

Fort Hill High School

Student Guide

Address – 500 Greenway Avenue, Cumberland, MD 21502

School Phone – 301-777-2570

Attendance Office – 301-777-8012

School Fax – 301-777-2572

Cafeteria – 301-724-9197

Administrators:

Stephen M Lewis, Principal

Ben Brauer, Assistant Principal

Richard King, Assistant Principal

Paul Green, Athletic Director

Dee Kalbaugh, Resource Facilitator

From the Desk of the Principal: On behalf of the faculty, staff, and administration I extend our warmest welcome to you. We are very pleased to have you join the Fort Hill High Community. Our goal is to provide guidelines which define your responsibilities as students. All students are expected to behave in a manner appropriate to high school. You share a responsibility to keep Fort Hill a place where we share and feel pride. Proper student behavior is expected in halls, in classrooms, on campus and while attending extracurricular activities.

Three Keys to Success at Anything – 1. Be on time 2. Be at your best 3. Be courteous

Table of Contents

Information	Page #	Information	Page #
Address Information	2	Honor Roll	4
ACT/SAT Information	8	How To Get Good Grades	14
Alcohol/Drug Use	5, 11	Lunch Program	3
Alma Mater	13	Make-Up Work	4
AMAC Conference/City Leagues	11	Maryland's Youth Access Law	6
AP Courses and Exams	8,9	Medications	3
Athletics	10, 11, 12	Merit Certificate	7
Attendance	2	MSAP Team	9, 10
Book bag Regulations	3	National Honor Society (NHS)	4
Care of School Property	5	NCAA Clearinghouse	13
Career Clusters	8	Obligations	5
CCTE	8	Parking Guideline	3
Cell Phones/Pagers/Electronic Devices	5	Peer Mediation	9
Completer Prog./Required Courses	8	Personal Property	5
Computer/Internet Use	6	Portfolio and Resume Construction	5
Dances/Proms	3	Schedule Changes	4
Discipline	6,7	School Newsletter	4
Dress and Appearance	3	School Facts	13
Early Dismissal	3	Special Events	9
Extracurricular Activities	9	Sports/Coaches	11
Fight Song	13	Student Service Learning	5
Forms for Completion	2	Tardy	2, 3
GPA	4	Time Schedules	2
Graduation/Diploma Requirements	7	Tips for Parents	14
Guidance Services	4	Tutoring	4, 5
Homecoming Information	4, 12	Web Site	10

Time Schedules

Regular School Day	
7:30 am	Doors Open
7:40 am	Warning Bell
7:45 am	Announcements
7:45 am – 8:30 am	Period 1
8:34 am - 9:19 am	Period 2
9:23 am – 10:08 am	Period 3
10:12 am – 12:12 pm	Period 4
10:12 – 10:42 am	Shift I
10:42 – 11:12 am	Shift II
11:12 – 11:42 am	Shift III
11:42 – 12:12 pm	Shift IV
12:16 pm – 1:01 pm	Period 5
1:05 pm – 1:50 pm	Period 6
1:54 pm – 2:39 pm	Period 7
2:39 pm	Student Dismissal
2:48 pm	Bus Dismissal
3:10 pm	Staff Dismissal

Important Dates	
School Picture Day – September 28	
Parent Conference – October 1 (8:00 am – 3:30 pm), February 10 (10:00 am – 5:30 pm)	
Report Card Distributions – November 16, February 8, April 22, and by mail June 22	
Jr./Sr. Prom – May 8	
Last Day for Seniors – May 21	
Graduation – May 25	
Last Day for Underclassmen – June 8	
SAT Exams – Oct. 10, Nov. 7, Dec. 5, Jan. 23, March 13, May 1, June 5	
PSAT Exam – October 14 & 17	
ACT Exams – Sept. 12, Oct. 14, Dec. 12, Feb. 6, April 10, June 12	
Quarterly Benchmark Exam Dates – TBA	

2 Hour Delay Schedule	
9:30 am	Doors Open
9:40 am	Warning Bell
9:45 am – 10:23 am	Period ____
10:27 am – 11:05 am	Period ____
11:09 pm – 1:09 pm	Period 4
11:09 – 11:39 am	Shift I
11:39 – 12:09 pm	Shift II
12:09 – 12:39 pm	Shift III
12:39 – 1:09 pm	Shift IV
1:13 pm – 1:53 pm	Period ____
1:57 pm – 2:39 pm	Period ____
2:39 pm	Student Dismissal
2:48 pm	Bus Dismissal
3:10 pm	Staff Dismissal

Periods Rotate as Follows:

