

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



Teacher Introduction

Avi Joshua Shapiro was raised in Burke/Springfield and went to Lake Braddock High School. He attended College at Randolph-Macon College where he earned a B.S. in Physics and a minor in Psychology. He attended University of Pennsylvania and earned a Master's in Psychological Services. He worked for 3 years as a Mental Health Therapist with children in foster care within the city of Philadelphia. This is his 25th year teaching. He and his wife have a Bichon Frise(Be Shawn Freeze Ray). Sophie enjoys eating, just like her father does. Mr.Shapiro enjoys weightlifting, walking with his wife and dog, and reading science-fiction/mythology/religion.

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Teacher Introduction

Iman Bahabib grew up in Northern Virginia and is an alumni of FCPS. Her family is from Russia and Yemen. She earned her Master's and Bachelor's degrees at George Mason University. She has a M.Ed. in Curriculum and Instruction and a Bachelor's degree in Integrative Studies. She taught at Riverside Elementary School as a 5th grade teacher for 5 years. This is her 10th year teaching. In her free time she enjoys eating, sleeping, and working out. This year she is teaching Active Physics and Biology.

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Curriculum Overview

We will be covering a variety of topics such as kinematics, acceleration, electricity, waves and relativity. We will do so using sport like activities, simulations, creative writing and art. Group and individual work will be combined with lecture for different modes of instruction to keep things engaging.

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Recommended Supplies for Class

Notebook or binder, pencil, paper

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Procedures and Routines for the Classroom

Listen when the instructor is speaking and treat everyone with respect. No food in class. Check the agenda for what we are doing.

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Grading and Assessments

As per the syllabus:

Quarter Grade Breakdown

Classwork/Homework 20%

Labs/Projects 40%

Tests 40%

Midterm exam is 5% of final grade, final exam is also 5%. In Active Physics, the Final Exam is 10%.

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Attendance

Show up. When you aren't here, follow up with instructor.
Plan to come during Major Time if help is required.

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