

HERE IS THE 2025-2026 DOC

2024-2025 BELL SCHEDULE

Regular Schedule

Period - Times - Minutes

0th	7:26 – 8:24	58
1st	8:30 – 9:28	58
2nd	9:34 – 10:37	58 + 5 for Bulletin
3rd	10:43 – 11:41	58
LUNCH	11:41 – 12:21	40
4th	12:27 – 1:25	58
5th	1:31 – 2:29	58
6th	2:35 – 3:33	58
7th	3:39 – 4:37	58

Mondays Late Start begins AUGUST 19

Period - Times - Minutes

Staff Mtg	8:03 – 9:33	90
1st	10:00 – 10:43	43
2nd	10:49 – 11:37	43 + 5 for Bulletin
3rd	11:43 – 12:26	43
LUNCH	12:26 – 1:06	40
4th	1:12 – 1:55	43
5th	2:01 – 2:44	43
6th	2:50 – 3:33	43
7th	3:39 – 4:22	43

FIRST DAY OF SCHOOL Classes start on Wednesday, August 14th at **8:30 am**. Some students have a “0” PERIOD and should plan to attend class, unless otherwise notified.

MISSED ORIENTATION? We understand that not everyone will return in time for orientation. There are make-up school ID photo dates scheduled for August 13 from 8:30 AM - 12:30 PM in the Jacket Gym as well as the dates of September 30, October 28 and February 3. before school, at lunch and after school in the BHS Cafeteria. **Staff**, please consider escorting groups of students who remain without a student ID on the make-up dates.

You will be able to access your class schedule online and should attend your courses as listed. If you need textbooks, your teachers will help guide you to the textbook room and in some cases, will take the entire class during the period. If you need more help, please check in at the entrance gates with an adult or student leader upon your arrival. Please refer to the [BHS main website for more details like bell schedule, campus map, etc...](#)

Can I purchase school photos before OR after registration week?

BEFORE picture day, go to www.mylifetouch.com and enter this code: EVTH3CRNX (updated 8.5.2024)

AFTER picture day, please wait for their proof, or use their student ID number to view proofs online 1-2 weeks after picture day. Contact 1-866-955-8342 with any questions.

SCHEDULE CHANGE REQUEST FORM [Please use this 9th grade only Google Form to request a schedule change](#). Please read all of the guidelines on the form. You are required to attend all scheduled classes until you are officially notified of any changes by the counseling dept.

ENTERING CAMPUS All students can expect to enter campus through the A-Gate along Allston, the M-Gate at Milvia & Bancroft, the doors along MLK, and the breezeway doors along Milvia. In the morning, these entryways will be open until shortly after the start of 1st period. During the class period, you should expect

to enter campus through the main office at Allston & Milvia and prepare to show your student ID card upon entry.

FREE BREAKFAST & LUNCH FOR ALL STUDENTS All students will be able to receive FREE breakfast and FREE lunch throughout the entire school year. Nevertheless, you are encouraged to apply for EZ Meal. [Click here for the daily lunch menu.](#)

EZ MEAL APP Even though a lunch application is not required for free school meals, your family should consider completing [an online EZ MEAL APP](#) to take advantage of discounts and other benefits.

COLLEGE & CAREER CENTER - 2ND Floor D-BUILDING Located on the second floor of the D-building, the Berkeley High School College and Career Center (CCC) provides a variety of resources for college and career planning. In the CCC, students can obtain information on College (Community Colleges, 4-year Universities, etc.), Testing & Test Prep, Financial Aid and Scholarships, and Career Pathways.

As a 9th grader, you can use the CCC for after-school tutoring in all subjects after school Monday-Thursday. The college advisors are Yasmin Navarro and Joanne Dumbrigue who you will meet soon. They won't formally connect with you about college until junior year, so if you're wondering how best to prepare to get into college, get the best grades you can, get tutoring when you're having a hard time, and involve yourself in your community so you can be as happy and inspired at BHS as possible!

BHS LIBRARY - 2ND Floor D-BUILDING

You will have the ability to access the library on your own outside of class time, as well as during your classes with your teachers. The BHS Library is open a half hour before school (8:00am Tues-Fri, 9:30 am Mon), during lunch, and an hour after school (3:30 - 4:30pm) except on Fridays, when we close at 3:30. If you need a place to eat lunch, come on up-- you can eat at any of the tables! One of the librarians, Ms. Bogie or Ms. Irby, will always be there to support you with anything you need - finding a great new independent reading book, help with printing, accessing an assignment in google classroom or answering questions. The textbook clerk, Ms. Fitzhugh, can answer any questions you have about class materials. Come visit us in the BHS Library!

