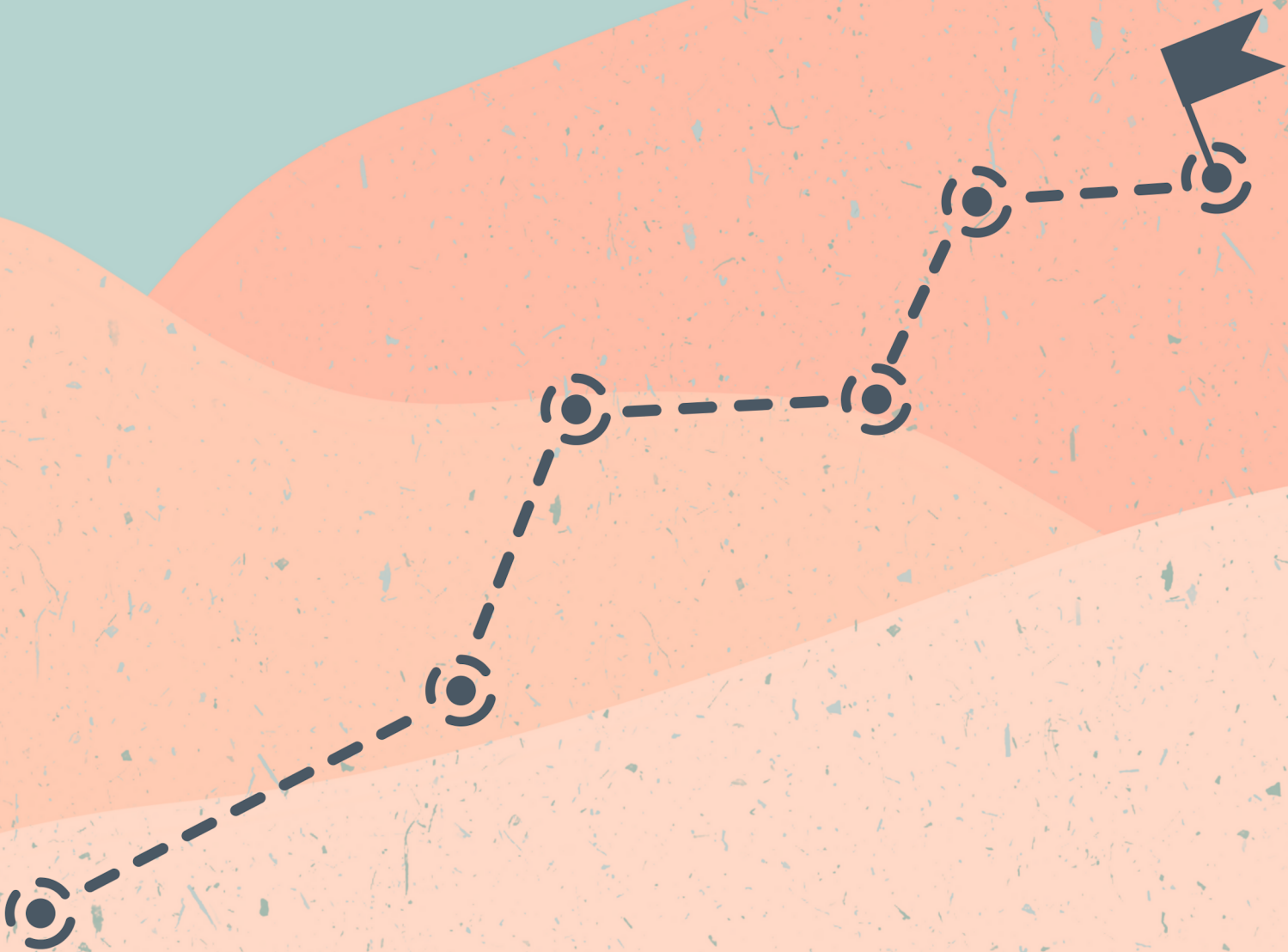


9TH GRADE SURVIVAL GUIDE



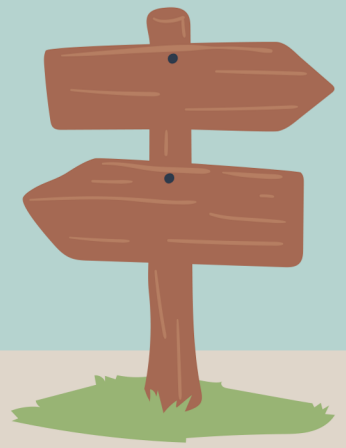
HINGHAM HIGH SCHOOL
2023-2024



WELCOME TO HINGHAM HIGH SCHOOL

Our students remember how unfamiliar things felt at the start of their high school experience. That's why they've helped create this guide for you with information they wish they had back then. We hope it answers most of your questions, but if it doesn't please refer to the contact information at the end. We are happy to have you at HHS!

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NAVIGATING HINGHAM HIGH



SCHOOL LAYOUT

