

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 stairs 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 9th and 10th grade
- Fernando Ruiz - GIS for 11th and 12th grade
- Mayra Melchor Sanchez - Registrar

What do Counselors do?

⦿ 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, 3-4 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

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

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>
American Sign Language (ASL)	Rebeca Goodwin rgoodwin@seq.org	Tuesday - 1:00
Anime Club	Rebeca Goodwin rgoodwin@seq.org	Friday - 2:00
Asian Student Union	Hannah Singh hsingh@seq.org	Friday - 1:00
Baking Club	Eileen Bray ebay@seq.org	1st/3rd Friday - 4:00
Bay Area Womens' Sports Initiative	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>

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
- **Teachers** check in with your teachers about your progress, get feedback, ask for help or attend teacher office hours.

SHS ONLINE ACCOUNTS

- **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

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 fruiz@seq.org

jport@seq.org

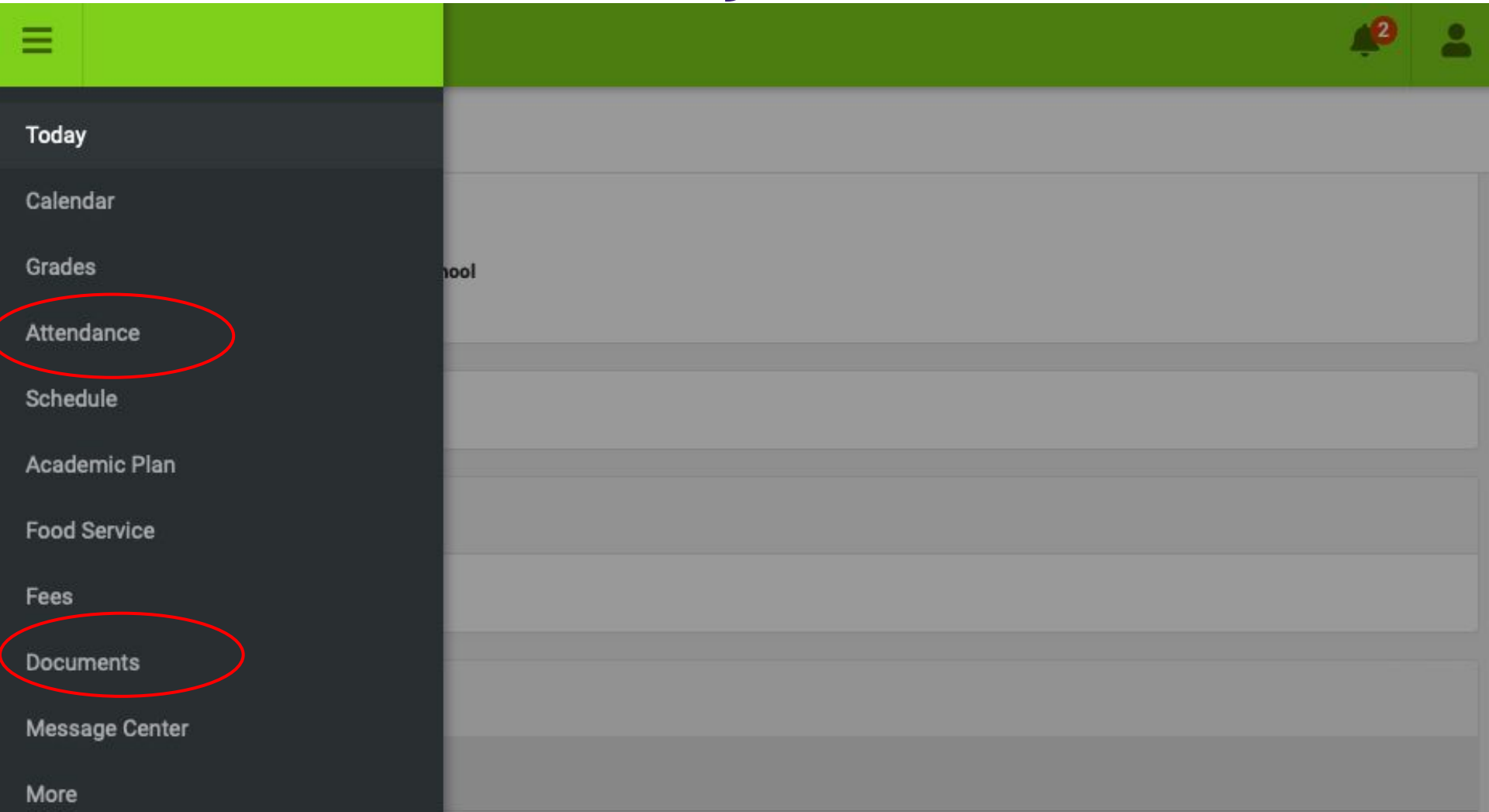
ext. 60096

ext. 60093

ext. 60095

How do I see who my counselor is?

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	>
Schedule	
S1 Semester 21-22 Sequoia High School	>
Transcript	
UNOFFICIAL TRANSCRIPT 21-22 Sequoia High School	>
Other (Documents not related to a specific school year)	
Academic Progress	
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 DROPPED: 08/17/2021	1	0	>
Totals	2	0	

ATTENDANCE

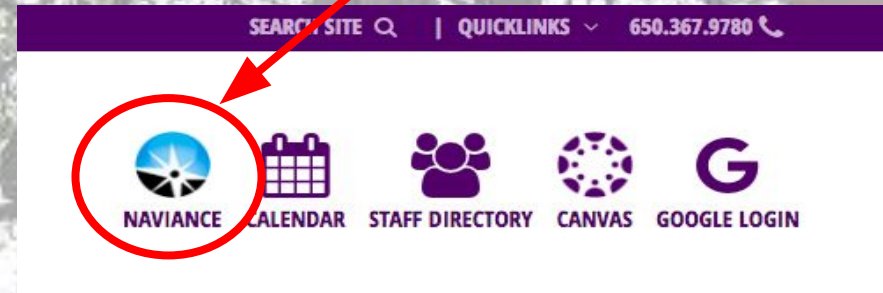
- SHS students will not earn credit if they have 12 or more absences in a class, where 3 or more of those absences are cuts (unexcused).
- Students who have a passing grade in a class, but do not meet the attendance requirement, will earn a NA grade (no credit) for the class. Talk to your teacher or 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

- **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



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

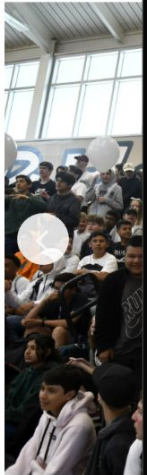
Science

School Counseling

Social Studies

Welcome

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!