BHS Health Center H-105 FIRST floor H-BUILDING

The Berkeley High School Health Center is a safe, nurturing, dynamic, multicultural teen health center. Teens are encouraged to develop the skills they need to take ownership and responsibility for their own health and wellness as well as that of the larger community. The Health Center provides access to culturally appropriate care through a combination of direct services, partnerships, and referrals to community resources. All services are free for students. All Reproductive & Sexual Health services and Mental Health services are confidential and minors 12 years and older can consent to their own services.

Health Center Hours:

Mon: 10:00 AM - 4:00 PM

Tue: 8:30 AM - 4:00 PM

Wed: 8:30 AM - 4:00 PM

Thu: 8:30 AM - 4:00 PM

Fri: 8:30 AM - 4:00 PM

Closed Daily: 12:30 PM - 1:15 PM

3 Ways to Make an Appointment:

1. Call : 510-644-6965
2. Drop by the health center in H-105
3. [Click here](#) or scan the QR code to request an appointment



FIRST AID SERVICES - Treatment for minor injuries and illnesses, immunizations, and referrals to ongoing care. Parent/Caregiver must complete a consent form for first aid services.

MEDICAL SERVICES - Screening and treatment of STIs, birth control and condoms, emergency contraception, health education, HIV prevention and testing.

MENTAL HEALTH SERVICES - Individual short-term and long-term counseling, crisis assessment, support groups, consultation for parents and school staff, and referrals to external MH services and community resources.

TITLE IX OFFICE AND RESOURCE WALL (G202A)

While we hope you may never need access to a Title IX Coordinator, it's important to know there is one. Title IX Office and Resource Wall is located in G202A and there you can find Title IX Coordinator's office hours, link to her calendar, and complaint forms. Now, what is Title IX? Title IX is a federal law that was passed to ensure that male and female students in educational settings are treated equally and fairly. It protects against discrimination based on sex (including sexual harassment). In addition, Title IX protects transgender students and students who do not conform to gender stereotypes. State law also prohibits discrimination based on gender (sex), gender expression, gender identity, and sexual orientation. If you feel you have been discriminated against because of your sex, gender expression, gender identity, and sexual orientation (real or perceived) - please report your experience so that the school can take the necessary steps to end the harassment, correct inappropriate behavior, and provide you with supportive measures. You may report to your counselor, teacher, administrator, or the Title IX Coordinator directly.

YMCA TEEN CENTER - ACROSS CIVIC CENTER PARK The YMCA Teen Center is a space for you to foster your leadership and confidence so you will overcome life's challenges. Located right across from Berkeley High, the Teen Center offers different programs that prepare your college readiness, leadership skills, volunteerism, and job readiness.

Or, if you are not wanting to commit to a program yet, you can take advantage of free wifi, computers, and access to our lounge that has study spaces, couches, and tv/XBox.

Register for your free membership online at <https://ymcaeastbay.org/specialty-locations/teen-center> or pick up a membership at the front desk.

FALL SPORTS BEGIN on August 12th:

*Athletes must be cleared to participate - **Deadline to be cleared for first day is:***

8/12 at 9AM! (those that register after that will miss day 1)

Uncleared athletes can stay and watch but can't participate

COACH CONTACTS**Week of August 12th* tryout/practice schedule (what to bring)**

*Note: What follows are *official* start dates and tryout information. To learn about any existing *optional* summer conditioning that may be happening before 8/12, please [go here](#).

Cross Country: 5PM, meet in the Jacket Stadium grandstands

(suitable athletic/running attire and shoes; water)

Field Hockey: Jacket Stadium 8/12-8/13, 1PM-3PM, 8/14-8/16: 3:50-5:15pm

(Athletic attire, mouth guard, turf or running shoes, water; gear given to Cleared athletes)

Flag Football: Jacket Stadium 8/12-8/13, 2:30PM-4:30PM. 8/14-8/16: 5-7pm: softball field

(Athletic attire, turf or football cleats, water)

Football: 8/12-8/13: 8:45AM-11AM Weight training and conditioning; 4PM-6PM, Jacket Stadium

