



# MAINLAND REGIONAL HIGH SCHOOL

## Home of the Mustangs

### One Family - One School - One Community

1301 Oak Avenue • Linwood, NJ 08221-1698 • www.mainlandregional.net • 609.927.4151 • fax 609.927.1942

CEEB SCHOOL Code: 310-698 • Guidance 609.927.4139 • fax 609.926.0846

Mainland Regional High School is a comprehensive, four-year public high school with an enrollment of approximately 1,300 students serving the communities of Somers Point, Northfield and Linwood, New Jersey. Mainland is recognized as a National Blue Ribbon School of Excellence by the United States Department of Education. We are consistently recognized on both state and national levels as a high performing school committed to academic excellence and preparing students for college and career.

Mainland is ranked as **one of the top 100 high schools in the state** by *New Jersey Monthly* and in 2016 was ranked by *The Daily Beast* and *Newsweek* in the **top 1% of all high schools in the nation**. *Niche Best Schools* listed Mainland as the 38<sup>th</sup> best high school in the state of New Jersey. In addition to these rankings, Mainland has the **highest average SAT scores** (Critical Reading and Math) and the **highest Advanced Placement exam participation rate** in Atlantic County, NJ.



## What makes Mainland unique?

We embrace an ideology that continues to pave the way for the next generation of learners to experience secondary school education in a perceptually new instructional venue that is student empowered and purposefully designed to prepare students for their future. The District supports a philosophy that fosters and supports a paradigm shift that has realigned curriculum to stimulate intellectual curiosity and creativity while preparing our students for 21st Century Occupational Pathways.

**Progressive Schedule** – supports accountability, connectedness and engagement among our students and faculty. This schedule provides students with tremendous freedom and opportunities designed to promote a sense of responsibility and accountability that will effectively prepare them for success in college and career.

**Relevant and Meaningful Curriculum** – includes more than 220 diverse course offerings organized into 9 distinct college and career clusters. These clusters are designed to support students in choosing a course of study that not only meets their individual interests, passions and goals, but also prepares them for success. We offer 25 Advanced Placement courses and 38 Honors courses, as well as several Gifted/Talented courses. Additionally, Mainland offers dual enrollment courses in conjunction with Stockton University and concurrent enrollment opportunities with Atlantic Cape Community College, which provide students the opportunity to earn college credit.



### Class of 2017 Highlights

**369 Graduates**, post-secondary plans

|     |                                     |
|-----|-------------------------------------|
| 60% | Four-year colleges and universities |
| 22% | Two-year colleges                   |
| 4%  | Employment                          |
| 9%  | Other                               |
| 2%  | Career / Technical Schools          |
| 3%  | Military                            |

# 83%

2017 College Acceptance Rate

### 21st Century Facility and Technology

– Mainland benefited from a recent \$40 million renovation project that provides students and faculty with a 21st century learning environment. We are proud of our state of the art television studio, the interactive whiteboards present in every classroom, campus-wide wireless network that supports our Bring Your Own Device initiative and significant access to technology with over 1,000 electronic devices available to students and faculty in the building.

# Our Vision

MRHS will be recognized as the region's premier secondary educational institution defined by an instructional program that provides all students with relevant and meaningful educational experiences and opportunities that meet the challenges of a rapidly evolving and globally connected world.

# Our Mission

MRHS is committed to safeguarding an exceptional scholastic environment of distinction that exceeds the New Jersey Student Learning Standards. Our mission is to ensure that all students are prepared for a nationally competitive and globally connected society through a collaborative partnership between home, school, and community.

# MRHS Administration

- Mark C. Marrone, *Superintendent*
- Kim Jensen, *Board Secretary/Business Administrator*
- Kevin M. Burns, *Principal*
- Nathan J. Lichtenwalner, *Vice Principal and Director of Guidance*
- Javhan O' Neal, *Vice Principal*
- Dorsey J. Finn, *Coordinator of Planning, Instruction and Evaluation*
- Michael Gatley, *Director of Athletics, Student Activities and Supervisor of Instruction*
- Jo-Anne Goldberg, *Director of Child Study Team, 504 Coordinator*
- Kristen R. Lavery, *Supervisor of Instruction*
- Kathleen D. Villano, *Supervisor of Instruction*

# Guidance Department

- Kathleen Heaton *Students A-COM*
- Maureen Wixson *Students CON-GILL*
- Lindsey Salerno *Students GILM-LEM*
- Joanna Zale *Students LEN-N*
- Sandra Manos *Students O-SHOM*
- Robert Roesch *Students SHON-Z*

