

Freshman Orientation Class Session Slides

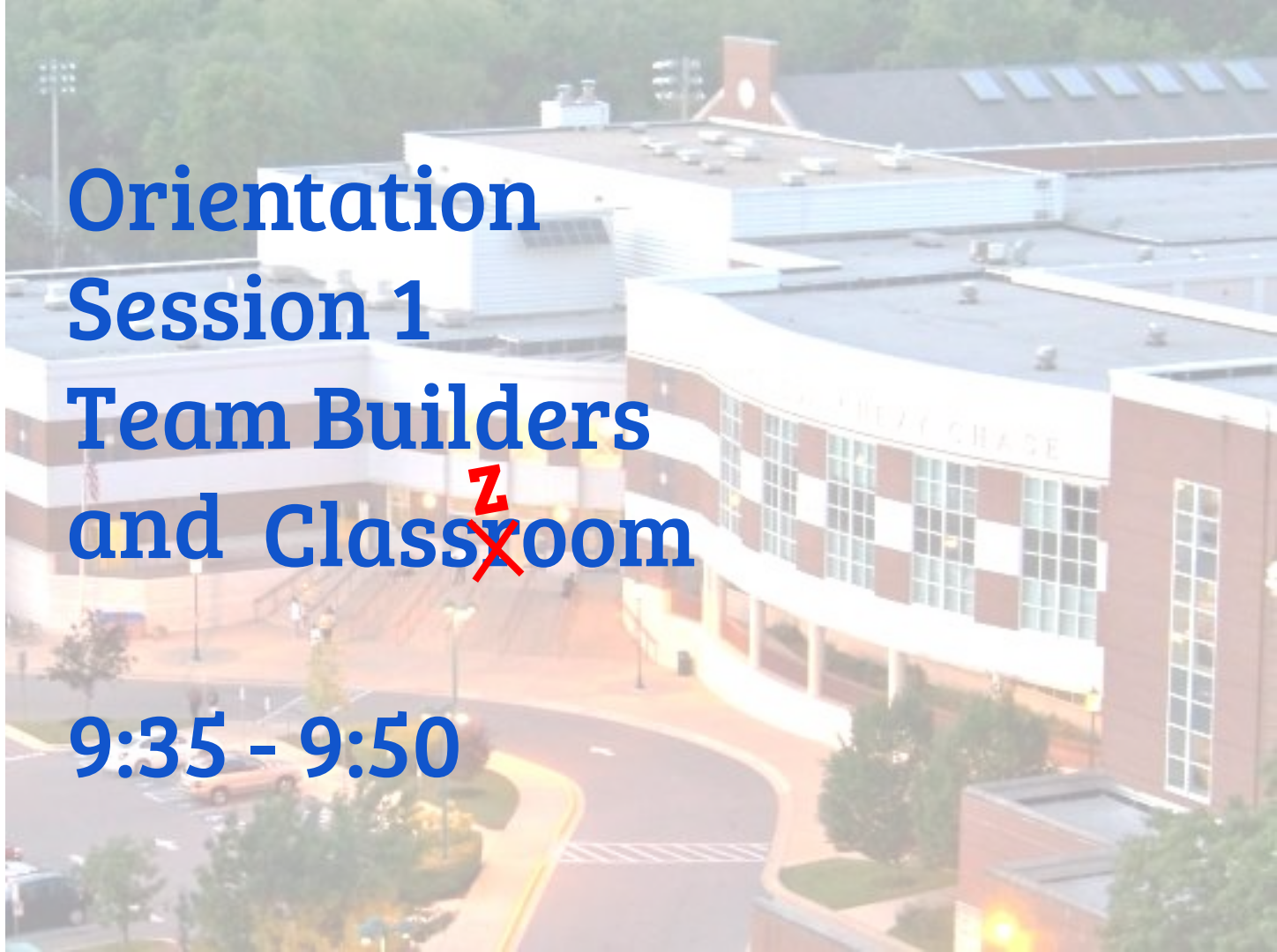
These slides are from the Orientation that was held on Thursday, 8/27/20. Some of the icebreakers have been removed from the presentation. The 3rd period and the Homeroom sessions were led by students: Youth for Equity in Period 3, and Link Crew Leaders in Homeroom. Students who attended the orientation viewed these slides in the respective periods.

