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](http://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)

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**Schoology** [ims.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](https://www.fcps.org/student-services/schoology)

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**Naviance** [student.naviance.com/frederickhi]

- Create your SSP (Student Success Plan)
  - How to create your SSP [https://bit.ly/2Xc0JS2](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)

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](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