

The Freshman Guide 2018-19

ADVICE FOR FRESHMEN BY FRESHMEN
AT CAMBRIDGE RINDGE & LATIN SCHOOL



Hello Class of 2022!

Welcome to CRLS! We hope you're ready to start a brand new school year after a fun, relaxing summer. We know that going to a school as big as Rindge (with around 2,000 students!) can be daunting, but we're here to help. As this year's editors of the Freshman Guide, we want to make your transition from upper school into high school as smooth as possible. Over the years, many different people have added their experiences and wisdom to the Guide, so it is quite comprehensive, and it's edited every year to make sure the information is completely up to date and relevant.

For this Guide, we interviewed past freshmen at CRLS to answer your questions and give you advice and the real deal—by freshmen for freshmen. The Guide wouldn't be possible without their input and insight. (You can check out all of their bios and ours at the end of the Guide). As you read on, you'll hear useful advice and learn about how to navigate CRLS, what sports or clubs you can join, who to talk to if you need to change your schedule or get a locker, why attendance is important, where to eat lunch, and so much more!

Although it can be overwhelming at first, you'll quickly find your place, people, and passions - whether that means joining the crew team, volunteering at a homeless shelter, acting in the musical, or any of the other amazing opportunities Rindge has to offer. Take the leap to get involved—this first year of high school is a perfect time to try something out or continue doing what you love while connecting with new classmates.

In each of your CMs, there will be upperclassmen Mentors who are there to help you during Orientation and throughout the year, so feel free to connect with them about any questions you have or email any of us at 19elucasfoley@cpsd.us, 19sross@cpsd.us, or 19ssonkert@cpsd.us.

We hope you have an awesome first year at Rindge!

Elizabeth Lucas-Foley ('19), Sophie Ross ('19), and Sophia Sonnert ('19)



EMBRACING YOUR CRLS EXPERIENCE AND STAYING TRUE TO YOU

CRLS is truly a one-of-a-kind place and we guarantee you that the next four years will be full of growth, fun, and adventure! The best advice we can offer all of you is to embrace the next four years with an open-mind, positive spirit, willingness for challenge, and respect for those around you as well as for yourself! In high school there is inevitably going to be lots of change and there will be lots of ups and downs. Schoolwork can get stressful, friendships can hit bumps in the road, and life happens. But having loyal friends, good relationships with your teachers, and a lot of love for yourself will make these challenging times into moments of growth and insight. Nothing can happen unless you make it happen, so be your own guide through life!

Advice for all of you incoming freshmen from all of us who get what it's like and have been there before:

"Welcome to CRLS. Good luck transitioning in. Embrace this fresh start and all the opportunities that come with it. I hope you all have an amazing year!" -Simon

"My advice for the class of 2022 is don't be afraid to do something no matter if it's meeting someone new, trying out for a sports team or picking a difficult class because hard work pays off! And the first week of school be very outgoing so that you can meet new people and make friendships that can grow." -Zinzi

"The one piece of advice I wish someone had told me before I came to CRLS would definitely be to establish a connection with my teachers from Day 1 instead of halfway through the semester. Good luck making the most of your freshman year!" -Jose

"I wish someone would have told me how different high school is from middle school, and that I could take interesting classes and do interesting things. It's okay to try out sports and clubs and classes you haven't done before. Finding new interests is what high school is all about, so make the most of it!" -Nacie

"Your whole experience will be based on how you approach everything and everyone. We're all looking to meet new people so just reach out!" -Dellina

"I would say don't be afraid to try new things and find people who you like and surround yourself with them. High school can be an amazing experience. All you have to do is get out there and enjoy it!" - Max

"Do what you're passionate about and take advantage of all of the opportunities at CRLS!" -Anouk

"One piece of advice I would give my freshman self is: "Get over yourself and learn to learn from your mistakes because you're a wonderful work-in-process." Good luck with your own work-in-progress this year!" -Emma

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How do you stay true to who you really are and what you believe in freshman year when everything is changing around you?

"Honestly, just do you. Freshman year is important, but don't stress yourself out too much over social things or classes. You're going to make mistakes - I sure did (: and if you know that, then it's easier to learn from them." -Emma

"Focus less on impressing people around you or making fun of people's flaws and just be yourself, and work to improve yourself because we all can one way or another." - Max

"Don't be a follower to your friends. If they tell you to do something and you don't want to, then don't do it and tell them that." - Zinzi

"Definitely know who your friends are, and surround yourself with good influences as those two things will keep you on the right path And definitely go for anything you feel like doing. Don't hold yourself back from new opportunities." - Jose

"Be around people who help you grow and support you in everything that you do." - Anouk

"Just make sure you're doing things for yourself and no one else. It's helpful to have friends around who support you doing what you want to be doing." -Nacie

"I use my faith to help stay true to who I really am." -Simon





I. OUR VALUES

Several years ago, former Principal Dr. Saheed invited the entire CRLS student body to brainstorm and then vote on three words that reflect the primary values of our school. The words that everyone (fittingly) chose were **opportunity**, **diversity**, and **respect**. You'd be hard pressed to find a school that more completely tries to embody these core values! At CRLS, we truly strive to live "The Falcon Way," first, by pursuing academic, social, and civil responsibilities; second, by embracing and celebrating diversity in culture, ethnicity, religion, race, sexuality, gender, and ability, and, third, by demonstrating respect by taking total responsibility for our actions in our learning environment and in the community at large.



2. GETTING AROUND

The school is large and can be confusing at first. Your Mentors will take you on a tour during Orientation so you can find your way around. You can get a copy of the **school map** in the Office, and your parents/guardians will get one at Curriculum Night.

Students only have four minutes to get from class to class so everyone must move quickly to get there on time. The first couple of days, your teachers will be understanding if you can't make it on time, but then it becomes your responsibility. Get to know your own schedule and the **bell schedule** to map out your plan for getting around. It also helps to know if it's a **"silver" or a "black" day** at the beginning of the day so you know where you're going for classes that alternate days, like P.E., dance, health, English, History, band, or AVID.

Q. Do you have any tips for getting around the first few days of school? Was there anything you did to "learn the layout"?

