

Gar-Field High School Student Handbook



Vision

Educating Globally Minded, Future-Ready Thinkers

Mission

At Gar-Field High School, we develop reflective, open minded, critical thinkers who demonstrate independence of thought while embracing collaboration in an evolving world. Learners engage in rigorous educational opportunities and rise to high expectations while exhibiting integrity and respect for themselves and others. Through diverse and authentic learning experiences, we empower students to become internationally minded citizens who take pride in and contribute to their local, national, and global communities.

Beliefs

At Gar-Field High School, we believe in developing all students as IB learners who are:

- Inquirers
- Knowledgeable
- Thinkers
- Communicators
- Principled
- Open-minded
- Caring
- Intellectual Risk-takers
- Balanced
- Reflective

Prince William County Public Schools (PWCS) does not discriminate in employment or its educational programs, services and activities on the basis of race, color, religion, national origin, sex, gender identity, sexual orientation, pregnancy, childbirth or related medical conditions, age, marital status, veteran status, disability, genetic information, or any other basis prohibited by law.

Administration

Mr. Mathison	Principal	mathismi@pwcs.edu
Mr. Millette	Assistant Principal	milletlf@pwcs.edu
Mrs. Feemster	Assistant Principal	feemstcc@pwcs.edu
Ms. Diaz	Assistant Principal	diazd2@pwcs.edu
Mrs. Owsiany	Assistant Principal	owsianmc@pwcs.edu
Mrs. Gresham	Assistant Principal	jenkindt@pwcs.edu
Mrs. Scott	Director of Counseling	scottTK@pwcs.edu
Mr. Payne	Director of Student Activities	payneme@pwcs.edu
Mr. Gray	Testing Coordinator	grava@pwcs.edu
Ms. Frase	Administrative Intern	FraseAC@pwcs.edu
Mr. Hitt	Dean of Students	Hittbm@pwcs.edu

IB Programme

Mr. Bassett	International Baccalaureate Coordinator	bassetbm@pwcs.edu
Ms. Schneider	International Baccalaureate Career Related Program Coordinator	schneime@pwcs.edu
Mrs. Dervishi	International Baccalaureate Middle Years Program Coordinator Gifted Coordinator AP Exam Coordinator	dervisd@pwcs.edu

Office Staff

Ms. Claudia Cruz	Attendance Officer	granadct@pwcs.edu
Ms. Judge	Intervention Specialist	judgerq@pwcs.edu
Mr. Gomez	Parent Liaison	gomezbh@pwcs.edu
Ms. Lopez-Castro	Parent Liaison	LopezCRM@PWCS.EDU
Mrs. Marshall	Registrar	marshavh@pwcs.edu
Mrs. Rivera	Finance Officer	riveragy@pwcs.edu

Administrative Assistants

Mr. Cisneros	Mr. Millette's/ Ms. Frase Office	CisnerRA@pwcs.edu
Ms. Barquero	Mrs. Gresham's Office	barquemj@pwcs.edu
Ms. Carmichael	Counseling Office	carmical@pwcs.edu
Ms. Iraheta	Mrs. Owsiany's Office	irahetba@pwcs.edu
Ms. Campos	Activities Office IB Office	camposbe1@pwcs.edu
Ms. Cubias	Mrs. Feemster's Office	cubiasrg@pwcs.edu
Ms. Rahimi	Counseling Office	rahimil@pwcs.edu
Ms. Martinez	Mr. Mathison's Office	martinjs@pwcs.edu
Ms. Castillo	Ms. Diaz's Office	castilsj@pwcs.edu
Ms. Melecio	Office Assistant (Front Desk)	melecil@pwcs.edu

Security

Mr. Mabry	School Security Officer	mabrydg1@pwcs.edu
Mr. Gayle	Security Assistant	gaylees@pwcs.edu
Mr. Latney	Security Assistant	latneyj@pwcs.edu
Mr. Bello	Security Assistant	belloaje@pwcs.edu
Ms. Wilson-Moore	Security Assistant	WilsonVM1@PWCS.EDU
Mr. Quesenberry	Wolf Pack Investigator	QuesenSM@PWCS.EDU
Officer Houpt	School Resource Officer	choupt@pwcs.edu
Mr. Cruz	ISS Support	CruzArDJ@pwcs.edu

Counseling

Ms. Alexander	Student Last Names: A	Alexanse1@pwcs.edu
Ms. Todd	Students Last Names: B-Car	Toddml@pwcs.edu
Ms. Redman	Students Last Names: Cas-Da	RedmanAN@pwcs.edu
Ms. Jackson	Students Last Names: De-Gal	JacksoT@pwcs.edu
Dr. Malone	Student Last Names: Gar-Heh	Malonebr@pwcs.edu
Ms. Schaming	Student Last Names: Hen-Kl	SchamiME1@pwcs.edu
Ms. Swain	Students Last Names: Kn-Mea	SwainRA@pwcs.edu
Ms. Bryant	Students Last Names: Med-Nis	Brayntbm@pwcs.edu
Ms. Harvey	Student Last Names: Nk-Q	HarveyGL@pwcs.edu
Ms. Arriaza-Chavez	Student Last Names: R-Sai	ArriazCB@pwcs.edu
Dr. Forbes	Student Last Names: Sal-T	Forbesm@pwcs.edu
Ms. Kehoe	Student Last Names: U-Z	KehoeLM@pwcs.edu
Ms. Washington	College and Career Counselor	WashinM@pwcs.edu
Ms. Senger	School Psychologist	sengerr@pwcs.edu
Mrs. Lowry	School Social Worker	lowrysk@pwcs.edu
Ms. J. Mayes	New Horizon Therapist	jmayes@pwcs.edu

Library

Ms. Oberg	Librarian	oberghm@pwcs.edu
Ms. Rannells	Librarian	rannelmr@pwcs.edu
Ms. Gumm	Library Assistant	gummta@pwcs.edu

Clinic

Mrs. Caroline Woodward	Nurse	WoodwaCM@pwcs.edu
Ms. Joselin Paz	Clinic Assistant	PazJM@pwcs.edu

Important Dates

Dates	
August 24	First Day of School
Sept 4-Sept 7	Labor Day Weekend Holiday/Schools & Offices Closed
Sept 21	Holiday/Schools & Offices Closed
October 12	Division-wide Professional Learning Day – No School for students
November 2	Parent Conference Day (ES/MS)/Teacher Professional Development Workday (HS) – No School for students
November 3	Teacher Workday – No School for students
November 11	Veterans Day Holiday (Schools closed)
November 25-27	Thanksgiving Break for Students/Teachers
December 21-January 1	Winter Break for Students/Teachers
January 4	School Reopens
January 18	Martin Luther King Jr. Holiday (Schools closed)
January 28	Teacher Professional Development/Workday – No School for students
January 29	Parent/Teacher Conferences- No School for students
February 15	President's Day Holiday (Schools closed)
March 10	Holiday/Schools & Offices Closed
March 22-26	Spring Break – No School for students
March 29	Teacher Professional Development/Workday – No School for students
April 16	Teacher Professional Development/Workday – No School for students
May 17	Holiday/Schools & Offices Closed
May 31	Memorial Day Holiday (Schools & Offices Closed)
June 17	Last Day of School

