



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 2014 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 38th 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 2016 Highlights

308 Graduates, post-secondary plans

65%	Four-year colleges and universities
20%	Two-year colleges
4%	Employment
7%	Other
3%	Career / Technical Schools
1%	Military

82%

2016 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 800 electronic devices available to students and faculty in the building.

Our Vision

Mainland Regional High School's vision is to cultivate and sustain a responsive, engaged, and connected 21st century learning community that provides all students with a relevant and meaningful educational experience through a responsible and mutually accountable partnership with all stakeholders resulting in college and career readiness.

Our Mission

Mainland Regional High School provides an environment of excellence, supporting the educational, emotional, physical, and ethical well-being of all students, focused upon achieving proficiency in the Common Core and NJ Core Curriculum Content Standards through a partnership between home, school and community.

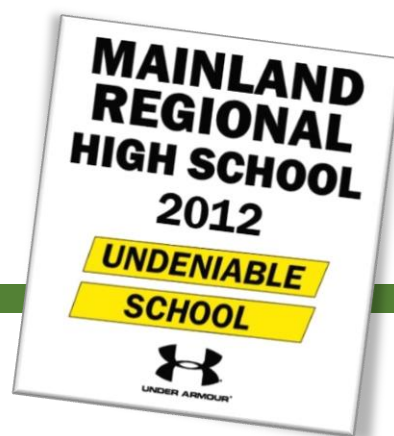
MRHS Administration

- 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

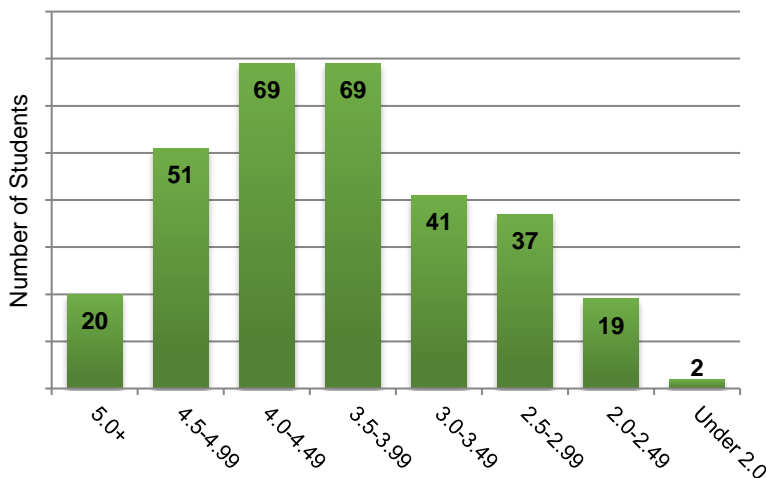
The academic environment at Mainland Regional High School is very challenging and the majority of our students meet that challenge by earning exemplary grades. Due to this high level of academic success, class rank does not reflect the achievements and potential of all our students. Therefore, Mainland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

44% 2016 Graduates with weighted GPA of 4.0 or higher

Class of 2016 Weighted GPA Distribution



Academic Excellence

College Admission Testing

SAT Scores (Mean) 2016

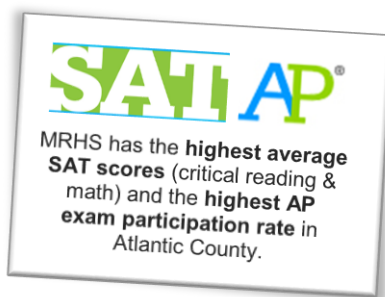
	Critical Reading	Math	Writing
MRHS	517	533	501
NJ	495	514	492
National	494	508	482

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	

61 AP Scholars

Scored 3 or higher on 3 or more AP Tests



1 out of 3*

students are enrolled in AP courses



64%*

2016 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)

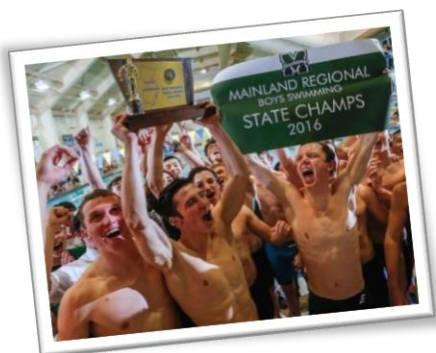
South Jersey Championships

Baseball ('14 & '15) Boys Tennis ('16)
 Golf ('13 & '14) Girls Tennis ('15)
 Girls Swimming ('13)
 Boys Swimming ('15 & '16)

NJSIAA Sportsmanship Award ('13-'15)

Cape-Atlantic League Championships

Baseball ('15) Boys Swimming ('16)
 Girls Basketball ('15) Girls Swimming ('13)
 Field Hockey ('13) Boys Tennis ('12-'14, '16)
 Girls Soccer ('12, '15) Girls Tennis ('13-'14)



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 2016 County Champions; 2015 NJ State Champions, Regional Champions, and Placed 9th 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) 2012-2016
 Consecutive State Championships

Marching Band 2015 State Champions & Regional Champions

Poetry Out Loud 2015 State Finalist

Choir 2016 First Place at Hershey, PA, Competition; invited to perform on stage at the Borgata with the band Foreigner