"For the first couple days of school upperclassmen would help me find my classes or I'd meet up with other people I knew had the same class with me and we'd find it together. Once you figure out that everything basically follows the same layout from floor to floor, the school gets much easier to navigate." -Emma

"You definitely want to ask any staff/teachers your first time around. After that check for any markers, staircases, or specific rooms that will help as indicators for where your class is." -Jose

"Getting around on the first day of school was a very daunting thing for me. One thing that helped me a lot was before school started (sometimes at lunch) I would go find where my classes were. And after doing that for a couple of days you start getting the hang of it." -Simon

"The room numbers make sense once you get used to it, I just took a few days to memorize where my classes were then I figured it out as time went on. The most important thing was that the zone 6 is Arts Building." -Nacie

3. YOUR SMALL LEARNING COMMUNITY & COMMUNITY MEETING

CRLS organizes its students into four small Learning Communities (LCs) called C, R, L, and S. Learning communities are randomly assigned and each one has its own Dean of Curriculum, Dean of Students, Guidance Counselors, Psychologist, Social Worker. The Clerk is the first person you'll see when you walk into your Learning Community and they are really helpful. The learning communities help organize the student body, but do not dictate the classes into which you'll be placed—or which friends you'll see in the hallways. Your **Community Meeting (CM)** is your home base, meets every day for 15 minutes and is made up of the same teachers and students for your four years at CRLS. It's designed to be a place where you can get important information from your Deans and Guidance Counselor (such as this online Freshman Guide and your CRLS Student Handbook!), discuss important issues as they arise in the CRLS community, and build solid relationships with a smaller group of teachers and other students. CMs are designed to represent the wide diversity of students we have here at Rindge.

4. GET TO KNOW THEM

Three important people you should get to know are your Guidance Counselor, your Dean of Curriculum, and your Dean of Students. During the first week of school, your Guidance Counselors will introduce themselves to you if you haven't met them already. Jordan Roldan is the counselor for freshmen in LC C and R and Danny Hikes is the counselor for freshmen in LC L and S. You'll want to talk to your Counselors if you have questions about classes because they can help you with your schedule and plans for the future. Your Counselors are also there if you just need help in any aspect of your life. Feel free to talk with them about anything. LCs also have school psychologists and social workers; this is important to know if you need or want extra support. Your Dean of Curriculum focuses on curriculum and program decisions, while your Dean of Students manages student discipline, attendance, and services. All of these great people are really important and will play an active role in your freshman year. Get to know them! If your parent/s or guardian/s have any questions, they can contact your Counselor, your Deans, or the Parent Liaison, Greta Hardina, by calling the main office at 617.349.6630.

Q. Do you know your Guidance Counselor, Dean of Students, or Dean of Curriculum? How has one (or more) of them been helpful to you?

"I made a very good relationship with my dean of students. She would come in my CM and I would chat with her, but also talk to your deans when you see them in the hall so they remember your name if you need help from them later on." -Zinzi

"The best way to get to know them is by being friendly and introducing yourself to them, asking questions and making sure they know who you are. My guidance counselor has been very helpful in switching all my classes around according to what I requested and advising me in what to take." -Nacie

"Definitely go to your guidance counselor so when you're having any problems related to class, teachers, other students or anything outside of school, it not only shows your concern for your success but also puts you on their radar because the only thing they know about you until that point is your picture on Aspen." - Jose

"One thing that I did was become a Community Meeting ambassador. CM ambassadors meet quarterly with their Dean of Students and Dean of Curriculum to discuss how to improve Community Meeting. This was great opportunity to meet and coordinate with my deans." -Simon

"You get to know more teachers/staff members by doing extracurriculars and reaching out to them if you have questions. Don't be afraid to ask for help! Sending an email is usually the best way to get a hold of your guidance counselor, but you can always sign up for an appointment or stop by their office too." -Emma

5. FRESHMAN MENTORS

Your 9th Grade Mentors will welcome you during Freshman Orientation and will help you transition to life at CRLS and what it means to be in high school. They will be with you throughout the year and will visit your Community Meeting once a week to get to know you, share their own experiences, and help you make the most out of your freshman year and CRLS experience. They are psyched to get to know you!

Q. How was your experience with your Mentors during Orientation and throughout the year?

"I would say take advice from your mentors because they will tell you answers straight up. I feel like our mentors were more candid and raw with their advice because they had more recently been in our shoes. So I guess my advice would be to take their advice." -Simon

"It was very easy to ask our Mentors any questions since they just went through what you are going through and they give the best advice compared to your teachers." -Zinzi

"I had a great experience with our Mentors. They were all really funny! Plus, they helped us make the most of our first year at Rindge." -Emma

"My personal experience with mentors was helpful especially for Orientation and at the start of the year. I heard from freshmen in other CMs that their mentors helped them make friends and gave them really good advice too." -Nacie

"Your Mentors are in your Learning Community so they can help you get to know your deans and guidance counselor. Make sure you interact with them during homeroom because if not it will be an uncomfortable experience not only for you but for them as well." -Jose



6. SAFETY & SECURITY

CRLS prides itself on being a safe place. Several Safety Specialists and our school resource officer, Nicole Pacheco, are stationed around the campus to make sure that the community is safe and secure. Get to know them – they're important people who will likely be around for your entire high school experience!

7. STUDENT I.D.

Your student identification card is important. You can use your ID to get a discount at sporting events and games. Your ID is a photo ID and useful to have before you get your driver's license. An ID is free to get at all times and Safety and Security will be on hand during the first week of school to make IDs for all freshmen. Usually they schedule ID pictures for freshmen during CM time.

8. MBTA HALF-FARE STUDENT (AKA, STUDENT CHARLIE CARD) & MBTA MONTHLY PASSES

The MBTA will offer the following student MBTA passes this year:

Student Stored Value Charlie Card:

The Student Stored Value Charlie Card, or S-Card, will be offered to CRLS students. Students may request and pick-up this pass at the CRLS Main Office at any time during the month. This pass does not have a value assigned to it. When loading fare money onto the pass, two pass options will be available for students to purchase which may be used continuously throughout the school year and summer (September 2018 through August 2019).