Secretaries: Michele Fama & Elizabeth Landry



# Grading System

## Grading Scale

|            |   |                 |
|------------|---|-----------------|
| 92-100*    | A | Outstanding     |
| 84-91      | B | Above Average   |
| 76-83      | C | Average         |
| 68-75      | D | Minimal Passing |
| 67 or less | F | Failure         |

## Grade Point Average (GPA)

The NON-WEIGHTED Grade Point Average is calculated by multiplying the grade point equivalent for each course by the number of credits, then dividing by the total number of credits attempted.

$$\frac{\text{Grade Point Equivalent} \times \text{Credits}}{\text{Total Credits Attempted}}$$

### Grade Point Equivalents:

|        |     |          |     |
|--------|-----|----------|-----|
| 92-100 | 4.0 | 76-79    | 2.0 |
| 88-91  | 3.5 | 72-75    | 1.5 |
| 84-87  | 3.0 | 68-71    | 1.0 |
| 80-83  | 2.5 | Below 68 | 0.0 |

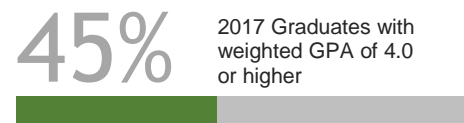
The WEIGHTED Grade Point Average gives additional weight to students taking Honors and AP courses. It is calculated by multiplying the grade point equivalent for each course, plus 1.0 for Honors/GT and 1.5 for AP, by the number of credits attempted, then dividing by the total number of credits attempted.

## Class Rank

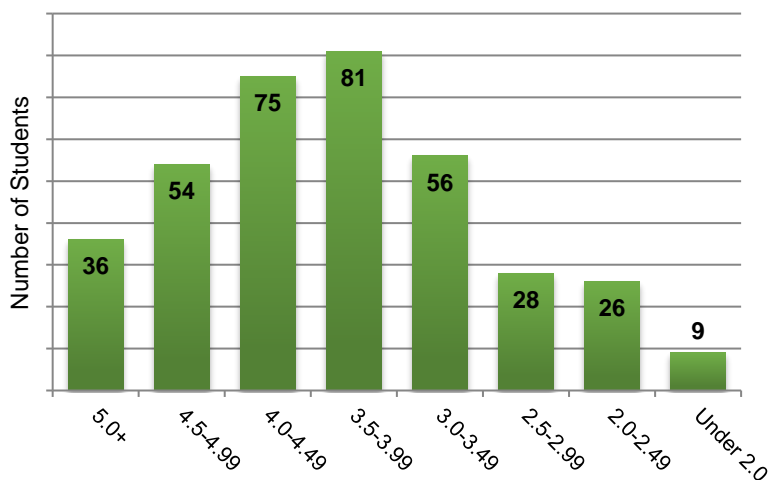
The academic environment at Mainland Regional High School is very challenging and the majority of our students meet that challenge by earning exemplary grades. Due to this high level of academic success, class rank does not reflect the achievements and potential of all our students. Therefore, Mainland Regional High School does not report class rank.

However, Mainland Regional High School does recognize students for academic achievement using cumulative weighted GPA as follows:

- Summa Cum Laude: 5.0 +*
- Magna Cum Laude: 4.75 - 4.99*
- Cum Laude: 4.5 - 4.749*



## Class of 2017 Weighted GPA Distribution



# Academic Excellence

## College Admission Testing

### SAT Scores (Mean) 2017

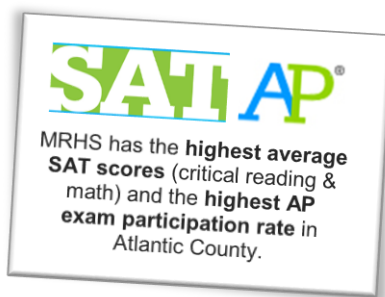
|          | Critical Reading | Math |
|----------|------------------|------|
| MRHS     | 553              | 546  |
| NJ       | 539              | 537  |
| National | 538              | 533  |

### SAT Subject Test Scores (Mean) 2016

|            |     |               |     |
|------------|-----|---------------|-----|
| Biology    | 682 | Math II       | 675 |
| Chemistry  | 698 | Physics       | 678 |
| Literature | 613 | US History    | 638 |
| Math I     | 667 | World History |     |