8/14-8/16: 5:15-7:15PM, Jacket Stadium

(AM: practice attire, athletic shoes, and cleats, water; PM: helmets/pads, mouth guard, etc)

Girls Golf: **8/12-8/15 Tilden Golf Course** Putting Green at 4PM

(suitable golfing attire, golf shoes or other suitable athletic shoes; clubs)

Girls Tennis: 8/12-8/15: 4PM-6PM at [Hearst Tennis Courts at Cal](#)

(tennis racket, tennis shoes and suitable athletic attire; water)

Boys Water Polo: 8/12-8/15: 6PM-8PM at Pool (ready for water polo!); 8/16: 6:15AM at the pool

Girls Water Polo: 8/12-8/16: 4pm-6pm at the pool (ready for water polo!), 8/19: 8:15-9:15

Girls Volleyball: 8/12-8/14 5:30-7:15PM, Donahue Gymnasium.

(Appropriate volleyball attire and shoes; water)

Athletes must be **CLEARED** to participate in practices.

****Please note - beginning August 12th, by CA law, students that are NOT cleared CANNOT participate and this can impact their ability to make a team or to play in games.**

All athletes (including returning athletes) must have a valid physical and register online through our registration system called *Home Campus*. To register and learn all about the registration process, go to:

<https://sites.google.com/berkeley.net/bhsathletics/Resources/athlete-registration>

BULLETIN The Student bulletin will be shared three times weekly on the e-tree, student email,

[@juicethejackets Instagram](#) and the [BHS Leadership website](#).

ADVANCED MATH 1 PLACEMENT TEST For more information on the August 9th test, [click here](#).

How do I get a **locker**?

Head over to C210 during lunch to request a locker with OCI.

For parents and guardians, where do they find out about school events, activities, and news?

Please refer to the [BHS main website for more details like bell schedule, campus map, etc...](#) In addition, please consider [signing up for the BHS e-Tree for announcements.](#)

CLIPPER CARD INFO For students who qualify as having low income, they can receive a free clipper card.

If you NEVER received a clipper card from school before, please apply here:

https://stpp.formstack.com/forms/busd_berkeleyhigh

If you ALREADY have a clipper card from BHS or a middle school, please renew your card online here:

<https://tinyurl.com/dtcpz2b7>

If you LOST your clipper card, you must call 1 (877) 878-8883

What Every Ninth Grader Should Know as suggested by BHS Link Leaders

STUDENT SKILLS

- Make a routine
- *Try to memorize some of the bell schedule*, such as when school starts/ends, when passing periods end.
- Never be afraid to get out of your comfort zone.
- Branch out and meet new people, don't stick entirely to your middle school friend group
- Ask for help if you need it, don't wait for teachers to give it to you
- First day of school, teachers will often tell you their office hours. Write those down somewhere together. You can always ask later for them as well!
- Build good relationships with teachers
- Don't be afraid to ask questions and go to teachers for help
- It's okay if embarrassing things happen.
- Know the class requirements to graduate when choosing classes
- Be prepared for much more responsibility
- DO NOT STRESS ABOUT COLLEGE *YET*
- But it can be fun to explore colleges/plans just for fun -- will be less stressful later.
- Learn from your mistakes.
- Don't procrastinate (or try not to), if you have free time get started on that assignment/project
- Explore different time management strategies. For example, 10 minute timers, doing work right when you get home, having specific times for work.
- Know which ways to class get you there on time
- Go to the CCC!!
- Know who you can ask for help
- If you see or experience something bad or uncomfortable - report it.
- Know how to use planner and other things to help with time management
- Worry about semester grades not quarter grades
 - Make sure you know what the grade breakdown for each teachers
- Start planning in the middle of the year of what you want your sophomore year to be like
- Bookmark your Illuminate/infinite classroom page on your phone so it's always accessible
- Read emails
- Use your planner. If you use Google calendar, that's a good option too.
- Stay organized. Different things work for different people. Try to avoid cramming papers into your backpack. Maybe have a folder for the end of classes when you just gotta go.
- Try to make study groups with your friends to hold each other accountable for your homework. If you have difficulty studying with certain people, stop studying with them. Sometimes we just have too much fun with our friends!
- If something confuses you, ask around!
- Keep your backpack/bag and work organized
- Try and figure out what learning styles help you best for studying or self teaching outside of school
- (if needed) Communicate with teachers about your grades or make up work asap!! You don't wanna be stressing about a grade at the end of the semester when it might be too late