1. A half-fare pass option will be available. Under this option, you can elect to load a dollar amount of your choice onto the pass. It will allow you to travel on the local bus, subway, express bus and commuter rail at a “pay as you go” 50% discounted fare. For example, if riding the bus, the cost of a single ride is \$1.70. With the S-Card, the cost of a single ride will be \$0.85. Passes can be loaded on a local or express bus and at a MBTA fare vending machine at any time during the month. If you do not plan on taking the bus or the train that much, or cannot commit to paying for and holding onto a MBTA Monthly Student Pass each month, the Half-Fare Pass is your best option. You just put money on it whenever you need to!

2. Alternatively, students may elect to add a monthly 7-day student pass to the S-Card at the fare vending machine. The price of this monthly pass is \$30.00. This pass will allow students to travel on the local bus, subway, and express bus unlimited. The monthly student pass is not valid on any commuter rail zones, including IA. This pass can be loaded at a MBTA fare vending machine between the 1st and 15th of each month. After the 15th, if the student adds a monthly 7-day student pass, the pass will be available at the start of the following month. You definitely save money when purchasing the monthly 7-day pass, especially if you plan on taking the bus or train multiple times a day and on the weekends.

Be sure to hold onto your pass and **not lose it**. If you have any questions or concerns, you can always check in at the Main Office.

Q. Did you get a Student Charlie Card or a Monthly Student Pass during the school year?

“I would totally recommend buying a Monthly because that way you are saving a lot of money during the month, and for the regular student card, it’s great to have even if you don’t need it at the moment because you’re paying less than half the price of a regular pass. Point is you’re saving money with either of them.” -Jose

“I got a Student Card last year, and it was very useful when I was doing sports at Danehy and getting home from everywhere. I would recommend a Student Card because it works the whole year and always has the discount. You just have to load money onto it. The monthly works just for the month and is worth it if you’re taking the bus or train every day both ways.” -Nacie

“I used a monthly pass this year and it worked well for me. Just don’t forget to update them each month. There were a couple days where I forgot to update mine and that is not a very pleasant experience.” -Simon

9. LOCKERS

Your locker is given to you by your Learning Community so it's usually located near your CM and near your LC. Because of this, you can't choose where your locker is located.

Q. Did you use a locker? If so, why? If not, why?

"Lockers are free, it's not a bad idea to sign up for one, especially if you play sports and have practice after school because that way you don't have to carry your stuff around. Plus, it's a place to put any notebooks, binders, or any materials you might not need for the day." - Jose

"I would say to get a locker but share it. Unless it's in a really great spot, it can be hard to get to, so sharing makes sense for use when you really need it." -Nacie

"I think that depends on the level of stuff you have. Like if you have lots of binders or sports equipment, you would probably want to get a locker. But if you don't have a lot of stuff, you're probably fine just carrying it around." -Simon



10. LUNCH!

Lunch lasts 30 minutes. Depending on where your third period class is, you either have Lunch A, B, or C.! Generally speaking, here's how lunch periods are structured:

Lunch Schedule 2018-2019

Lunch A 11:12-11:42 (RSTA, Media Arts, Rindge 1st floor, Arts Basement and 1st floor, PE and War Memorial, Physics)

Lunch B 11:54-12:24 (2nd and 3rd Floors Rindge)

Lunch C 12:36-1:06 (4th & 5th Floors Rindge, 2nd & 3rd Floors Arts, Biology)

See bell schedule and lunch times >>

There are a ton of places to eat on campus. First, there are two cafeterias in the building – the Main Cafeteria and the Media Cafeteria – that serve tasty and affordable food. There are also approved off-campus places to eat, though they're more expensive. On Cambridge Street, you can try eating at Darwin's, an independent café and sandwich shop, Harvard Market, which is a small market that also serves sandwiches and wraps, and Mona Lisa's, which serves pizza and subs. On the Broadway side, you've got the famous Angelo's, which has pizza and hot fries, Broadway Market, a small, more expensive supermarket with hot food and a salad bar, and Starbucks. At lunch, all of these places are crowded so plan ahead. Of course, you can always pack your own lunch instead!



II. FRIENDS

Moving up from an eighth grade class at one of the five relatively small Upper Schools (or any non-Cambridge school, for that matter) into the CRLS class of 2022, which has almost 500 students, is a big shift. It may be overwhelming to see so many new faces after going to school with the same group of kids, and, socially, it might be challenging to make new friends right off the bat. But there are many ways to get to know new people and after a while, all those faces will become familiar and you'll make many more friends.

Q. Did you make a lot of new friends this year? What's the best way to get to know people?

"Yes I made a whole bunch of new friends and that's thanks to sports, clubs and classes.. It's literally the best way because not only are you gonna see each other for most of the semester or year, but you guys are sharing a common interest - whether it's baseball, painting, or robotics - which allows you to become closer and build on a bond that will last." - Jose

"I made a lot of new friends and most of them I met through sports. I would encourage playing a sport as a freshman because even though you're new to it, they won't cut you and you can improve and meet a lot of new people that you would have never known." -Zinzi

"Freshman year was my second year in Cambridge so I was really worried about meeting people and making friends. One thing that helped was joining clubs. When you do a club or sport, you automatically meet all types of new people who share your same interests." -Simon

"I've made many new friends this year, especially since I came from Amigos, a class of 30. I knew a lot of people through sports and other activities before high school, so I got closer with them by continuing those connections or seeing them in other situations. I've also found that by being friendly in sports and in my classes I've been able to find a lot of people with similar interests." -Nacie



12. SPORTS TEAMS

CRLS offers a wide variety of sports, including baseball, golf, swimming, football, cheerleading, crew, and soccer, to name a few. There's a sport for everyone of every ability. There are three seasons for sports; fall, winter, and spring. The teams are categorized into Freshman, Junior Varsity, and Varsity. Some are come-one-come-all, while some require tryouts. To find out about a sport you might be interested in, the best thing to do is **check out the CRLS athletics website >>**

Q. Are you on a sports team? What advice would you give to someone who might like to try out for a team?

"Yes and don't ever think twice about your decision, if you want to play a sport go ahead and try out because if you don't, sooner or later your gonna regret it. And the worst that could happen is that you don't make it that year, but there's always another opportunity, year and sport that makes the chances of you getting involved in something very likely." - Jose