# 122 AP Scholars

Scored 3 or higher on 3 or more AP Tests



# 1 out of 3\*

students are enrolled in AP courses



# 67%\*

2017 AP Test Scores of 3 or higher



## Advanced Placement Program\*

### AP Course Offerings

Biology  
 Calculus AB & Calculus BC  
 Chemistry  
 Computer Science  
 English Language Composition III  
 English Literature IV  
 Environmental Science  
 European History & US History & World History  
 French  
 Human Geography  
 Italian  
 Macroeconomics  
 Music Theory  
 Physics B1 & Physics C  
 Psychology  
 Spanish  
 Statistics  
 Studio Art, 2-D Art, & 3-D Art  
 US Government American Politics

### Dual Enrollment Course Offerings

Honors Pre-Calculus  
 Calculus AB  
 Honors Movie Making  
 Honors Broadcast News Production  
 Honors Holocaust and Genocide Studies

\*MRHS believes that participation in Advanced Placement courses is the best preparation for post-secondary academia.

# Athletic & Co-Curricular Accomplishments

Mainland provides student-athletes with the opportunity to choose from over 25 different programs, all of which have a proud history of success, sportsmanship and community service.

## Recent Athletic Achievements

### State Championships

Baseball Group III ('14)

Golf ('13)

Boys Swimming ('16, '17)

### South Jersey Championships

Baseball ('14, '15) Boys Swimming ('15-'17)

Girls Cross Country ('16) Boys Tennis ('16, '17)

Golf ('14)

Girls Tennis ('15, '16)

Boys Soccer ('16)

### Atlantic County Championships

Boys Cross Country ('16)

Girls Cross Country ('16)

### Cape-Atlantic League Championships

Baseball ('15)

Softball ('17)

Girls Basketball ('15, '17) Boys Swimming ('16, '17)

Boys Basketball ('17) Boys Tennis ('14, '16, '17)

Girls Cross Country ('16) Girls Tennis ('14, '16)

Boys Soccer ('16)

Girls Track ('17)

Girls Soccer ('15, '16)



Mainland offers over 40 diverse clubs and activities for students to join, engaging students to develop skills in their areas of interest and providing opportunities for them to participate and showcase their talents.

## Academic Competitions

**Mock Trial** '16 & '17 County Champions; '15 NJ State Champions, Regional Champions, and Placed Ninth at Nationals

**Academic Team** Consistently ranked as one of the top teams in the state

**Science League** Competition Winners

**National Latin Exam** Award Winners

**Merck Science Day** Award Winners

## Performing Arts Highlights

**New Jersey Drama and Forensics League (NJDFL)** '12-'17 Consecutive State Championships

**Marching Band** '15 State Champions & Regional Champions

**Poetry Out Loud** '15 State Finalist

**Choir** '16 First Place at Hershey, PA, Competition

**All-State Band & Choir** '16-'17

**All-South Jersey Chorus, Band, Wind and Orchestra Honor Ensembles**  
 20 students accepted in '16-'17

**Annual Spring Musical** showcases the theatrical talents of our students. Our 2017 *Sister Act* was simply amazing!

## Service and Leadership Highlights

**Support Our Troops** club organizes our annual Veterans Days breakfast, and raises money and collects items to support troops overseas.

**Student Council** organizes many events to give back to the community, such as, the 21 Down Dance and Relay for Life.

**Student Ambassadors** ease the transition for new students and assist with evening events, such as Freshman Orientation.

**The National Honor Society** organizes annual blood drives and provides tutoring services.



# 71%

2017 Participation in Co-Curricular Activities





# MRHS Class of 2017 College Acceptances

The University of Alabama  
 Albright College  
 Alvernia University  
 American University in Bulgaria  
 Amherst College  
 Arcadia University  
 The University of Arizona  
 Atlantic Cape Community College  
 Auburn University  
 Averett University  
 Babson College  
 Barry University  
 Belmont University  
 Berklee College of Music  
 Binghamton University  
 Biola University  
 Bloomsburg University of Pennsylvania  
 Boston College  
 Boston University  
 Bucknell University  
 Caldwell University  
 California State Polytechnic University, Pomona  
 University of California, Los Angeles  
 University of California, San Diego  
 Case Western Reserve University  
 The Catholic University of America  
 University of Central Florida  
 Chaminade University of Honolulu  
 Chestnut Hill College  
 Clemson University  
 Coastal Carolina University  
 Coker College  
 Colgate University  
 Colorado State University  
 Cornell University  
 Cumberland County College  
 Delaware State University  
 Delaware Valley University  
 University of Delaware  
 DeSales University  
 Dickinson College  
 Drexel University  
 Duquesne University  
 East Carolina University  
 Eastern Michigan University  
 Elon University  
 Fairleigh Dickinson University  
 Felician University  
 Florida Institute of Technology  
 Florida Southern College  
 Florida State University  
 University of Florida  
 Fordham University  
 George Mason University