Change is never easy. Think back to when you began middle school and had to navigate many new experiences.

7-DAY SCHEDULE

Transitioning to high school will also take some getting used to. You will find that once you settle in, your time at HHS will fly by!

ATTENDANCE

But while you're settling in, here is some helpful information...

FREQUENTLY ASKED QUESTIONS

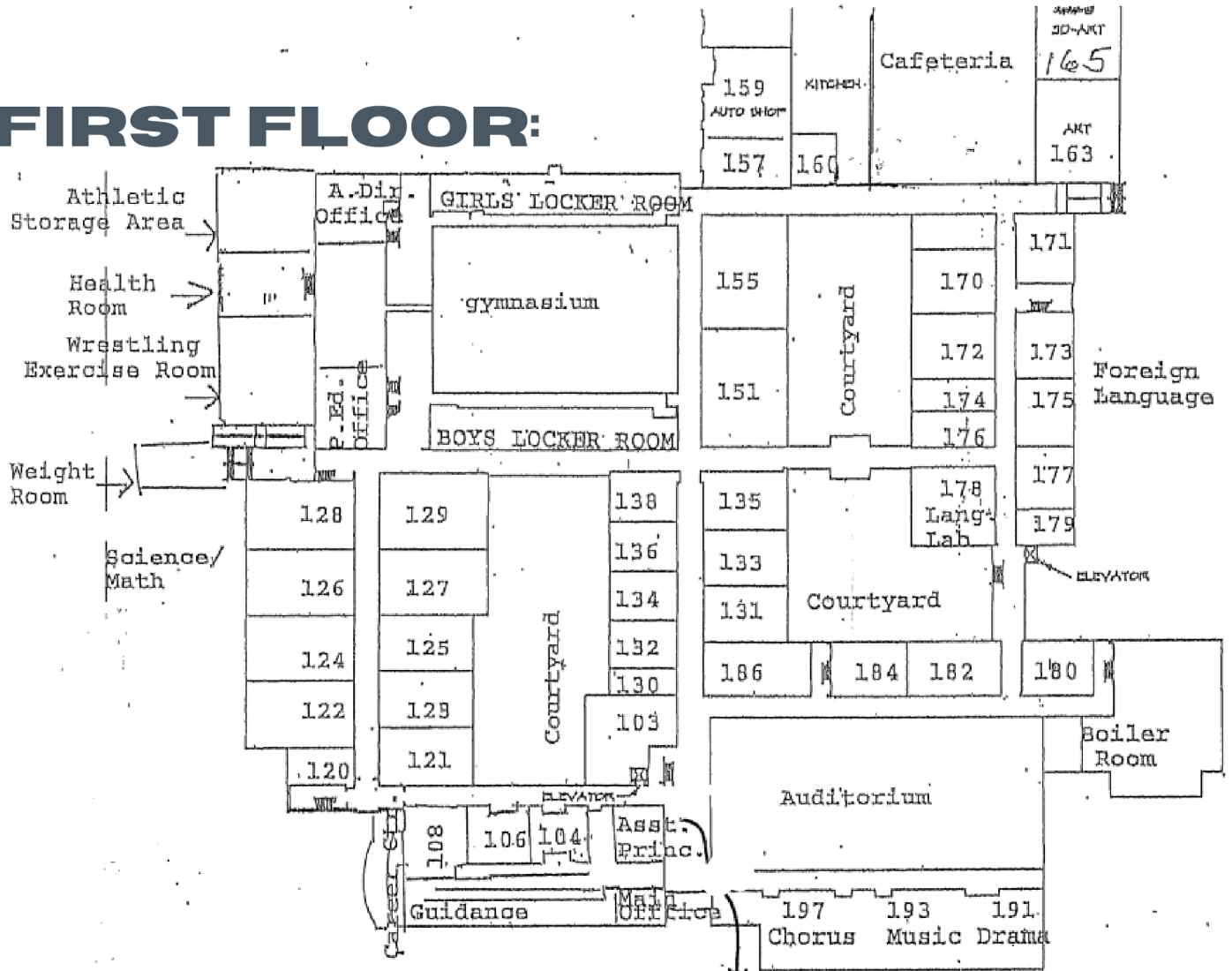
"Do not put so much pressure on yourself and learn to live a little bit more. High school only lasts so long, so make the time you are there count. Also, go out of your way to be friendly to everyone."