A --- **Periods 1-2-4-5-6**

B --- **Periods 1-3-4-5-7**

C --- **Periods (1 Homeroom for Attendance) 2-3-4-6-7**

3 Hour Early Dismissal Schedule	
7:30 am	Doors Open
7:40 am	Warning Bell
7:45 am – 8:20 am	Period 1
8:24 am – 8:59 am	Period 2
9:03 am – 9:36 am	Period 3
9:39 pm – 11:39 am	Period 4
9:39 – 10:09 am	Shift I
10:09 – 10:39 am	Shift II
10:39 – 11:09 am	Shift III
11:09 – 11:39 am	Shift IV
11:39 am	Student Dismissal
11:48 am	Bus Dismissal

Periods are always 1 - 4

Forms students need to complete and return:

- | | |
|---|--------------------------------------|
| 1. Emergency Card (for Nurse) | 3. Telecommunications (Computer Use) |
| 2. Extracurricular Activities Participation (if applicable) | 4. Pesticide (if Allergic) |

Address Change: The State Department of Education requires a *proof of residency* (such as electric bill, gas bill, etc.) on file before a change of address is made on the computer system. The school cannot change the address from the information put on the emergency card.

Attendance Procedure: When a student is absent, a guardian should inform the Attendance Office by calling **301-777-8012** after 7:30 am indicating the reason for the absence.

Tardiness (unlawful absences) to school: Students report to their first class for roll at 7:40 to 7:45 am. If students are not in class prior to the start of announcements at 7:45 am, they will be sent to the Attendance Office. Tardiness shall be treated in a similar manner as lawful or

unlawful absences. Parents should accompany the student to the Attendance Office if special circumstances arise (maximum of 3 in 9 weeks).

Attendance/Tardy Policy: Students must be in school to attend or participate in extracurricular activities. Students must maintain good behavior, good attendance, and not accumulate excessive tardys or uncertified days absent to participate in any school activity including field trips. Parents will be notified by letter if absences total 12 and 15 days. At these intervals, disciplinary action may be taken by the principal. At 15 unlawful days absent or tardy, credits will be rescinded. Warnings, letters to parents, detentions, suspensions and HSA Summer School will be enforced to try to prevent the loss of earned credits. A loss of credit may result in accordance with Board of Education policy.

Students Dismissed Early: To be excused early, a student must bring a note from his/her parent/guardian to the Attendance Office during morning bus arrival. In addition, the parent/guardian must call the school, prior to the early dismissal time, to verify that the student may be released. Students leaving early between the times of 2:00 pm – 2:39 pm should make arrangements to meet in the rear of the building due to the arrival and departure of busses. There is no parking in the loop in front of the school between 2:00 and 2:50 p.m.

Book bag Regulations: Students will not be permitted to carry book bags during the school day. Book bags may be used to carry materials to and from school only. The book bag must be kept in the student's locker during the school day.

Dress and Appearance: Students and parents share the responsibility for appropriate dress and grooming. Appearance and dress that is a disruption to the school is not permitted. Shoes must be worn. Clothing, buttons, tattoos or signs with profane, vulgar or inappropriate words or pictures will not be permitted. This includes items which suggest or depict illegal drugs, violence, gang activity or alcohol. Any type of hat or bandanna is not to be worn in the halls or classrooms (including PE).

Lunch Program: Students should inquire if they are eligible for free/reduced lunch. Students have a 30 minute period to eat lunch. There is a "no charge" policy in effect. No students are excused for lunch.

Medications: School personnel are not permitted to provide any medication (including aspirin) to students without a blue authorization form. A guardian must bring medication to school containing written instructions to the nurse. Do not send in medication with students. If a student is using an inhaler or epi-pen, a physician's authorization form must be completed.

Parking Guideline: Students parking on school property need to secure a parking permit in the Main Office. A limited number of permits are available and may be used in designated areas only. Violators will be subject to disciplinary action. Cost of permit is \$2.

Dances/Proms: Middle School students and individuals 21 years of age or older are not permitted to attend For Hill sponsored dances or proms. If you are bringing a student from another school, a *Guest Verification for Dances* form must be filled out and approved before purchasing your dance ticket.

Homecoming Week: Days and times will be announced when parents and students may come to school to decorate lockers. Decorations should be positive in nature. Please, DO NOT use glue on the lockers.

School Newsletter: The Sentinel Alert is published and distributed 4 times per year. It contains important information, events, and dates.