Activity	Time
General Session [Webinar format]	9:00 - 9:30
Bathroom Break and Transition to Class Sessions	9:30 - 9:35
Period 1: Team Builder and “Class”Z”oom”	9:35 - 9:50
Period 2: SGA	9:52 - 10:07
Period 3: Youth For Equity	10:09 - 10:24
Period 4: Accessing Resources	10:26 - 10:41
Break	10:41 - 10:46
Homeroom: Link Crew	10:46 - 11:01
Period 5: No Barriers	11:03 - 11:18
Period 6: Graduation Requirements	11:20 - 11:35
Period 7: Extracurriculars (with added time for the orientation survey and data collection)	11:37 - 12:00

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Orientation Session 1 Team Builders and Classroom

9:35 - 9:50



One of the best ways to get to know someone is through playing friendly games. Playing games also helps us to improve our processing speed, promotes healthy brain development, supports active minds, and advances creativity and imagination. In this first session, we are going to start off playing a simple game that will give us some time to interact and get to know one another.



Team Building and Game Play

Icebreaker 1

“This or That!”



In this game, you will follow prompts and turn your camera on or off in response. After hearing the “This or That,” the speaker will say each choice again; and you will turn your camera on for your choice and off if it is not your choice. The prompts on the next page will give you the choice and tell you whether to keep your camera on or off . Look to notice which of your classmates have your same common interests or likes.

Walking or Biking? Camera on for walking, camera off for biking

Twitter or Instagram? Camera on for Twitter, camera off for Instagram

Singing or Dancing? Camera on for singing, camera off for dancing

English or Math? Camera on for English, camera off for Math

Mountains or Beach? Camera on for mountains, camera off for beach

Dogs or Cats? Camera on for dogs, camera off for cats

Sandals or Sneakers? Camera on for sandals, camera off for sneakers

Baseball or Soccer? Camera on for baseball, camera off for soccer

Zoom Tips ...

During distance learning, and while being in a Class"Z"oom, here are some practices that will contribute to your success:

- Go to bed at a reasonable hour; get a good night's sleep; wake up, (shower), and get dressed for school, even if you are not leaving your house.
- Identify a suitable space in your home, where you can sit comfortably and work.
- Find a place that is well lit, with enough surface space for your chrome book, and a notebook and paper (in case you also have to write something).
- Get water and a light snack to keep next to you so that you don't have to leave the session if you get thirsty.
- Stand up and stretch in between your classes.
- Create files, using your Google account, to capture notes and information from your classes, especially items that are placed in the chat for you.



How to be a good
B-CC citizen

Be Kind!
Be Caring!
Be Honest!
Be Committed!
Be Helpful!
Be Invested!
Be Woke!

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Orientation Session 2 Student Government Association (SGA) 9:52 - 10:07

Purpose of SGA

- **Connect** the school (students, clubs, administration, PTSA)
- **Listen** to students and build spirit (stress-busters, pep rallies, Baron Brigade)
- **Serve** as a resource **and improve** the **community**
- **Plan dances**
 - Fundraising, selling tickets, decorating

