

# November 7, 2025 Newsletter

## November 7, 2025 Newsletter

Greetings Eagle family!

This resource will exist as a home for all of my news and updates that I'll be sending out weekly. I'm so happy and excited to finally have published this site I hope will serve as a useful resource and tool as you navigate the challenges and joys of being a 9th grade student at Frederick Douglass High School. In this initial post, I want to introduce myself as well as share a little bit about my role in our school.

**Who am I?** I'm Kyle De Jan -- PGCPs alumni and PG Native. Who got into education with the intention of serving the awesome community that has given so much to me and my family. I think Prince George's County is the one of the most special places we have in not only Maryland but in the entire nation. My belief in that is guided by my travels where I've been incredibly fortunate to meet friends from across the globe who have been both curious to learn more and inspired by our community. I'm a proud Prince Georgian and educator who is deeply rooted in wanting to see all of our children succeed.

**What is a 9th Grade Academy Coordinator?** A 9th Grade Academy Coordinator is a resource. A help. A tool. My job is to put things in place that track our students' successes and work closely with our 9th graders to ensure a smooth transition into high school and provide supports that make 10th grade promotion not only accessible but fun. I'm here to ensure students have equitable access to a quality 9th grade experience and to support their holistic development. I'm excited about the journey we're on together and I look forward to all the ways I'll be working with our 9th grade population.

**1:1 Advising sessions:** I'm happy to announce any 9th grade scholar can now book an appointment to meet with me for a one-on-one advising session! These meetings are a great way to talk about grades, goals, study habits, or any challenges students might be facing inside or outside the classroom. Whether students want to make an action plan for success, set goals for next quarter, or just talk through a difficult situation, this time is for students.

You can schedule an appointment **today** by clicking the link:

<https://calendar.app.google/htsLBqjhRk64421UA>

**What's going on at Doug 11/7-11/14?**

## Upcoming Assessments

- **Several Upcoming Benchmarks** for students taking...
  - Biology
  - Semester Courses
  - Algebra I
  - Geometry
  - English 9

***Please be sure to bring a fully charged chromebook, get a goodnight's rest, and eat breakfast to set yourself up for success on the benchmarks***

- **Parent Teacher Conference Day:** November 11, 2025 please look for an email to schedule appointments. If you need any assistance scheduling conferences please feel free to email me at [kyle.dejan@pgcps.org](mailto:kyle.dejan@pgcps.org).

## Athletics

- **Cross Country:** On Saturday, November 8, 2025 at 9am our Cross Country team represented by **9th Grade Athlete Sydney Clarke** will participate in the Cross Country **STATE CHAMPIONSHIP** at Hereford High School (
- **Varsity Football:** on Saturday, November 8, 2025 at 1pm our Eagles will take on N. Caroline HS Varsity @ Eleanor Roosevelt HS

## Service Hour Opportunities

- **Baby Blanket Project:** As the season for cozy projects is upon us, the Class of 2026 would like to invite you to help us with a great cause. We are making baby blankets to be donated to the NICU (department for newborns in need of some extra love) at Holy

Cross Hospital. Our plan is to wrap each blanket in a ribbon and bow with a tag that indicates care instructions and our well wishes as an FDHS community.

- **Project 24:** Is your scholar enrolled in the Project 24 Canvas?
  - **Component 2 is due on November 13, 2025**
  - **Component 3 will be available on Canvas on November 14, 2025**

### **Schoolwide Observances/Events**

- **National American Indian Heritage Month**
- **Veterans Day:** November 11, 2025, we thank all veterans for their service.
- **Parent Teacher Conference Day:** November 11, 2025 please look for an email to schedule appointments. If you need any assistance scheduling conferences please feel free to email me at [kyle.dejan@pgcps.org](mailto:kyle.dejan@pgcps.org).

**PTSO General Session:** November 11, 2025 at 7pm

# November 14, 2025 Newsletter

## November 14, 2025 Newsletter

Greetings Eagle family!

We're rounding the corner to the Thanksgiving Holiday break where progress report grades will be entered not too shortly after our return from the holiday break. In the season of thanksgiving, one of the things I'm most grateful for has been the incredibly warm reception I've gotten in this transition to this new role and the detailed feedback I've gotten from students and families of how I can serve and support.

With that in mind, I want to provide a reminder about things coming up and a few supports being offered to students right now.