The George Washington University  
 Georgia Institute of Technology  
 The University of Georgia  
 Georgian Court University  
 Gettysburg College  
 Grove City College  
 Hamilton College - NY  
 University of Hartford  
 Harvard University  
 Hofstra University  
 University of Houston  
 University of Illinois at Urbana-Champaign  
 Immaculata University  
 Indiana University of Pennsylvania  
 The University of Iowa  
 Ithaca College  
 Jacksonville University  
 James Madison University  
 Johns Hopkins University  
 Johnson & Wales University  
 Juniata College  
 Kean University  
 University of Kentucky  
 Kutztown University of Pennsylvania  
 La Salle University  
 Lafayette College  
 Lebanon Valley College  
 Liberty University  
 Limestone College  
 Lincoln University  
 Loyola University Maryland  
 Lycoming College  
 University of Maine  
 University of Maryland, College Park  
 Massachusetts Institute of Technology  
 University of Massachusetts, Amherst  
 University of Massachusetts, Boston  
 Messiah College  
 Miami University, Oxford  
 University of Miami  
 University of Michigan  
 Misericordia University  
 University of Mississippi  
 Monmouth University  
 Monroe Community College  
 Montclair State University  
 Moravian College  
 Muhlenberg College  
 Neumann University  
 University of New Hampshire at Durham  
 New Jersey City University  
 New Jersey Institute of Technology  
 The College of New Jersey  
 New York Institute of Technology  
 New York University  
 North Carolina A&T State University  
 The University of North Carolina at Chapel Hill

## 2017 Acceptances to Highly Selective Colleges and Universities

Amherst College  
 Boston College  
 Boston University  
 Bucknell University  
 University of California, Los Angeles  
 Colgate University  
 Cornell University  
 Georgia Institute of Technology  
 Hamilton College - NY  
 Harvard University  
 Johns Hopkins University

Lafayette College  
 Massachusetts Institute of Technology  
 University of Michigan  
 The University of North Carolina at Chapel Hill  
 Northeastern University  
 University of Pennsylvania  
 University of Virginia  
 Wake Forest University  
 Washington University in St. Louis

University of North Carolina at Wilmington  
 North Carolina State University  
 Northeastern University  
 Norwich University  
 Nova Southeastern University  
 Pace University, New York City  
 Pennsylvania State University  
 University of Pennsylvania  
 Philadelphia University  
 University of Pittsburgh  
 Point Park University  
 Pratt Institute  
 Purdue University  
 Quinnipiac University  
 Ramapo College of New Jersey  
 Rensselaer Polytechnic Institute  
 University of Rhode Island  
 University of Richmond  
 Rider University  
 Rochester Institute of Technology  
 University of Rochester  
 Rowan University  
 Rutgers University  
 Saint Francis University  
 Saint Joseph's University  
 Saint Peter's University  
 Salve Regina University  
 University of San Francisco  
 University of the Sciences in Philadelphia  
 Seton Hall University  
 Skidmore College  
 University of South Carolina  
 University of South Florida, Tampa  
 St. John's University  
 St. Petersburg College  
 State University of New York at Albany  
 Stetson University

Stevens Institute of Technology  
 Stockton University  
 SUNY Buffalo State College  
 SUNY College of Environmental Science and Forestry  
 SUNY College at Potsdam  
 Syracuse University  
 The University of Tampa  
 Temple University  
 University of Tennessee  
 Texas State University  
 Towson University  
 Tusculum College  
 Unity College  
 The University of the Arts  
 Ursinus College  
 Valencia College  
 University of Vermont  
 Villanova University  
 Virginia Tech  
 University of Virginia  
 Wake Forest University  
 Washington University in St. Louis  
 University of Washington  
 Washtenaw Community College  
 Wentworth Institute of Technology  
 West Chester University of Pennsylvania  
 West Virginia University  
 Widener University  
 College of William and Mary  
 William Paterson University of New Jersey

