

Information for Incoming Families

Fall 2023



Welcome!



Yvonne Shiu, Principal

Mike Holtz, Assistant Principal, Grades 9 & 11

Gary Hong, Assistant Principal, Grade 10 & 12

Lauren Ponti, Assistant Principal, ELD

Michelle Torres, Dean of Students

Tuesday, October 24th


Join us for 8th Grade Family Night!

6:30pm in the SMPAC

- *Meet SMHS students, parents and staff*
- *Take a tour of our beautiful campus*



Why San Mateo?

- Caring and supportive community
 - Diverse environment
 - Opportunities for all
 - Academic
 - Athletic
 - Interests
 - Academic rigor and excellence
- 

Cell phone free environment- YONDR



Fall 2023 Population

Grade Level	Total
9	383
10	360
11	381
12	461
Total	1583

Fall 2023 Demographics

Asian Indian	112
African American	17
Asian	223
Other Asian	31
Filipino	42
Latinx	781
Multiple Races	87
White	259
Other PI	31
Total	1583

From which middle schools do our students come?

Middle School	9th	10th	11th	12th	Total
Abbott	56	57	48	57	218
Bayside	41	34	37	29	141
BIS	4	9	3	6	22
Borel	81	66	62	79	288
Bowditch	142	113	113	137	505
Crocker	14	15	24	13	66
North Shoreview	7	3	7	9	26
Other/Private	38	63	87	131	319



This year's freshman class from Bowditch



- 54 freshmen are enrolled in English 1CP
- 79 freshmen are enrolled in English 1 AS
- 88 are enrolled in Algebra 1
- 22 are enrolled in Geometry
- 24 are enrolled in Algebra 2
- 1 is enrolled in Precalculus



This year's freshman class from Crocker



- 8 are enrolled in English 1CP
- 6 are enrolled in English 1AS
- 10 are enrolled in Algebra 1
- 2 are enrolled in Geometry
- 1 in each Algebra 2, AP Calc AB and AP Comp Sci

SMHS School Counseling Program



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SMHS Grade Level Counseling



- Each **grade level** has a **school counselor** who follows and supports students throughout all 4 years.
- **ELD Counselor** 9th-12th - Supports students learning English as a second language.
- **College Advisor** - Supports students and counselors with post-secondary plans and goals.
- **Career Coordinator** - Supports students and counselors with internships, career goals and volunteer opportunities.

FRESHMAN COURSES

- English CP (College Prep) or AS (Advanced Standing)
- Ethnic Studies-1 semester/Health-1 semester
- Biology
- Mathematics
- Physical Education
- Elective or Support Class
- Elective or Support Class-OPTIONAL 7 Period Day

English Department

Graduation
requirement
four years of
English

Students can self-place into...

OR

Advanced Standing (AS)
English 1 & 2

College Prep (CP)
English 1, 2, 3, & 4

AP English Language
(instead of English 3)

AP English Literature
(instead of English 4)

Publications (Yearbook)
Grades 9-12

**Advanced
Publications**
Grades
10-12



**English
Department
Electives**

Creative Writing
Grades 10-12

Journalism
Grades 9-12
Advanced Journalism
Grades 10-12

THE BEST NAME IN SCHOOL NEWS SINCE 1922

THE SANMATE HI



English Department Electives!

Journalism:

In journalism, students...

- Produce an issue of our school newspaper *The San Mateo Hi* once every 4-6 weeks.
- Write and record podcasts.
- Practice basic photojournalism
- Maintain our website thesanmateohi.org and our Instagram account [@sanmateohi](https://www.instagram.com/sanmateohi).
- Receive CTE credit

Freshmen are most welcome to join the class, and students who take journalism for a second or third year will be able to pursue leadership positions in their 10th, 11th, and 12th grade years.

Publications (Yearbook): *a CTE class*

In Publications, students are staff who...

- Run a \$50,000 / year business
- Create, design, and publish a 304+ page yearbook by May
- Use individually assigned DSLR cameras to capture photos of school events, academics, and sports throughout the year
- Interview peers, write feature stories, and add photo captions

In Advanced Publications,

- Students are editors who take on extra design and organizational responsibilities in order to develop leadership and management skills

Creative Writing

- Open to 10-12 graders
- Focus on student writing through workshops
- Short & extended fiction, poetry, and nonfiction
- Experimenting with techniques!
- Collaboration with Art programs
- Literary & Art magazine, *Polyglossia*, once per semester

Follow @mateo.yearbook on Instagram!