Dress Code Policy

Gar-Field Students are expected to follow the guidelines in the PWCS Code of Behavior for Student Dress:

- Students are urged to dress for success each school day. Their overall appearance should be based on the health and safety of an inclusive school community. Students should not wear any item of clothing which may cause a distraction or disruption to the educational process or compromise the physical and emotional health and safety of the student or others.
- Students are permitted to wear any religiously and ethnically specific or significant head covering or hairstyle. Permitted head coverings and hairstyles include, but are not limited to:
 - Braids
 - Cornrows
 - Headwraps
 - Hijabs
 - Locs
 - Yarmulkes
- Prohibited items of clothing include:
 - Clothing items which:
 - Reveal bare skin to the extent that they distract or may foreseeably distract other students or staff.
 - Reveal or expose undergarments.
 - Fit in a manner as to reveal or expose undergarments.
 - Contain vulgar, discriminatory, lewd, patently offensive, or obscene language or images.
 - Contain threats or gang symbols.
 - Promote the use of weapons and violence, or the use of alcohol, tobacco, or illegal drugs, and/or associated paraphernalia.
 - Cause or may foreseeably cause a disruption to the learning environment.
 - Are accessories that could be regarded as or used as a weapon.
 - Headwear that covers one's entire head or face, unless the headwear is:
 - Worn as part of one's religion.
 - Worn for medical reasons.
 - Worn for personal prevention practices as in the case of the spread of infectious diseases.
 - Worn for an approved school event.
 - Worn as an expression of one's cultural or ethnic background.

- Ski masks or other full-face coverings are strictly prohibited, except for religious or cultural head and face coverings. Students may not wear a ski mask at any time, even if it is rolled up to appear as a hat.
- Clothing or headwear must not obscure a student's identity at any time
- Students must be able to freely communicate with school staff at all times for safety and to promote student learning. Students are not permitted to use or wear headphones or earbuds in class and must have at least 1 ear open in the halls.



GAR-FIELD HIGH SCHOOL BELL SCHEDULE 2026-2027



BLOCK 1/2	Block 1		Block 2	
	7:30 - 8:59			
BLOCK 3/FLEX	Block 3		Flex/Advisory	
	9:04-10:31		Flex A: 9:04 - 9:45 Flex B: 9:50 - 10:31	
BLOCK 4/5	Block 5		Block 4	
	10:36 - 12:36			
			4th	5th
A LUNCH	Lunch Class	10:31 - 11:01 11:06-12:36	Science Art FACS, SALC	
B LUNCH	Class Lunch Class	10:36-11:01 11:01-11:31 11:36-12:36	Math Business	
C LUNCH	Class Lunch Class	10:36-11:36 11:36-12:06 12:11-12:36	Social Studies World Lang	
D LUNCH	Class Lunch	10:36-12:06 12:06-12:36	English HEALTH & P.E Music TECH ED, JROTC	
BLOCK 6/7	Block 7		Block 6	
	12:41 - 2:10			

School Expectations

All students are required to follow all rules and regulations outlined in the PWCS Code of Behavior.

10/10 Rule	Students are not permitted to be out of classrooms during the first and last 10 minutes of class.
Academic Violations	All students are expected to submit work (homework, class work, quizzes, tests, and papers, etc.) that is their own. Plagiarism is the use of another's work as his own and will be referred to the discipline process as violations of the cheating and honor policies. Students are responsible for giving due recognition of sources (Books, Periodicals, Internet, other classmates) from which material is quoted, summarized or paraphrased.
After School Activities	When staying after school for a club, activity, sport, or extra help, students need to report to their designated area no later than 2:30pm. Activity buses are provided for students who stay after school with a teacher, sponsor, or coach. Students are not permitted to leave campus and return to take the activity bus. Activity buses will pick students up Monday – Thursday at 5:00 pm.
Attendance	When absent, students are to submit a signed excuse from a parent or guardian to their alpha administrator office within 5 days. Excused absences include: • Personal illness of the student • Quarantining per guidance of the School Nurse • Medical and dental appointments for the student • Death of immediate family member • Observation of a religious holiday • Student participation in school-sponsored activities during school hours • Required court appearance • Reasons of extenuating circumstances to be determined by the principal Unexcused absences include: • All day truancy • Class truancy • Missing a ride or a bus Students must attend their assigned class at all times.

Breakfast	7:05 am - 7:25 am Students have access to the upper and lower café for breakfast. Students are expected to eat breakfast in the cafeteria and will not be allowed to leave the café with food. At 7:25, no students will be allowed to enter either cafeteria. <u>Late Bus Breakfast</u> 7:30 am - 8:00 am Students who arrive to school on a late bus will be allowed to pick up a breakfast "grab and go" bag from the lower cafeteria only. Teachers are to mark them unexcused and follow tardy protocol. Teachers must follow the 10/10 rule and not allow students to "check in" then go get breakfast.
Cafeteria	Use of the cafeteria is a privilege. Students are expected to keep the space clean. After any meal, students are to throw away any and all trash and place silverware and trays in the window to be washed. Free and Reduced-Price Meals: Applications for free and reduced-price meals can be submitted online. Paper applications available by request. Visit the PWCS Food and Nutrition Services website for more information: http://pwcsnutrition.com/.
Campus	Gar-Field High School is NOT an open campus. Students may not leave during the school day unless parent permission is provided in writing.
Cell Phone Use	Students are not allowed to use cell phones during the instructional day. All cellphones must be placed in a backpack, handbag or purse during instruction. Cell phones are not permitted in hallways during instructional time. Earbuds and headsets should not be worn during the instructional day.
Class Cuts	More than five minutes out of class, unexcused. Skipping class is a violation of the PWCS Code of Student Behaviors, BSO 15 and/or BSO 16; and will be dealt with accordingly.
Counseling	Students must use a booking link to schedule an appointment to meet with a school counselor.
Early Dismissal	Students must submit a written note or an email from the parent/guardian's work email address to alpha assistant to be dismissed early, walk home, riding a different bus, or taking an Uber. Telephone calls will not be accepted to provide permission for early or alternate dismissals.
Library Staff and Policies	Library Hours: Monday-Thursday: 7:10 am-3:30 pm

Friday: 7:10 am-2:20 pm

The Gar-Field High School library is located on the second floor at the center of the building. Many staff and student events and activities are hosted in the library, including the writing club, book club, lunchtime events and programming, #Books2Go, and some club meetings. Students and classes have access to over 11,000 fiction and nonfiction books, audiobooks, and e-books, as well as databases and subscription sites for research and exploration. The library is stocked with chess sets, games, comfortable seating areas, classroom spaces, a reflection room, a makerspace, a green screen, and podcasting equipment. Students can spend time before and after school and during lunch in the library. They have access to printers (black and white only), a copy machine (also black and white only), and a microwave.