"I didn't do a sports and that is one of my biggest regrets. I think the only way to do this question justice is by ending with a Michael Jordan quote "You miss 100% of the shots you don't take." Go for it freshmen, you'll be surprised by what you're capable of!" -Simon

"I was on the varsity fencing team last year which was really fun! If you want to try out for a sport, my advice is to just go for it. You make so many friends through sports and everyone on your team becomes family because you spend so much time together." -Emma

"I played soccer, did swimming, and played lacrosse last year. All three were very fun, but super different from each other. Most freshmen sports are pretty low pressure so why not? That's how I ended up in lax. All are unique though, so it's very important to know what you're getting into when signing up." -Nacie



13. THE ARTS

Most people know CRLS sports teams are award winning, but did you know the arts department is too? Ever since the Massachusetts Educational Theater Guild High School Festival was created, Rindge has won a well-deserved reputation as one of the most successful and creative theater programs in the state (Matt Damon and Ben Affleck are Festival alums, to name a few). You can take an arts class or be involved after school in one (or more!) of all the arts. Audition for the world-traveling Jazz Ensemble, perfect your floor work with Modern Dance Company, or sing your heart out in acapella! There's music, dance, theater, ceramics, painting, sculpture, photography, and tons more. **Learn more about the Visual & Performing Arts (VPA) Dept. >>**

Q. What was your experience in the arts program?

"Freshman year I did tech for the Fall Musical, acted in the Spring Shakespeare play, was part of Improv Club and took Drama 1. And last year I was in the Fall Musical West-Side Story, so I am a huge fan of the Arts Department. The basement is such a great community and I highly recommend at least taking one visual or performing arts class." - Emma

"I took Foundations of Art and really liked it. The atmosphere in a art class is not like any other, and it's also good to break up your schedule with a relaxing course." -Zinzi

"I took Foundations of Art and Dance 1 this year. I really enjoyed Foundations. It was a great way to be introduced into real high school art classes and work with mediums I hadn't before." -Nacie



"I did attend an art show here and the students' work was beautiful. CRLS has lots of incredible talent." -Simon S.



14. CLUBS

Want to get together with people who share your interests? There are over 40 clubs in the school, ranging from the Model United Nations Club to Robotics to the Music Production Club. There are new clubs forming every year. You can **check out the current list of clubs on the school website >>**

Q. Are you involved in any clubs? What are they and would you recommend them to newcomers next year? What do you like about them and how do you participate?

“Your Mentors and guidance counselors are great people to talk to about clubs to join so ask around.” - Jose

“Since I did sports every season last year, I wasn’t in any clubs, though I am planning to sign up for some this year on Club Days. Club Days give you a chance to check out all of the amazing clubs at CRLS and find out more about them and what they do so you can decide what you want to get involved in.” -Nacie



“Last year I did Model UN Club, Improv Club, and I went to some ASL Club and Asian Club meetings. Clubs are a great way to get to know more people and learn more about a subject.” -Emma

15. BEING TARDY & ABSENT

The block system has shown us that you need all of your assigned class time to cover the required material and learn successfully. For this reason, the attendance policy is strict at CRLS, and it’s important to take note!

There are two types of absences: excused and unexcused. An “excused absence” means missing class for a legitimate reason, while an “unexcused absence” means being absent without an approved excuse. Don’t skip class or Community Meeting! CRLS is very strict about this. Your deans will review the Attendance Policy with you the first week of school and it can also be found in the **Student Handbook**.

Your teachers will be understanding about your being late the first couple of days, but after that, it’s on you to be on time. It also helps to know if it’s a “silver” or a “black” day at the beginning of the day so you know where you’re going for classes that alternate days, like P.E., dance, health, English, History, band, or AVID.

If you are sick or need to miss school for a legitimate reason, your parent/guardian must call the school to let them know you won’t be coming that day. **This call must be made by the morning of the day you will be missing school.** If you are going to be late, you must also have your parent/guardian call your Dean of Students’ office by that time.

16. THE CLASSROOM

We are so fortunate to be students at one of the best schools in Massachusetts and even the country! There are so many amazing opportunities at CRLS to learn and grow both inside and outside of the classroom, so take advantage of as many as you can!

You're in highschool now, and every little thing counts. At the beginning of each course, your teachers will break down their individual curriculum and grading methods, but in all of your classes, homework, tests and quizzes, and class participation are very important. If you fall behind in one of those areas, try to get back on track by going an extra mile in another one, and always take assignments very seriously. Advocate for yourself by communicating with your teachers and going to extra help sessions after school. Anything you can do to keep your grades up counts!

Students from CRLS have the opportunity to go anywhere they would like for college. Everyone sees themselves in their own unique place for their future. CRLS graduates have gone on to attend places like M.I.T., University of Massachusetts, Harvard, Bryn Mawr, Princeton, Bunker Hill Community College, and many others. Some students go straight to work and others take a gap year to explore their options.

At CRLS you also have the opportunity to learn a trade that makes real money right out of school! The RSTA program offers lots of in-depth training in different fields such as automotive, culinary arts, health assisting, commercial design, and biotech lab work. In your freshman year, through Exploratory, you have the opportunity to try out all the different types of subject areas, like culinary arts or graphic design, before choosing one that you like best. If you stick with RSTA throughout high school, you have the opportunity to do internships and get a job in a field you enjoy!

Q. Did you do RSTA Exploratory? What is your advice to students who want to get involved in RSTA classes or activities?

"My advice would be to take RSTA Exploratory. It's a super fun class for lots of reasons. I really liked it because it exposed me to things I never would have found otherwise. And it was also just fun to attend all the different courses. My advice would be to join RSTA Exploratory and find out which course you like the best and then go from there." -Simon

"I did the RSTA BioTech + Engineering Exploratory and really liked it. Even if you aren't interested in taking a RSTA class, doing the exploratory is a great idea to get exposure to some cool classes." -Emma

"RSTA is a great program if you want to get a little taste of every class they have to offer." -Jose



17. CHANGING YOUR SCHEDULE

It is important to know that if you are having trouble in a class or it doesn't feel like the right fit for you, talk to your teacher and let your Guidance Counselors know! You might be in the wrong level class and they can help you fix it so you are properly challenged. Changes must be made within the FIRST TWO WEEKS of classes. With the block system, it's really important to make changes as soon as possible. Things such as level changes, gaps in your schedule, or incorrect class assignments are accepted reasons to request a change. If you need to change your schedule, you must fill out a schedule change form that you can get in your Community Meeting or Learning Community office. All changes must be approved by your Dean of Curriculum.