Social Science



Grade	Required Course
9th	Ethnic Studies (1 Semester)
10th	Modern World History or AP World History, Modern (Full year)
11th	US History or AP History (Full year)
12th	Government and Economics (1 Semester each) or AP Government and AP Economics (1 Semester each)

Grade	Elective Course
11/12th	Law and Society and Sociology (1 Semester each)
11/12th	Latina/o Studies
11th/12th	AP Psychology
11th/12th	Any AP course can be taken for elective credit

Courses for English Learners

EL Modern World History (Full year)

EL US History (Full year)

EL Government & EL Economics (1 Semester each)





Health class is a one semester course and graduation requirement taken *freshman year*. Our teachers take a **holistic** approach to health education in which you will consider how several aspects of your **identity** and life **intersect** to affect and influence your personal health **behaviors**, as well as consider how you can make **wise decisions** to **improve** or **maintain** your health through the many stages of life.

Substance Use Reflection

FOSTER - F

Most Significant Takeaways of Drug/Alcohol Use

- Most teens get addicted to psychoactive substances because of curiosity and peer pressure as well as their perceived peers. Some of the kids' perceptions, add false myths from shorts building up tolerance and dependence. Adding the more which not given any they start experimenting on their psychoactive substances like tobacco, leading them to life-threatening dangers.
- When most people realize that they do not want to live a life of dependence on drugs and alcohol, they try to withdraw. With the severe symptoms of withdrawal, like tremor, fatigue, hallucinations, anxiety, etc, most people relapse because of their dependency on the drug.
- In alcohol abuse, the amount of blood alcohol concentration (BAC), can affect your performance. It would be impaired, less alertness, and less reaction time. Some people who run lead to sports, memory, and balance impairment. Some people who run lead to sports, memory, and balance impairment. Some people who run lead to sports, memory, and balance impairment.

Why not Drugs?

- College plans and jobs/departments for family
- Many can affect school performance.
- Good relationships with family and friends
- Many can change your behavior and shape your life.
- Sports
- Many can affect school performance.

Healthy Coping Mechanisms

- Sleeping (taking a nap)
- relaxation
- watching movies/TVs
- relaxation & family
- Exercise (volunteering)
- hobbies (reading, drawing, etc)
- relaxation (yoga)

Natural Rewards

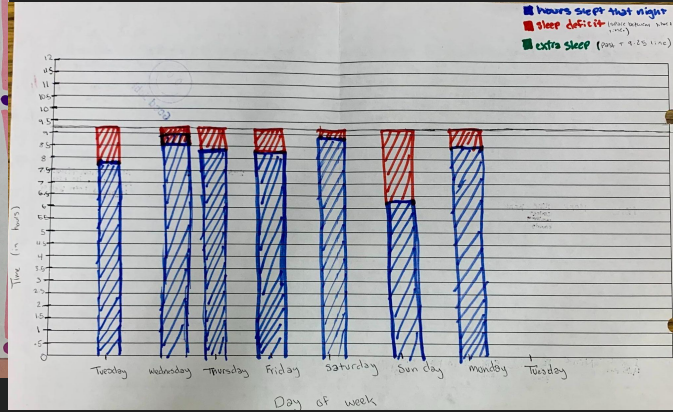
- getting good grades in school
- being a good team member
- listening to music/playing music
- reading a book
- playing your favorite sport/games

Healthy ways to meet human needs

- Learning self-defense
- calling and talking to all
- Love/Relationships
- friend relationships with family/friends
- meeting & talking to close friends
- Exercise/fitness
- having new things
- working and SELF-ACCOMPLISHMENT
- meeting goals
- achieving goals

I Am Capable Of

- My eyes allow me to see family, friends and other people I love.
- My ears are capable of letting me enjoy music.
- My mouth is capable of smiling to let people know that I am happy.
- My hair is capable of whipping around while I dance.
- My arms allow me to hug the people I care about.
- My hands are able to hold pencils so I can write.
- My thighs are strong so I can support heavy things.
- My knees can bend so I can sit down and rest.
- My ankles move so I am able to point my foot.
- My feet keep me from falling over so I can stand up.