"Don't be afraid to ask for help."

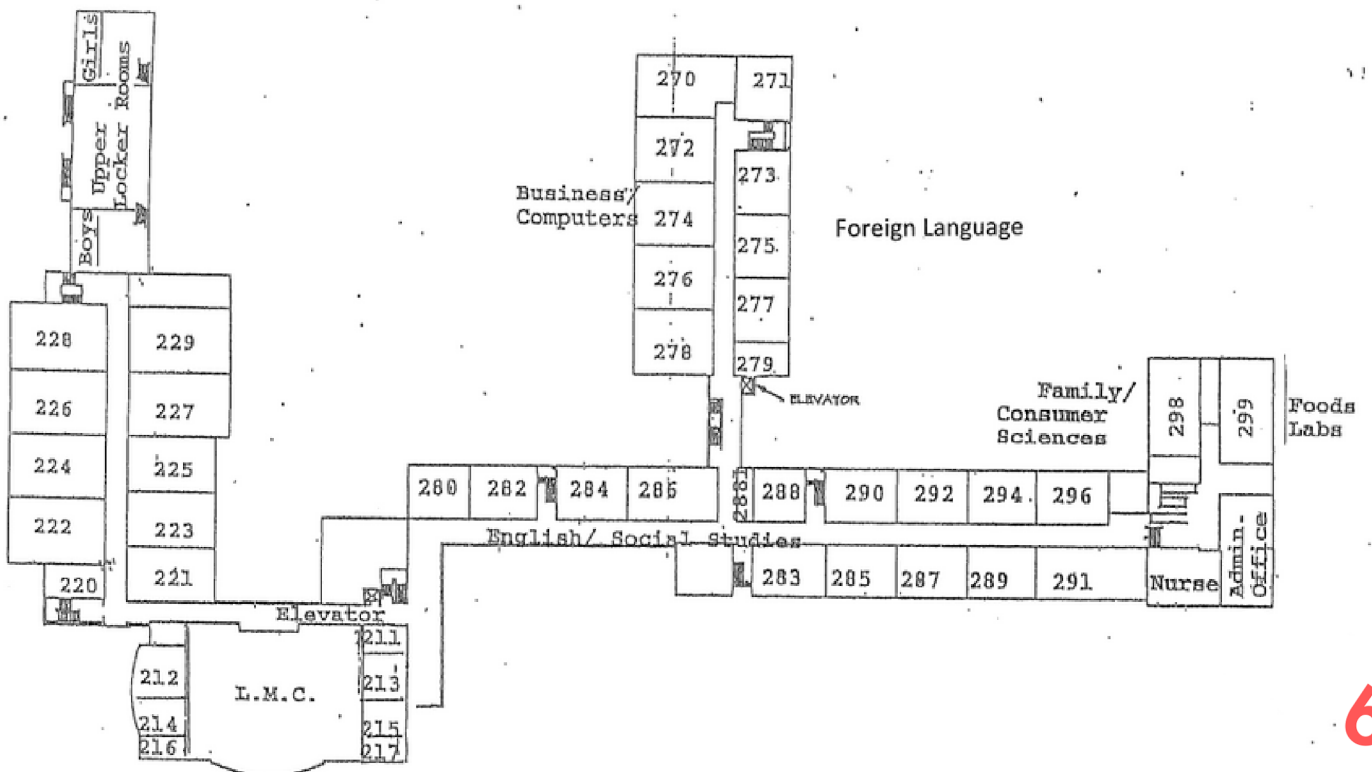
"Enjoy the little moments because time goes by quickly, and everything that seems big and scary won't always feel that way."