Welcome to B-CC

Please watch this video from the SGA School Wide President,
Devlin Orlin



Difference Between School Wide and Class SGA

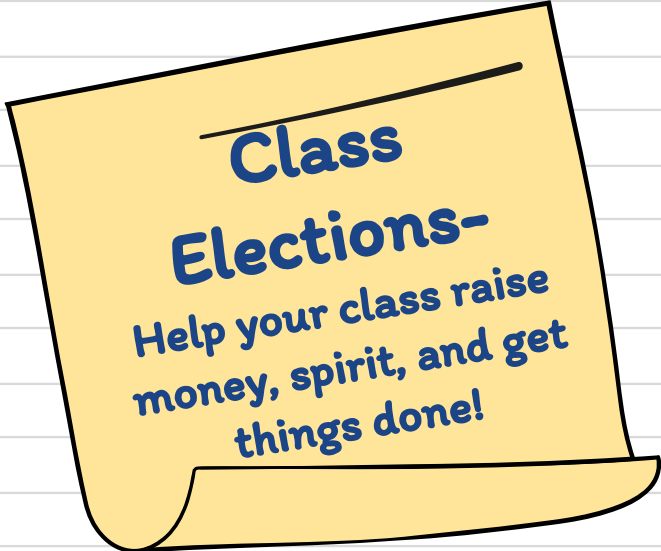

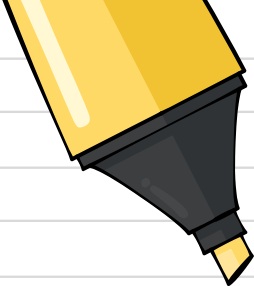
School Wide

- Organize school wide events and fundraisers
- Create a strong relationship between students, faculty, and administration
- Support and oversee grade level activities orchestrated by class SGA

Class

- Specialize in raising money, organizing and planning events specific to their grade
- Funds are raised for future class wide events (prom, graduation, etc.)
- Provide assistance and ideas for school wide events
- Communicate both class and school wide information to grade level

Both class and school wide SGA work diligently to better the communities within and outside of BCC.



**Class
Elections-**
Help your class raise
money, spirit, and get
things done!

There are 10 Class SGA positions:
President, Vice President, Treasurer,
Secretary, Publicity Chair, Special
Affairs Coordinator, Community Service
Chair, SGA Liaison, and two Spirit
Committee Chairs

You will receive an email about applying to run
for a position in the first week of school.

Elections will take place in mid-September.



Showing your School Spirit

Participate in BCC's Athletic Programs and Attend BCC Events

- BCC offers three athletic seasons with a variety of sports, though sports will look a little different this year.
- Free apparel and other items such as lanyards, bells, and sunglasses are often handed out at events!!
- Go all out for spirit weeks and other events! Class and school wide activities are more exciting when everyone participates

Volunteer for Activities and Join Clubs

- Are you good at dodgeball? Knockout? Volunteer to participate in a pep rally against your classmates!
- BCC offers a large variety of clubs with ranging activities. From the Red Cross club to Spikeball club; there are plenty to choose from!
- Do you enjoy a specific subject? Consider joining an Honors Society! (SSL Hours and other great opportunities are available)

SHOW YOUR BARON PRIDE!

Tips for Having a Memorable Freshman Year



Join clubs or participate
in a sports team



Attend school events
(even virtual ones!)



Participate during
school spirit days



Build good relationships
with students and staff



Turn in your assignments on
time (if you're having trouble,
don't be afraid to reach out to
your teachers)



Manage your time wisely!
Use your planner



Don't be afraid to reach out to others
and create new friendships (especially
with classmates)



Get some sleep!

How to Stay Informed

★ Baron Blast (Sign up Now!)

○ Freshman: Send this message @barons2024 to 81010

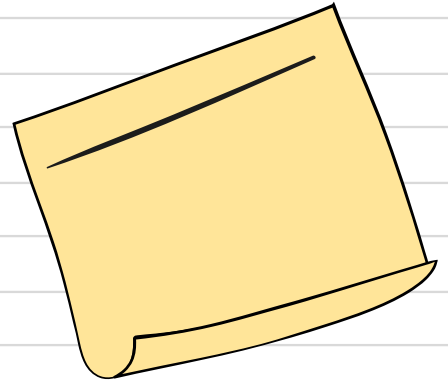
★ Follow us on Instagram @schoolwidebcc

★ Follow us on Twitter: @BCCSGA

We want to hear from you!

Email us: bccschoolwide@gmail.com

Reach out through our Instagram or to us personally!






Your 2020-2021 School Wide SGA Members

President	Vice President	Treasurer	Liaison	Parliamentarian	Schoolwide Spirit Committee Chair	Schoolwide Community Service Chairs	Schoolwide Community Outreach Director	Club Coordinators
Devlin Orlin	Henry Soffronoff	Sanjana Surendran	Laila Nickelson	Raemi Charles	Alex Jones	Eli Holder & Jessie Wiener	Sophie Messinger	Ariel Ruiz & Lulu Arteaga Baeza

School Wide SGA Sponsor: Mrs. Michelle Dean

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Orientation Session 3

Youth For Equity

10:09 - 10:24



YOUTH FOR EQUITY

ICE BREAKER



Start with everyone's cameras on. Someone picks a person on their screen. Then someone else will ask three questions (ex. "Is their background white?", "Are they wearing glasses?") If your screen applies to the statement, leave your camera on; if it does not, turn your camera off. At the end of the three questions the person asking will have to guess between the remaining screens.

