB Class in a TESTING year: 11/1

2021-20

RULES

Upcoming Events

The background is a vibrant, multi-colored design. It is divided into four quadrants by a vertical line down the center and a horizontal line across the middle. The top-left quadrant is red, the top-right is blue, the bottom-left is yellow, and the bottom-right is green. Each quadrant contains a faint, stylized map of the world in a lighter shade of the quadrant's color. The word "Kahoot!" is written across the center in a large, white, bold, sans-serif font. The letters are slightly shadowed, giving them a 3D appearance as if they are floating above the background.

**Kahoot!**