- Make relationships with your favorite teachers so you can go back to them later for advise/college letters and support.
- **Afterschool Tutoring in the CCC:**
Receive academic support from college tutors in the CCC, 3:30-6:00, Monday - Thursday. We're located on the 2nd floor of the D-Building and we have access to computers, printers, a copy machine, as well as other class materials. You can also fulfill your Math tutoring hour requirements and clear unverified absences by attending and doing work in the CCC after school. (CCC Flyer attached)
- **Virtual Student Learning Center:**
For students who will not be doing in-person instruction please visit the [Berkeley High School Virtual Student Learning Center Website](#) for online tutoring information.
- **BHSDG Teacher Tutorial Schedule:**
Please keep a lookout for another great tutoring resource: the afterschool Teacher Tutorial Schedule, which will be released early in the fall semester.

CLUBS

- Clubs are a really great way to meet people so try and join at least a couple of them
- Try out things that you otherwise wouldn't have had interest in
- There are so many clubs at BHS, so every student can find one that is interesting to them
- Do not feel pressure to join a bunch of clubs
- Don't join a club only because you feel like it will look impressive to colleges, follow your actual interests and not what you think is more academically prized
- It doesn't hurt to try something out, you might end up loving it
- People want you to join their clubs! So if you're on the fence about going, just go
- No need to have a high leadership position in them, just being a member and contributing is a lot
- Link to club list (will be update in the first couple of days/weeks of school):
<https://bhs.berkeleyschools.net/student-activities-3/berkeley-high-clubs/>
- Go out of your comfort zone, try commit at least 1-2 for the experience and close relationships
- Not all, but many clubs at BHS are pretty low commitment so don't let fear of being overwhelmed stop you from joining a lot of clubs if you want to.

OPEN CAMPUS/LUNCH

- Be inclusive with your lunch plans
- You don't need plans every day
- Go out earlier rather than later or else you'll likely be late to 4th period. Keep track of the time.
- Eating out every single day can hurt your wallet, bring lunch sometimes
 - School lunch will not kill you
- Don't be late for 4th period
- It is normal to bring lunch and normal to buy lunch, it's okay to do both
- Lots of good lunch spots. Try testing things out.
- Do not be afraid to bring your own food
- Don't waste all your money on food (limit to buying food like once a week, that money drains fast)
- Making your own lunch can be hard. Try sourcing ideas online, and make things the night before.

- Have one person that you can count on in case someone cancels on you
- There are a lot of students going to lunch, so make sure that you take that into account when planning your timing for off campus lunch
- Plan for lunch in advance. Some students order lunch ahead of time to skip lines
- Understand your 4th periods rule around eating in class
- Make sure to eat before 4th period since some teachers might not allow it
- Find a good spot on campus to eat lunch, it's better to sit in the shade

TEACHERS

- Reaching out to teachers is good and important, and most of them will be nice to you
- Some will be strict than others, just make sure to try your best and reach out, don't wait until last minute
- Different teachers will have different rules. Food may not be allowed in a classroom. Plan accordingly.
- Get to know your teachers and let them know you.
- Make sure you are well versed in the syllabus of the class!
- Teachers love being asked for and giving help, it's why they became teachers. They will always be more than happy to explain concepts to you after class and help you with stuff you are confused about.
- Don't be afraid to ask for help and go in during lunch or after school
- Make a good first impression
- If you have a grade you're unhappy with, ask if there is anything you can do to improve it
- If you treat your teachers with respect and kindness, they're more likely to be understanding if you're struggling, require assistance, or need an extension.
- Make close connections with teachers early -bonus: better rec letters:)
- Do not be afraid to ask your teachers for help, they are there for you
- Communicate any questions you have about the material as you have them, and make plans to meet during lunch or after school if you need to.

LEARNING COMMUNITIES

- Even though 10th-12th grade will be in your specialized learning community, you will see a lot of the same people from your hive
- Learn as much info about them as you can. Talk to people from that learning community and ask what they like/dislike
- All learning communities are great -- no "bad" or "slacker" one
- Ask upperclassmen about small schools (link leaders or if in their language class) and what they think about their own small school
- Try to get information from upperclassmen, it is more reliable than the general presentations
- Pay attention to which classes you will want to take in a few years
- Talk to upperclassmen if you can because they will have advice, especially if you have similar interests
- Pay attention to what are the requirements and what classes are scheduled for them
 - Talk to upperclassmen about it and see how you would like that certain class/small school