18. MAKING YOUR MARK AND DOING YOUR BEST

This is your chance to start fresh and approach your learning with energy and effort. As the saying goes, “you never have a second chance to make a first impression.” This is the period when you make your mark. If you spend your time making only social connections and no time on school work, you might not be so happy with the results. The school year is broken up into two semesters with 2 terms in each semester. Classes here at Rindge use an A–F grading system. Progress reports which come out half way through each term, give you an idea of how you’re really doing in each class. The good thing about progress reports is that they still give you time to improve your behavior/grade before the end of the term.

Q. What advice can you give to incoming students regarding their grades?

“Even though freshmen year is the easiest year in terms of curriculum, it also means that it’s the best year to go forward and get good grades to set a good base for your GPA.” -Jose

“So at first, I didn’t receive the grades I was looking for and had to do some serious self-reflection on why. I realized I hadn’t put the right amount of effort in. It would have been easy for me to blame the teacher or the environment or whatever else, but once I owned that it was truly my fault, I gradually became better. Also what helped was going to the tutor. Don’t be ashamed to go to the Tutoring Center. They are there to help you.” -Simon

“It’s very different from 8th grade in that the grades you get do matter. Don’t slack off freshman year just because that’s what you’re used to. Remember everything now goes on your transcript for college, and freshman year is a great opportunity to do well so you can set that foundation for the rest of your time at CRLS.” -Nacie

“Do the work, ask for help, and participate in class. This way even if you don’t understand the subject that much, the teacher knows you’re trying and can help you get a better grade. Also, teachers always love it if you participate, so don’t be afraid to voice your opinion.” -Emma

“If you have a grade that is starting to get low don’t just say it will fix itself. Meet with your teacher to see if you can re-do some things that may be bringing down your grade.” -Zinzi

Q. How do you stay organized and on top of all your work? How can you be most productive when doing homework or studying at school and at home?

“Definitely have a way to keep your papers organized and easily accessible, and I strongly recommend using a planner to keep track of your assignments and homework.” - Jose

“Don’t put off everything to the last minute. Have a schedule so that you know everything gets done on time and make sure to stay organized.” -Anouk

“Do your homework every night and do it as early as you can. Don’t procrastinate until 12 at night. Instead, do it right when you get home or at the library.” -Zinzi

“One thing that I did was utilize my planner and designed it to be a place where I could record all my homework. I used this faithfully. Something else that really helped was doing my homework first thing when I got home, so I wasn’t distracted.” -Simon

“I stay organized by keeping my homework in a separate folder and using the organization my teachers recommend. A planner can also be useful for some. You just have to be consistent in whatever you choose to do or else it’s not helpful.” -Nacie

19. ACADEMIC SUPPORT AND TUTORING

CRLS provides Homework Center in the CRLS library every day after school for all students and free tutors for students who request academic help. You can get help with a specific subject by asking your Guidance Counselor or by visiting the Tutoring Center in the Rindge Building to submit an application. (Room 2403 before/during school and CCRC - Room 1501 after school) You and your tutor will develop a plan for when you will meet, but you must be responsible about showing up, since tutors are volunteers from the community who give their time. You can also get help from your own classroom teachers. You just need to ask them when they are available for extra help.

Q. Have you ever used any of the tutoring services available at CRLS? How helpful were they? Was there any conflict having to do with time (such as being on a sports team)?

“One resource I used this year at CRLS was Math drop in. This is a math tutoring center where anyone can come in and get help with math. Homework Center was really helpful too.” -Simon

“I personally took advantage of the AVID program (Advancement Via Individual Determination). So far it has helped me with my organization and time management.” -Jose



20. USING THE LIBRARY

There are two fantastic libraries close by and open for your use: the Pearl K. Wise Library (school library), and the Cambridge Public Library. In order to check out books or use computers or Chromebooks, you need to have your student ID number. Our school library also has a new CRLS Connects Student Center to help you with any of your tech questions and needs.

[See the website for our school library >>](#)

As your teachers are bound to show you, the website is fantastic for research. It offers links for informational databases, how-to's for research papers, and tools that will help you create a bibliography quickly and efficiently. Knowing how to use these tools will save you time, and many classes at Rindge will have built-in research tutorials, led by the librarians, to make sure that you know how to use these resources to your full advantage! The Cambridge Public Library also grants you access to computers, movies, and CDs to rent, and thousands of books. It even has a cool Teen Room just for you!



Q. Do you ever use the School Library or the Cambridge Public library next to the campus? Is it easy to access books if you need them?

“The Library is a great quiet space to work and get your homework done before, during and after school. And this year it will include a CRLS Connects Tech Center where students can go to figure out any of their tech needs.” -Jose

“The Public Library is great for doing homework or working on group projects because there are places on the first floor where you can eat which is such a blessing. The School Library is great if you need to work on something during school or have a research project. The computers there are a good resource.” -Emma

“The school library and the public library are great resources to do research and find information.” -Simon

21. SCHOOL E-MAIL

Use of personal email addresses such as Gmail, Yahoo, Comcast, etc. is not permitted during the school day. The only email you are allowed to use is your school email. You will be receiving a CRLS email account through your learning community at the beginning of the year. Every CRLS student will receive a Chromebook and you must use your school email to sign into your Chromebook, and all associated Google services such as Google Drive or Google Classroom. If there is a paper you need to print at school, be sure to send it to your CPSD email address because it is the only email account you will be able to access!