Sleep-Stress Management

1) Not getting enough sleep/ managing stress could lead to:

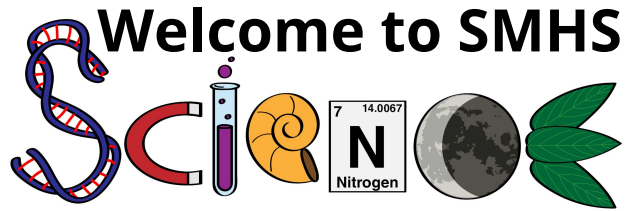
- Disease
- Obesity
- Accidents
- Bad school performance

2) Strategies to get more/ better quality of sleep:

- Set + follow a schedule.
- Nap strategically.
- Exercise regularly.
- Avoid substances that impair w/sleep.
- Relax before bedtime.
- Create a comfortable sleep environment.
- Control exposure to light.

3) Stress management techniques:

- Manage your time
- Set Limits
- Maintain a positive attitude!
- Distract yourself
- Use relaxation techniques:
- Deep breathing
- Visualization
- Progressive Muscle relaxation
- Express your feelings
- Take care of yourself
- Laugh
- Seek professional help (when needed)



2 years science required for graduation

Biology



**Chemistry
and/or
Physics**

AP Sciences

AP Biology
AP Chemistry
AP Physics
AP Environmental Science

Biotechnology 1

Biotechnology 2

**Biotechnology
Independent
Research &
Internships**

All Freshmen
start with
Biology.
All following
years you can
take 1 - 3
more science
classes/year.