Guidance Services: To make the most of your experience at Fort Hill, you must utilize the services of the Guidance Office. Guidance provides help to students who are having problems/difficulties or who simply need someone to talk to regarding a concern or issue. However, Guidance does much more than that here at Fort Hill. Counselors advise students on what they need to graduate and other educational opportunities available at Fort Hill. Services are available for college entrance and information, financial aid, testing, and scholarships. Scholarship information is *free* and there is no need for students to pay for this information.

Schedule Changes: No changes will be made except those effecting graduation, Career Center, or completer programs.

Make-Up Work: Daily classroom attendance is essential for success in school. As a result the following guidelines have been established to assist students and parents. In case of an absence of one or two days, students have one day to make up the necessary work. If a student is absent three to five days, that student will have one week to make up the necessary work. For more than five days of absence, an arrangement needs to be made with the teacher or guidance counselor. Credit may not be given for work that is not completed on time or for work missed due to unexcused absences.

Honor Roll: Students who receive all “A’s” or all “A’s & B’s” on their report cards will be recognized each marking period.

Grade Changes: If a grade is not correct on your report card, see the appropriate teacher to make the change; then bring it to the main office so a copy can be made for the Board of Education Technology Department.

What is a GPA and why does it matter?: GPA is an abbreviation for Grade Point Average. Your cumulative GPA is all of your grades (on your report cards) averaged from your first report card in high school to your present/last report card. GPA determines your class rank. Class rank is how you rate compared to your fellow classmates. It matters because not only do colleges and universities use these statistics but future employers do as well. So remember, always put forth your best effort!

National Honor Society: Students are nominated at the end of their tenth grade year for entrance into the National Honor Society. Students must have a 3.5 GPA and recommendations from five teachers based on academics and character. Once inducted into the National Honor Society, students must maintain a 3.5 GPA.

Tutoring: The National Honor Society (NHS) provides a tutoring service to the students of Fort Hill who wish to make use of such service. If you want to be tutored, you may pick up an application in the Guidance Office. Only sign up if you want help and are willing to commit

yourself to working for improvement. Moreover, several teachers are available for after-school tutoring. Please see a guidance counselor regarding this.

Student Service Learning: In July 1992, Maryland became the first state in the nation to establish a service learning graduation requirement for public school students. Service Learning has been incorporated into grades 6 through 9. The 75 hours of Service Learning required for high school graduation will be counted when students successfully complete the hours at those grade levels. In high school, if students complete a total of 132 Service Learning hours, (the 75 required plus an additional 57), they will qualify for the Service Learning Graduation Credit and other awards of recognition. Students are required to document these hours by completing and submitting a reflection/verification form. The Service Learning coordinator will assist any student transferring from out-of-state or from nonpublic schools.

Portfolio and Resume Construction: It is very important that students at Fort Hill demonstrate their knowledge and skills in ways that can better advance them in the future. Portfolios and resumes are great ways to display these attributes to colleges/universities and potential employers. Please make use of your experiences and the faculty at Fort Hill to help you with these endeavors.

Care of School Property: Students are responsible for the proper care of books, supplies, equipment, and furniture supplied by the school. Students who damage or lose school property or equipment will be issued an obligation and be required to pay for the loss of damages. Disciplinary action will be enforced for malicious or willful destruction of school property or the personal belongings of a student or staff member.

Obligations: If you have an obligation, please pay your advisor or teacher. Once you have paid your obligation, ask for a note stating the obligation has been cleared and bring the note to the Office. A senior must have all obligations turned in before they can participate in graduation.

Personal Property: The school is not responsible for the loss or damage of any personal item, including cell phones, IPODS, radios, electronic games, cassette/CD players or similar devices that students bring to school. Students should also not bring cameras, expensive jewelry, or large sums of money to school. Students should not leave any valuables in their lockers or unprotected. The school is not responsible for items stolen, lost, confiscated and/or not returned.

Cell Phones/Pagers/Electronic Devices: Students may possess cell phones/pagers, but they are not permitted to use them during the school day. Cell phones and pagers must be off and in lockers. Reprimands will be given for failure to follow this rule: *It is unlawful to willfully intercept, endeavor to intercept, or procure any other person to intercept or endeavor to intercept, any wire, oral, or electronic communication.* Texting, photos on a phone or computer is unlawful. Charges may result in failure to report suspected child abuse and possession of child pornography as well as school or Board of Education reprimands.

Alcohol/Drug Use Outside of School: Alcohol and Drug use has been increasing. Parties with alcohol and drugs and no supervision are a concern in the community. The distribution, possession, or use of drugs or look-alike drugs is illegal. The legal drinking age in Maryland is 21. Parents and students should know the legal penalties in Maryland for under-age alcohol use. Any minor caught drinking may be given a civil citation, 18-year-olds may be charged with intoxication and have a police record that must be reported on both college and job applications,

and adults can be charged if alcohol is served in their home. Students involved in school-sponsored sports and extracurricular activities must remember that use of alcohol or drugs will jeopardize their eligibility to participate.