Guess Who



WHO ARE WE?



Youth for Equity is a student-led initiative, founded out of the desire to ensure that all student are receiving the same quality of education regardless of their identity.

**How are you feeling
going into high
school?**

Worried about making friends? Want some advice or tips?

**You can follow @adviceatbcc on instagram or join YFE/any club!
We know that high school is a scary place and starting it online isn't easy, but don't be afraid to reach out for help, advice, or a friend!**

NONDISCRIMINATION:

“The Board expects all students and staff to conduct themselves in a manner that demonstrates mutual respect without regard to an individual’s actual or perceived personal characteristics. All acts of illegal discrimination are unacceptable and intolerable.”

Rights and Responsibilities Handbook:

[https://www.montgomeryschoolsmd.org/uploadedFiles/students/rights/1201%2018_StudentRightsAndResponsibilities_WEB\(1\).pdf](https://www.montgomeryschoolsmd.org/uploadedFiles/students/rights/1201%2018_StudentRightsAndResponsibilities_WEB(1).pdf)

REPORTING INCIDENTS

- Speak to your counselor first.
- If no action is taken, go to your grade-level Administrator ([Vickie P Adamson@mcpsmd.org](mailto:Vickie_P_Adamson@mcpsmd.org))
- Policy ACA, Nondiscrimination, Equity, and Cultural Proficiency
<https://www.montgomeryschoolsmd.org/departments/policy/pdf/aca.pdf>
- Bullying, intimidation, and harassment form: (we know you've seen it before, but don't be afraid to use it) <https://www.montgomeryschoolsmd.org/departments/forms/pdf/230-35.pdf>

Feel free to come to Youth For Equity for guidance or support in reporting an incident!



Trigger Warning: Microaggressions

Racism, homophobia,
anti-semitism, sexism

Microaggressions in the Classroom

“Is that your real hair?”

“You don’t look gay.”

“Wow! You’re so articulate!”

“I just think you’re so brave!”

“Yeah, you’ll probably get in, you know with affirmative action and all.”

“Men experience that too!”

“I sometimes forget that you’re black”

“She says her pronouns are they/them.”

“I’m so OCD about my room so I understand!”

“Must be her time of the month!”

“I scheduled the exam during Ramadan/on Yom Kippur, but I don’t think that should be an issue.”

(on bisexuality) “Is that even a thing?”

(About the holocaust) “You’re being dramatic, it doesn’t even affect you.”

Check out @blackatbcc,
@LGBTQatBCC, @JewsatBCC
and @SurvivorsatBCC to
learn more.

What is a microaggression?

A brief and commonplace daily verbal, behavioural, or environmental indignity, whether intentional or unintentional, that communicates hostile, derogatory, or negative prejudicial slights and insults toward any group, particularly culturally marginalized groups.

MICROAGGRESSIONS

- **Belittling of intelligence** (e.g. unintelligent or smarter than average based on appearance or accent)
- **Denial of racial reality** (e.g. dismissing claims that race was relevant to understanding a student's experience)
- **Denial or devaluing of experience or culture** (e.g. ignoring the existence, histories, cultures of groups of people – assuming that others are like you)
- **Setting low expectations** because of biases for students from particular groups or high schools
- Failing to learn to pronounce or continuing to **mispronounce the names** of students after they have corrected you.
- Using **inappropriate humor** in class that degrades students from different groups
- Continuing to **misuse pronouns** even after a student, transgender or not, indicates their preferred gender pronoun.

