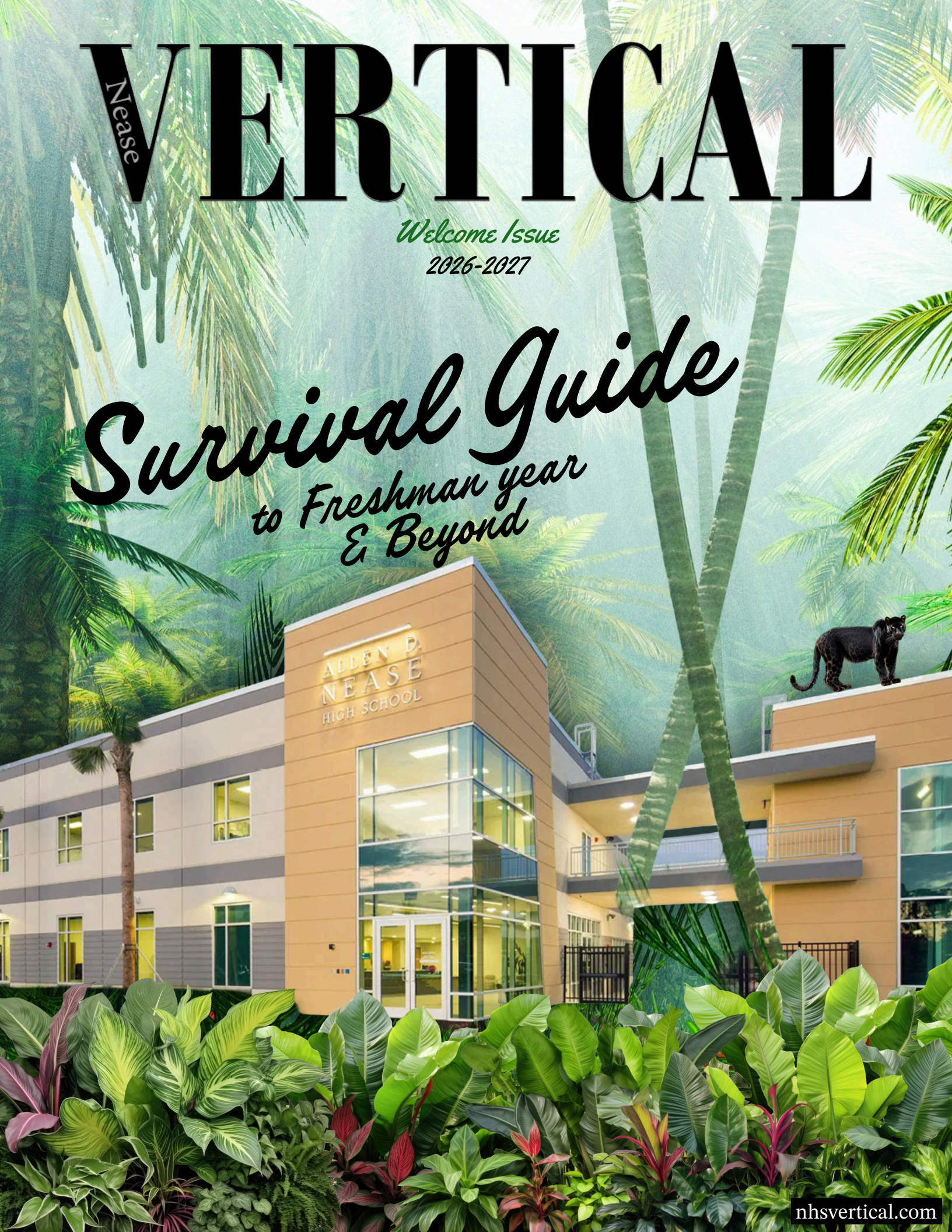
Nease VERTICAL

Welcome Issue
2026-2027

Survival Guide

to Freshman year & Beyond



nhsvertical.com

Finding Your Footing: A Guide for Incoming Nease Students

By: Megyn Decker

Hundreds of new freshmen and other students new to Nease are about to walk through our gates for the first time. Navigating this campus is no small task. With pods ranging from A to O, memorizing where you need to be and when can feel overwhelming. Here's what you need to know before day one.