General:

- School rules—including those regarding hall passes, conduct, and device use—apply in the library. Students who break school rules or are disrespectful to library staff or materials may be asked to leave, referred to their administrator for discipline, and/or barred from returning to the library.
- The library is NOT a cut-through. Students should use the hallways to get across the buildings.
- Students must use the double doors to enter and leave the library.
- Checkout limits: 5 books at a time for 3 weeks at a time. Books may be renewed (as long as another student hasn't placed a hold for the book).
- No late fees are charged.
- To use the makerspace or podcast studio, students must complete all required training, sign a contract, and be properly supervised.
- Students may not use the makerspace or podcast studio without teacher supervision. Librarians do not supervise students in these areas during the school day.
- Students may freely use the supplies at the supply table, but the supplies must remain in the library.
- Students are expected to clean up after themselves. Please don't leave trash behind, deface our space, or damage or destroy equipment and furniture.
- Students without a class must go to the holding area, not the library.

Before School:

- Students are expected to be polite and respectful as they wait for the library to open.
- Students may check out books, print, play chess or board games, and socialize before the morning bell.
- Students must leave when the warning bell rings. Library staff will not write late passes for students who linger.

	During Class: • Class time in the library is only for work. No chess, hanging out, or socializing is allowed. • Students may come to the library to work, print, or use the Zen Den with an appropriate pass from their teacher. • Cell phones and backpacks should remain in the classroom. • Students will be sent back to class after 20 minutes. During Lunch: • Students may come to the library during lunch. They must arrive at their lunch bell. • If a student comes to the library for lunch, they must stay in the library for the entire lunch shift. • Students must sign in for lunch using the sign-in procedures • Students may eat lunch brought from home in the library but must clean up after themselves. Students cannot get lunch from the cafeteria and then come to the library. • Students may use the microwave in the lounge, but must make sure it is clean after each use. After School: • Students must be in the library by 2:30. • The library closes at 3:30 and students will need to either have a ride home or go to the holding area for the activity bus.
Lockers	Lockers will not be assigned this school year to limit crowding in hallways, however, students may request a locker if necessary. Students can request a locker by using the following link: Locker Request If a student needs help opening a locker that is jammed, please contact the Principal's Executive Secretary.
Medications Illness	Students requiring prescription or nonprescription medication during school hours must secure a special form from the nurse's office and have the parent/guardian and/or physician's permission before taking any medication. All medication will remain in the nurse's office and will be administered according to the procedures established by the school board. Parent or guardian must bring all medications to the nurse (do not send by student). Students are expected to stay home from school if having contagious like symptoms such as a fever over 100 degrees, vomiting, diarrhea, or "pink eye". Please refer to PWCS regulation 758-1 or contact the school nurse for further information.

Outside Restaurant/Vendor Food	Outside restaurant/vendor food (including, but not limited to, GrubHub, UberEats, and DoorDash) is <u>not permitted</u> in any classroom or library. Parents that choose to bring outside restaurant/vendor food for their child for lunch may bring food for their student only and <u>must enter through Door 1</u> . Food may not be brought to distribute to friends. Students provided with outside restaurant food from their guardians are permitted to pick up food during their designated lunch period only. Students are not permitted to leave school grounds to purchase outside restaurant food during school hours for any reason
Parking	All students parking vehicles at Gar-Field High School must purchase a parking permit from security. Parking without a permit may lead to your car being towed. Furthermore, inappropriate or dangerous driving is subject to disciplinary action.
Property	All students are responsible for their own belongings. Any found property should be turned over to an adult as soon as it is found.
School Safety	❖ <u>No student entry prior to 7:00.</u> ❖ After 7:30 am, only Door 1 can be used to enter the building. ❖ All students <u>must</u> enter at designated locations to pass through the EVOLV security system. ❖ To reduce false alarms students should: ○ Select clear and plastic school supplies over covered/concealed and metallic when applicable. ○ Use three-ring binders with plastic spines/rings (non-metal). ○ Utilize plastic (versus metallic) BPA-free water/coffee bottles. ○ Use hard plastic eyeglass cases (versus metal). ○ Students should “pack-light” and limit the number of items in bags or other equipment. ○ Keep superfluous metallic items home (game consoles, beauty products, USB drives). ○ Laptops and umbrellas will be passed around the technology via a staffed table <u>Students are not permitted to open any door during the school day for anyone.</u> Students who open doors to let other students/individuals into the building will face disciplinary action. When requested from a staff member, All students must provide accurate information to identify themselves. All students must wear their PWCS student ID at all times (No Exceptions). If lost a replacement ID should be purchased. Vape paraphernalia, drugs, tobacco, and alcohol are not permitted on school property. Students who bring these to school will be charged and face strict disciplinary consequences.

	GFHS students are CHAMPIONS and, as such, it is expected that students act with kindness and respect towards each other and staff. It is each Champion's responsibility to report any unsafe situations to an adult in the building immediately.
Tardy policy (Instructional ON Time Initiative)	<u>If a student is late to school:</u> Students are to report to the main office to sign in. Unexcused lateness to school will be documented by a staff member. <u>If a student is late to class:</u> Students are expected to be on time to each Class, every day, and seated in assigned seat and ready to learn when the bell rings. If a student is late to class, the student will report to one of four stations (2 up and 2 down). Lateness will be documented and tracked. Accumulated unexcused tardies will result in consequences that could include but not be limited to; restorative meetings, lunch detention, after school detention, and social probation contract, which may include restrictions from school activities.
Technology	Technology is permitted in class per teacher discretion. It is expected that students will follow all PWCS Code of Behavior rules and regulations regarding the Acceptable Use Policy.
Tip Line	Students share the responsibility for an orderly and safe school environment. Information about drugs, weapons, or other factors that may be harmful to the school environment should be reported. Here are some suggestions for reporting such information: contact the school principal or other administration, dial the Say Something TIPLINE at 1-844-5-SAY NOW, email Saysomething.net or contact the police in cases of an emergency.

Tip Line

Students, staff, and parents share the responsibility for an orderly and safe school environment.

Information about drugs, weapons, or other factors which may be harmful to the school environment should be reported via the Tip Line or through the "Say Something" Anonymous Reporting System (SS-ARS). SS-ARS is designed specifically for students in grades 6-12 and staff to report any serious or potentially violent concerns of unsafe behavior or threats of harm to self or others. Say Something is a youth violence prevention program from the national nonprofit organization Sandy Hook Promise.

"Tipsters" can send reports on anything from school threats they've seen or overheard to personal crises, including sexual harassment, self-harm, and depression. The system enables school administrators and law enforcement to create effective interventions and intervene upon at-risk individuals to help prevent violence, suicide, bullying, self-harm, and other forms of threatening behavior.

All tips submitted receive an immediate response by one of the highly-skilled crisis counselors at the Sandy Hook Promise National Crisis Center; this person then determines the necessary support steps. When credible tips are received that are life-threatening and/or involve an imminent threat, the crisis center will immediately contact local 911 dispatch and involve law enforcement, then notify central office staff and school-based representatives, even after hours. Users can submit a tip by calling 1-844-5-SAYNOW or visiting www.SaySomething.net. The free app is available for download from the [App Store](#) and [Google Play Store](#), where students can submit tips instantly. Once downloaded, it will ask for a 4-digit code you select and remember.