**Don't be afraid to
advocate for yourself
and others!**

Self Advocacy Week: Sept 7-11



**Any final
thoughts?**

OTHER GROUPS

Minority Scholars Program (MSP): @bccmsp

Black Student Union (BSU): @bcc_bsu

Asian Student Union (ASU): @bccasu

Latinx Student Union (LSU): @bcclsu

Gay-Straight Alliance (GSA): @bcc.gsa

HOW CAN YOU JOIN OUR MOVEMENT?



GROUPME CHAT



@YOUTH_FOR_EQUITY

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Orientation Session 4

Accessing Resources

10:26 - 10:41



**ACCESSING
RESOURCES FOR
YOUR SUCCESS**



Resources

BCC High School offers a countless web of opportunities and resources to help you grow and improve as a student, deal with stress, and build a high school environment that is right for you.



TAP

After school program designed for teachers to help students with homework, projects or any question they may have.

Teachers in English, Math, Science and Social Studies will run Zoom sessions after school hours and provide help in their respective subjects.



Peer Tutoring

BCC High School hosts a peer tutoring program in which upperclassmen volunteer their time and tutoring services to underclassmen taking classes that they have already mastered.

You will receive more information about how to access virtual peer tutoring in the upcoming weeks.





**Mr. Baczkowski (and
his wife...)
Media Specialist**



**Mrs. Birney
Media Assistant**

Media Center

#1 Benefit of Online School: You can eat in the media center!

B-CC Virtual Media Center open every day from 11:15-12:30 so you can

- Get technology help
- Ask for book or ebook recommendations
- Find the right source for research
- Have us setup Zoom breakout rooms for group projects or just to socialize
- See our smiling faces!

Look out for the MC Zoom link!



**Mr. Toscano
Media Services
Technician**

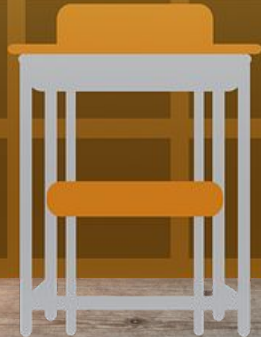
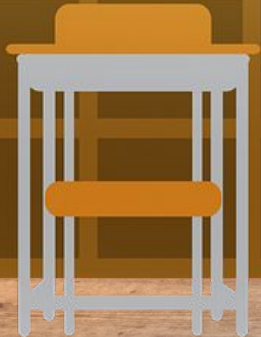
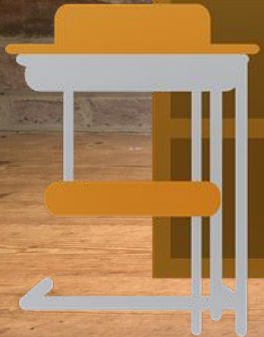


**Mrs. McKain
Media Assistant**

Teachers/Counselors

If you need help in a specific class, attend office hours or reach out to your teacher.

If you are stressed or need help advocating for yourself, reach out to your counselor.



The background features a brick wall with a wooden floor. On the left, three lanterns hang: a pink one, a blue one, and a red and white striped one. On the right, two lanterns hang: a red and white striped one and a yellow one. A whiteboard on a wooden stand is in the center.

Email Etiquette

As we begin the 20-21 school year, it's important to know how to communicate effectively online.

What you Should Include in an Email

- ☐ A very clear subject (Missing Assignment- English 9)
- ☐ A greeting (Dear, Good morning, Hello)
- ☐ A clear and specific message (You may want to include who you are and what class period you are in)
- ☐ Closing (Thank you, Sincerely, Regards)
- ☐ Your first and last name
- ☐ Think about your tone: it should be formal and polite

What do You Think About the Email Below?

Hi,
What did I miss in class yesterday? I wasn't there. I
need to know soon.

How would you revise this email to communicate more effectively?
[Click here](#) to rewrite the email.

What do You Think About the Email Below?

Dear Mr. Teacher,
I was just looking at my grades and I don't think that you should be giving me a C. I noticed I have a lot of zeros but I made that work up so can you fix that?

-Your student

How would you revise this email to communicate more effectively?
[Click here](#) to rewrite the email.

Break



5 minute break
We will resume shortly.





HR



**Orientation Session HR:
Link Crew
10:46 - 11:01**



B-CC Link Crew



What is Link Crew?