Understanding the Block Schedule

If you're coming from a traditional seven-period bell schedule, Nease's block schedule will be one of the biggest adjustments you face. Rather than cycling through all your classes every day, Nease runs on a rotating green/gold system.

Green days cover 1st, 3rd, 5th, and 7th periods. Gold days cover 2nd, 4th, 6th, and 7th. On Wednesdays, an "EXCEL" period falls between 3rd and 4th, giving students time to eat lunch, make up tests, retake assessments, or catch up on missing work.

The block schedule isn't just a quirk of Nease — it's intentional. Longer class periods mirror the structure of most college and university schedules, helping students build the kind of time-management skills they'll need in higher education. Fewer daily transitions also mean more sustained focus time, and teachers can go deeper into material rather than rushing through a 45-minute period.

Note: Schedule details are subject to change. When the new school year schedule is published, make sure you read it carefully.

Tips for Making the Transition
Longer class periods take some getting used to, Here are a few strategies that help:

- Build in brain breaks. Ninety minutes is a long time to focus. Don't be surprised if your teacher structures the class with breaks and if you're studying at home, give yourself short mental resets between tasks.

• Organize your work by day, not by class. Since you only see each class every other day, keeping a green-day checklist and a gold-day checklist will help you stay on top of due dates and not fall behind.

• Use EXCEL for its intended purpose! This built-in buffer is one of the best tools at Nease. Use it proactively! Don't wait until something is overdue or your grade has slipped to ask for help.

Allen D. Nease Bell Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Zero 8:30-9:25	*Zero 8:30-9:25	*NO Zero Hour Class	*Zero 8:30-9:25	*Zero 8:30-9:25
1st 9:35-11:07 (92mins)	2nd 9:35-11:07 (92mins)	1st 9:35-10:17 (42m) 2nd 10:22-11:02 (40m) 3rd 11:08-11:48 (40m)	1st 9:35-11:07 (92mins)	2nd 9:35-11:07 (92mins)
3rd 11:13 – 1:25 Class – 91mins Lunch 30mins WIRED – 7mins	4th 11:13 – 1:25 Class – 91mins Lunch 30mins WIRED – 7mins	EXCEL 11:50-12:50 4th 12:52–1:32 (40m) 5th 1:38-2:18 (40m)	3rd 11:13 – 1:25 Class – 91mins Lunch 30mins WIRED – 7mins	4th 11:13 – 1:25 Class – 91mins Lunch 30mins WIRED – 7mins
5th 1:31 – 3:02 (91mins)	6th 1:31 – 3:02 (91mins)	6th 2:24-3:05 (41m)	5th 1:31 – 3:02 (91mins)	6th 1:31 – 3:02 (91mins)
7th 3:08 – 4:05 (57mins)	7th 3:08 – 4:05 (57mins)		7th 3:08 – 4:05 (57mins)	7th 3:08 – 4:05 (57mins)

This image shows the Nease Bell Schedule for the 25-26 year. While some adjustments may be made for the 26-27 year, you can use this to visually see how our bell schedule works.

Getting Oriented Before School Starts
Nease offers several opportunities to get comfortable before the first bell rings. The Link Crew orientation for incoming freshman is an excellent opportunity to spend time on campus in a fun, low stress environment. Once schedules are released, there's also a chance to walk your schedule, locate your classrooms, and meet your teachers ahead of time.

You're Not on Your Own
The staff and faculty at Nease genuinely want to see you succeed. Teachers are available for help, and your counselor can walk you through your schedule and answer questions about your classes. Upperclassmen are another great resource. Link Crew members are specifically trained to help freshmen and new students navigate the transition, from finding classrooms to understanding what to expect in specific courses.