- You don't need to go for the IB diploma
 - Not having a IB diploma won't hurt your chances of getting into good colleges
- Take classes you are actually interested in and not classes that you think will get you into college
- All learning communities are equal and none of them will give you a better chance to get into a certain college
- do not feel pressured to get in to any specific small school they're all great

SCHOOL RULES

- There is no dress code so don't be afraid of expressing yourself (some staff will care though)
- Try to avoid any physical altercation or unwanted physical contact

STUDENT CULTURE/EXPECTATIONS

- Consent Presentation - consent is all about setting your personal boundaries and respecting bounding of others. Lack of consent in relationships can have serious consequences.
- Go to events to connect with other students and so that they might be able to help you in the future
- Spirit week is a big deal
 - Surviving spirit week for introverts
 - The biggest conflict on rally day is between juniors and seniors (don't worry if you're a freshman)
 - Senior hierarchy/ school spirit and how to navigate that as a freshman
 - Rally day is super important
 - Have something red to wear
- Though altercations are quite rare now, be careful on Freshman Friday, there have been a few eggs
- It's okay to be scared for high school and acknowledge it
- Don't feel like you need to fit in with the older kids (just be yourself and enjoy high school), it goes by fast
- Respect others and it'll come back to you

KNOWING WHERE COUNSELORS ARE

- Create connections with your academic counselors from the beginning! You'll need their help throughout your time in high school, so having a strong relationship is really important.
- Asking upperclassmen on the first few days of school and remember who your counselor is because there's a lot
- Counselors are there to help you get through high school, so don't be afraid to ask them a bunch of questions (they won't mind)

NAVIGATION

- If your classes are very spread out be ready to speed walk and find shortcuts
- Different buildings for different subjects (G/H is science/math, M is mostly language, etc)
 - Third floor of C building is mostly freshmen classes
- There are a few single stall bathrooms located around campus (G-H 2nd floor, C 2nd floor, maybe others now).

- Don't be afraid to ask where your class is, better to know then get lost and be late
- All the classes in the one hundred are on the first floor, two hundreds are on the second and so on. At least for most of the buildings.
- 4th/3rd floors need specific stairwells. Ask if you can't find them.
- Walk through and find all your classrooms once you get your schedule
- Once you figure out where your classes are it isn't as scary and huge as it might seem
- Establish a route to all of your classes
- After awhile everything gets easier, especially navigating your way to class
- Link to campus map: <https://bhs.berkeleyschools.net/information/campus-map/>
 - know where your classes are before coming on the first day! It can be a little chaotic
 - Plan your time on getting to classes on time (before school/lunch)
- Create a routine/route to make getting to classes easier and more manageable.
- Try to participate in activities that interest you.
- Make sure to be on time to your classes so that you don't get a tardy.

OTHER

- You can purchase [Berkeley High Gear on the BHS Athletics website](#). Leadership and other student clubs may offer items for sale throughout the year as well.
- For discounted BART tickets you will have to get a clipper card. In order to get that you will need to fill out an application at <https://www.bart.gov/tickets>

What is something every 9th grader should know? Updated for 2024

Berkeley High can be intimidating at first, but trust that with time, it will feel more and more like the welcoming community it truly is.

Form good relationships with your teachers as you'll need their support in the future. Don't be afraid to join new extracurricular activities and clubs not only to boost your resume but make new friendships!

"1) what classes each building has, and where their classes are

2) the quickest/easiest routes to get from class to class"

"One thing I think 9th graders need to know is where all of the resources are. This is one of the most important parts of the school, so introducing them to the Health Center, CCC, Wellness center, and more is gonna be really helpful so they can feel comfortable using them from the start.

Also, this isn't part of the campus, but letting them know all of the great social activities that happen for freshman. It was so fun for me to attend sports games, clubs, performances, and it was an amazing way to make friends. Sometimes that's hard at first, so this one is really important!"

That coming to a new school especially one as big as this one can be scary and overwhelming but there are so many recourses and you will find people and things that you connect with.

Everyone has been in your shoes before, and it's important to treat yourself with kindness if you're nervous but also to try your best to get out there and do things that make you feel a bit uncomfortable sometimes because that's how you grow.

That it's always best to know where your classes are before the first day of school, because it's a great way to not get lost. Also have good connections with counselors as they can be very helpful if you have any confusion during your 9th grade year.