SCHOOL LAYOUT

FIRST FLOOR:



SECOND FLOOR:



7-DAY SCHEDULE

1 - D1 DAY 1

311-001 2French II Zade, Maria Katherine 171
001-038 Study Hall Allen, N CAF
222-005 2World History I George, Steven F 270
421-003 2Geometry Sadowski, Steven Thomas 134
542-002 2Biology I Kates, Elizabeth B 126
967-001 Concert Band Cincotta, Brian T 193

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2 - D2 DAY 2

311-001 2French II Zade, Maria Katherine 171
001-038 Study Hall Conley, J CAF
222-005 2World History I George, Steven F 270
421-003 2Geometry Sadowski, Steven Thomas 134
542-002 2Biology I Kates, Elizabeth B 126
122-004 2Humanities/Eng Hafflin, Gustav 286

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3 - D3 DAY 3

311-001 2French II Zade, Maria Katherine 171
001-038 Study Hall Conley, J CAF
222-005 2World History I George, Steven F 270
421-003 2Geometry Sadowski, Steven Thomas 134
967-001 Concert Band Cincotta, Brian T 193
122-004 2Humanities/Eng Hafflin, Gustav 286

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4 - D4 DAY 4

311-001 2French II Zade, Maria Katherine 171
001-038 Study Hall Conley, J CAF
222-005 2World History I George, Steven F 270
542-002 2Biology I Kates, Elizabeth B 126
967-001 Concert Band Cincotta, Brian T 193
122-004 2Humanities/Eng Hafflin, Gustav 286

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5 - D5 DAY 5

311-001 2French II Zade, Maria Katherine 171
001-038 Study Hall Conley, J CAF
421-003 2Geometry Sadowski, Steven Thomas 134
542-002 2Biology I Kates, Elizabeth B 126
967-001 Concert Band Cincotta, Brian T 193
122-004 2Humanities/Eng Hafflin, Gustav 286

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6 - D6 DAY 6

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222-005 2World History I George, Steven F 270
421-003 2Geometry Sadowski, Steven Thomas 134
542-002 2Biology I Kates, Elizabeth B 126
967-001 Concert Band Cincotta, Brian T 193
122-004 2Humanities/Eng Hafflin, Gustav 286

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7 - DAY 7

001-038 Study Hall Conley, J CAF
222-005 2World History I George, Steven F 270
421-003 2Geometry Sadowski, Steven Thomas 134
542-002 2Biology I Kates, Elizabeth B 126
001-027 Study Hall Boyd, Alexandra Ricciuti CAF
122-004 2Humanities/Eng Hafflin, Gustav 286

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B-B	001-038 Study Hall Allen, N CAF	001-038 Study Hall Conley, J CAF	001-038 Study Hall Conley, J CAF	001-038 Study Hall Conley, J CAF	001-038 Study Hall Conley, J CAF	222-005 2World History I George, Steven F 270	222-005 2World History I George, Steven F 270
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ATTENDANCE

What time does school start?	8:00 am
What time does school end?	2:32 pm
What time should you wake up for school?	It depends on where you live, but always leave yourself extra time to get to school by 7:50 am. Pro tip - leave a clock in your bathroom that is 5 minutes ahead. That way, you'll leave on time!
How long is the transition time between classes?	4 minutes. You will only need to walk fast if your classes are on opposite ends of the school.
What if I'm late for class?	Always do your best to come to class on time. If you are coming from a meeting (such as staying a few minutes at your previous class to talk to a teacher, visiting the nurse, or seeing your counselor) ask the staff member to write you a late pass.
How many absences are we allowed?	5 unexcused absences per term before you begin to lose credit in your classes 3 tardies (of less than 10 minutes) equals one absence; any tardy of more than 10 minutes equals an absence
If you miss many days of a core class and lose credit will you have to retake that class?	It depends on how many days you miss, and the amount of work you make up from when you were absent. You should check in with your guidance counselor when you return to school. They can contact your teachers to see where you stand in terms of makeup work/credit.
What happens if you are out of school due to an illness for 5 or more days?	You will need a doctor's note in order for the absences to be considered exempt. You still need to makeup any work you missed while you were absent.