Your Style, Your Rules (Within Reason)

By: Avery Gooch

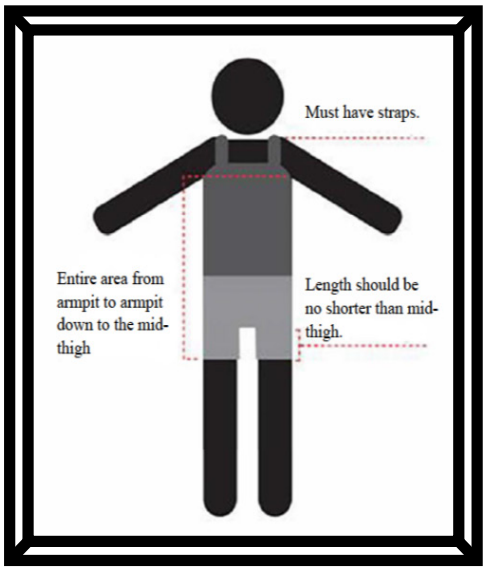
High school is one of the best times to figure out what you actually want to wear and more importantly, who you actually are. Whether you're just arriving or you've been here a while, the question of "what's my style?" doesn't have an expiration date. You're still exploring different aesthetics, and that's completely fine

Your outfit is usually one of the first things other people notice about you. But more importantly, when you feel comfortable in what you're wearing, you radiate confidence and appear more approachable. Fashion is an outstanding outlet for self-expression through different patterns, specific jean types, textures, and layers. Finding your look is a process, not a single shopping trip.

Of course, as you're experimenting, you still have to stay within Nease's dress code. Your top must have straps. No tube tops, no matter how cute. No showing your stomach. Bottoms cannot be shorter than mid-thigh. Other guidelines include no sagging pants, no see-through or mesh garments without a shirt underneath, no slippers, no hoodies worn over your head, no clothing that promotes illegal substances, nudity, or profanity, and only one earbud while walking outside and in the cafeteria. Style has limits here, but you can work within them creatively.

When you're trying out different aesthetics, start small and be resourceful. Don't immediately jump to wild patterns and expensive brands. Instead of buying a $200 dress from Calvin Klein, try thrifting for basic tops in different colors and cuts first. Once you've built a foundation, then hunt for statement pieces that make you stand out like animal prints or a bold graphic. And if an outfit feels too simple, accessorize freely: a barrette, a necklace stack, sunglasses, sparkly hoops. Small details do a lot.

Nease Dress Code:



Popular Brands and Styles:

lululemon



NIKE alo

URBAN OUTFITTERS



HOLLISTER

Abercrombie & Fitch

Brandy Melville

AMERICAN EAGLE

For inspiration: Y2K-influenced looks are making a comeback, comfy athleisure is a reliable go-to, and cute patterns like polka dots and stripes are popular right now. For guys, monochromatic outfits, relaxed-fit denim, and streetwear are consistently both cool and school-appropriate.

But ultimately, none of that matters as much as this: it doesn't matter if other people like your outfit. What matters is whether you feel like yourself in it.

The Vertical 2025-2026 Staff

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By: Miguel Salinas

Counseling: Use Your Resources!

Whether you are a new or returning Panther, you have big responsibilities to keep up with in the 2026-27 school year, so you want to make good use of every advantage you can get. Every student at Nease High School is assigned to a guidance counselor. Counselors are professional staff who are trained to advise students in anything they may need such as classes, college, accommodations, and planning.

Your counselor might just be your best friend when it comes to finding how to fit in at Nease and plan your next steps after high school. Don't be shy—your counselors are approachable, reachable, and most importantly are here to help you.

All students will meet their guidance counselors this winter to register for next year's classes, but that doesn't mean you can't reach out sooner! If you're a freshman and are unsure of what classes you want to take at Nease, ounselors will sit down with you and explain course progressions, academies, AP classes, and what's best for your abilities and ambitions. They will connect you with career planning resources like XELLO or even nearby internships. They are also experts in how to explain HAC, registration, and SAT/ACT testing in a way that is simple and clear.

Even upperclassmen need a little guidance—it's totally normal to not know what you want to do after high school! Juniors and Seniors rely heavily on their guidance counselors for step-by-step college applications and even connections with employers or the military. "There are no 'right' options, only the options that are best for what the student wants for their future," says Mr. Hoffman, the counselor assigned to IB students. Mr. Hoffman suggests that students get together with their counselors to make a targeted approach to career planning instead of "throwing darts randomly" at colleges.

Counselors help with more than academic life—you can even ask them to help you prepare for a job interview! If you and your family are going through hardship, know that counselors are trusted adults that can arrange solutions and accommodations for attendance issues, physical or mental health, financial difficulty, and more. Counselors have connections everywhere—they can even connect you with teen and family support agencies.