I think every 9th grader should know that even though there are a lot of people at Berkeley high, once you get into your routine, it will not be overwhelming.

I think that every ninth grader should know that everyone is going into freshman year feeling nervous, and it'll be a lot easier to make friends than you expect. The school is super big, but that makes it easier to find your place.

being true to yourself is honestly so important. Freshman year has a lot of drama but remember that in the long run it's not at all important.

Stay true to yourself! People can tell when you're not being who you are. There's a lot of drama freshman year, while people are still trying to figure out who they are, but none of it is that deep and don't let it impact you!

"-Develop good study habits now, even if school isn't challenging, because they stick with you through high school

-Get involved in the school in any way you can. (Clubs, sports etc). It's the best way to make friends!"

Every 9th grader should know that early successes and failures don't matter that much in the grand scheme of things, they should know that nobody is perfect.

"Go with flow

Just be yourself "

be open to new things and just go out of your comfort zone

Be open to talk to and be friends with everyone, and don't disrespect teachers and adults especially not for no reason.

1. each of the buildings 2. how lockers work

that they should stay on top of their work

How to access the health center

It's important to do your homework, but don't stress yourself out too much. Make new friends and step out of your comfort zone.

It's going to be okay

"-what the health center can provide for you

-opportunities at bhs, clubs, and classes"

I think every 9th grader should be familiar with the resources available to them on campus such as the health center and the wellness center so that they feel supported during the year. I also think it's important for 9th graders to know where their first couple of classes are to help them feel more confident on their first day! When I was a 9th grader, my link leaders showed us where our first period classes were based on our schedules and that helped me feel a lot more confident on my first day of school.

"- use ninth grade to explore your passions— put yourself out there (participating in class, extracurricular activities), and don't put too much pressure on yourself during this process.

- Berkeley High has many resources offering support for students (college counselors, Wellness Center, Health Center, tutoring, CCC...). All incoming BHS students should be aware of and familiar with these resources."

How to get around school, where to go for resources and help at school

Even though it's hard, you shouldn't change who you are because you think people will like you better.

How to get involved, how to get to their class

How to get find their way around classes and the best ways to meet new people and feel involved like joining clubs.

no matter how few friends you get in your classes, you will make new friends in high school who are some of the best people you'll meet and will be there and support your growth throughout high school

where the best lunch spots are and that although Berkeley High may seem like a huge daunting place at first, there are people that will support you in every aspect of your journey and a community for every person.

"1. Create good relationships with your teachers starting out

2. Try new things and find things your passionate about like clubs or sports

"

Every ninth grader should know the most efficient ways to get to class and understand the breezeways and how buildings connect. For me, Berkeley Highschool felt like a maze at first and so I want to use my experience to help incoming freshman.

I would say making sure to create good relationships with your teachers- especially during the first couple weeks of the school year. Also, to try a lot of things and activities freshman year to see what you like and want to continue with throughout your high school career.

Every 9th grader should know where to find their classes and where all the resources in the school can be found like the health center. They should also learn information about school activities and teachers, to prepare them for things they may be worried about such as rally day.

That Trader Joe's has the shortest lunch line, and that there are better ways to get to class than using the breezeway.

all the different clubs on campus and which bathrooms are the cleanest

An upperclassman! Every freshman should know an older student who they can go to for advice

What resources they have to help them academically and having connections with other people before the first day of school

"1. Be open minded in who you meet in classes, get to know people in every class if possible. Those friendships can really last

2. Go to office hours/email your teacher or friends if you're confused. My teachers were always helpful when I asked and it really helped me to understand the material and get to know my teacher better"

"Don't be scared to try and make new friends!

This is just as scary and new for everyone in Highschool. "

"1) As intimidating as our school may seem, it will quickly begin to feel like home.

2) You get out of school what you're willing to put in."

"- remember the building letters and where the stairs are

- check out new opportunities and look at forms that are sent out even if you're unsure about if you want to do it"

They should know how to get to their classes, and how the hive system works

Tips and tricks for how to get through the beginning of the school year like which bathrooms are better, how to find your classes more easily, what to bring and what not to, just the sort of inside info they wouldn't get from a pamphlet.

Every 9th grader should know where they can go to get help/support, like the health center, or just a quiet place like the library or wellness center if they need it. They should also know all the (many) opportunities available, such as clubs, classes, etc.