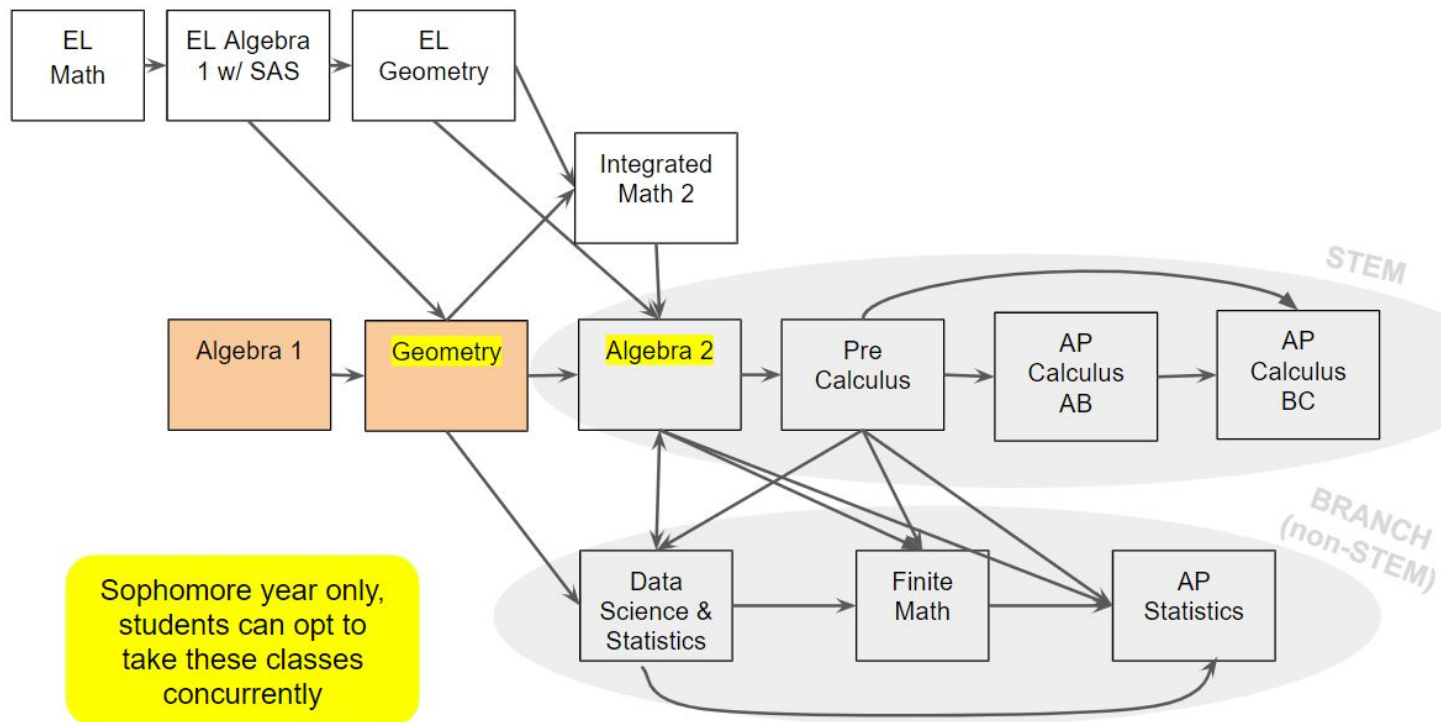
San Mateo Biotechnology Career Pathway

- **Authentic lab skills development**
- **4 year pathway with an internship opportunity**
- **Dual Enrollment agreement with Skyline College**
- **Career exploration field trips**
- **Partnerships with local biotechnology companies**

Math: Sequence of Courses!



- Students begin high school with the course consecutively following the last
- WASC accredited course they completed. There is no placement test.



Physical Education Department

- PE 1-Freshman Year
- PE 2-Sophomore Year (Opt out Option)

PE is a 2 year graduation requirement.

- Weight Conditioning, a PE Elective, can be taken after completion of the graduation requirement.



World Language Department



- Mandarin Chinese: Levels 1-3, 4H, AP Language
- French: Levels 1-3, 4H (option to take AP exam)
- Spanish: Levels 1-3, 4H, Spanish for Native Speakers 1-3, AP Language, AP Literature
- Placement:
 - Students with little or no previous language experience, will be placed in level 1.
 - Students who took French or Spanish in Middle School will be placed in level 1 or 2 based on teacher recommendation.
 - Students who have Chinese or Spanish as 1 of their home languages or have Immersion School experience will be asked to take a placement test in the Spring.
 - Students requesting level 3 or higher, will be asked to take a placement test to assess the appropriate level.

Performing Arts - Drama

- We offer **two musicals** and **one main stage play** every year.
- We perform in the **San Mateo Performing Arts Center**.
- We offer **Drama, Advanced Drama, Musical Theatre** and **Cinema and Society** classes.
- We are committed to fostering an **equitable** and **diverse** department where all of our students see themselves in the art we create.



Instrumental Music Director: Matthew Gallegos
For more information about each music group, please visit
bearcatmusic.org!

Performing Arts-Music



Symphonic Band

Bella Sinfonia



Concert Band



Marching Band



Color Guard



Jazz Band

Performing Arts - Choral Music

- **Concert Choir**

- For those with some singing experience or for those who love to sing and want to be in a supportive community to learn about music on a higher level.

- **Chamber Singers**

- For the dedicated singer who wants to take performing to the highest level. This class meets outside of the regular school day. Students are accepted by audition.

- Contact Mr. Reifschneider -
sreifschneider@smuhsd.org



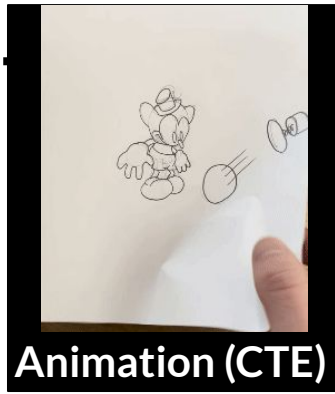
Performing Arts-Dance

- 5 classes offered: Beginning dance, Intermediate dance, Advanced dance
- All students perform in end-of-year show **Mateo Motion** in the San Mateo Performing Arts Center
- We aim to train **well -rounded, open-minded, and confident** dancers!
 - Students learn a variety of styles such as jazz, tap, contemporary, hip hop, and house
- *Students in intermediate and advanced dance are invited to attend our field trip to NYC where they will take professional dance classes, see 4 Broadway shows and tour the city! *Need based financial aid available.**

www.smhsdance.org



Visual Arts



Animation (CTE)



Digital Photography (CTE)



Media Arts (CTE)

