



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 March 5, 6, 7th period class
- Follow up registration information session at Southwest Middle School March 5 and 6 in Enrichment class
- High school counselors register 8th grade students
 - Southwest -March 3, 4 (7th period)
 - West -March 5, 6 (Enrichment class)

Staff

- Principal Jocelyn Hafner
- Assistant Principals Krista Inman (A-G) Tyler Rachetto (H-N) Julie Thompson (O-Z)
- School Counselors Anah Widener (A-C&V-Z) Blake Addison (D-J) Tracy Freidel (K-N) Sonja Gab (O-U)
- Activities Director Nick Karn
- Registrar Jamiee Exner
- Pathway Coordinator Matt James

Completion of Course Selection due February 27

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 19.

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 7th or 8th period teacher no later than February 27.

If you are a Southwest Middle School student, turn in your completed registration sheet to your Enrichment teacher no later than February 27.

Registration Assistance

- Students at Southwest will receive assistance from Stevens staff on March 3 or 4. Students at West will receive assistance from Stevens staff on March 5 or 6. 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 strategies to stay 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 bedtime and get adequate sleep.
- Take responsibility for your physical and mental health -Young people who have healthy diets, engage in regular exercise, and establish boundaries around screen time are half as likely to have depression and anxiety.
- Reading the book *The Anxious Generation* by Jonathan Haidt provides parents with essential insights and practical strategies to promote students' physical and mental health in today's challenging environment. The author shares parents unfortunately overprotect their children in the real world and under protect their children in the virtual world. We encourage you to read this book to establish healthy boundaries around screen time and help improve your teens' physical and mental health.

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.