"We are your safe place," says Mr. Hoffman. "We are here to help you, so please stop in to C-Pod anytime you need us." No student should have to carry their burdens alone, especially if they're stopping you from doing your best in class. You can contact your counselors in C-Pod, while walking around campus, by emailing them, or even by shooting them a quick Schoology message. Check the Grade Level Checklist to see who your counselor is—you can find it on the Counseling page on Schoology, which you should join with the code 3NJ5-V58F-8NJN2 .



Mrs. Baloga



Mrs. Case



Mr. Hoffman

Show Up Off Campus

Why volunteering outside of school might be one of the most important thing you do here

By: Ava Flemming

Clubs, sports, campus activities... Nease has no shortage of ways to get involved. But some of the most meaningful experiences students have in high school happen off campus, in the broader community. And the bonus? Colleges notice.

Getting involved outside of school doesn't have to be complicated. Local organizations are always looking for student volunteers, and the options are more varied than most people realize. The Jacksonville Humane Society, for example, lets volunteers help care for animals, support daily operations, and assist with adoption events. Habitat for Humanity puts volunteers to work directly building and repairing homes for families in need. Both offer something that a lot of service opportunities don't: you can actually see the impact you're making

Other nonprofit organizations are also worth exploring. Many focus on food insecurity, family support, or outreach in under served communities. Student volunteers often start with tasks like sorting donations or helping run events, but consistent involvement can lead to real responsibility over time and genuine friendships along the way.

For student athletes, community involvement doesn't have to mean stepping away from your sport. Coaching younger teams, helping at local sports camps, or officiating youth games all count and they tend to deepen your understanding of the game while building leadership skills you don't get just by playing.

The Nease Boys Lacrosse team is a good example of what this can look like in practice. This past year, the team took part in a Habitat for Humanity build. A tradition that's become part of the program's identity. Senior Brody Gotham reflected on the experience, "It was a great way to have good team bonding but also help the ones in need. The way Nease lacrosse holds this tradition is amazing, and I hope it keeps going for the remaining years."

That kind of involvement, rooted in something you already care about, is usually where the best experiences come from. Whether it's animals, kids, the environment, elderly community members, or something else entirely, starting with a cause that actually matters to you makes it easier to show up consistently. Getting volunteer hours doesn't just help out the community by can give you scholarships with our Bright Futures Program. The lowest amount to get to qualify is 75 hours to get 75% bright futures and goes all the way up to 100.

Getting started is simpler than it sounds. Pick one area. Commit a small amount of time. Reach out to one organization. The rest tends to follow.



Nease boys' lacrosse team at Building Houses for Humanity fundraiser



Nease's productions of Matilda's tech crew volunteer to help Nease Theatre program.



Nease's Honor Society and Link Crew join to volunteer by reading to Valley Ridge Academy littles.

Five Myths About High School

By: Carter Gibbons

Everything you've heard about high school...fact-checked.

Before you even walk through the doors on the first day, you've probably already heard them. The whispered warnings, the older sibling advice, the things someone's cousin swore were true. High school runs on mythology and a lot of it is wrong. We sat down with Nease's academic counselors to clear the air on five of the most common myths before they have a chance to stress you out.

1.) "Your GPA is the only thing that matters for college."

Grades matter, but colleges practice what's called "holistic review." Admissions officers are looking for curiosity, leadership, and resilience alongside academic performance. A student with a 3.8 GPA and zero outside engagement is often less compelling to selective schools than a student with a 3.5 and a genuine commitment to something they care about. Start strong, give every class your best effort, but don't reduce four years to a single number.



The above image is a depiction of the Greek Myth of Hercules and his twelve labors as a result of wanting atonement for killing his wife and child. This myth was very common among the ancient world of Greek Mythology.

Image from: avid-archer.com

2.) "You need to know exactly what you want to do with your life by graduation."

You don't. Most college students change their majors at least once and that's fine. High school is for exploration, not locking yourself into a career path before you've had any real-world experience. Focus on developing critical thinking and study habits that transfer to anything. The rest will follow.

3.) "Extracurriculars are just about padding your resume."