FREQUENTLY ASKED Q'S

Can I bike to school?	Yes!
Where do I park?	As a 9th grader, you will likely take the bus or be dropped off at school. Once you obtain your license you may park in the far lot of the school if you are a junior or senior. You will need to apply for a parking pass through the main office. Spots are distributed by lottery to those who apply for them.
Do I have an assigned locker?	Unlike in middle school, in high school you bring your backpack to each class during the day. There are lockers around the school, but they are very narrow and most students choose not to use them. Students who wish to get a locker should see their assistant principal to ask for one.
How do I find out what lunch I have?	You will find out on the first day of school, according to the lunch that your D block class is assigned to. You will go to this lunch on days 1-3. Days 4-7 your lunch may switch depending on what lunch your E block class is assigned to.
Can I switch lunches so I can be with my friends?	Unfortunately you cannot switch lunches. If you're having trouble finding friends to sit with or feel lonely during lunch, talk to your counselor about potential solutions.
When will I get to see my friends during school?	You can see them during lunches or if you have the same classes with them. If you don't have any classes with close friends, consider joining an after school club or sport with them! You will also surely make new friends!



EXPLORING ACADEMICS



CLASSES

You are creating your future. Never doubt the importance of putting your best foot forward in your classes. They will be challenging at times, but there are plenty of resources and strategies you can use to succeed. Check out what other students have to say about their academic experiences...

TEACHERS

WORKLOAD

FINDING BALANCE

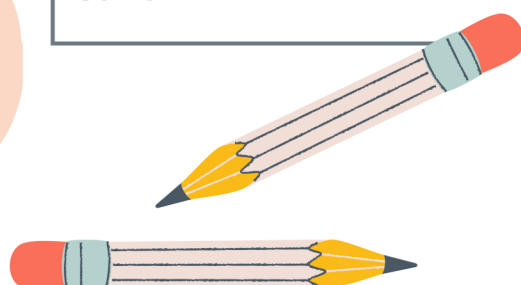
CLASSES

- Your classes are not all located on one floor like they are in middle school. Classes can be anywhere in the building depending on your schedule, though there are dedicated wings of the school for math, science, history, foreign language, etc.
- You may have students from other grades in your classes, particularly in science and math classes.
- In junior & senior year you will have more opportunities to diversify your schedule with electives, AP courses, and other classes. This doesn't mean that you need to know exactly what field of study or profession you want to follow after high school, but it gives you time to explore different subjects of interest to you. Try something new!
- You will create your schedule for sophomore year in March. You will come to the counseling department with your history class and meet with your counselor to do this.
- A "Program of Studies" is available on the Hingham High School website and provides descriptions of all the classes offered at the school.

"Don't wait until you're an upperclassman to personalize your schedule. There are a lot of classes that both fulfill requirements and lead you closer to what you want to do in the future."

Credits Required to Graduate (earned during grades 9-12 at HHS)	
English	20
Math	15
Science	15
Health	2.5
World Language (all credits in the same language)	10
Social Studies (must include US History)	15
Fine or Applied Arts	2.5
Physical Education	2.5

Cumulative Credits Required to Become a..	
Sophomore	25
Junior	50
Senior	75



TEACHERS

- Don't be afraid to talk to your teacher! Communication is key.
- Stay after for extra help or email your teacher if you're struggling with a particular concept / assignment. They won't know how to help you if you don't ask.
- Asking questions is a good thing
- Getting to know teachers better will help you be more successful
- Your teachers want to create positive relationships with you
- Be polite and respectful of your teacher's time
- If you are unsure how to resolve an issue with a teacher, reach out to your student mentor or counselor