Link Crew is a program designed to welcome freshmen to B-CC, to give every freshmen an immediate connection to the school, and to improve the academic performance of all freshmen.



You will be assigned to a Link Crew of 12-14 students, with an upperclassman as a Link Leader. Crews will get to know each other through activities and events throughout the school year, even in a virtual setting.



Activities will include, team building, attending school events (virtually this semester), academic check ins, and social events.





Junior and Senior Link Leaders



Link Leaders are trained by Link Crew Coordinators (B-CC teachers) to work with you.



Student Link Leaders will lead you through team activities throughout the year. Student Link Leaders serve as a resource to you.



Student Link Leaders will communicate directly with you about happenings at B-CC and about when we will all meet as a group. The plan is to meet 8th period, at least once a month.



We've Been There ... Where You Are!



Remember ...

- You are also a potential leader.
- Link Crew will help you to build your leadership so that you are empowered to lead yourself.



Link Crew Outcomes



Link Crew will help you on the path to an amazing high school experience.



Link Crew will help you to feel an authentic connection to the school.



Link Crew will lead you through the ins and outs of B-CC and can direct you to opportunities for getting involved!



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Orientation Session 5

No Barriers

11:03 - 11:18






No Barriers Session



What to do if you are stuck or
struggling in school





Quick Reflection

Make a list of things you like to do or things that make you happy.

Let's do this old school. Use a sheet of paper, and something to write with (a pen, pencil, or even crayons) to make your list. Feel free to doodle on your paper, if it also makes you happy. If you like to draw, your list can be in pictures.

What Do You Do to De-Stress?



In the chat, write something you do to cope with stress.

Then take a minute to review the chat. See if there are ways that others deal with stress that appeal to you. You can add to the way that you currently de-stress.

WHAT TO DO IF YOU ARE STRUGGLING!

Remember that struggling is normal and you are not alone. As a high schooler there are many ways you can deal with your stress and become the most effective and thriving student you wish to be.

In the following slides there will be lists of ways you can help yourself towards a successful time at B-CC High School.

Create a Schedule and Manage Your Time

As a high schooler, you are responsible for turning in all of your assignments on time. Being disorganized and unable to manage your time wisely can make your high school experience extremely stressful and difficult.

To help you manage your time, try...

- Using an agenda or planner (for writing down due dates)
- Using your calendar app (for notifying you and giving you important reminders)
- Using a Google calendar or a Google doc to help track your to-do list
- Planning ahead (make sure to get your most important tasks done first before moving on to the others)

Phone a Friend

Try to have at least one friend in each of your classes that you can go to for help. This can make it so much easier when you miss a day of school and need help catching up, or when you simply need some extra help in class.

Working alongside your peers can be a great way for you to learn and retain information.

Take Breaks

At times, school work might become overwhelming. In that case, it is important to step back and take a small break. If you are having trouble on a certain assignment, take a small breather and come back to it when you're ready.

Whenever you're feeling stressed or overwhelmed, try...

- Meditating (5 minute meditation videos on youtube can be useful when trying to unwind)
- Breathing (Close your eyes and take three deep breaths to calm down)

High school can be stressful, so it is important that you take care of yourself first in order to reduce stress.

Try to Limit Screen Time

If taking a break for you means television, social media, or playing video games, try not to do this for prolonged periods.

Set time limits for your screen time. Too much screen time on the above activities can raise your stress levels.

You may not know this, but social media platforms and games are designed to increase anxiety when you are away from them. Be aware of this so that they do not pull you in. Know that it is by design that they keep you from doing what else you could or probably should be doing. Make a decision NOT to be controlled by the machines.

Do Not Procrastinate

It might be harder than it sounds, but please avoid waiting until the last day before an assignment is due to start working on an assignment. [Doing this is always stressful!]

By not procrastinating...

- You can take your time and work at doing the task slowly.
- You have more time to ask your teacher clarifying questions.
- You can relax more and eliminate unnecessary stress.
- You have more time to edit and perfect your work.

Taking your time and working at a normal pace not only makes things much less stressful and overwhelming, it can help increase the quality of your work.