Following are some suggestions for reporting such information:

Submit an anonymous tip by calling 1-844-5-SAYNOW or
visiting www.SaySomething.net

Call 911 in cases of immediate emergency

GFHS Student Behavior Expectations

	Classrooms, Library, Etc.	Hallway	Cafeteria	Bus	Restroom
Be Safe	Keep classrooms clean	Walk with a purpose Stay to the right Keep area clean	Walk (don't run) Stay in line	Remain seated while the bus is moving	Wash hands
Be Responsible	Arrive on time Bring all necessary materials Follow class procedures	Plan ahead for restroom and locker stops	Remain in one place (upper café, lower café, senior lounge) Keep area clean Use food and trays appropriately	Speak at appropriate volume	Speak at appropriate volume Honor others' privacy
Be Respectful	Speak respectfully to others Listen while others are talking	Use appropriate speaking volume Wait your turn for drinking fountains and restrooms Use appropriate and kind language	Speak respectfully to others Use appropriate speaking volume Follow directions of adults	Speak respectfully to others Share seats equally Follow directions of the bus driver	Keep restrooms clean Exit promptly

Attendance Procedures for Full Day Unexcused Absences

PWCS Regulation 724-1, Code of VA 22.1-258 and 22.1-262

1 st -4 th Unexcused Absences	Parent contact by Classroom teacher
5 th Unexcused Absences	INITIAL CONFERENCE - School Counselor or designee will conference with student/parent
6 th Unexcused Absences	SCHOOL MONITORING
8 th Unexcused Absences	• INTERAGENCY MEETING held with student, parent, school counselor and attendance officer • Meeting led by Assistant Principal or designee
9 th Unexcused or More	• Truancy Referral submitted to Truancy Officer

Attendance Matters



Who to contact when your student is absent:

Alpha Administrative Assistants

Last Names: A-DA
Maria Barquero
Email: BarqueMJ@pwcs.edu
Location: Main Office

Last Names: DA-HEH
Sabrina Castillo
Email: CastilSJ@pwcs.edu
Location: Main Office

Last Names: HEN-MEA
Ricardo Cisneros
Email: CisnerRA@pwcs.edu
Location: Main Office

Last Names: MED-Q
Mrs. Brenda Iraheta
Email: IrahetaBA@pwcs.edu
Location: Office 1301

Last Names: R-Z
Ms. Roxana Cubias
Email: CubiasRG@pwcs.edu
Location: Office 1501

Friendly Reminders

- At the third consecutive absence, a medical note is required to excuse further absences
- At the tenth absence (total count), a medical note is required for each additional absence for the remainder of the year.

Ways to Report Absences

- Use the Parent VUE app for same day or future absences
- Email the student's Alpha Administrative Assistant (Information Attached), from email accounts that is on file in the HUB
- Send in a written note within 5 days of the missed school day to turn into Alpha Administrative Assistant (Location Information Attached) MUST include Student ID, parent's signature, and date of turning it in.

Instructional ON Time Procedures

One of the single, most impactful things a student can do to be successful is to be ON TIME for class.

Be ready to learn when it begins! To further this goal, students late to class will report to one of 4 IOT stations (2 upstairs and 2 downstairs). The student's lates will be documented and recorded.

This will occur every block, every day.

These procedures are valid for the entire school year

Reset at the beginning of each quarter

Interventions:

Number of lates	Response
1-3	Document and record, school status message home
4	Document and record, Restorative Group Conference: "What is preventing me from getting to class on time?"
5-6	Document and Record, school status message
7	Document and record, assignment of lunch detention
8	Restorative Meeting: parent required
9	Assignment of after school detention
10	Assignment of Saturday School detention
11+	Assignment of progressive discipline as governed by the PWCS Code of Behavior

What can you expect from your Gar-Field Counseling Office?

Academic Advising, College and Career, Peer Mediation, Parent Information, Personal Social, Classroom/Grade Level and Parent Presentations and above all a caring mentor for high school students

The Gar-Field High School Counseling department provides school counseling services in the areas of:

Academic Advising:

Monitoring graduation requirements and advisement of students regarding their schedule requests according to their chosen diploma levels and career interests. SOL monitoring and remediation opportunities. Credit recovery opportunities via Edmentum online program or PWCS Virtual High School. Monitoring of the Early College Scholars Program, and Diploma Seals

*NCAA/NAIA eligibility monitoring can be provided by your school counselor. Gar-Field is a member of the **Core Course GPA** college eligibility service. Students may monitor their academic eligibility for the NCAA Div. I and II by going to: CORECOURSEGPA.com and using the school ID: **472460** and the school code: **7134877873** to create their login.*

College and Career Counseling:

<https://student.naviance.com/gar-field>

Naviance Student is the new Naviance student experience that replaces Family Connection and enables students to engage anywhere in college and career planning. Naviance Student is provided free of charge to all high school students courtesy of the PWCS Office of Student Services.

FAFSA4Caster-- free online federal financial aid calculator
<https://studentaid.ed.gov/sa/fafsa/estimate>

Additional Scholarship Resources:

www.fastweb.com

www.scholarships.com

www.goldendoorscholars.org

Upcoming Events can be found on the School Counseling drop down under "Our School" on the Gar-Field Web Page

Peer Mediation and Personal Social Counseling:

Gar-Field students may access personal school counseling and mental health referral resources through their school counselors. Students in crisis during the school day should report to the counseling office immediately; however, students interested in making an appointment to see their Counselor may access the appointment requester on the school website on the counseling canvas course.

In addition, students may participate in a variety of counseling groups including: The ADL “NO Place for Hate”, Grief Counseling, Military family support, drop-out prevention support, mental health support and substance abuse prevention through New Horizons Therapist, Mrs. Schell-Smith and more groups to be announced.

Parent Information Presentations and Communication:

Touching Bases, PWCS Financial Aid nights, Graduation Requirements, Parent Info. Night, PWCS College Fairs, Parent/Teacher conferences, Parent/Student conferences. Counselor coordinated/availability hours from 6:45 am.-3:00 p.m. M-Fr

Counselor Classroom Presentations for Students:

9th grade: “No excuses: Sexual Harassment”, “Being successful in class” and “What can your Counseling Dept. do for you?” including enrollment in Naviance, “SOS-Signs of Suicide” suicide prevention program.

10th grade- “Road Trip Nation” career exploration, “Stress Management”

11th grade- “Future Planning for Juniors” including the PWCS Academic and Career Plan, “Options After High School” including Naviance, college entrance exam discussion, “Do What You Are” career choices.

12th grade- “Post-Secondary Options for Seniors”, information regarding the college application process, the military, employment and “Navigating Naviance.”

Students in need of after-hours assistance may call:

For emergency suicide prevention resources or mental health resources

Suicide Hotline: 1-800-273-8255

Youth for Tomorrow Crisis Intervention: 703-659-9863

Prince William County Community Services Board: 703-792-4900

Sentara Potomac Hospital Emergency Room: 703-670-1363

Prince William Hospital Emergency Room: 703-693-8333

Dominion Hospital Emergency Room: 703-563-2000

PWC Police Department non-emergency Number: 703-792-6500

Youth for Tomorrow Crisis Intervention: 703-659-9863

Academic Resources

Resources for Help

Gar-Field offers many resources for students to be successful in their classes. Check your teacher's syllabus to see if they offer after school tutoring.