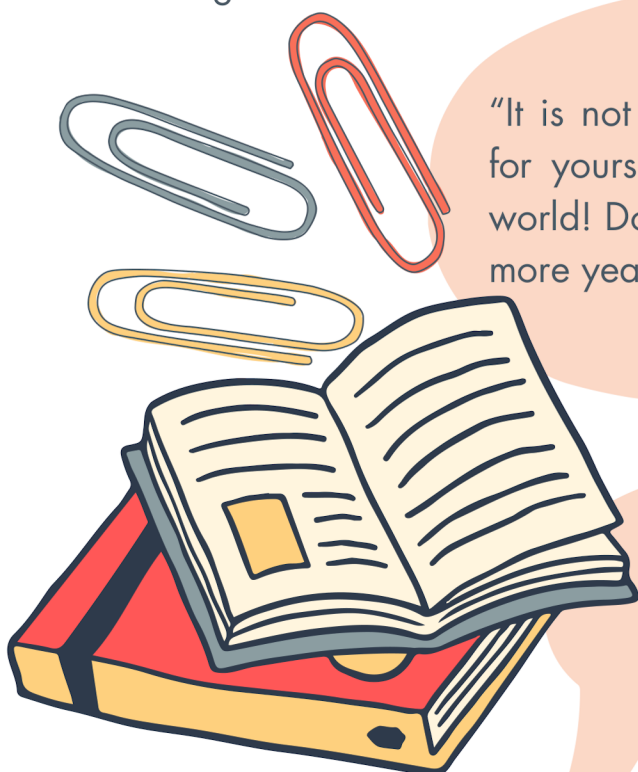


"The teachers here are not strict, but that is not to say you can slack off. They want you to want to learn, they definitely know who pays attention and who does not, and they give you specific freedoms but do not abuse them!"

"I would recommend really taking advantage of opportunities to stay after with a teacher and get extra help, particularly if you have a big assessment coming up. Teachers notice the extra effort you put in, and you can see a lot of improvements in your grades. Additionally, I would advise my freshman self to avoid procrastination. Sometimes, starting the process of studying can be really hard, but the sooner you start, the easier the process will be."

WORKLOAD

- Do your homework!
- Stay on top of your work and minimize procrastination
- Do not wait until the last minute to study for an important exam
- Study for mid-year exams and final exams
- Stay consistent and focused
- Work harder than you think is necessary
- Develop good study habits now, as they will benefit you in the future
- Your grades in freshman year matter
- If you get overwhelmed easily, take breaks and work smarter not harder
- If you are burnt out by the end of the night, wake up early and study instead. It's not worth staying up late to study information you are not really retaining
- The difference between the homework load for an advanced and upper standard class is very large, so keep this in mind when selecting more than one advanced class in your schedule
- Consider freshman year as the building block or foundation for your future GPA
- Don't stress or criticize yourself over a couple of bad grades
- Try your best freshman year because it's important and will be worth it in the end
- Find the best way of studying that works for you. It won't necessarily be the same way your friends learn
- Don't put off your most difficult assignment. The longer you wait, the more intimidating it seems



"It is not that serious. Work hard, but leave time for yourself. A bad grade is not the end of the world! Don't burn yourself out – there are still three more years. GPA and school aren't everything"

"You will get used to the workload, it is a lot to do in the first few weeks of school, but it will get better."

FINDING BALANCE

- Keep an organized schedule
- Use a planner or assignment notebook
- Regularly check Google Classroom, class agendas, and other calendars so you are not caught off guard by deadlines or exams
- Try to get schoolwork done in study halls so you have less to do after school
- Try doing homework somewhere other than your room to avoid falling asleep
- Balance being a good student and having fun / doing extracurricular activities
- Avoid going on your phone at night when you should be doing schoolwork (time passes fast, especially after a sport or other after school activity)

"It can be hard sometimes to balance between clubs, sports, school, and a social life but honestly it is so rewarding no matter how you spend your four years, and the experience varies for everyone. People around you will have different friends, experiences, interests, etc. **DO NOT COMPARE YOURSELF TO OTHERS**, it is really important to remind yourself that everyone is completely different, whether it be taking different level classes or grades, whether it be the difference of making JV or Varsity in the sport you want to play, just remember wherever you land you are meant to be"



- If you have sports, a job, or other commitments outside of school, be mindful of how they will impact your remaining time and energy for schoolwork
- Research online or ask your friends about helpful study methods. There are so many techniques out there...like doing homework in 25-minute increments with breaks in between, listening to focus/study music, turning your study material into a song or memorable phrase...keep trying different things!
- If you're feeling overwhelmed by schoolwork, get back to the basics. Take a break, drink water, eat a snack, do something fun. Stretch, walk outside, call a friend.