All-State Band

All-South Jersey Chorus, Band, Wind and Orchestra Honor Ensembles

20 students accepted in 2015-16

Annual Spring Musical showcases the theatrical talents of our students. Our 2016 *Beauty & The Beast* 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%

2016 Participation in Co-Curricular Activities



MRHS Class of 2016 College Acceptances

The University of Alabama
 Albright College
 Alvernia University
 AMDA - College and
 Conservatory of the
 Performing Arts
 American University
 Arcadia University
 Arizona State University
 The University of Arizona
 University of Arkansas
 Atlantic Cape Community
 College
 Bard College
 Barry University
 Belmont Abbey College
 Belmont University
 Bentley University
 Berklee College of Music
 Bloomsburg University
 Boston College
 Boston Conservatory
 Boston University
 Bryn Mawr College
 University of California,
 Los Angeles
 University of California,
 Santa Barbara
 Camden County College
 Cape Fear Community College
 The Catholic University
 of America
 College of Charleston
 Christopher Newport University
 The Citadel
 Clemson University
 Coastal Carolina University
 Colgate University
 University of Colorado
 Columbia College Chicago
 University of Dayton
 Daytona State College
 University of Delaware
 DePaul University
 Drew University
 Drexel University
 Duquesne University
 East Carolina University
 Eastern University
 Eckerd College
 Elon University
 Emory University
 Fairleigh Dickinson University
 Flagler College
 Florida Atlantic University
 Florida State University
 University of Florida
 Fordham University

Full Sail University
 Furman University
 George Mason University
 The George Washington
 University
 The University of Georgia
 Gettysburg College
 Grand Valley State University
 University of Hartford
 Haverford College
 Hofstra University
 Holy Family University
 University of Illinois at
 Urbana-Champaign
 Immaculata University
 Ithaca College
 Jacksonville University
 James Madison University
 Johnson & Wales University
 Juniata College
 Kean University
 Keene State College
 King's College
 La Salle University
 Liberty University
 Louisiana State University
 Loyola University Maryland
 Lynchburg College
 Marist College
 University of Mary Washington
 University of Maryland,
 Baltimore County
 University of Maryland
 Marymount Manhattan College
 University of Massachusetts,
 Amherst
 University of Massachusetts,
 Boston
 Meredith Manor International
 Equestrian Center
 University of Miami
 University of Michigan
 Middle Tennessee State
 University
 Millersville University
 University of Minnesota
 Mississippi State University
 Missouri University of Science
 and Technology
 Monmouth University
 Montclair State University
 Muhlenberg College
 New Jersey City University
 New Jersey Institute
 of Technology
 The College of New Jersey
 University of North Carolina
 at Wilmington
 North Carolina State University
 Northeastern University
 Northwestern University
 Norwich University
 Nova Southeastern University

2016 Acceptances to Highly Selective Colleges and Universities

Boston College
 Boston University
 Bryn Mawr College
 University of California, Los Angeles
 University of California, Santa Barbara
 Colgate University
 Emory University
 George Washington University
 Haverford College
 University of Michigan
 Northeastern University
 Northwestern University

University of Pennsylvania
 Rensselaer Polytechnic Institute
 Sarah Lawrence College
 Swarthmore College
 Vassar College
 Villanova University
 University of Virginia
 United States Air Force Academy
 United States Naval Academy
 Wesleyan University
 Williams College
 University of Wisconsin, Madison

Old Dominion University
 Pace University
 Pennco Tech
 Pennsylvania State University
 University of Pennsylvania
 Philadelphia University
 University of Pittsburgh
 Plymouth State University
 Pratt Institute
 Providence College
 Quinnipiac University
 Ramapo College of New Jersey
 Rensselaer Polytechnic Institute
 University of Rhode Island
 Rider University
 Rochester Institute
 of Technology
 Rosemont College
 Rowan College
 at Burlington County
 Rowan College
 at Gloucester County
 Rowan University
 Rutgers University
 Sacred Heart University
 Saint Joseph's University
 Saint Leo University
 Saint Peter's University
 Salisbury University
 San Diego State University
 University of San Francisco
 Santa Barbara City College
 Sarah Lawrence College
 Savannah College of Art
 and Design
 Seton Hall University
 University of South Carolina
 University of South Florida
 St. John's University
 Stevens Institute of Technology
 Stockton University
 Susquehanna University
 Swarthmore College
 Syracuse University
 The University of Tampa

Temple University
 University of Tennessee
 The Ohio State University
 The Restaurant School
 at Walnut Hill College
 Tidewater Community College
 Towson University
 Union College
 United States Air Force Academy
 United States Naval Academy
 Unity College
 Universal Technical Institute
 Ursinus College
 Vassar College
 University of Vermont
 Villanova University
 Virginia Commonwealth
 University
 Virginia Military Institute
 Virginia Tech
 University of Virginia
 Washington State University
 Wesley College
 Wesleyan University
 West Chester University
 West Virginia University
 Western Carolina University
 Westminster College
 Widener University
 William Paterson University
 of New Jersey
 Williams College
 University of Wisconsin
 York College of Pennsylvania

