



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 2021-2022” 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: **7MMB-TZMG-9WJSV**
- 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.



Class Schedule/FHS Bell Schedule

- **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 / Learning Lab: 2:20 - 3:40**
 - Supper: 3:45-4:15 (Buses depart at 4:15)



Schoology [lms.fcps.org]

- **Classwork assigned by teachers**
 - Calendar to keep track of due dates
- **Messaging with teachers and guidance counselors**
- **Grades**
 - Formative (10%) and Summative (90%)
- **Updates: School events**
- **“Courses” and “Groups”**

What else do students and caregivers need to know about Schoology? Visit this link for an overview from FCPS: <https://www.fcps.org/student-services/schoology>



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)

Arnold, Baier, Bair, Bensing, Burns, Cauble, Churchill, Cooke, DeLameter, Dufresne, Grove, Lane, Moore, Paris, Pirri, Ptak, Reismeyer, Smith R., Stonebraker, Wade, CTC

2nd Lunch 11:35 - 12:05 (late bell 12:10)

Benson, Brown, Cleary, Cramer, Diaz, Figueroa, Hale, Manino, Manos, Massey, O'Neal, Pfeil, Roehl, Smith T., Strakonsky, Stup, Tongyai, Vandevander, Warren, Warye, Weimert

3rd Lunch 12:20 - 12:50

Allevato, Anderson, Barber, Bodnar, Brandenburg, Burroughs, Byrd G., Connor, Cousins, Davis, Forrest, Martinez, Miller, Morris, Schreiber, Spencer, Stone, Templeton, Thomson

Supper 3:45 - 4:15 pm

FREE to ALL FHS STUDENTS! (grades 9-12)

Report to the **cafeteria** from your supervised area (Block 5 class, 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 Maryland (County alerts, school closings and delays)

Frederick High School Website

FHS Student Handbook

FCPS Student and Parent Handbook