### Beginning this Week

- **Student Success Circles:** Starting this Thursday, November 20, 2025 select students will be invited to participate in our first 9th Grade Student Success Circle where the focus will be on Second Quarter goal-setting utilizing the 9th grade success checklist (which can be found in our [transition to high school toolkit](#)).
- **Eagle Hour:** Starting this Wednesday, November 19, 2025 our Math department will host an after school tutoring session for one hour which will give students the opportunity to strengthen their skills, complete assignments, and receive individualized help. Please email me at [kyle.dejan@pgcps.org](mailto:kyle.dejan@pgcps.org) today to register! Registration will be open until 2:00 on Wednesday.

### Ongoing

- **1:1 Advising sessions:** Any 9th grade scholar can book an appointment to meet with me for a one-on-one advising session! These meetings are a great way to talk about grades, goals, study habits, or any challenges students might be facing inside or outside the classroom. Whether students want to make an action plan for success, set goals for next quarter, or just talk through a difficult situation, this time is for students.

- You can schedule an appointment today by clicking the link:

<https://calendar.app.google/htsLBqjhRk64421UA>

### **On the Horizon**

- **Q1 Strive for Five Celebration:** This is a celebration to recognize all members of our 9th Grade Academy who are on track for 10th grade promotion. More details to come!

-Kyle De Jan, 9th Grade Academy Coordinator

# December 12, 2025 Newsletter

## December 12, 2025 Newsletter

Greetings Eagle family!

As we move toward winter break and the close of our second quarter, I want to take a moment to share a few important updates and reminders for our 9th Grade Academy. This part of the year often brings a mix of excitement, fatigue, and reflection for students, and our focus right now is making sure every scholar has access to the support they need to finish the quarter strong and recharge over the break.

Below are a few new offerings, continued supports, and upcoming items I want to be sure are on your radar.

### What's New This Week 12/15-12/19

We've expanded our after-school support to give students more flexibility in when and how they get help.

- Eagle Hour for Social Studies is now available on Tuesdays, giving students a dedicated space to review content, work through assignments, and strengthen their skills in history courses.
- General academic support is now available on Mondays, which is a great option for students who need help organizing work, catching up, or planning ahead.
- Tutoring on Wednesdays will continue as usual, providing consistent support for students across subjects.

*How to Register for Eagle Hour To register for Eagle Hour, families should simply email [Kyle.DeJan@pgcps.org](mailto:Kyle.DeJan@pgcps.org) with: the day(s) your scholar plans to stay after, and what they would like to work on during that session.*

- There are also some expanded online Math tutoring options for students who may prefer or need virtual support.
  - Families can explore those options here:  
<https://sites.google.com/pgcps.org/fdhsnga/academic-resources/outside-tutoring-services>
- **100 Day Streak Sprint: Duolingo Challenge**
  - Our 100 Day Streak Sprint Duolingo Challenge kicks off on December 17 and runs through March 27.
    - This challenge is a great way for students to build consistency in language learning while working toward rewards and recognition. More information on incentives and prizes can be found here:  
[Duolingo Streak Challenge Reward Matrix](#)

- Winter Spirit Week:



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## Ongoing Supports for Students

### 1:1 Academic Advising

All 9th grade students are encouraged to take advantage of one-on-one academic advising sessions. These meetings are designed to be student-centered and flexible—whether a student wants to review grades, set goals for the remainder of the quarter, adjust study habits, or talk through challenges they’re facing.

Appointments can be requested here:

<https://calendar.app.google/QmJQXWF628iEWnDq9>

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## Looking Ahead

Quarter 2 Progress Reports: Second Quarter Progress Reports will be released soon. As you review grades together, we encourage families to treat this as a reflection point rather than just a snapshot of performance. Some helpful questions to guide that conversation include:

- What progress are you most proud of this quarter?
- Which class feels most challenging right now, and why?
- What strategies have been working that you should continue using?
- What is one realistic goal to focus on before the quarter ends?

## **Parent Night Meetings**

A full schedule for upcoming parent-night meetings will be shared soon. We look forward to connecting with families in the weeks ahead.

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## **A Note on Winter Break & Burnout**

As winter break approaches, it's important that students have time to rest and reset. Encouraging a light routine, consistent sleep, and space for non-school interests can make a big difference. Short, intentional check-ins with schoolwork, rather than long cram sessions, help students return from break feeling prepared instead of overwhelmed. One clear goal going into the new year is often more powerful than trying to tackle everything at once.

Thank you, as always, for your continued partnership and support. Please don't hesitate to reach out if you have questions or if your student could benefit from additional support.

Warm regards,

Kyle De Jan

9th Grade Academy Coordinator

# January 9, 2026 Newsletter

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Greetings Eagle family!

Happy New Year! We hope Winter Break offered time to rest, recharge, and reconnect. We're excited to welcome everyone back as we begin the 2026 chapter of the school year.