Maryland's Youth Access Law: According to this law, it is illegal for anyone, including merchants, friends, or parents to sell or distribute tobacco products to youth. It is also illegal for youth who are under 18 to possess or use tobacco.

Computer/Internet Use: The use of computers in the school is to be for educational purposes only. Students must return a telecommunication form to use the computers in any class. The Internet may be accessed by students with teacher permission and supervision. If misconduct occurs, appropriate disciplinary action may be taken in accordance with school or Board of Education policy. Disciplinary action may range from detention to suspension and loss of the use of all school computers and possible legal prosecution and expulsion.

Discipline for Off-Campus Activity: It is often necessary to provide a disciplinary sanction or loss of privileges for certain student behavior occurring off-campus. The rationale for having conduct eligibility policies includes the promotion of student safety, the visibility of participants and the projection of a school image, and the trust that the school officials place in such students as school leaders. The fact that the participation in extracurricular activities is considered a privilege instead of a right allows school officials the latitude to impose disciplinary sanctions that have meaningful, and visible, consequences for the students. In instances when the behavior of a student is disruptive and detrimental to the operation of the school, the student may be suspended or expelled. Students may be held accountable for off-campus violations that include violent behavior, and the use or possession of drug, alcohol, or tobacco products. This list is not to be considered all inclusive; final decisions concerning off-campus behavior will be made by the building administrators in consultation with appropriate personnel.

Progressive Discipline: Discipline begins with the teacher. Our teachers control their rooms and establish their discipline policy. Fort Hill also abides by the Allegany County Board of Education's Student Code of Conduct. This is a progressive discipline policy. Depending on the severity of the violation, the principal has the authority to make the punishment more severe. *The following is a summary of our policy.*

Acronyms:

I – In-School Suspension, W – Warning, D – Detention, P – Police Intervention,
O – Out-of-School Suspension, RE – Recommend Exclusion from School,
ISP – Individual School Policy, R – Restitution, PPW - Refer to Pupil Personnel Worker

Cell Phone/Pager/Elect. Devices – 1 I, 3 I, 5 I, 5 O
Plagiarism/Academic Theft – 3 I & "F" on assignment, 3 O fail quarter, 5 O fail for year
Forgery – 3 I, 5 I, 5 I, 5 I
Truancy/Unlawful Absence – 3 I, 5 I, 5 I, 5 I
Cutting Class – 1 I, 2 I, 3 I, 5 I
Trespassing – P
Tardy to School – 2 D, 3 I, PPW
Tardy to Class – ISP

Obscenity/Profanity to student – 1 D, 1 I, 3 I, 5 I
Obscenity/Profanity to staff – 3 O, 5 O, 10 O/RE
Minor Insubordination – W, 1-3 I, 5 O, 5 O
Major Insubordination – 3 O, 5 O, 10 O/RE
Minor Disruptions – W, 1-3 I, 5 O, 5 O
Major Disruptions – 3 O, 5 O, 10 O
Sexual Harass (Student) – 1-3 I, 3-5 O, 5 O/PPW
Sexual Harass (Staff) – 5 O, 10 O/RE

Alcohol/Drug (Use/Possess)– 10 O, 10 O/P/RE*+
 Alcohol/Drug (Distribution) – 10 O/P/RE*+
 Smoking Violations – 3 I/P, 4 O/P, 5 O/P, 10 O/P/RE*+
 Theft – 3 IR, 5 IR, 10 O/RE/R
 Extortion – 3 I, 5 I, 10 O/RE
 Dangerous Weapons – 10 O/P/RE
 Physical Attack (Student) – 5 O/P, 5 O/P, 10 O/P/RE
 Fighting – 3 O, 5 O, 5 O, 10 O/P/RE
 Physical Attack (Staff) – 10 O/P/RE
 Sexual Assault (Student) – 5 O/PPW, 10 O/P/RE
 Sexual Assault (Staff) – 10 O/P/RE

Minor Vandalism (\$50 or less –3 I/R,5 I/R, 5 O/PPW
 Major Vandalism (over \$50) – 5 O/P/R, 10 O/P/R/RE
 Arson – 5 O/P/PPW/R, 10 O/P/R/RE
 Fire Alarm/Equipment – 5 O/P/PPW/R, 10 O/P/R/RE**
 Bomb Threats – 10 O/P/RE
 Explosives – 10 O/P/RE
 Skateboards – W, P
 Bus Infractions – See Bus Policy Statement*
 *Refer to Board of Education Policy
 **Refer to Safe School Act
 +Cumulative Year to Year

Any accumulation of 5 Suspensions (ISS/OSS) in High School in the Allegany County Public Schools will result in a 10 day OSS with Recommendation for Expulsion. All Expulsions are for 1 Calendar Year. Any accumulation of 3 Referrals will result in the Suspension Process. A detailed Discipline Policy may be obtained from Guidance or Assistant Principals.