Your CRLS e-mail address is formatted like this:
(Year of graduation)(First initial)(Last name)@cpsd.us
[e.g., 22jsmith@cpsd.us]

Since all of you are in the Class of 2022 (a cool class to be!), your email will be (22) (first initial) (last name) @cpsd.us. You can email anyone at CRLS this way! Feel free to email any of the people who have contributed to this Guide with any questions or advice!

And teacher emails are formatted like this:
(First initial)(Last name)@cpsd.us

HANDY LOGIN INFO!

Be sure to take a peek at this tech resources doc – it's full of helpful info on how to login to e-mail, GoogleDocs, Aspen, and more.

[See doc >>](#)

22. ASPEN AND NAVIANCE

Aspen is an essential online tool that keeps teachers and students connected and organized. The Aspen homepage displays school-wide bulletins and announcements. Through Aspen, you can access your transcript for your entire four years, and request courses. Additionally, Aspen is a place where teachers can post assignments, deadlines, and grades—if you're unclear about your current performance in a class, you can check Aspen to get up-to-date grades, and adjust yourself accordingly!

Your Guidance Counselor will set you up with a Naviance account. Through Naviance, you can see your GPA, and there are lots of useful tools such as a resume builder if you need to create a resume for a job. Naviance becomes most relevant as you start the college process, as it serves as the vehicle for you, your guidance counselor, and teachers to submit materials and recommendations. It is also very useful because it shows information about hundreds of schools and, based on your grades and interests, it even recommends certain schools.

[Login to Aspen and Naviance >>](#)

23. CURRICULUM NIGHT & TEACHER CONFERENCES

Curriculum Night happens each semester to give parents/guardians a chance to follow your schedule and meet your teachers to find out more about the classes you are taking. Teacher Conferences happen once each semester after the first progress reports come out. Some teachers may even want you to come with your parents/guardians since it's your learning being discussed.

Teacher Conferences take place during the day and night so parents/guardians can access your teachers at times convenient for them. They can sign up for appointment times online or in person. Your teachers want to meet the people in your life, and parents/guardians can always contact your teachers by phone, Aspen, or email as well to connect more.

Q. What advice do you have for incoming freshmen about Curriculum Night and Teacher Conferences?

"I think they're a great way for your parents and guardians to get to know the school and your teachers."
-Simon

"Try to go to as many as you can. This shows your teacher that you care about what they think of you and that you are invested in your learning." -Emma

"Definitely encourage your family to go to Open Houses to get all the info on your classes. And make sure your parents attend the parent teacher conferences as it is the best way for you and your parents to receive feedback on how you're doing in class." -Jose

"Your parents/guardians should go to them just to check everything out and become more and more comfortable with the school and how things work at CRLS." -Nacie

24. THE TEEN HEALTH CENTER

Behind the door to room 1204, you will find the CRLS Nurse's office, where you can go if you're not feeling well during the school day, and the Teen Health Center, which functions as a clinic for the Cambridge Health Alliance. For the CRLS Nurse's office, you need to get a red pass from your learning community office to ensure you're going for a legitimate reason. Without one of these passes, they can't see you. At the Teen Health Center, you can make an appointment to see a physician or counselor about your health or your body, for a physical, or if you just want to talk about your life. It's completely confidential. The Teen Health Center is located in Room 1204 and is open during the school day and after school for appointments.

Q. Have you ever used the Teen Health Center? Can you comment on its purpose and value?

"The Teen Health Center is a very open and comfortable place to get help with your health. It's like a regular doctor's office on campus." -Simon

"I personally have not, but I know that it's super important for people that only have access to health care through the school or can't talk to their families about what they need. I know people in both situations, and it has really helped them." -Nacie

"I have a messed up knee and it was really bothering me so I went to the Nurse's office within the Teen Health Center to get ice and they were super nice to me!" -Emma

25. ADVOCATING FOR YOURSELF AND GETTING IN THE KNOW

Part of what you'll realize this year is how important it is for you to educate yourself and advocate for yourself. If you don't know something, whether it's inside or outside of the classroom, do your best to ask around and find out what you need and want to know. You can always start right here with the Freshman Guide and ask your Mentors too. Another really useful place to find out anything connected to what you want to know is the CRLS Website. If you click on the **Student Tab**, there's a whole list of student resources, including the **Student Handbook**. And there's also the **Did You Know (DYK) Newsletter** that comes out every week through School News. As you can tell, there are many ways to get in the know and stay informed, so go for it!

FAVORITE THINGS AND LAST WORD

Q. What has been your favorite thing about this year at CRLS?

"Meeting new people and making new friends - as you can tell there are way more people at the high school so you can meet all types of different people herel." -Zinzi

"I loved being able and encouraged to pursue my interests. In middle school there isn't as much flexibility in what you can do, so being in classes I wanted to be in was a lot of fun." -Nacie

"All the new people in my life. Because of CRLS, I have a totally different group of friends after just the first year than I did coming in." -Max

"My favorite thing about CRLS is getting to have so many wonderful teachers and administrators. The teachers have really helped me along the way." -Simon

"I definitely loved the after school programs that I was able to do and all the different classes I was able to take." -Anouk

"It definitely has to be the sports programs and all the people I've met through them." -Jose

"The amazing community and the extracurricular options." -Emma

Q. Any other advice for the incoming class of 2022?

"Just don't be afraid to get out there and take advantage of all the new opportunities. And if you need help, other students and I are around to answer questions or help you out if you need it." -Max

"The first week of school be very outgoing so that you can meet new people and make friendships that can grow." -Zinzi

"I wish someone would have told me how different high school is from middle school, and that I could take interesting classes and do interesting things. It's okay to try out sports and clubs and classes you haven't done before. Finding new interests is what high school is all about, so make the most of it!" -Nacie

"Just make good choices, create relationships with teachers and guidance counselors, and try to make new friends to make the experience way more enjoyable." - Jose

"Have fun and be yourself! Make the most out of your 4 years because they go by fast! (Sorry to be cliché but it's true)." -Emma

"Don't be afraid to ask for help - we all need to at some point. And above all, have fun." -Simon