## What's New This Week 1/5-1/9

We've expanded our after-school support to give students more flexibility in when and how they get help.

- **General academic support/coaching** is now available on **Mondays and Thursdays**, which is a great option for students who need help organizing work, catching up, or planning ahead.
- Tutoring on **Tuesdays for Social Studies** and **Wednesdays for Math** will continue as usual

*To register for Eagle Hour, families should simply email [Kyle.DeJan@pgcps.org](mailto:Kyle.DeJan@pgcps.org) with: the day(s) your scholar plans to stay after, and what they would like to work on during that session.*

There are also some expanded online Math tutoring options for students who may prefer or need virtual support.

Families can explore those options here:

<https://sites.google.com/pgcps.org/fdhsnga/academic-resources/outside-tutoring-services>

## A reminder: The 100 Day Streak Sprint Duolingo Challenge Continues!

Our 100 Day Streak Sprint Duolingo Challenge kicks off on December 17 and runs through March 27.

This challenge is a great way for students to build consistency in language learning while working toward rewards and recognition.

More information on incentives and prizes can be found here: [Duolingo Streak Challenge Reward Matrix](#)

## Ongoing Supports for Students

**1:1 Academic Advising:** All 9th grade students are encouraged to take advantage of one-on-one academic advising sessions. These meetings are designed to be student-centered and flexible—whether a student wants to review grades, set goals for the remainder of the quarter, adjust study habits, or talk through challenges they're facing.

Appointments can be requested here: <https://calendar.app.google/QmJQXWF628iEWnDq9>

## Looking Ahead

As we near the completion of students' first semester of high school now might be a helpful time for reflection on the things that went well and areas that need improvement. Here's a few helpful conversation starters to guide that conversation:

- Looking back at the semester, what is one habit or routine that helped you succeed and one that got in your way?
- When things got challenging this semester, how did you usually respond?
- What are you most proud of from your first semester of high school?
- Think about a moment when you didn't meet your own expectations. What contributed to that outcome and what might you try differently if facing a similar situation again?

**Next 9th Grade Parent Night: January 20, 2026 at 6pm via Zoom!**

Zoom Link: <https://pgcps-org.zoom.us/j/81571898895?pwd=8cnCYV14DzhzoVNOgEvJk1sMC3Qwan.1>

Meeting ID: 815 7189 8895

Passcode: 048397

[Click here to see a full schedule of 9th Grade Parent Nights for the rest of the school year.T](#)

#### **NEW NEWSLETTER FEATURE #1:**

##### **Researcher's Resource: Students taking ownership over their academic progress**

Here are a few research-based articles and studies families can read to better understand how to support high school students in taking ownership of their academic progress.

- From K12 Tutoring on Student independence: [Fostering student independence through time ownership routines](#)
- From Healthychildren.org on Teaching Time Management: [Teaching Time Management to Teens: Less Stress, More Balance](#)

#### **NEW NEWSLETTER FEATURE #2:**

##### **Extracurricular Activities Highlight**

This month, we're introducing a new feature that celebrates the many opportunities students have to get involved. We're starting with **What's Next? Career Readiness Club** led by Dr. Hartigan and Ms. Terry, which helps students prepare for college, careers, and beyond. **What's Next Club** meets on **Wednesdays from 2:30-3:30 in Room 103**. This month they are focusing on the trades including how students can access those professions.

Please contact [neil.hartigan@pgcps.org](mailto:neil.hartigan@pgcps.org) or [amani.terry@pgcps.org](mailto:amani.terry@pgcps.org) for more details about **What's Next? Career Readiness Club**. Click [here](#) to see club flyer.

Warm regards,

Kyle De Jan, 9th Grade Academy Coordinator

**What's going on at Doug 1/12-1/16?**

## **Upcoming Assessments**

- No major, school-wide assessments are scheduled this week but benchmarks are coming soon!

## **Athletics**

- 1/13 - Boys Basketball @ Potomac HS, 5:30pm, 1/15 Boys Basketball vs CMIT South @ FDHS, 5:30pm
- 1/13 - Girls Basketball vs Potomac HS @ FDHS, 6pm, 1/15 Girls Basketball vs CMIT South @ CMIT North, 5:30pm
- 1/14- Boys Wrestling vs St. James HS @ FDHS, 5:30pm
- 1/15- Girls Wrestling vs La Plata HS @ La Plata HS, 5:00pm
- 12/18- FDHS Indoor Track competes at the PG Relays @ Sports and Learning Complex, 4pm

## **Schoolwide Observances/Events**

- End of Quarter 2 is coming up on 1/26!