Graduation Requirements: The Maryland State Department of Education and the Allegany County Board of Education states that a student must earn a minimum of 21.5 credits.

Maryland High School Diploma Program Requirements:

English - 4 credits
 Social Studies - 3 Credits (1 each: U.S. History, World History, and Government)
 Math - 3 credits (1 Algebraic and 1 Geometric Concept)
 Science - 3 Credits
 Physical Education - 1 Credit
 Technology Education - 1 Credit
 Fine Arts - 1 Credit (Art, Drama, Music, or Contemporary Music)
 Health - ½ Credit
 Foreign Language - 2 Credits
 OR
 Advanced Tech - 2 Credits
 OR
 Vocational Completer Program
 Electives – 3
 Passing Scores on the Maryland High School Assessments - English I, Algebra, Government, and Biology
 Student Service Requirement Completed
 Student Completer Requirement Finished
 Students complete MSA requirements

AC Honors/Merit Certificate:

Basic Graduation Requirements
 12 of 21.5 required credits must be “M” designated courses
 Merit requirements 3.0 – 3.49 Honors above 3.5

Student Completer Programs and Required Courses:

Business Finance - Document Processing, Accounting I, Accounting II, Finance

Administrative Services - Document Processing, Accounting I, Office Technology, Business Computer Applications

Computer Science and Technology - Introduction to Computers, Computer Logic, C++ Programming (CCTE), Microcomputer Applications (CCTE), Internship I & II (recommended)

Culinary Arts - Food Science, Food Preparation I (A&B), Food Preparation II, Internship I & II

Vo-Agriculture - Agriculture Science I, Agriculture Science II, Agriculture Science III, Agriculture Science IV

University - Foreign Language (2 years), Algebra I (Algebra Part I, Algebra Part 2), Geometry, Algebra II

Dual Completers: It is possible to finish a Dual Completer Program by taking the required courses in two of the Student Completer Programs.

Maryland State Colleges and University Requirements: A laboratory science above Biology, Algebra I, Algebra II, Geometry and two years of Foreign Language are required for admission.

Career Clusters:

Fine Arts/Media/ Communication

Health/Biosciences/Human Services

Engineering/Manufacturing/Construction

Environmental/Natural Resources

Business/Finance/Hospitality/Tourism

Center for Career and Technical Education: The CCTE is a school that allows students to obtain job training during their 11th and 12th grade years. Students must apply and have met the school's requirements. Students may then select from one of the following Programs of Study:

Auto Body Repair

Auto Technology

Business and Finance

Carpentry

Communication Arts Technology

Computer Information Technology

Computer Repair Technology

Cosmetology

Electrical Construction and Maintenance

Engineering and Technology/Manufacturing and Construction

Engineering Technology (Academics at home school or CCTE)

Fine Arts/Media Communication

Graphics Communication (Printing)

Health Occupations

Heating, Ventilating, and Air Conditioning (HVAC)

Human Services

Industrial Manufacturing Technology

Law Enforcement/Public Safety

Masonry and Tool Skills

Welding and Metal Technology

ACT/SAT Test Information: Most colleges and universities require either the ACT or the SAT test to be taken for admission. Registration information is available in the Guidance Office. There is also a fall semester SAT Preparation class offered to assist you. Also, please see your guidance counselor if you feel you may qualify for a fee waiver for the test.

AP Courses and Exams: Fort Hill offers a variety of Advanced Placement courses including AP Environmental Science, AP Biology, AP Chemistry, AP Calculus, AP English, AP US

History, and AP Psychology. Advanced Placement courses are rigorous courses, which teach the same content as the college courses. To receive the AP credit the student must take and pass the examination for the course in the spring. Once the student has passed the test, he/she will be able to purchase those credits in college and have them count toward their degree. There is an examination fee and aid for those who may qualify.