"When things get rocky, keep working and everything will work itself out. Use the resources provided to you to help you succeed. Don't let the stress from school take over your life."

"I would tell myself to get my work done early before my sports. I was very busy doing soccer, lacrosse, and school my freshmen year and I became very stressed. Don't be afraid to reach out to teachers and stay after if you need help."

"I would tell my freshman self not to be so hard on myself. Everyone has off days, just let those days go on. Instead of trying to push yourself to be more productive, take it easy on the off day and come back stronger the next day."



"I would tell my freshman self to be less of a perfectionist. So many times I beat myself up about not getting the best grade or performing my best in a sport and rather than trying to find a balance I just pushed myself harder until I was feeling completely burnt out at the end of the year. I would tell myself to continue to work hard but also move on when things don't go according to plan rather than dwelling on what could have been."

FINDING NEW PATHWAYS



HELPFUL TIPS

ATHLETICS

MEETING PEOPLE

CLUBS

High school helps you grow. Not only do you learn more academically, but you also experience new aspects of life with more independence. Get excited about your journey over the next 4 years...it's going to be great if you decide that it is!

"Don't be afraid to meet new people and explore different interests because doing so makes high school all the more fun. Additionally, make sure to take advantage of the resources provided by the school such as extra help, guidance counselors, or tutoring."

"Be confident in yourself and you will thrive in any social setting"

"Establishing your identity freshman year, starting participation in clubs, and striving for academic success is stressful, but it starts the path you are going to follow in high school. So work hard and have fun, while being an active and positive member of the Hingham community."

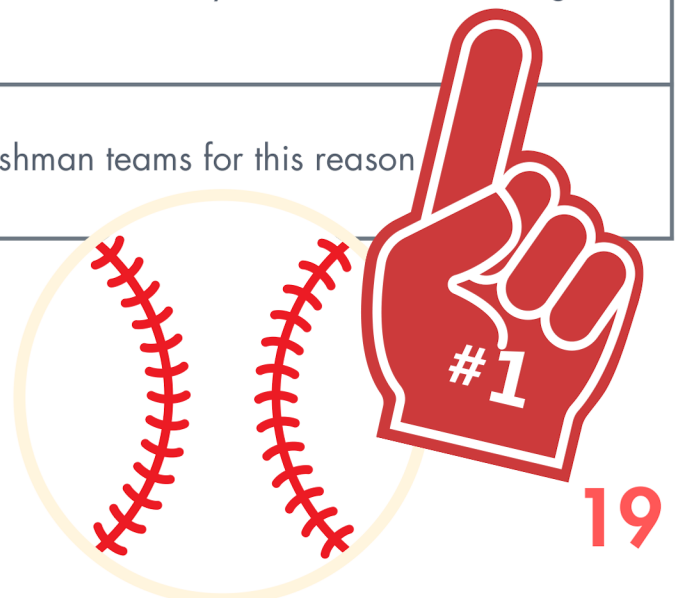
CLUBS / ORGANIZATIONS

ACLU
Activists United
Art Club
Art History
ASL Club
Automotive Enthusiast
Best Buddies
Biology Club
Books & Banter
Breathe Out
Cancer Kids First
Chamber Players Orchestra
Chamber Winds
Chemistry Club
Chinese Club
Choral Spectrum
Chorus (mens)
Class of 2024
Class of 2025
Class of 2026
Class of 2027
Club Olas
Coding Club
Cookie Club
Crafting Club
Crocheting & Knitting Club
Debate
Diversify our Narrative
Diversity Empowerment Club
Drama Club
Dungeons and Dragons
Fashion Club
French Club
Freshman Advisory
GCP
Girls Learn International
Green Team
GSA
HHS Unity Project
Homeless Helpers
Hospice Helpers
Hot Takes Sports Debate
Investment/Venture Capitalist Club
Jazz Band
Latin Club
Literary Magazine – Outer Limits
Math Team
Medical Sciences Club
Mentor Program
Mindfulness Club
Model United Nations
National Honor Society
Newspaper - Harborlight
Oceanography Club
People of Color & Allies
Philosophy Club
Podcast Club
Quiz Bowl
Reaching Out to Children
Revival Club
Robotics
S.A.D.D.
Sales Club
School the World
Senior Service Club
Hingham Service Club
Spanish Club
Sports Management Club
STEM
Student Council (StuCo)
Team Blue
The Rabbit Hole Club
Ultimate Frisbee
Veterans Appreciation Club
WHHS TV
Women in STEM
Yearbook