Gifted Education

At Gar-Field, gifted education services are offered in the form of advanced courses (Pre IBDP, IBDP and AP courses) and accompanying Socratic seminars (facilitated by gifted education resource teachers and participating Pre IBDP and IBDP teachers), which are open-ended, interdisciplinary discussions emphasizing critical thinking, problem solving, metacognition and communication skills. Throughout the program, a range of topics across the subject areas are addressed. Enrichment opportunities also include field trips and service learning. If you have any questions about the gifted education program or if you would like to refer yourself or another student for possible identification for gifted services, please contact the Gifted Education Resource teacher for further information.

Stay Connected

Find us on Facebook: @Gar.Field.HS.PWCS

Follow us on Twitter: @Gar_Field_HS

Download the My PWCS app for iOS and Android and set your app preferences to follow Gar-Field Senior High School. Benefits include access to school alert notifications and announcements, calendar events, news, and staff directories.

Students can also access StudentVUE, and parents ParentVUE, to view schedules, grades, and attendance.

Study Skills

Top 10 Skills for High School Students (adapted from Auburn University)

1. Time Management

There are just 24 hours in each day. What you do with that time makes all the difference. While high school students average 35 hours per week of class time, college students log an average of 15 to 18 hours per week. Getting your "free" time under control now will help prepare you for managing that extra 20 hours a week come freshman year of college -- when you'll need to study and want to socialize more than ever. If you don't already, start using a daily planner. This could be a datebook you keep in your bag, an online version you maintain at home, or both. It's easy to over-schedule or "double-book" if we aren't careful. Manage your time wisely and you'll get the maximum out of each day.

2. Good Study Habits

Good study habits include these basics:

- Always be prepared for class and attend classes regularly. No cutting!
- Complete assignments thoroughly and in a timely manner.
- Review your notes daily rather than cram for tests the night before.
- Set aside quiet time each day for study -- even if you don't have homework or a test the next day!

3. The Ability to Set Attainable Goals

It's important to set goals, as long as they're attainable. Setting goals that are unreasonably high is a setup -- you'll be doomed to frustration and disappointment.

4. **Concentration** Listen to your teacher and stay focused. Be sure that you understand the lesson. If you don't understand something, ask questions! You've heard it before, but "the only dumb question is the one you don't ask" is absolutely true. If you've been paying attention, it definitely won't be a dumb question.
5. **Good Note-Taking**
You can't possibly write down everything the teacher says since we talk at a rate of about 225 words per minute. But you do need to write down the important material. Be sure to validate yourself after a test by going back over your notes to see if your notes contained the answers to questions asked on the test. If not, you need to ask to see a classmate's notes or check with the teacher for help on improving your note-taking. Studying with a partner is also a good idea. Note-taking should be in a form that's most helpful to you. If you're more of a visual person, try writing notes on different colored index cards. Music can also be a good memory aid as long as you don't find it distracting. Re-writing your notes daily is another strategy. If you really have a problem with note-taking, you might ask your teacher if you can tape-record daily lessons. Do whatever it takes!
6. **Completion of Assignments**
Teachers assign homework for a reason. While it may seem like "busywork" at times, it definitely has a purpose. Put your homework to good use. Remember, you'll only get out of it what you put into it!
7. **Review of Daily Notes**
Don't wait until the night before the test to review your notes. Go over your notes each day while the lecture is still fresh in your mind. Add any missing pieces. Compare your notes with a classmate's notes. This isn't cheating -- it may even be mutually beneficial. Review your notes each day to reinforce your learning.
8. **Organizational Skills**
Keeping yourself organized will save you valuable time and allow you to do everything you need to do. Remember: "A place for everything and everything in its place." Keep all your study materials (calculator, planner, books, notebooks, laptop, etc.) in one convenient location.
9. **Motivation**
You need to be motivated to learn and work hard, whether or not you like a specific subject or teacher. Self-motivation can be extremely important when you aren't particularly excited about a class. If you must, view it as an obstacle you must overcome. Then, set your mind to it and do it -- no excuses. Success is up to you!
10. **Commitment**
You've started the course, now you need to complete it. Do the best -- and get the most out of it -- that you can! Your commitment will pay off in the end.

Athletics and Activities

STUDENT ACTIVITIES

School-sponsored clubs and organizations are frequently an outgrowth of our academic and vocational curriculum. Others exist for providing opportunities in which the student may pursue interests on an extra-curricular basis. The variety of activities should enhance the educational, social and emotional development of the student. Students are encouraged to participate in **at least one club or activity**. The clubs meet after-school or at other designated times. Activity Bus transportation may be provided throughout the week.

REGULATIONS FOR STUDENT ACTIVITIES

1. To form, organize, or begin a club, organization, or activity, there shall be a faculty sponsor willing to provide supervision. A constitution, bylaw, or charter shall be submitted to the Activities Director for approval. No club or organization may hold any meeting or practice unless the sponsor is present. Regular attendance is expected. See PWCS **Regulation 642-1** for additional information. Attachment I required for submission.
2. All meetings or practices will be conducted in an assigned area designated by the Activities Director with a Club Sponsor. All activity dates, times, and locations shall be submitted to the Activities Director for approval.
3. Any student remaining after school for participation in an activity shall report to the Activity Sponsor no later than 2:30p.m. All other students shall vacate the building and grounds by 2:30pm. Holding Area in Lower Café if Activity Bus Transportation is needed.
4. All student organizations may have an annual budget approved in advance by the Activities Director. This budget will serve as a guideline in approving or denying activities. Club sponsors will administer, supervise, and be directly responsible for adhering to financial guidelines.
5. Sponsors should submit to the Activities Director any requests for fundraisers. The Activities Director will inform the sponsor if these activities are approved. Sponsors should apply for fund raising approval in writing on the approved form. Information will include:
 - a. Name and type of products to be sold;
 - b. Vendor or agent to be contacted;
 - c. Brief description of fundraiser, date, time, and places.
 - d. Submission deadlines shall be communicated accordingly and be conducted online-only until further notice.
6. All financial transactions shall be approved and transacted through the school's Finance Office. Transactions shall be approved by the sponsor, Activities Director, and Finance Office. A purchase order form shall be filled out completely before any purchases are made or orders placed. The Activities Director, Principal, and Area Associate Superintendent shall approve any activities that generate funds. Forms are online; please see your Coach or Club Sponsor.
7. Furniture or equipment moved or borrowed shall be returned upon conclusion of the activity. The area used should be left as the group found it before use.