Extracurricular Activities: *All students must sign the extracurricular activities participation form. Coaches/advisors will distribute these to you or pick one up in the main office.*

Athletics	Art Club
Class-Senior, Junior, Sophomore, Freshman	Culinary Arts Club
Student Council	Fellowship of Christian Students (FCS)
Debate Team	Future Farmers of America (FFA)
Mock Trial	Future Educators of America (FEA)
National Honor Society (NHS)	Future Homemakers of America (FHA)
Pep Club	Spectra Quiz Bowl
Ushers	Envirothon Team
Chema Thon Team	National Science Bowl
Band Front (Color Guard, Honor Guard, Majorettes, Sentinelettes)	
Band	Jazz Band
Cheerleading	Orchestra
Sabre	The Sentinel
School Newsletter	Chorus
Sentinel Sounds	Ecology Club
Project Yes	Upward Bound
Peer Helpers	SHOP
Student Government	Spirit Program
1800 Club (SAT)	

Special Events:

Musicals	Dances	Homecoming
Sports Banquet	Pep Rally	Sweetheart Dance
Academic Awards Night	Art Shows	Club Banquets
Prom		

Peer Mediation: Peer Mediation is a way for peers to help resolve conflict between students. Students can be referred for peer mediation for a variety of conflicts including arguing, rumors, and name-calling. Mediation is an alternative to confrontation where fellow trained students help to resolve conflicts between students. Peer mediators adhere to the STUDENT CODE OF CONDUCT, attend class regularly, possess qualities such as leadership, good writing and listening skills, the ability to follow instructions, and must demonstrate respect for self and others. Anyone who feels that they may qualify to become a peer mediator should pick up an application in the Guidance Office.

MSAP Team: The Maryland Student Assistance Program (MSAP) is designed to identify students who are having difficulty in school because of drug or alcohol related problems and refer them for help. Students can be recommended for intervention by parents, faculty, coaches/advisors, or fellow students. After the student has been identified, data is collected to

determine if the student is in need of an intervention. If an intervention is needed, the parent is involved and a referral is made to assist the student. The MSAP team will also follow-up on the student. The program is an intervention, not a treatment program. If you feel that you know a student in need of help, you may confidentially refer the student by putting his/her name in the box located in the Guidance Office.

New Web Site: www.forthillhs.com – The new site will be maintained by students in Web Design II class taught by Mr. Beal. It is our goal to provide another method of communication between the school, parents and students. The web site will remain current and relevant throughout the year. Please use this valuable resource. The following is just a few of the items that can be found on the web page:

1. All teachers listed by departments, with individual web sites, moodle sites, announcements and bookmarks.
2. Resources – forms, graduation information, floor layouts, Newsletter, course catalog, library, etc.
3. Sports teams, Clubs and organizations.
4. Pictures can be found on all pages. All pictures can be accessed from the main page under More Photos.
5. The main page has a brief history, Alumni information, graduation requirements, scholarships, college aids, and school calendar.
 - a. FAQ – a list of answers to frequently asked questions.
 - b. Events – a weekly calendar, Field Trip information, report card dates and conference dates
 - c. Important dates will list future noteworthy events
 - d. Web Master Email link. If you have questions or corrections to the web site, please feel free to email the web master.
6. In The New link will have all the Sentinel issues, all Newsletter issues, articles from the Cumberland Times about Fort Hill students, the STARS program and any other student achievements.

FORT HILL ATHLETICS

From the Desk of the Principal: On behalf of the coaching staff and administration, I extend our warmest welcome to you. We are very pleased to have you join Fort Hill High School Athletics. Our goal is to provide guidelines which define your responsibilities as student athletes. All student athletes are expected to behave in a manner appropriate to high school. You share a responsibility to keep Fort Hill a place where we share and feel pride. Proper student athlete behavior is expected in school as well as the community and while participating in extracurricular activities. Please be on time, be at your best, and be courteous. Remember, being part of sentinel athletics is a privilege, not a right.

MPSSAA Interscholastic Programs: Fort Hill offers competition in the sports listed below. Many compete toward Conference and State Championships.

SEASON	SPORT	HEAD COACH
FALL	Cross Country	David Thompson
	Football	Todd Appel
	Golf	Rick Gornall
	Soccer – Women’s	Shera Rowan
	Soccer – Men’s	Jim Hott
WINTER	Volleyball	Joe Brewer
	Basketball – Women’s	Amber Waltz
	Basketball – Men’s	Glen Rice
	Bowling – Women’s	William Patch
	Bowling – Men’s	William Patch
SPRING	Wrestling	Bernie Nichols
	Baseball	Nathan Dillon
	Softball	Mike Bittner
	Tennis – Women’s	Joe Brewer
	Tennis – Men’s	Joe Brewer
	Track – Women’s	Zach Alkire
	Track – Men’s	Zach Alkire

AMAC Conference: Fort Hill participates in the AMAC with member schools Allegany, Mountain Ridge, Northern, Southern, Frankfort, Keyser and Hampshire. Championships are awarded in Bowling (B & G), Cross Country (B & G), Golf (B & G), Tennis (B & G), Track (B & G), Volleyball, Wrestling, Baseball, Basketball (B & G), Football, and Soccer (B & G).

