



Freshman Academy Guidebook

- Available at www.rcas.org
 - [Hover on the Schools Tab, choose Stevens](#)
 - [Hover on Our School then choose Registration](#)

Timeline

- Follow up registration information session at West Middle School on February 28, March 1, in 4th block class
- Follow up registration information session at Southwest Middle School on February 28, March 1 in Enrichment class
- High school counselors register 8th grade students
 - Southwest -March 7, 8 (12:05 pm)
 - West -March 9 (1:32 pm)

Staff

- Principal Jocelyn Hafner
- Assistant Principals Krista Inman (A-G) Tyler Rachetto (H-N) Julie Thompson (O-Z)
- School Counselors Jerry Johnson (A-C&V-Z) Roxann Engel (D-J) Tracy Freidel (K-N) Sonja Gab (O-U)
- Activities Director Jared Vasquez (retiring end of this school year)
- Jamiee Exner Registrar
- Matt James Academy Coordinator

Completion of Course Selection due March 6

Work together with your child to complete the 9th grade registration sheet. Students will receive the course selection registration sheet from their middle school teacher on Feb 28 or March 1. The course selection sheet can also be found on the Stevens High School Registration Website. Dropping a class after registration is not allowed; therefore, work together to finalize your child's course selections.

If you are a West Middle School student, turn in your completed registration sheet to your 4th block teacher no later than March 6.

If you are a Southwest Middle School student, turn in your completed registration sheet to your Enrichment teacher no later than March 6.

Registration Assistance

- Students at Southwest will receive assistance from Stevens staff on March 7 or March 8. Students at West will receive assistance from Stevens staff on March 9. You are also welcome to call 394-4025 and ask for Jamiee Exner (SHS registrar).

Tips for High School Success

Attendance -Students are more likely to succeed in academics when they attend school consistently. It is difficult for the teacher and class to build student skills and progress if students are absent.

Get organized - Utilize the strategies found in *That Crumpled Paper Was Due Last Week*. This book gives practical advice on how to get organized.

Get adequate sleep - 80% of high school students get less than the recommended amount of sleep.

Maintain regular sleep patterns, avoid electronics two hours prior to bed time and get 8.5-9.5 hours of sleep.

Take responsibility for your physical and mental health -Young people who have healthy diets and engage in regular exercise are half as likely to have depression and anxiety.

Get Involved

Research shows students who are involved in activities perform better in the classroom and report having a more enjoyable experience in high school. Scan the code below for more information on Stevens activities.



We encourage you to learn and promote school spirit. When you hear the school song at an event, it is customary to stand, clap, and sing. **RAIDER FIGHT SONG** by Dr. Paul Yoder



Hit the line, Stevens Hi!
And be a winner here today;
We are the fast charging Raiders
And we'll be fighting all the way;
(So get the ball and)
Go! Stevens Hi!
You know we're proud to bear that name;
We're shouting R-A-I-D-E-R-S,
Come on and win this game.