Get Enough Sleep

Sleep is essential if you want to perform well in school, so it is vital that you get some rest at home. When you are feeling super stressed or tired, sleep can be especially rejuvenating.

Make sure that you get all of your work out of the way once you come home, so you can go to sleep early.

Getting in those extra hours of shut eye can help you feel much more refreshed and ready to go in the mornings.

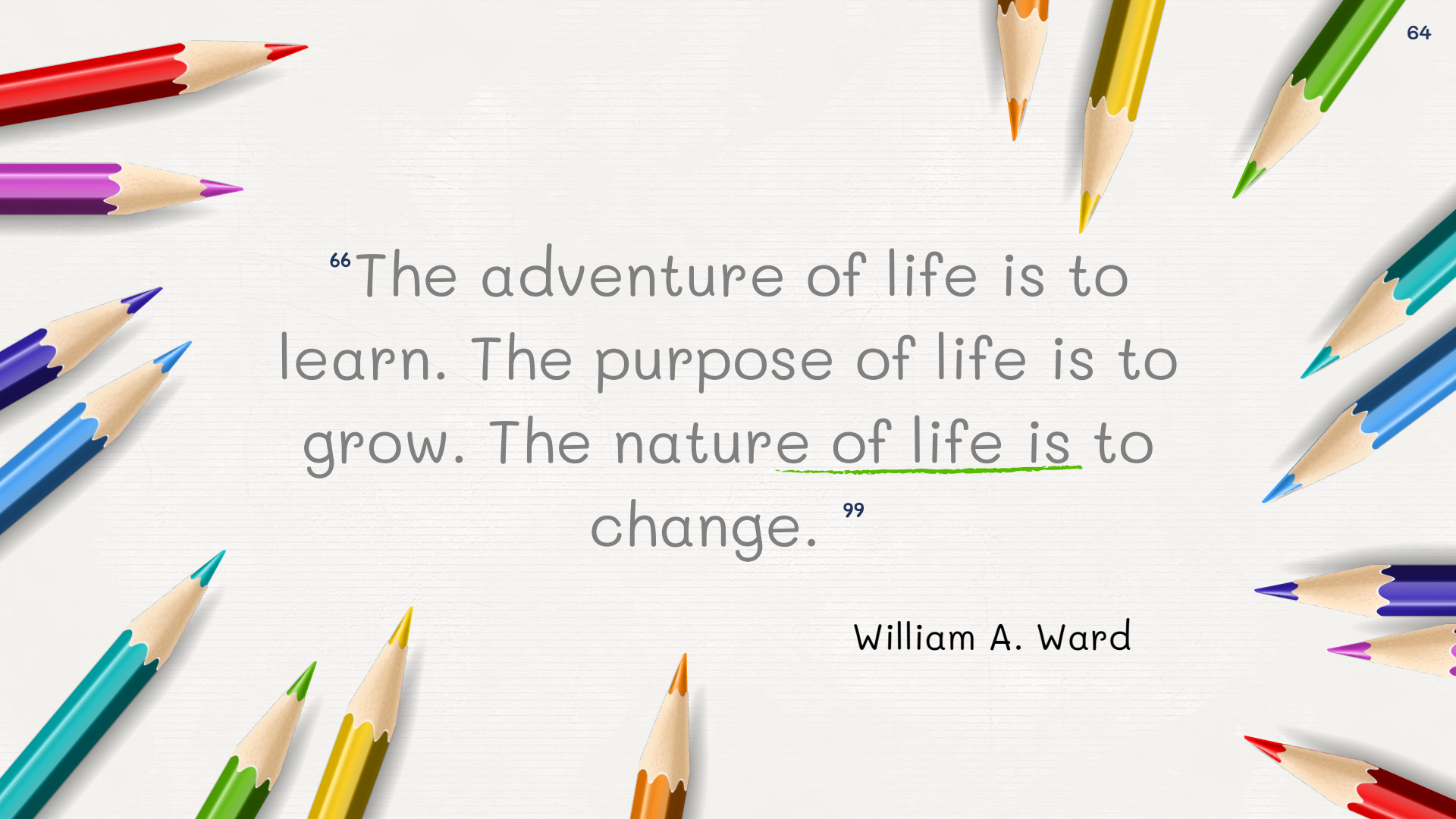
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Orientation Session 6

Graduation Requirements

11:20 - 11:35

A decorative border of various colored pencils (red, purple, blue, teal, green, yellow, orange) is arranged around the central text, pointing towards the center.