8. Sponsors for all performing groups leaving school grounds should have a completed emergency care card (blue) on-file. These cards should be readily available at all meetings, activities, and trips.
9. Field trip permission forms should be completed by parent/guardian and be on-file for all student participants.
10. Sponsors will need to submit the required information for transportation. Transportation shall be aligned with the financial request(s).
11. Posters and advertisements publicizing student events shall have approval of the Activities Director. These posters and signs should be removed immediately following the event. Posters and advertising are limited to the cork board strips in the Upper or Lower Hallway areas, and Common Areas.
12. Adequate security shall be planned and provided for events conducted during non-school hours. The sponsor is responsible for the following:
 - a. Submitting a building use request form via Event Manager and placing the activity on the school master calendar;
 - b. Student Event Form(s) shall be completed 30 days in advance if a group elects to host an event on school grounds.
13. Activities governed by the Virginia High School League (VHSL) shall meet all their regulations and requirements. Coaches and sponsors of these activities are responsible for making sure that their group is operating within the guidelines of their governing group. Any activity requiring a VHSL physical fall into this category.

Academic Activities and Clubs

African Student Association

The African American Club combines with the Young African-American Men's Club to promote interest and understanding of the African American cultural experience. Students of all grade levels and ethnic backgrounds are encouraged to attend meetings and participate in many activities, discussions, and sponsored field trips. Many of the club's activities expand beyond the school grounds and extend into the community. The club frequently performs volunteer services, which display cultural pride.

Art Club

The Art Club provides an opportunity to develop artistic abilities through various forms and resources. Students will expand knowledge while increasing the capability to create art.

Band

The Gar-Field Band Department is made up of many different organizations, but each of these has the same basic goal: Excellence in Musical Performance.

"The Pride of Gar-Field"

The Marching Red Wolves Band is one of the Music Department's most visual groups. Musicianship, discipline, teamwork and strong work ethics qualify its members with their esprit de corps. The marching band practices throughout their season to prepare for many marching band competition performances. In addition, the Marching Red Wolves also perform half-time shows at Gar-Field football games and supports the Dale City/Woodbridge community with parade and other local events. PREREQUISITE: Previous experience performing in band.

The Gar-Field Flag Corps

The Gar-Field Flag Corps practice and perform as an integral part of the marching band. Students learn extensive choreography to enhance and exemplify the marching drill of the band.

The Color Guard

The Color Guard is known as the "sport of the arts." This is an activity combining equipment such as rifles, flags and sabers with dance and theatrical movements. The group combines with the marching band and participates in all marching band events and rehearsals.

The Varsity Band

The Varsity Band concentrates its efforts on a progressive musical education for its members. Students learn basic fundamentals, which will make them more proficient on their instrument and also teach them how to problem-solve in their practice sessions. Members are encouraged to study privately on their instruments in order to eventually move up to the Concert or Symphonic Band. The band presents many concerts throughout the year and competes in the District IX Festival. PREREQUISITE: Previous experience performing in band.

The Concert Band

The Concert Band concentrates its efforts on a progressive musical education for its members. Students review basic fundamentals, which will make them more proficient on their instrument and also teach them how to problem solve in their practice sessions. Many of its members are serious about playing music and study privately on their instrument in order to eventually move up to the Symphonic Band. The band presents many concerts throughout the year and competes in various concert band festivals.

The Symphonic Band

The Symphonic Band is the premier ensemble in the Gar-Field Band Department. Many of its students are serious about music and take private lessons on their instrument to supplement their musical study. Only the best students in the music program are chosen and as a result there are very high expectations in terms of discipline, work ethics and performance. The band presents many concerts throughout the year and competes in various concert band festivals. Distinguished guest conductors, clinicians, and soloists are often brought in to work with the band.

The Jazz Ensemble

The Gar-Field Jazz Ensemble program strives to educate students in the original American art form of jazz. Most of its members are serious about playing music and study privately on their instrument to supplement their musical study. Only the best students in the music program are chosen and as a result there are very high expectations in terms of discipline, work ethics and performance. The Jazz Band presents many concerts throughout the year and competes in various jazz festivals. Students have the opportunity to work in master classes and rehearse with many contemporary guest jazz artists. PREREQUISITE: By audition.

Book Club

The Book Club meets every Wednesday in the Library to read, exchange, and discuss a variety of different books.

Chemistry Club

The Chemistry Club provides students opportunities to further academic knowledge of chemistry and its application within the community.

Chess Club

The Chess Club meets weekly in the Library for informal matches and competitions. Club may explore weekend tournaments at local PWC schools.

Creative Writing

The magazine provides a place for the publication of student writings, artwork, photography, etc., which result from classroom extracurricular activities. The organization is open to all interested students regardless of grade level. It seeks to provide training of students in the selection of materials, the layout of a literary magazine, etc. The magazine is evaluated annually by VHSL.

Debate

Debate provides the student with greater knowledge into the fields of academic competition, research, contemporary issues and logical reasoning. The student learns effective argumentation skills as they pertain to issues of national concern. It provides the student an opportunity to interview prominent politicians, businessmen and professionals in order to obtain research information. A student participates in local, regional and state tournaments.

DECA

The four points of the diamond that forms the DECA emblem - Vocational Understanding, Civic Consciousness, Social Intelligence, and Leadership Development, symbolize the purposes of DECA. Through active participation in the local, state, and national activities, DECA members develop a better understanding of the business world, become conscious of their civic obligations, and develop social poise and leadership ability. You shall be enrolled in the Marketing Education program to become a member of DECA.

Dominants

The "Dominants" is a vocal jazz and show choir that performs for community and school functions. Competitions may be a part of their performing schedule. All participants shall be enrolled in Concert choir. Membership is determined by auditions and teacher recommendations.

EDGE Club

EDGE Club is a multi-denominational ministry organized and operated by students. The Edge Club works in the public schools to connect students with other Christian students. EDGE clubs are managed by student leaders who commit to sharing Christian principles and offering their peers support and fellowship. Sponsors provide adult supervision and Edge Club Ministries offer community leaders as coaches upon student request.

Green Club

The Environmental Club (Green Club) is designed to make students more aware of their environment and become involved in its care at school and in the community. The Green Club members design their own projects each year to do or help others with their projects. Some past projects include planting native plant gardens, maintaining the Biodiversity forest behind the school and recycling. Fundraisers and grant writing provide funds for the projects. Meetings are usually held one day per week.

FBLA

The objectives of FBLA (Future Business Leaders of America) are to enable members to gain confidence in themselves and their work in order to improve the business world around them, to better prepare themselves as leaders, and to improve their business skills. FBLA activities are based on five-point plan encompassing business knowledge and skills, financial activities, leadership and promotional functions, school and community service and social awareness. All Gar-Field business students may participate in any of the local activities. In order to participate on a regional, state, or national level, dues shall be paid. Only those students currently enrolled in a business class, or those students who have completed a business class, are eligible for membership in FBLA.

FCCLA

Family, Career, and Community Leaders of America is a club that focuses on skills for life. This includes opportunities for self-development, preparation for and strengthening of family and community living

and career exploration. Students are given the opportunity to participate in individual and group projects. Videos and guest speakers on topics of concern to teens are a part of regular club activities.

Speech

The purpose of the Speech Club is to encourage participation in public speaking and oral interpretation. Activities include original oratory, extemporaneous speaking, prose and poetry reading, spelling, dramatic interpretation and storytelling. Competition is held at the inter-school level as well as the district and state levels. Membership is open to all students in grades 9 through 12. Meetings of the Forensic Club are after school. VHSL competitive events are usually held on weekends.