ATHLETICS

Fall Sports	<ul style="list-style-type: none"> • Boys Cross Country • Girls Cross Country • Crew/Rowing • Dance • Field Hockey • Football 	<ul style="list-style-type: none"> • Golf • Boys Soccer • Girls Soccer • Unified Basketball • Girls Volleyball
Winter Sports	<ul style="list-style-type: none"> • Boys Basketball • Girls Basketball • Dance • Gymnastics • Boys Hockey • Girls Hockey • Girls Ski 	<ul style="list-style-type: none"> • Boys Ski • Boys Swim • Girls Swim • Boys Indoor Track • Girls Indoor Track • Wrestling
Spring Sports	<ul style="list-style-type: none"> • Boys Baseball • Girls Softball • Crew/Rowing • Dance • Boys Lacrosse • Girls Lacrosse 	<ul style="list-style-type: none"> • Boys Rugby • Boys Tennis • Girls Tennis • Track & Field • Sailing • Unified Track

How do you sign up for sports?	<p>Through your Aspen X2 account. Once registration is opened, you can access it by clicking 'Reports', then 'High School Athletics Signup'</p>
How long do sports meets usually last?	<p>It depends on which sport you play and what team you are on. You can generally expect about 1-2 hours a day after school, and longer for away games or matches</p>
Can you get cut from a team?	<p>Yes, but most sports have freshman teams for this reason</p>



MEETING PEOPLE

- Don't feel you have to stay friends with people who don't make you happy
- Make time for people who help you feel comfortable
- Everyone, not just you, needs time to adjust to a new school. You are not alone
- Try many activities and sports because they're a great way to make friends
- Join clubs! It will help you be involved in the social scene at school and meet people from other grades who can help you
- Don't be afraid to talk to people in your classes
- Be outgoing and talk to everybody
- Have fun. Meeting people is the best part of high school!
- You have the chance to form new relationships with people you have never known

"Try a little of everything, even if you think you know what you like, it's better to see if anything else interests you rather than only doing one thing. This spans from meeting new people to trying new sports."



"Get involved in the school. Go to the sports games, participate in the spirit weeks because it's all a part of what makes high school fun. Your time in high school is really what you make it, so make it fun for yourself and don't always take it too seriously."

HELPFUL TIPS

Here are some things that the sophomores, juniors, and seniors wish they could have told themselves at your age:

- "Don't take high school for granted because soon, like me, you will already be going into your junior year. The first day of freshman year feels like yesterday!"
- "I would definitely tell myself not to rush things and take my time getting settled into the environment at Hingham High School. There is a place, a spot, and a talent for everyone, and I promise that you will eventually find it. Also, become as involved as you can in the school spirit, clubs, and athletics. It allows you to make many good friends and introduces you first-hand to what it's like to be one with everything else."
- "It is not as scary as it seems, and everything will be manageable. You will get through it."
- "I would tell myself to not be afraid of people, and be confident in myself in every area of life."
- "Try to make the best out of everything"
- "Enjoy the moment"
- "It goes by a lot quicker than you think"
- "Take it slow, don't rush it"
- "Use all the resources available to you because they will only benefit you"
- "Be yourself"
- "Go outside your comfort zone"
- "Do not be afraid of what's to come. You'll get through it one thing at a time."
- "It is scary and overwhelming at first, but you slowly get used to the new environment and feel at home."
- "Everything will always work out."
- "Take as many opportunities as you can."
- "Don't worry about what everybody else thinks. If you're worried about something, everyone else probably is too."



CONTACT US

This guide was created with input from students involved in our school's Mentor Program. Mentors are students in grades 10-12 who support incoming 9th graders. Your mentor will be available during the school year to answer questions and guide you towards additional resources. If you need help getting in touch with your mentor, please contact:



hhsmentorprogram



kbreslin@hinghamschools.org



HINGHAM HIGH SCHOOL

MENTOR
PROGRAM