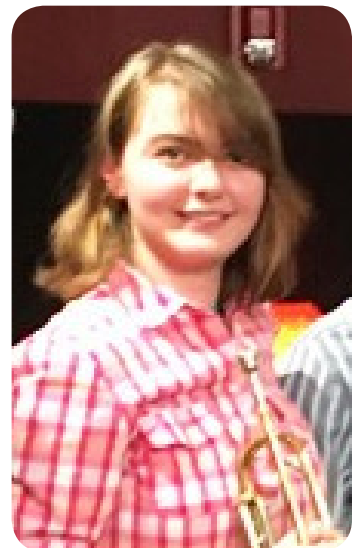
EDITOR BIOS

Hi! I am **Sophia Sonnert**, a senior at CRLS, and I want to welcome you warmly to CRLS. I went to Graham and Parks and Vassal Lane Upper School before coming to CRLS. At Rindge I have enjoyed how there is a wide variety of opportunities and classes where you can find your passion. Don't be afraid to try new things and take risks. At CRLS I am Co-Captain of the Science Team. In Science Team we compete in the North Shore Science League as well as in the Science Olympiad. If you have even the slightest interest in science, you should join Science Team! I also participate in History Club and Concert Band. These are great opportunities to interact with students who have a passion for history, activism, or music. I am also in the RSTA Engineering program. If you are interested in engineering or RSTA in general, I encourage you to try out RSTA classes. I'm excited to see all the amazing things the Class of 2022 is going to do this upcoming school year at Rindge!



Hi! I'm **Sophie Ross** and I'm a senior at CRLS. Freshman year is a great time to get involved, and I hope you find something you're passionate about here at Rindge. I am on the swim team, volunteer at homeless shelters through Club 4, and am a member of the American Sign Language Club. Outside of school I am a mentor through Science Club for Girls. I've really enjoyed the science classes here as well as Digital Studio and ASL, classes which I didn't anticipate enjoying as much as I did. I encourage you all to try something new and take advantage of all the unique opportunities Rindge has to offer. I hope you have a great freshman year!

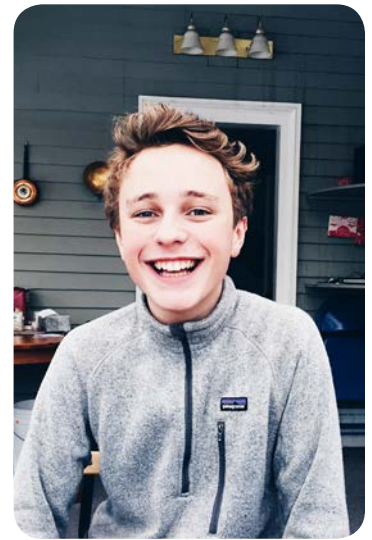
Welcome to CRLS! My name is **Elizabeth Lucas-Foley**, and I'm a senior, though it feels like no time has passed since I was a ninth grader myself. Raised on the Cambridge Public Schools experience, I attended Cambridgeport, CSUS, and now CRLS. I'm excited to meet you and share my knowledge of high school with you, but honestly, the way you succeed in these four years is something you get to figure out for yourself. For me, I've enjoyed the academic challenge offered by classes I get to choose for myself, and outside of school hours, I spend a lot of time in rehearsals for various bands, playing my trumpet. Last year, I was involved in the pit orchestra for West Side Story, the fall musical, the CRLS Big Band, Concert Band, Orchestra, and even Chorus, as well as the Chamber Music Consortium, the new Band Land Brass Band, and the Tufts Youth Philharmonic Orchestra (TYPO for short). Additionally, I am a member of the CRLS Math Club, which meets weekly or biweekly to discuss interesting math problems and participates in a couple of competitions during the year. If you're interested in math, you should join Math Club; if you play an instrument, or want to, I encourage you to join Band. If neither of those float your boat, there are many clubs out there, and you will find something you like. My advice: be yourself, challenge yourself, be kind, and above all, have fun!





Hello class of 2022! My name is **Caroline Workman** and I was a senior last year at CRLS. I hope this guide is helpful during your transition into the high school and if you have any questions, please do not hesitate to ask! Freshman year is a great time to take advantage of all that Rindge has to offer and begin to explore your interests and get involved within the community. At CRLS, I was a part of the all girls acapella group, *Sassafras*, did theatre classes and productions, and volunteered at homeless shelters in Harvard Square through Club 4. Outside of school I dance at the Deborah Mason Performing Arts Center and do theatre in the Boston area. I encourage you all to enter Rindge with an open, positive mind, and to use these next four years to push yourself and have fun!

Hey Class of 2022! My name is **Paul Sullivan** and I was a senior last year at CRLS! I am very grateful to have had the opportunity to put together this guide for you with Caroline, Sophie, Elizabeth, Sophia and Ms. Lozada. I hope you will find it very helpful over the course of the next few weeks. If you see any of the contributors, please don't hesitate to say hello, ask a question, or start a conversation! Here at Rindge, I was a part of student government since freshman year and served as one of the Student Representatives to the School Committee. I was involved in Falcon Friends and Model UN since freshman year and served on the leadership boards for both of these clubs. I was a part of the theatre department since my freshman year and performed in the Spring Plays production, fall musical, and in CRLS's 2016 entry for the Massachusetts Theatre Guild Festival. I am stage managed the production of *In The Heights* and served as one of the Student Leaders of the Drama Department. I took part in National History Day where I was fortunate enough to place sixth overall in the nation. I am also involved in Education Club because I place so much value on education. I encourage all of you to get involved in any of the extracurriculars above as well as any of the amazing clubs, sports, arts, and other opportunities there are here. My biggest advice to you is to just be open to new activities, people, ideas, and perspectives during your freshman year and your whole entire time at Rindge. Also, remember: the most important relationship you have in life is the one you have with yourself, so remember to always do what is right for you. See you around this year!



CONTRIBUTOR BIOS



Hey everybody! I'm **Jose Moreno de los Santos** Jose Moreno de los Santos and I went to the Amigos School. At CRLS I play on the football, basketball, and volleyball teams. Outside of school I do stats for The Cambridge Mens and Womens football leagues. My favorite memory is definitely attending the Varsity Basketball team State championship game because since I was a member of the freshmen b-ball team at the time, it made me feel like I was a part of something even bigger. My favorite class freshman year would have to be physics because it's the class that I feel I got the most knowledge out of. The one piece of advice I wish someone had told me before I came to CRLS would definitely be to establish a connection with my teachers from Day 1 instead of halfway through the semester. Good luck making the most of your freshman year!