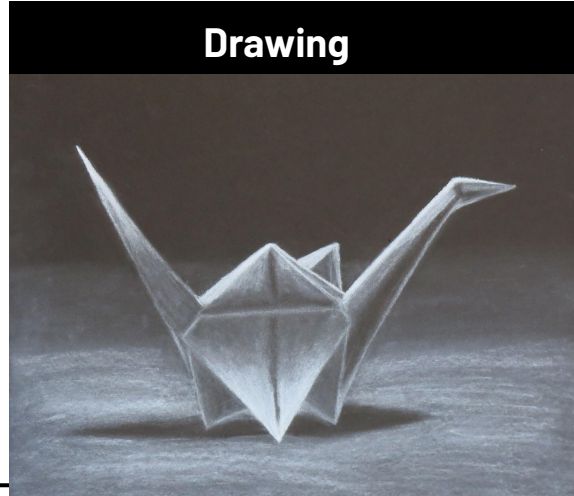
Sculpture/3D Art



Art



Drawing



Each of the Visual Art Pathways has **Beginning, Advanced and AP levels**. There is something for everyone at any level or interest.

VISUAL ART OPPORTUNITIES

Extracurricular Art at SMHS!



SMHS [Art Certificate](#) Program: students design and work independently on art projects with teacher mentors; meet as a community; have opportunities for art contests, awards, exhibits and scholarships in visual art.

Art Club/Art Contests/Chalk Fest/Art Exhibits in the SMHS Art Gallery and Campus

Check us out **@smhs_art**





San Mateo High School Foods & Hospitality Program

Foods and Nutrition*

This **introductory course** focuses on basic **culinary fundamentals** and principles of **nutrition**. Students will learn various **cooking techniques** through preparation of selected foods while practicing **industry specific protocols**. Emphasis is on understanding how to make **healthy food choices for optimal health**. **Careers in Foods and Hospitality** will be explored while career interests and aptitude assessed. Employability and **job acquisition skills** are emphasized.

CTE (Career Tech Ed) Graduation Requirement

Skyline Dual Enrollment Credits Opportunities

-[HTM 101 –Intro to Hospitality](#) (3 units)

-[HTM 120 –Sanitation Practices](#) (3 units)

*A-G Approved Elective

CSU Transferable College Credit

[Food Handlers Certification](#)

Weighted GPA Points



Skyline
COLLEGE

Culinary Arts

This **upper level** course is intended to give students opportunities to practice and expand knowledge of **food preparation** through **menu planning, costing** and **applying nutritional knowledge**. Students in Culinary Arts are responsible for operating the **Culinary Café**, a **mobile food service café that serves school staff**. With Foods & Nutrition serving as the foundation class, Culinary Arts creates a career pathway sequence in the Foodservice and Hospitality Industry Sector. This class emphasizes **industry standards** while providing experiences for students to develop employability skills to prepare for a successful transition to post secondary training and employment.

Skyline Dual Enrollment Credits Opportunities

-[HTM 124 –Excellence in Guest Services](#) (.5 units)

-[HTM 125 –Restaurant and Banquet Operations](#) (1 unit)

[Food Manager's Certification](#)

[American Hotel & Lodging - Guest Service Gold](#)

[Responsible Beverage Service \(RBS\) Training & Certification](#)

[Food & Beverage Entry-Level Professional Skills](#)



Advanced Training Opportunities

[Skyline College](#)

Hospitality and
Tourism
Management

[City College of San Francisco](#)

Culinary Arts And
Hospitality
Studies

[San Francisco State University](#)

Hospitality &
Tourism
Management
Nutrition &
Dietetics
**Undergraduate &
Graduate
Degrees**

[San Jose State University](#)

Bachelor of
Science,
Hospitality,
Tourism & Event
Management
**Undergraduate
Degree**

Did you know?????

★ The Food Service Industry is **HIRING!!!**

★ There are **234,410 Job Openings** in Food Service projected in the next 10 years.

★ Food Service Jobs are Open to students as young as **14 years old**.

★ The Average Wage in San Mateo County for Food Service Workers is **\$18/hour**.

★ Many Food Service Jobs include **Tips** in addition to Hourly Wages.

★ The Food Service Industry offers **Flexible Hours**, perfect for high school and college students.

★ Food Service Experience provides Excellent Training in **Transferable Job Skills** for ALL Industries.

★ With **5 College & Industry Certifications**, SMHS Foods & Hospitality Students can quickly **Advance** to Higher Level Positions and Wages.