Admissions officers are very good at spotting "resume stuffing." If you're joining clubs you don't care about just to fill a list, they can tell. What actually impresses them is depth. Being the editor of the school paper is more meaningful than being a passive member of ten clubs. Get involved in things you actually like. Genuine engagement shows.

4.) "If you don't take every AP/IB class, you won't get into a good school."

There is a dangerous trend of "academic burnout" caused by over scheduling. Colleges prefer to see a student who has challenged themselves (within the realm of what their school offers) rather than a student who is drowning in a workload that compromises their mental health. A balanced schedule that allows for clarity in working is better than a packed schedule that leads to being overwhelmed.

5.) "Teachers are out to get you."

Students often view the teacher-student dynamic as one sided. In reality, most educators are invested in their students' success. When a student struggles, the most effective move is not to hide, but to communicate. Teachers are often willing to provide extra help and or flexibility to students who demonstrate genuine effort and communication.

The Bottom Line:

High school is a marathon, not a sprint. By letting go of these myths, students can reclaim not only their time, but reduce their anxiety, and focus on what truly matters: becoming well rounded, curious, and staying resilient. Ready to face the world beyond the diploma!

Round Two!

By: Vio Levrini

Your guide to making sophomore year meaningful.

Congratulations! You made it through freshman year. That's not nothing! Adjusting to a new school, finding your people, figuring out how everything works takes real effort. But the transition is behind you now. You know the layout. You know how the schedule works, what teachers expect, and how high school is different from what came before. Sophomore year is when you stop adjusting and start building. Your time here, your community, your record...each is made up of what you make of them. Here's how to make them count.

Community

Freshman year was about finding your footing. Sophomore year is about planting it somewhere. If you found a club, sport, or extracurricular you care about, go deeper — take on more responsibility, show up consistently, work toward eventually having a real role. If you haven't found your thing yet, that's what this year is for. Nease has something for genuinely every kind of person. Not having found your community yet isn't a personality trait — it's just an open door.

Having a community isn't just good for your college application, though it is. It's what gets you through the hard weeks when schoolwork piles up and burnout starts knocking. The people you find in the things you care about tend to be the ones who carry you through.



Classes

You already know high school asks more of you than middle school did. Now is when you start meeting that expectation on your own terms. Start thinking about your course progression through junior and senior year. Not just what sounds manageable, but what will actually challenge you and teach you something new.

If you're taking your first AP this year: take it seriously. Show up, communicate with your teacher, and don't wait until you're drowning to ask for help. Nease teachers are on your side — genuine effort and honest communication go a long way. And remember what's on the other side of the hard work: pass AP Calculus and you never have to take college calculus. Pass AP Language and you may never have to take freshman composition. The work you put in now buys you real options later.

If you're using sophomore year to prepare for APs down the road: use the time well. Build your study habits now, in the classes you're already in. Get comfortable advocating for yourself, managing your time, and doing work that actually challenges you. Don't take the easy A when you could take the class that stretches you. The students who hit junior year ready for AP load are the ones who spent sophomore year treating every class like it mattered — because it does.

Help and Resources

Besides all the technical stuff, sophomore year can be stressful, and you may have to deal with burnout at some point throughout the year. There are resources all over the school to help you with these problems so that you can focus on making your sophomore year the best it can possibly be. Nobody expects you to make it through all on your own, so accept help from the others around you. Use this to stay motivated and remember your goals for not just your sophomore year, but the rest of your career as a student.

Remember to be proud of yourself for getting through freshman year. While it may seem small, anything that requires stepping out of your comfort zone and pushing through a new and scary experience is a huge accomplishment. The best advice that can be given from any sophomore to the ones incoming is to never forget how important you and your achievements are, so do not forget to remind yourself of that, because it is true.

SPECIAL WELCOME ISSUE OFFER!

Yearbooks On Sale!

