

# WHAT EVERY NINTH GRADER SHOULD KNOW

- Learn your teacher's names and create relationships with them, they're here to help
- Know where your classes are
- Plan what classes you can and should take throughout High School
- *Get support from friends, teachers, counselors, family when you need it-ASK FOR HELP*
- Middle school you doesn't have to be high school you, your friends can change too
- Put yourself out there, get involved, join a club or sport
- **Find out who you are and what YOU believe in, don't let others make those decisions for you**
- Freshmen **cannot** leave campus
- **Always** wear your ID
- Participate in Asgard time and listen to the announcements
- *Make connections and be friends with upperclassmen... don't date upperclassmen*
- Join as many activities as possible
- Do ALL of your homework (on time) and do extra credit
- The East Gym is across the street--The West Gym is right by the school
- We help each other at Valley, lend a hand if you can
- Stay organized
- Sometimes you need a break, that's okay
- Try new things everyday and see what you like
- Everyone participates in assemblies
- The Freshmen sit in the bleachers on the south side of the gym
- Express yourself how you want to and don't let others influence who you are (appearance and behavior)
- Know how to spell VICTORY
- Participate in Powder Puff during Homecoming or you won't have a team and will have to forfeit
- **Go to the restroom before class starts**
- Don't be afraid to talk to new people
- High School can be hard but if you have the right mindset you'll get through anything.
- Pay attention in Seminar
- Pass your classes, do your homework and turn it in, freshman year is important!
- **Don't wait until the end of the semester to fix your grades**
- If you need to go somewhere during passing periods, check in with your next teacher first
- Don't ditch class, because you think it's cool
- Spicy chicken is the bomb!
- Your mental health is important
- Wear pants not just leggings
- Avoid the fish.
- It's ok to make mistakes, learn from them
- **Admin are humans, talk to them, they care and want to help you be successful!**
- You can be exempt from 2nd semester finals if you have certain requirements (good grades, no absences, ICAP requirement completed) met through the year. Take advantage of this!
- **Follow the rules, including the dress code and NO eating in class**
- **You belong here and you are important!**
- BE YOURSELF. ALWAYS.

WE ARE YOUR LINK LEADERS ALL YEAR  
COME SEE US IF YOU HAVE A QUESTION OR NEED SUPPORT!

## **WELCOME TO VALLEY!**

### **CLUBS**

ANIME CLUB  
CHESS CLUB  
GENDER AND SEXUALITY ALLIANCE  
CLUB  
FBLA  
FCA  
FCCLA  
FFA  
FOREIGN LANGUAGE KLUB  
INTERACT CLUB  
KNOWLEDGE BOWL  
KEY CLUB  
LA VOZ  
LINK CREW  
LULAC  
MESA  
NATIONAL HONOR SOCIETY  
SPECIAL OLYMPICS  
STUDENT COUNCIL  
TEEN LIBRARY ADVISORY  
VHS MATHLETES

### **ATHLETICS**

Cross Country  
Softball  
Football  
Volleyball  
Boys Soccer  
Girls Swimming & Diving  
Boys Swimming & Diving  
Boys Basketball  
Girls Basketball  
Wrestling  
Track  
Girls Soccer  
Baseball  
Cheerleading