French Club

The purpose of the French Club is to give students a greater understanding and enjoyment of French culture, customs, and language. Membership is open to all interested students. Members are encouraged to participate in activities and to come to all meetings. Annual membership dues and monthly meeting dates will be decided at the beginning of each year.

Freshman Class

The Freshman Class is the beginning of the planning phase and fundraising events taking place in later years, such as the Junior-Senior Prom and graduation. Freshman Class sponsors participate in many activities such as dances, bake sales, Spirit Week and Homecoming. Membership is open to all 9th graders. Officers shall have a "C" average and be elected by a majority class membership.

Future Educators of America – Educators Rising

Future Educators Association is an international program for high school students interested in exploring careers in education.

Gay-Straight Alliance – GSA

GSA meets monthly to promote and support a school environment of tolerance for individual differences and diversity. Club promotes universal understanding and is open to all students.

Health Occupation Students of America – HOSA

HOSA helps students prepare for future health care professions, spreads health awareness to the community, and provides community service and volunteer activities.

Yearbook

Dance Team

International Club

The International Club strives to incorporate multicultural backgrounds and tastes to enhance the global tendencies of international countries.

Junior Class

The Junior Class promotes school spirit and sponsors various fundraising activities such as bake sales and dances. This class is responsible for the prom, the class float, Spirit Week, and other projects. Membership is open to all Juniors. Officers shall have a "C" average and be elected by majority class membership.

Key Club

The Key Club is the world's largest youth service organization and is sponsored by Kiwanis International. As stated in the Key Club bylaws, its' motto is: "Caring - - Our way of Life". The Key Club's objective is to build leadership and initiative in young citizens by improving the total environment of school and community through cooperative effort.

Latin Student Association

Latin Student Association is about bringing students together share, learn, and talk about the culture and heritage of Latin America. Students may share and talk about the types of food, music, movies, and media from the different countries in Latin America. Students may also learn new vocabulary and the variations of the Spanish language throughout Latin American countries.

Math Club

The objective of the Math Club is to prepare students for math contests, to stimulate their interest in various math related careers, and to provide a tutoring referral service. Any student who has maintained a 3.0 average (B) and is enrolled in Algebra II or above may be a member of this club. The club meets after school, as announced.

Model United Nations Club

Members of the Model UN Club expand their knowledge of contemporary global issues by portraying nations in simulated United Nations meetings. We usually attend six competitions a year as well as hosting the Gar-Field Model UN Conference and a model Security Council meeting.

National Honor Society

The Helen H. Parr Chapter of the National Honor Society is an association of juniors and seniors who are selected by Faculty Council with the advice of the faculty and staff of Gar-Field High School in accordance with the National Honor Society Constitution. To be considered for membership, students shall have a cumulative grade point average of 3.6 of all courses taken. Students shall also exhibit exceptionally high character, active leadership, scholarship and service to the school and community. The Society will select new members once each school year. The main induction will be in the Fall. Once selected, membership is permanent if the student abides by the society's rules. All National Honor Society members conduct and participate in school and community service projects, student leadership activities, and citizen education events throughout their membership.

Orchestra

The Orchestra meets as a string section during 5th period and after school with woodwinds, brass and percussion. Concerts feature a variety of music and usually occur in October, December, March and May. Rehearsals start about six weeks before a performance – once a week after school. Qualified wind and string players are encouraged to audition for all-county, regional, and all-state orchestras. The Gar-Field orchestra travels to the District IX Festival and makes another special trip every year. There is no charge to members other than the rental of certain instruments. Membership is open to all string students and wind players who make arrangements with the Orchestra Director. A schedule of activities for the year is available from the Director and all rehearsals are written up in the daily notices. For additional information,

9th Grade Orchestra

The orchestra meets first period every day. The orchestra performs four to five concerts per year and participates in District Orchestra Festival. Students are encouraged to audition for All-County,

Junior Regional, senior Regional and All-State Orchestras. Membership is open to all 9th grade strings players.

Chamber Orchestra

The Chamber Orchestra is a select orchestra that performs for community and special functions along with regular concerts and festivals. Membership is open to 10th, 11th, 12th grade students, as selected by auditions held in the spring of each year.

Concert Orchestra

The Concert Orchestra is made up of all string students. The orchestra performs four or five concerts a year and travels to District Orchestra Festival every year.

Robotics Club

Gar-Field Robotics started in 2006 and has been very successful. Robotics has built a stellar reputation in a very short time in the robotics community. Team members shall be able to make a time commitment of at least 3 days a week, and because the Robotics Team is an academic team, you shall be able to maintain a GPA of 3.0.

Spanish National Honor Society

The purpose of the SHH is to recognize high achievement in Spanish and Portuguese by students of secondary schools and to promote continuity of interest in Hispanic and Luso-Brazilian studies that relates to Hispanic or Luso-Brazilian culture, literature or history. The SHH is classified as a national and international academic honor society in the study of high school Spanish and Portuguese and is sponsored by the American Association of Teachers of Spanish and Portuguese, Inc. (AATSP). The name of our chapter is Claribel Alegria it was established in 2016-2017. To learn more about the author and the significance of our chapter name go to <https://poets.org/poet/claribel-alegria>

Scholastic Bowl

Scholastic Bowl provides an opportunity for students interested and capable in areas of science, math, history, literature, and government to compete with high schools in the Washington Metropolitan Area. The team also competes in the newly organized Prince William County tournament held in the winter or spring. It's Academic is sponsored by teachers who are primarily responsible for team selection, and for conducting sessions to help prepare the team for the competitions. All grade levels are welcome.

SeaPerch Club

SeaPerch is an innovative underwater robotics program that trains students how to build an underwater Remotely Operated Vehicle (ROV) in an in-school or out-of-school setting. Students build the ROV from a kit comprised of low-cost, easily accessible parts, following a curriculum that teaches basic engineering and science concepts with a marine engineering theme.

Senior Class

The Senior Class raises funds to sponsor class activities such as the Homecoming float, Spirit Week decorations, T-shirt sales, end of year and before graduation activities and contributions to the school. Membership is open to all 12th graders. Officers shall have a "C" average and be elected by a majority class membership.

Sophomore Class

The Sophomore Class participates in many fund raising activities such as dances, candy and bake sales. These funds help the sophomores host the Junior/Senior Prom, enter a float in the Homecoming parade, and support school activities. Membership is open to all 10th graders. Officers shall have a "C" average and be elected by a majority class membership.

Spanish Club

The Spanish Club is open to interested students currently enrolled in a Spanish course. Its purpose is to promote greater understanding of Hispanic cultures and the Spanish language. Meetings will be held after school on a day determined by vote of the members. Additional activities may be held during the evening for special occasions such as Holiday celebrations and meeting at a Spanish restaurant for dinner.

Step Team

Step Team was formed for the purpose of providing synchronized Step routines at football and basketball games, as well as Pep Rallies and weekend competitions. Tryouts are open each spring. Practices are held after-school. Performances during games and weekend competitions.