City Leagues: Fort Hill participates in the City League with member schools Allegany and Bishop Walsh. Championships are awarded in Basketball, Baseball, Bowling, Cross Country, Golf, Outdoor Track, Soccer, Softball, Tennis, and Volleyball.

NO TOLERANCE POLICY FOR DRUGS/ALCOHOL/WEAPONS: Fort Hill has no tolerance for use, distribution or possession of drugs, alcohol, or weapons on or off school property. Violations occurring during school hours and activities will result in a dismissal from the team and a recommendation of exclusion for the year from school. Violations occurring off school property may result in a team dismissal.

Alcohol/Drug use has been increasing: Parties with alcohol and drugs and no supervision are a concern in the community. The distribution, possession, or use of drugs or look-alike drugs is illegal. The legal drinking age in Maryland is 21. Parents and students should know the legal penalties in Maryland for under-age alcohol use: Any minor caught drinking may be given a civil citation, 18 year-olds may be charged with intoxication and have a police record that must be reported on both college and job applications, and adults can be charged if alcohol is served in their home.

General Guidelines – Comprised from AMAC, County, School, and State Regulations. The Coach has the authority to make guidelines more stringent provided there is no conflict with League, School, County, or State guidelines.

1. Academic eligibility is determined by BOE policy at the 1st nine weeks, semester, 3rd nine weeks, and final grades.

2. Athletes may participate in more than one sport per season under the following guidelines: both coaches agree that it is feasible, conflicts with practices and contests are resolved, and a dominate sport is acknowledged by the athlete, coaches, and guardians. If a conflict arises with a contest or practice on the same day (even if rescheduled) the athlete will participate in the dominate sport.
3. Transportation – Athletes are to be transported by an approved carrier to and from contests unless arrangement and permission forms have been processed through the coach or advisor.
4. Athletes committing a “crime of violence”, as defined in Article 27 of COMAR, on or off school property will be dismissed from the team and subject to school and BOE policy.
5. Any athlete who is ejected from a contest for fighting or unsportsmanlike behavior will be automatically suspended from competition for a minimum of one game and may be dismissed from the team.
6. Meals – Occasionally, due to distance and play time, a team must eat before leaving. Students are not to be excused from school early to eat. If this situation occurs, the coach should make arrangements through the AD or Principal to eat in the cafeteria.
7. If it is determined that an athlete is to be reprimanded by ISS or OSS the athlete is immediately ineligible to practice or play until the suspension is completed. Example: Suspension of Monday/Tuesday/Wednesday – the athlete is eligible to participate on Thursday at 7:45 am.
8. An athlete may not participate until a completed *physical exam* and a *signed Rules Governing Participation form* is on file with the Athletic Director or Coach.
9. The Principal may require drug testing of athletes suspected of drug use.
10. School and team policies may be more stringent than BOE and MPSSAA policy and differences may exit from sport to sport at Fort Hill.
11. Student athletes must maintain good behavior, attendance and not accumulate excessive tardys to participate in any school activity including athletics and field trips.
12. For booster club membership information, please call the school.

ALL ATHLETES ARE ASKED TO SHARE THIS INFORMATION WITH THEIR PARENTS.

For additional or more detailed information, please contact the Athletic Director.

State Championship Teams: * indicates State Finalists

Softball	2004*, 08, 09*
Men’s Basketball	1938, 39, 48, 49, 58, 73*
Women’s Basketball	1979*
Men’s Cross Country	1995, 97
Football	1975, 86*, 94*, 96*, 97, 98*, 06*, 08*
Men’s Track	1947, 48*, 49, 50, 51, 52, 54, 62, 63*, 64, 98, 05
Volleyball	1950, 52*, 53, 54
Wrestling	1981*

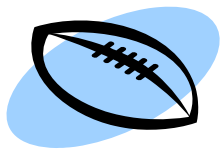
Football Homecoming Information: played the 10th game of the season – opponent is Allegany High School – average attendance is 10,000 – game played on Saturday at 12:30 pm – homecoming week consists of community dances, evening pep rally, cheerleader BBQ, parade, school decorations, school homecoming dance, victory assembly, and combined bands perform a pregame show and each provide half-time entertainment.