"Where every building is

Who your counselor is

Be friendly to everyone "

who to talk to about questions or issues they have, how to navigate the school quickly

They should know that they shouldn't expect classes to get easier and that they should keep up with their grades, assignments and homework. another thing is that they shouldn't slack off because second semester is hard.

Create good work habits freshman year so you don't struggle in the years to come. Try to get involved and make friends that you see yourself being able to trust and have a lot of fun with. Try not to stress too much about social aspects like being cool or not.

"It's really important to build solid study and work habits as a 9th grader. It sets you up for a lot less stress and cramming later on.

It's ok to mess up sometimes.

It's also a really good idea to get involved. Join an art, club, sport, or school organization! Not only do they give you something fun to do, but they're also amazing opportunities to meet people, learn new skills, and fill out your time. Being in tune with your school's events and activities actually helps a LOT. "

"Know how to read a room number and find it, the first letter corresponds to the building and the first number corresponds to the floor of the building.

Know about the various clubs at Berkeley High and how to find and join them, they are a great way to meet people and develop skills. "

Highschool isn't as scary as you think! 9th grade is the year to have fun

How to balance social and academic aspect of bhs, as well as the most important resources such as counselors and staff at the school they can use to their advantage.

There are so many activities to do at BHS including clubs, sports, leadership, The Jacket, drama and more, that even if you come to BHS not knowing what you want to do (like I did) you are going to find something. The Bulletin really helps to tell you about opportunities, and encourages you to try them out. The classes are definitely harder than in middle school, so take advantage of teachers' office hours and your email. I've emailed my teachers a lot, and if you don't do that regularly, you should be prepared to email your teachers more. But even though high school isn't easy, you are going to be able to pass the classes! You just need to work hard and know that all of your teachers want to help you succeed.

"1. Talk to your counselor! They can help you with so much!

2. There are tons of different clubs and activities offered by BHS. You should check them all out in the course catalog and on the school website! There's also a club fair."

Every 9th Grader should know how to report bullying/harassment and they should know how to advocate for themselves by talking to teachers.

that they are not alone and don't be afraid to ask questions

Don't be intimidated by the size of the school, and make connections with at least 1 adult.

they should know every building including faster ways to get around campus, also how much getting to know your teachers is

"I would want them to know that they belong at Bhs and there will always be a welcoming community for them no matter who they are (club,sport, friend group...)

Also that if they're struggling they're are great resources at Bhs to help them whether that be social emotional academic or physical struggles"

Don't be late to class

"It takes awhile to adjust, but it's important to get to know your way around school.

Try your best to be active in the community by joining clubs and teams!"

You can always email a teacher, contact with your teacher pays off so don't be shy! Don't be afraid to grab a school lunch or bring something from home to eat while your friends spend their money at restaurants.

All the resources BHS has to provide (health center for period products, wellness center for a safe space, title 9 room, counselors, etc.) and how you can join many different communities (lots and lots of clubs, the jacket, athletics) and find your people!

Who you are and who you are friends with going into freshman year does not have to define who you are throughout high school

Not everything is going to happen in one year, if you feel like 9th grade isn't going good it'll get better. Take it one day at a time your grades for freshman year are important but it's okay if they aren't 100%

Berkeley high has a very supportive community, that they shouldn't worry too much about meeting new people because everyone will be very friendly, and that the hive system at bhs makes it very easy to adjust to the school. It also helps to make new friendships that could be long lasting throughout their school life at bhs.

Try out everything you can and find how you like you be involved in the BHS community. Start thinking about what you want to do when you're older! Maintain good grades and take classes you like!

"1- Try out everything you want, and don't be stopped by what other people are doing (especially your friends) because it is always a great idea to branch out and find friends with different niches and hobbies to broaden your perspectives.

2- Maintain positive relationships with your teachers even from Freshman year, because it is always great to have a familiar face that can help guide you throughout your time at BHS freshman-senior year. "

Single stall bathrooms do you work on time

"- To not procrastinate their work and to just get it done because it is only going to get harder

- To get involved with the school like making a club or joining leadership which will help you meet people and find a passion or interest at school"

where every building is and the good spots to go to for lunch.

The school isn't impossibly big, don't worry about finding your place or way to class.

Berkeley High has a lot of activities and unique opportunities so take those for advantage. Join clubs and teams and take classes that you want to take and that sound fun to you.

.be friendly and don't judge a book by its cover because people are really cool you just have to get to know them. stay ahead of all your homework and make a schedule for homework

How to get to your classes, time management skills