Students Against Destructive Decisions – SADD

SADD provides students with the best prevention tools possible to deal with the issues of underage drinking, other drug use, risky and impaired driving, and other destructive decisions.

Student Council Association – SCA

SCA provides a forum for student participation in student body government and in the organization of student activities. All persons who are enrolled as students at Gar-Field are considered members of the Student Council Association. All students are eligible to attend representative assemblies and to participate on committees. Officers shall have a "C" average and be elected by a majority vote of the student body. Each advisory/homeroom is represented by an elected representative from that homeroom. While all students are welcome to attend representative assemblies, only elected representatives have voting privileges.

Student Activities Leadership Council - SALC

The Student Activities Leadership Class is a course to develop and enhance the leadership training for selected students. SALC implements leadership activities throughout the year to include pep rallies, homecoming activities, and other special events. Applications are required.

Theatre/Drama Club

The purpose of the Drama Club is to give students at Gar-Field the opportunity to participate in different aspects of play production. Students are involved in acting, directing, lighting, and set design and construction, as well as other related activities. Productions include full-length plays, one-act plays for festivals musicals and children's plays.

Today's Students Tomorrow's Teachers

TSTT establishes partnerships with colleges and universities that agree to pay at least half of a student's tuition. The TSTT involvement with students begins in the ninth grade, continues throughout college, and then graduates are placed back into their communities as teachers. TSTT targets economically disadvantaged and minority students.

For a complete, comprehensive list of clubs, please visit the Gar-Field Activities and Clubs website
<https://gar-fieldhs.pwcs.edu/activities/clubs/index>

GAR-FIELD ATHLETICS

<https://gar-fieldhs.pwcs.edu/activities/athletics/index>

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The extra-curricular Athletics Program includes a variety of activities to fit the needs of most individual student athletes. There are forty-three athletic squads in 18 different sports. All students shall meet the following eligibility standards to participate in the Athletics Program:

State Eligibility

Virginia High School League, the governing body of high school athletics, states that a student, to be academically eligible, **shall be taking at least five credit subjects and passing all five. Most, if not all, students maintain a 7-course schedule.**

County Eligibility

Prince William County states to be eligible for athletics; a student shall make at least two Cs and 3 D's in those five classes.

Age Requirement

A student may not be 19 on or before August 1st of the current school year.

VHSL Physical

Student-athlete shall be physically cleared by a certified physician to participate. Physical forms are available in the Activities Office, online at <https://gar-fieldhs.pwcs.edu/activities/athletics/index> or www.vhsl.org.

Awards and Lettering

An end-of-season Awards Program will recognize student-athlete achievements. This program is held in the evening at the end of each sports season: Fall – December; Winter – March; and Spring – June. Freshmen and Junior Varsity student athletes will receive participation certificates and are eligible for an Athletic Plaque. Varsity student-athletes may receive a letter, pin, and/or service bar based on the number of years of participation. Captains and managers are eligible for captains/managers pins.

Academic Letter Award

The Academic Letter is awarded to those students who excel academically. To be eligible for this letter the student shall maintain a 3.5 grade point average. Weighted credits will be used to determine the 3.5 average. The student cannot make a “C” even in a weighted class. The student shall be enrolled in a full course load of seven (7) classes and cannot have an early dismissal unless enrolled in a work/study program. The student may not be assigned to a study hall. The student may be enrolled in a full year course, which awards only ½ credit. Students who achieve this academic standing will receive their academic letter during the fall of the following year. Once the student has earned the initial letter and becomes eligible for a similar award in subsequent years, the student will receive a pin

to be worn on the letter. Students who move at the end of the school year may request an academic letter from the assistant principal who chairs the program.

Principal's Award for Excellence

The Principal's Award for Excellence is an award given to senior students who have brought distinction to themselves and to Gar-Field High School through their achievements. Candidates for this award are nominated by the faculty and chosen by the principal. Only those students who have achieved the highest level are considered for this award.

Booster Clubs

Booster Clubs are composed of parents who have students involved in various activities. The purpose of the Booster Club is to support the activity with human and financial resources. Various fundraising projects include craft shows, auctions, car washes, bake sales, and others as determined by the membership.

Current Gar-Field Booster Clubs include: Athletics, Band, Choral, Orchestra, Crew, and PTSO. Other Booster Clubs may be formed with the request and approval of the school faculty sponsor, student activities director, and the principal. Encourage your parents to become involved in a Booster Club!

Participation Requirements - student-athletes SHALL complete the following in order to be permitted to try out for Athletics

1. Academic Eligibility - The student shall have passed, at the end of the semester, at least five credits with a minimum of 2 C's and 3 D's. (Freshmen not applicable during 1st semester; upper class students only); **AND** be currently enrolled in at least 5 classes for this semester.
2. VHSL physical - Before participation in-season or out-of-season activities can take place, the student shall have submitted to the Activities Office their VHSL Physical form filled in and properly signed by both parent/guardian and physician.
3. Age and Bona Fide Student Rule - The student shall be born on or after August 1, 2007 and be enrolled at Gar-Field Senior High School.
4. Semester Rule - Students enrolled in High School prior to August 27, 2018 are not eligible per VHSL Semester Rule.
5. If you have any questions, contact your Head Coach; call the Activities Office at 571.298.0047; email Mr. Michael Payne, Director of Student Activities, payname@pwcs.edu or Mr. Kenneth Miller millerkj@pwcs.edu or more information
6. Activities Office Hours 7:00a.m. - 3:00p.m. 571.298.0047.

Fall Sports	Winter Sports	Spring Sports
Sideline Cheer – Freshmen, JV, Varsity	Boys Basketball – Freshmen, JV, Varsity	Baseball – JV, Varsity
Competition Cheer – Varsity	Girls Basketball – Freshmen, JV, Varsity	Lacrosse – Boys – JV, Varsity
Cross Country – Varsity	Gymnastics – Girls	Lacrosse – Girls – JV, Varsity
Field Hockey – JV, Varsity	Indoor (Winter) Track – Boys Varsity	Soccer – Boys – JV, Varsity
Football – Freshmen, JV, Varsity	Indoor (Winter) Track – Girls Varsity	Soccer – Girls – JV, Varsity
Golf – Boys – Varsity	Swim & Dive – Boys	Softball – JV, Varsity
Golf – Girls – Varsity	Swim & Dive – Girls	Tennis – Boys Varsity
Volleyball (Girls) - Freshmen, JV, Varsity	Wrestling – Boys & Girls - JV, Varsity	Tennis – Girls Varsity

Volleyball (Boys) - Varsity	Wrestling – Girls	Outdoor Track & Field – Boys Varsity
Flag Football – Girls Varsity		Outdoor Track & Field – Girls Varsity
Seasonal Academic Activities		
Theatre One Act – Varsity		
Scholastic Bowl – Varsity		
Forensics – Varsity		
Debate – Varsity		
Robotics – Varsity		
Film Festival – Varsity		

A comprehensive list of all athletic information, schedules, rosters, and important links can be found online at <https://gar-fieldhs.pwcs.edu/activities/athletics/index>