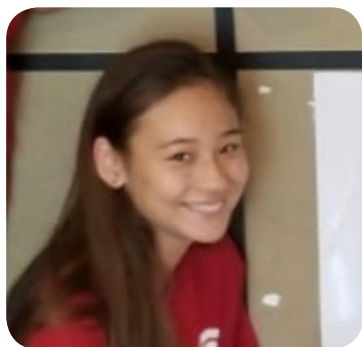
Hello Freshman! My name is **Zinzi Milner** and I came from the Cambridge Street Upper School. I am now a sophomore at CRLS. As a freshman I participated in many new activities. I played 3 sports as a freshman - volleyball, track, and softball. I really liked playing sports because not only did I meet new people, but it also helped me get into a schedule for what time I should do my homework. My favorite class was Geometry because it was hands on and exciting. My advice for the class of 2022 is don't be afraid to do something no matter if it's trying out for a sports team or picking a difficult class because hard work pays off!



Hi I'm **Max MacGibbon** and I went to the Amigos School. I'm involved with Improv Club and also with the plays and musicals the school puts on. For favorite memories, I can remember lots of times just hanging it with my friends at lunch or after school outside on campus and how fun it was to have met so many new people through freshman year. Elements of theater was my favorite class because I got to de- stress and have fun doing what I love. I also met some super cool people through it. I would say don't be afraid to try new things and find people who you like and surround yourself with them. High school can be an amazing experience. All you have to do is get out there and enjoy it!

Hello! My name is **Dellina Medhanie**. I am at sophomore at CRLS and I attended Vassal Lane Upper School. I am involved with the STEP team and I am planning on being more involved with the school this year! My favorite memory from my freshman year was getting to meet sooo many amazing people and branch out. My favorite class this past year would have to be AVID because the class really helped me to stay on track. This is your first year of high school so make the best of it! Try new things, meet new people and get involved with anything and everything that interests you. Good luck this year!!





Welcome everyone! My name is **Anouk Noblett** and I went to Putnam Ave. Upper School. At CRLS I did Tech for school plays and fifth period band. Outside of school I enjoy hiking and biking. My favorite memory was doing Tech for the school plays because I met a ton of new people and when we got to opening night, it was really satisfying to see all of our hard work come to life on stage. I really liked Geometry and Foundations of Art because they were both really great teachers and their classes were interesting and engaging. My ultimate advice would be to do what you're passionate about and take advantage of all of the opportunities at CRLS. Enjoy!

Hey Class of 2022! My name is **Simon Simpson** and I went to Putnam Ave. Go Panthers! To get involved, I participated in the Glocal Challenge, ran for Student Government and worked part time at a library. I was also in the CRLS production of West Side Story. My favorite class was World History because I enjoy social studies and I had a great teacher. My favorite memory from freshman year was probably being elected to Student Government because I didn't think I would win, but I did. Welcome to CRLS. Good luck transitioning in. I hope you all have an amazing year!



Hi everyone! I'm **Nacie Loh** and I went to the Amigos School for middle school. At CRLS, I do soccer, swimming and lax. I also enjoy art. My favorite class this year was Foundations of Art. I had never been able to take so much time for my artwork before, so this gave me a chance to learn a lot and work on projects I enjoyed. My favorite memory of freshman year was one of the last games of the soccer season, when I was finally settled into the routine of the first semester and comfortable with the soccer team. I had a solid group of friends I was playing with, and it was also a really good game. As for advice, I wish someone would have told me how different high school is from middle school, and that I could take interesting classes and do interesting things. It's okay to try out sports and clubs and classes you haven't done before. Finding new interests is what high school is all about, so make the most of it!

Welcome Class of 2022! My name is **Emma Weller** and I went to RAUS. I do Varsity Fencing in school and out of school, Improv Club, Drama/Theater, Model UN Club, and Student Government. And I try to volunteer as often as I can at my church's soup kitchen. I also go to German School on Saturdays. My favorite classes were either Drama or US History 1 because they were both classes where I learned a lot but was still able to have fun. I had so many good experiences freshman year that it's hard to pick a specific thing. Maybe learning that I got voted to be Sophomore Rep or being in the Tempest. One piece of advice I would give my freshman self is: "Get over yourself and learn to learn from your mistakes because you're a wonderful work-in-process." Good luck with your own work-in-progress this year!



FRESHMAN GUIDE ALUMNI STILL AT CRLS!



Grace Austin ('19)



Megumi Kirby ('19)



Alex Sadock ('19)



Rafael Salas ('19)



Sophie Wright ('19)

Above are students still at Rindge who have contributed to the Guide in the past.
Do not hesitate to say hello and talk to any of them!

MEET THE FORMER EDITORS

Ben Rosand graduated in 2016 and is currently at Yale University. He continues to pursue his passion for tennis and rock climbing.



Isabelle Stephen graduated in 2015 and is at McGill University in Canada.

Sula Malina graduated in 2013.

Lucy Flamm graduated in 2011.

Isabelle Fisher took over the Guide for one year before moving with her family to San Francisco. She graduated from Columbia University in 2014, lives in Brooklyn, and does consulting for McKinsey & Co.

Zoe Guastella started the Freshman Guide in 2006 to help incoming freshmen feel welcomed and learn the ropes during their critical first eight weeks of school. She graduated as a Posse Scholar from Bryn Mawr College in 2013 and does Global Advertising Sales for a tech start-up in NYC. **[Listen to Zoe right here!](#)**



We would like to give a huge shout out to Zoe Guastella and all of our editors! Zoe came up with the idea for the Freshman Guide over 10 years ago and turned it into a reality. She saw the need for a source of advice by freshman for freshman so students could get the real deal about high school and how to make the most of their freshman year and CRLS experience. Here's to you Zoe and the awesome legacy you have left behind for all of us to carry on. And here's to all of you editors and contributors who have put in your energy and time to help smooth the transition for all of our incoming freshmen over the years!



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