Deadline
08/31/26

Yearbook Cost
$75

VARSITY YEARBOOK

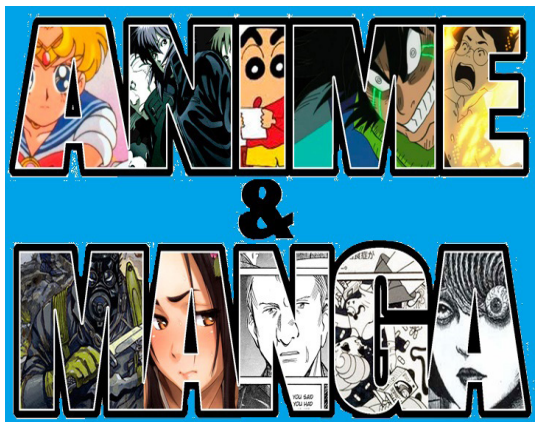
ORDER A YEARBOOK

ALLEN D. NEASE HIGH SCHOOL

USE OUR ORDER NUMBER WHEN YOU LOGIN:

15476

Club Directory



Anime and Manga Club

Sponsor: John Mason

Description: Love anime, manga, or just want to hang out with fellow fans? The Anime & Manga Club meets every Tuesday after school until 5 P.M. Whether you're into watching anime, reading manga, testing your Weeb knowledge with trivia games, showing off your art skills, or hanging with like-minded peeps, there's something for everyone. We also attend major conventions like MegaCon and WasabiCon where you can meet Celebrities, Voice Actors, explore cool merch, and connect with wider fandoms. Come join the fun and be part of our awesome community!



Model UN

Sponsor: Madison Williams

Description: Model United Nations is a club where students role-play as delegates representing different countries in simulated United Nations committees. Members research global issues, write position papers, and debate solutions using formal diplomatic procedures. The club helps students develop public speaking, critical thinking, and collaboration skills, while learning about international-al relations. Model UN members travel to conferences across the state, giving students the opportunity to compete and engage in realistic diplomacy. For more info, see Mrs. Williams in D023.



Mock Trial

Sponsor: Chris Tomlinson

Description: Mock Trial is an amazing experience for students who are not only looking into pursuing law in the future, but also an amazing opportunity to work on public speaking skills, learning professionalism, and putting yourself in an environment in which you may not be too comfortable in. Mock Trial is a good amount of effort with memorization and case analysis. It takes true work ethic, but we have an amazing team that is very close knit. In Mock Trial, there are two teams of three attorneys, defense and prosecution/ plaintiff, and three witnesses on each side. The witnesses must memorize their affidavits and meet with their attorney who will write them a direct examination. The attorney must also prepare a cross examination, and the attorney captains will choose who will deliver the opening and closing statements.



Transportation Technology

Sponsor: John Beale

Description: Take part in Electrathon, our electric race car program. Get hands on experience in mechanics, engineering, electronics, aerodynamics, management, and business. Competing regionally from Jacksonville to Daytona International Speedway. Build skills for careers, college, and the future.



Dungeons & Dragons

Sponsor: John Mason

Description: Step into a world of adventure by joining the Dungeons & Dragons club. Where your campaigns will not fall apart after a single session, we meet every Monday after school until 5:30, guided by dedicated DM's who have been crafting epic stories and running games for years. D&D builds creativity, teamwork, problem solving, confidence, and friendship that lasts far beyond the table. Whether you are a seasoned adventurer, or brand new to rolling dice, this is your party. Grab your character sheet and join the quest.

Club Directory



Astronomy

Sponsor: Daniel Harrison

Description: The Astronomy Club is a welcoming, social community, for anyone who is curious about the universe and enjoys sharing that curiosity with others. Guided by our tagline “Because the stars have stories to tell”, we gather to talk astronomy, connect with fellow enthusiasts, and enjoy the wonder of the cosmos together. Along the way, we spice things up with short and informal presentations and fun games, that keep learning light, engaging and entertaining.

Paws for a Cause

Sponsor: Cheryl Goodman

Description: PFAC works to increase awareness of animal welfare and improve the lives of animals through fundraisers, toy and food drives, and service. Our mission is to educate and support.

Panthers Read

Sponsor: Carolyn Milian

Description: Do you LOVE to read? Do you spend more money on books than on clothes??? Then Panthers Read is your club! Each month a book will be selected by club members to read and then discussed at the next meeting. During the meetings, we will have snacks and FUN activities. Our club also participates in the District Battle of the Books against the other high schools as we face off to determine who knows the “Florida Teen Reads” books the best that year. Panthers Read is a fun club to discover books you never thought about reading and to find a safe place to share your thoughts on the content of books. Mrs. Milian, our media specialist, is our sponsor. See her with any questions.

