

*Mount Vernon High School  
Home of the Majors*

*"Majors achieve and  
thrive together with  
purpose and pride."*



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# Admin and Counselors

(Shift to the Alpha Model)

Admin <i>Administrador</i>	Alpha <i>Asignación por Apellido</i>
Karen Boyd	A-Der
John Shaffer	Des-Lay
Lashonda Reed	Laz-Ram
Gina Brooks	Ran-Z
Adrian Williams	CSS & STEP

New Alpha <i>Nueva Alfa</i>	School Counselor <i>Consejero/a Escolar</i>
A-B	Bryce Green
C - Ev	Niasharee Frater
Ew-Hop	Ericka Jeter
Hoq-Mc	Mary McAlevy
Md-Pie	Camille Moore
Pif-Sli	Melissa Mentzel
Slj-Z	Paul Guillion
CSS & STEP	Karen Mazzocoli
ESOL Level 1 and 2	Catherine Samper

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<b>P.R.I.D.E.</b>	<b>IB Learner Profile</b>	<b>WITHIN OUR SCHOOL</b>
<b>Preparation</b>	<ul style="list-style-type: none"> <li>• Communicators</li> <li>• Inquirers</li> <li>• Knowledgeable</li> <li>• Reflective</li> <li>• Thinkers</li> </ul>	<ul style="list-style-type: none"> <li>• Majors walk with a purpose and; with the goal of arriving to class on-time.</li> <li>• Majors aim to</li> <li>• Majors are available to engage in all aspects of the learning process.</li> <li>• Majors advocate appropriately when they need assistance (academic, behavior, social/emotional).</li> <li>• Majors communicate with teachers and plan in advance for when they are not in class and to follow up on lessons missed.</li> </ul>
<b>Respect</b>	<ul style="list-style-type: none"> <li>• Balanced</li> <li>• Caring</li> <li>• Communicators</li> <li>• Principled</li> <li>• Reflective</li> </ul>	<ul style="list-style-type: none"> <li>• Majors use appropriate tone of voice, word choice/language and body language.</li> <li>• Majors are mindful of their environments and conversations.</li> <li>• Majors respect the boundaries and personal space of others.</li> <li>• Majors greet each other and return greetings to others.</li> <li>• Majors follow the expectations set forth by teachers in their classrooms &amp; the SR&amp;R.</li> </ul>
<b>Integrity</b>	<ul style="list-style-type: none"> <li>• Balanced</li> <li>• Communicators</li> <li>• Open mindedness</li> <li>• Principled</li> </ul>	<ul style="list-style-type: none"> <li>• Majors are truthful and courageous enough to communicate with staff/peers.</li> <li>• Majors are responsible and accountable for their actions and success.</li> <li>• Majors are mindful of others and respect diverse perspectives.</li> <li>• Majors are aware of their behaviors and how their behaviors can impact others.</li> </ul>
<b>Determination</b>	<ul style="list-style-type: none"> <li>• Communicators</li> <li>• Inquirers</li> <li>• Knowledgeable</li> <li>• Risk-Takers</li> </ul>	<ul style="list-style-type: none"> <li>• Majors are committed and present in the moment.</li> <li>• Majors follow through with assigned tasks.</li> <li>• Majors complete tasks to the best of their abilities.</li> <li>• Majors persevere through difficult situations, tasks, conflicts and roadblocks and promptly communicate with teachers/staff for assistance.</li> </ul>
<b>Excellence</b>	<ul style="list-style-type: none"> <li>• Balanced</li> <li>• Inquirers</li> <li>• Communicators</li> <li>• Knowledgeable</li> <li>• Reflective</li> <li>• Risk-Takers</li> </ul>	<ul style="list-style-type: none"> <li>• Majors show maximum effort in all that they do.</li> <li>• Majors strive to create balance between school and home and minimize distractions.</li> <li>• Majors self-reflect as they grow and develop into life-long learners.</li> <li>• Majors are able to self-regulate their actions in order to accomplish goals.</li> <li>• Majors are team players and are always willing to lend a hand.</li> </ul>



# Becca Forsyth

reforsyth@fcps.edu

- ★ It is my 2nd year @MVHS
- ★ I graduated from University of the Cumberland in 2019 with a bachelors in Biology
- ★ I graduated from WGU in 2022 with my Masters of Art in Teaching (Secondary Science)
- ★ 1st generation college student
- ★ I enjoy hiking, spending time with my family & 2 cats



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# Curriculum Overview

This course is part of the Standards of Learning for the state of Virginia, which means you are required to pass the class and the state test (SOL) administered in May 2023 to graduate.

**The curriculum consists of 10 units:**

1. **Introduction to Scientific Investigation/Classification**
2. **Cells**
3. **Biochemistry**
4. **Photosynthesis/Cellular Respiration**
5. **Cell Membrane and Transport**
6. **Cell Cycle and Mitosis**
7. **DNA**
8. **Genetics and Meiosis**
9. **Evolution**
10. **Ecology**

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# Recommended Supplies for Class

**Your student needs a  
NOTEBOOK!**



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# Procedures and Routines for the Classroom

**Students will typically complete a warm up/ quiz at the beginning of class to activate prior knowledge. We then move to a whole group mini lesson, followed by independent or group practice.**

**Students who need extra support or help may visit during Major Time or may stay after school on Mondays from 3-4pm**

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# Grading and Assessments

## Grade Calculation:

Mastery (40%)	Skills (35%)	Practice (25%)
<b>Test</b> Summative assessments Culminating activities	<b>Labs</b> Lab assessments Lab skills Activities	<b>Homework*</b> Practice problems Quizzes

Every unit is followed by a unit test.

Grades may be checked on ParentVue. Grades in Schoology are not accurate.

\*I will never assign homework, but if they do not finish work in class it will become homework.

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# Attendance

**Attendance is taken everyday at the start of class. You may check your students attendance using ParentVue.**

**If your student misses class, it is their responsibility get their makeup work. They may see me during Major Time or after school to catch up.**

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