⁶⁶The adventure of life is to learn. The purpose of life is to grow. The nature of life is to change. ⁹⁹

William A. Ward

Graduation Requirements Class of 2024





Graduating

You need 22 credits to graduate.

You earn $\frac{1}{2}$ credit for each class you successfully complete by earning a passing grade in the course.

1. Semester One: 8/20-1/21

Freshmen have a chance to earn 3 ½ credits in the first semester. Freshmen will have opportunity to earn 7 credits by the end of the 9th grade year.



What you need



Subject	Credits
English	4
Social Studies	3 (req. US, NSL, MWH)
Science	3 (Biology, Chemistry, Physics)
Math	4 (incl. Algebra I or II, & Geometry)
Physical Education	1
Health	0.5
Fine Arts	1
Other Classes (x9)	4.5
Tech Ed	1



Other Requirements

- ✗ SSL Hours (x75)
- ✗ State Tests
 - Algebra
 - English 10
 - NSL
 - MISA (Maryland Integrated Science Assessment)



Credits

- ✗ Presentation template by [SlidesCarnival](#)
- ✗ Content prepared and arranged by Ms. Vickie Adamson



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An aerial photograph of a large, multi-story school building with a complex roofline and multiple wings. The building features a mix of brick and light-colored siding. A parking lot with several cars is visible in the foreground, and a road curves around the building. Trees and greenery are scattered throughout the scene.

Orientation Session 7

Getting Involved: Extracurriculars

11:37 - 12:00



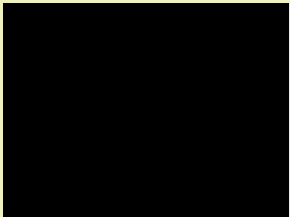
Getting Involved

★ If you didn't sign up for Baron Blast in Period 2; please do so now!

- Freshman: Send this message @barons2024 to 81010

Club Coordinators

Lulu Arteaga Baeza
& Ariel Ruiz



Benefits of Joining a Club

- It's a great way to meet new people, especially in this virtual school environment.
- It's a way to de-stress by doing something you like doing.
- It's a way to learn something new!
- Depending on the club, you may end up doing things to earn SSL hours.



Clubs at B-CC

- We have over 100 clubs at B-CC!
- There's a club for everyone, and if you can't find one, you can start a new one!
- We will have a virtual Club Fair in early September.



More Information About Clubs

List of Clubs

[Click here for a list of clubs from the 2019-2020 school year.](#)

Take a few minutes to look at the list to see if any interest you!



Scan here for a copy of the club list!

Registering Clubs

All students will get an email with instructions for registering a club for the 2020-2021 school year.

All clubs must have a sponsor and must decide if they will meet at lunch or before or after school.

Athletics at B-CC



Athletics will offer three virtual seasons:

Fall season will be September 14-October 16

Winter season will be October 26-December 4

Spring season will be December 14-January 22

There will be no cuts. Everyone who is interested will have the opportunity to see what it's like to be on a high school sports team.

Anyone
interested in
participating
must have a
valid physical!

[Click here for
registration information](#)
or scan ➡




What Will These Virtual Seasons Look Like?




Each week, coaches will focus on one of the MCPS RAISE CORE VALUES.




Respect & Sportsmanship



Academic Excellence



Integrity & Character



Spirited & Safe Competition



Equity & Access

Who to Contact:

Athletics: Mr. Mike Krawczel
Athletic Specialist
Michael_R_Krawczel

Clubs: Mrs. Michelle Dean
SGA Sponsor
Michelle.D.Dean@mcpsmd.net

Feedback



Session Evaluation

Go to the chat where there is a link for the feedback survey.

[Teachers, please paste this link in the chat for students to access:

<https://forms.gle/WojUbbKmEXnh9q8X9>]



**This concludes the
orientation. Thank you
for your participation!
Welcome, again, to B-CC!**