The Nease Progressives

Sponsor: Derek Coghlan

Description: An opportunity for everyone to express their political views in a kind and respectful way. Our club aims to help the community through any act of service we can provide.

Quill & Scroll Honor Society

Sponsor: Holly Bourquin

Description: Quill & Scroll is an international honor society that encourages, supports and recognizes individual student initiative and achievement in scholastic journalism, regardless the medium. Students involved with scholastic journalism (student newspaper, yearbook, or tv production) are eligible to apply beginning their sophomore
year. The Nease chapter participates in school events, conducts an annual service project, and participates in Quill & Scroll competitions. For more information, see Ms. Bourquin in D7.

Sources of Strength

Sponsor: Holly Bourquin

Description: Sources of Strength is designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. Sources of Strength mobilizes a group of powerful Peer Leaders (students are nominated by teachers, peers, or themselves for consideration) to spread messages of Hope, Help, and Strength throughout the Nease community. Sources of Strength is an “upstream prevention program” that works to increase social support and connectedness between students (and trusted adults). The idea is that building up these protective factors builds in prevention to mental health issues, bully-

Club Directory

Beaches Go Green
Sponsor: Jennifer Fagan
Description: Nease Beaches Go Green is a club that is dedicated to educating and bringing awareness about the environment to the people around us. Beaches Go Green club members will help provide education to the public and participate in beach and school cleanups.

HOSA
Sponsor: Milton
Description: Our HOSA chapter is a community of aspiring healthcare professionals dedicated to learning about medicine through competitons and other hands-on experience.

Sisterhood and Brotherhood
Sponsor: Teresa Lewis
Description: These are two separate clubs to unite students in Christ through God's word. It is student-led and opens up opportunities to speak, listen, and foster beliefs. It is an opportunity to conduct a deeper study of the Bible and supplemental readings.

UNICEF
Sponsor: Audrey Mazotta
Description: Meets once a month during Excel and is dedicated to helping children and teens around the world through UNICEF.

Fellowship of Christian Athletes
Sponsor: Jolie Davis
Description: The Fellowship of Christian Athletes welcomes everyone to join every Wednesday during EXCEL A to celebrate God's love for us all.

Honor Societies

-ASL Honor Society
-National Art Society
-National Honor Society
-National Technical Honor Society
-Nease Quill & Scroll Honor Society
-Rho Kappa
-Mu Alpha Theta
-National Hispanic Honor Society
-National Science Honor Society
-Nease Computer Science Honor Society
-Psi Alpha
-Tri-M



Club Directory

Here at Nease High School, we offer more than 50 different clubs. Clubs are a great way for students to try new things and explore new interests.There is a club for everyone! Clubs at Nease do change from year to year. See the school website for the most up to date club listing. For more details on the green clubs visit the previous pages.

Advocates for Women
Autism Awareness
Epilepsy Awareness
Morgan Message
Nease Earth Guardians
Nease For Vets
4H Youth Development
Brooks Rehabilitation Club
DECA
Future Business Leaders
HOSA
Mock Trial
Nease ACE
Technology Student Association
Transportation Technology
Young Investor Society
Black Student Union
La Fuerza
Native Americans Cultures of Nease
Asian Student Union
Gavel Public Speaking
Anime & Manga
Astronomy Club
Conrad Challenge Club
Creative Writing & Poetry
Dungeons & Dragons
E- Sports
Ethics Bowl
Film & Literature
HI-Q
International Thespian Society
Martial Arts & Self Defense
Model UN
Nease GIDAS Research
Speech & Debate
Panthers Read
Panthers with Passports
Pickled Panthers
Science Research
Strategic Card Game
Surf Club
World Affairs Council
AIM
NAMI on Campus
Brotherhood
FCA
Muslim Student Association
Sisterhood
American Cancer Society
Beaches Go Green
Cognify
Crafting for a Cause
Feeding Florida
Give Hope a Home
Interact
Jax THRIVE
Junior Achievment
Nease Foster Closet
Nease HUGS
Paws for a Cause
PINK
Red Cross
The Book Project
UNICEF
Junior Ladies
Rec Room Crew
Senior Women
Tau Kappa Kappa
The Nease Progressives