[Link to Program Flyer](#)

ELD (English Language Development)



- Largest ELD program in the district
- Skilled, caring, & responsive community of staff & faculty
- Help navigating school and life in the U.S.
- Full time ELD School Counselor (Mr. Chavez)
- Assistant Principal (Ms. Ponti) dedicated to ELD program
- Spanish-speaking Wellness Counselor
- Instructional Associates, Peer Tutors, & TA's in many ELD/EL content classes providing academic/ language support
- Tutoring in the Bearcat Den
- WASC Goals centered around ELD student achievement

Level 1	ELD 1- Designated & Integrated
Level 2	ELD 2- Designated & Integrated
Level 3	ELD 3- Designated & Integrated (A-G Approved)

Also, EL content area classes in math, science and social studies

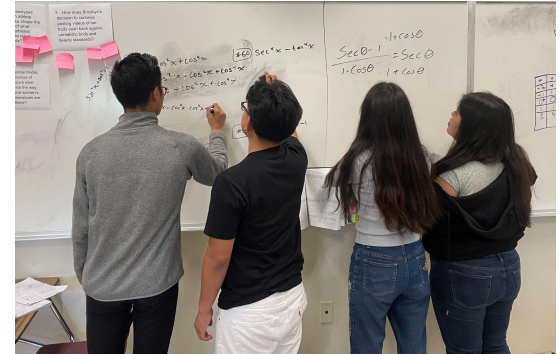
Special Education

- Directed Studies
- Co-taught Classes
 - Math
 - English
- SAI Content Classes
 - Math
 - English
 - Science
 - Social Science
- Therapeutic Elective Class (TEC)
- Articulations happen in May.

AVID



- Stands for **A**dvancement **V**ia **I**ndividual **D**etermination
- 4 year elective class focused on getting college ready
- For students who are any of the below:
 - 1st generation college students
 - Under-represented minorities on college campuses
 - Low socioeconomic status
 - Middle level/high level students (minimum C average)
- In AVID class you will
 - Develop study and organization skills
 - Learn about and get help applying to college
 - Apply to scholarships
- 2 field trips to college campuses a year (Pre/post pandemic)



Leadership Opportunities:

Freshman Class Council
Renaissance Leadership Class
SMHS Clubs
Athletic Leadership

Anahita Ghajarrahimi
Activities Director/Leadership Teacher
Alfonso Dueñas
Renaissance Coordinator
Nick Piccininni
Athletic Leadership Teacher



Athletics



22 athletic programs

43 Teams

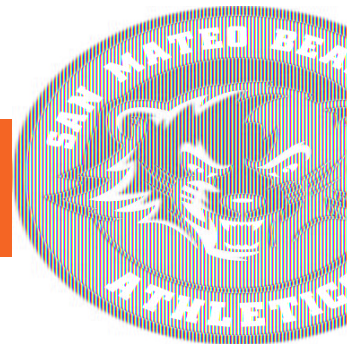
Freshman teams



The San Mateo Athletic Department seeks to field competitive teams that encourage student-athletes to exhibit a winning effort, good sportsmanship, and demonstrate respect for all.



Athletics



45% Coaching Staff On Campus employees

Back to back football league champs

Two League Player of the Year

Badminton state qualifiers



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Advanced Placement Program

- **We offer 22 courses in all subjects:**
Including Art, Computer Science, Psychology, World Languages
- **SMHS AP Guidelines:**
 - Three AP/Honors/AS courses per semester
 - Ability to request 4+
- **Increased number of offerings each year:**
 - 10th Grade - AP World History, World Language (4H), AP Science
 - 11th/12th Grade - All courses become available



SCHOOL SUMMARY

	2019	2020	2021	2022	2023
Total AP Students	529	547	502	509	497
Number of Exams	1,231	1,167	1,072	1,146	1,212
AP Students with Scores 3+	451	451	391	433	422
% of Total AP Students with Scores 3+	85.26	82.45	77.89	85.07	84.91

Important dates



November 6, 2023

www.smuhsd.org/enrollment

Priority 1 Enrollment Window November 6, 2023-February 9, 2024



- Requests for Intra-district Transfers and Sibling Transfers
- Once enrolled, you will receive a confirmation email.
- Enrollment must be completed in order to be programmed for classes
- All documents can be submitted online
- Contact the Student Services office at enrollment@smuhsd.org if you have any questions
- Vaccination documentation is a part of the enrollment process.

February 2024

Lottery for Intra-district Transfers