NCAA Clearinghouse Application: The NCAA Clearinghouse Application is needed for students to participate in any Division I athletics program. In essence, you need to have taken the approved academic courses for a state college or university.

School Information and Facts:

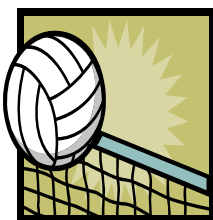
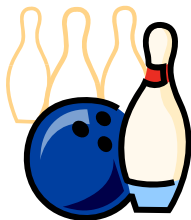
School founded: 1936	Slogan: "Deeds Not Words"
Nickname: Sentinels	Colors: Scarlet and White
Classification: A	Gymnasium capacity: 2,346
Stadium name: Greenway Avenue Stadium	Stadium seating: 6,054
Stadium capacity: 15,000	Stadium facilities: artificial playing field, 2 locker rooms, restrooms, concessions, press box, announcers box

School Facilities: 2 full gymnasiums, wrestling room, weight and agility room, 3 locker rooms, coach's offices, athletic director's office, athletic trainers room.



School Fight Song

Over the top we go, oh, Fort Hill High
We know you'll cross that goal, for
We know you will try, Yi, Yi, Yi!
Oh! Fort Hill High, let's go
And win this game!
Over the top we go, and fly our colors,
Fly our colors... Go Red!



Fort Hill Alma Mater

How we love thee, Fort Hill High School,
Let our actions tell!
We, thy loyal sons and daughters,
Pledge to serve thee well!
Sing her praises!
Let her chorus ever joyful be!
Hail to thee, our Alma Mater!
Fort Hill, hail to thee.



How to Get Good Grades In Ten Easy Steps*

1. Believe in Yourself.
2. Be Organized.
 - Use an assignment notebook.
 - Use three-ring notebooks for class.
 - Use colored folders for schoolwork.
 - Have phone numbers of classmates.
 - Keep your locker and backpack neat.
 - Get organized before you go to bed.
3. Manage Your Time Well.
 - Use class time and study halls.
 - Create your own study plan.
 - Prepare for sabotage.
4. Be Successful in the Classroom.
 - Be in school, on time, everyday.
 - Learn how to adapt to different teachers.
 - Be prepared for each class.
 - Sit in the front of the class if possible.
 - Beware of your body language and nonverbal behavior.
 - Always do your homework.
 - Participate in class.
 - Be a good group member.
 - Treat others with courtesy and respect.
 - Involve your parents.
5. Take Good Notes.
 - Be an active listener.
 - Take notes that help you pay attention.
 - Recognize important information.
 - Take notes that are easy to read.
 - Go over your notes as soon as possible.
 - Get copies of class notes if you're absent.

6. Know How to Read a Textbook.
 - Scan
 - Read
 - Review
 7. Study Smart.
 - Find a good place to study.
 - Get started.
 - Know your learning style.
 - Organize your study time.
 - Know how to study for tests.
 - Use tricks to help you memorize information.
 - Use tricks when making a presentation or speech.
 - Learn word processing.
 8. Use Test-Taking Strategies.
 - Get off to a good start.
 - Develop a plan.
 - Mark the questions that you want to return to.
 - Increase your odds on multiple-choice questions.
 - Look for key words in true/false questions.
 - Know how to approach essay questions.
 - Improve your math test scores.
 - Be prepared for open book test.
 - Check your answers.
 - Go over all reduced tests.
 9. Reduce Test Anxiety.
 10. Get Help When You Need It.
- *O'Brien, Linda. 1999. How To Get Good Grades In Ten Easy Steps. Woodburn Press.

Tips for Parents

1. Be interested.
2. Discuss class and set goals.
3. Offer to help.
4. Listen.
5. Encourage involvement.
6. Monitor activities and jobs.
7. Avoid these "don'ts"
 - Don't nag about school or grades. Your child will tune you out.
 - Don't allow your child to miss school unless he/she is really ill. Otherwise, you send a message that school isn't important.
 - Don't criticize a teacher in front of your child. Your child will only lose respect for that teacher.
 - Don't make your child's failures (or successes) your own. Your child may see getting poor grades as a way to rebel.
 - Don't have expectations that are unrealistic. Knowing that he/she will never be able to meet them, your child may decide not to even try.
8. Work with the school.
9. Review the school calendar and ask your child for interim reports and report cards.
10. Meet and discuss your child's grades and behavior with teachers during Parent Conference Day.
11. Call your child's teacher or schedule a conference with Guidance if you notice changes in grades or behavior.