

REGULAR MEETING OF RSU NO. 5 BOARD OF DIRECTORS
WEDNESDAY– FEBRUARY 1, 2023
FREEPORT HIGH SCHOOL - LIBRARY
6:30 P.M. REGULAR SESSION
AGENDA

1. Call to Order:

The meeting was called to order at _____ p.m. by Chair Michelle Ritcheson

2. Attendance:

____ Colin Cheney
____ Candace deCsipkes
____ Jennifer Galletta
____ Susana Hancock
____ Kara Kaikini
____ Elisabeth Munsen

____ Jill Piker
____ Maura Pillsbury
____ Michelle Ritcheson
____ Kelly Sink
____ Madelyn Vertenten
____ Piper Williams – Student Representative
____ Teagan Davenport – Student Representative

3. Pledge of Allegiance:

4. Consideration of Minutes:

NA

5. Adjustments to the Agenda:

6. Good News & Recognition:

A. Report from Board's Student Representative (10 Minutes)

7. Public Comments: (10 Minutes)

8. Reports from Superintendent: (10 Minutes)

A. Items for Information

9. Administrator Reports:

NA

10. Board Comments and Committee Reports:

NA

11. Policy Review:

NA

12. Unfinished Business:

NA

13. New Business:

A. Presentation of the Superintendent's 2023-2024 Recommended Budget (20 Minutes)

B. Durham Community School Budget Review– Will Pidden (20 Minutes)

- C. Freeport Middle School Budget Review – Ray Grogan (20 Minutes)
- D. Freeport High School Budget Review – Jen Gulko (20 Minutes)
- E. Athletics Budget Review – Craig Sickels (20 Minutes)
- F. 2023-2024 Freeport High School Program of Studies – Jen Gulko (20 Minutes)

14. Personnel:
NA

15. Public Comments: (10 Minutes)

16. Adjournment:

Motion: _____ 2nd : _____ Vote: _____ Time: _____

FY 24 BUDGET: SCHOOL BOARD BUDGET WORKSHOP PRESENTATION**Building/Program:** Durham Community School

What key issues and priorities are you trying to address in your proposed budget? (Administrators identified the following two focus areas: maintain class sizes and student support)

- These requests maintain class sizes, increase student support, and maintain adequate staffing.

How do these priorities align with the district's four strategic objectives?

Our student population is anticipated to be 479 which is an increase of 16 from the current year or 4%. The school has slowly grown over the past six years from 420 students to 479, which is a 14% increase. Some of this is due to the addition of a third Pre-K section in 2021 and some is across the grade level increases. Over this period we have gone from having 5 of 10 grades in three sections to now having 9 of 10 grades in three sections.

6th grade teacher - (maintain class size) - \$90,000

There are currently two positions in 6th grade with a larger class coming up from 5th grade. We need an additional staff member to accommodate the shift.

0.5 Wellness / Health teacher - (increased student support) - \$45,000.

Add a 0.5 Wellness/Health teacher - this will be to provide specific health and wellness classes to students in grades 5-8. We are unable to provide the health required classes AND the physical education classes in these grades as one staff member delivers both curriculums and there is not time or capacity to meet these needs. Proactive instruction in Wellness and Health for students entering adolescence is an area that already exists at FMS but is lacking at DCS. The most recent MIYHS data showed a concerning increase in the number of students reporting "*feeling sad and hopeless*" and even have "*considered suicide*."

0.5 Social Worker - (increased student support) - \$45,000.

Add a 0.5 social worker to support non-special education students. There is no social work support for non special ed needs at DCS and as mentioned above we saw a dramatic increase in the number of students experiencing mental health issues as evidenced on the MIYHS.

FY 24 Projected Enrollment / Class Size Ratio by Grade

Grade	Students	Teachers	Class Size
Pre-K	48	1.5	16
K	48	3	16
1	44	3	14-15

2	50	3	16-17
3	45	3	15
4	52	3	17-18
5	55	3	18-19
6	51	3	17
7	38	2	19
8	48	3	16
Total	479	27.5	

Staffing Adjustments to Budget in FY 23	Staffing Adjustments to Budget in FY 24
One teacher (this is a position funded by Federal funds this year, switching to local funds) - \$87,000	6th grade teacher - \$90,000
Early intervention team - 0.4 - \$62,640	0.5 Wellness / Health teacher - \$45,000
Yoga club stipend - \$1272	0.5 social worker to support non-special education students. - \$45,000
3 leadership team stipends (grades 1,3,5) - \$7065	
2 technology integrator stipends (K-2; 3-5) - \$2544	
Ed Tech III - to support staff shortages - \$37,000	
Add 3 days of guidance work for summer work: \$840	

Other significant FY 24 requests in budget and need (Supplies, Equipment, etc).

Regular Instruction Purchased Professional:

- \$1500 for a second author visit. This will allow for a PK-4 option and a 5-8 option.

FY 24 BUDGET: SCHOOL BOARD BUDGET WORKSHOP PRESENTATION**Building/Program: Freeport Middle School**

What key issues and priorities are you trying to address in your proposed budget?
(Administrators identified the following two focus areas: maintaining class sizes and student support)

The Freeport Middle School budget for FY 23-24 will continue focusing on several priorities from the past few years. The proposed budget will allow for class sizes at Freeport Middle School to remain below 20 students per class. This school year we added .5 social worker to support our students, paid for with COVID money. In next year's budget, we request the .5 social worker be in the regular budget.

How do these priorities align with the district's four strategic objectives?

The FMS budget requests focus on RSU5 strategic goals one and two. The added .5 social worker is specifically linked to goal one, objective 1:3 (Objective 1.1 Strengthen and align all social/emotional supports and systems to meet the needs of all learners in RSU 5. The budget provides for class sizes under 20 students in all grades. The added social worker allows us to better support some of our students most in need. The current social worker (paid for with COVID funds) filled their schedule immediately with students needing additional support.

FY 24 Projected Enrollment / Class Size Ratio by Grade

Grade	Students	Teachers	Class Size
6	88	5.33	16-19
7	101	5.33	18-20
8	93	5.33	16-19
Total	282	16	

Staffing Adjustments to Budget in FY 23 <ul style="list-style-type: none"> • 1 RTI Ed tech (\$37,000) • Two Leadership Team stipends (\$4710) • Drama Technical Director stipend (\$1270) 	Staffing Adjustments to Budget in FY 24 <ul style="list-style-type: none"> • .5 Social Worker (\$45,000)
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Other significant FY 24 requests in budget and need (Supplies, Equipment, etc.).

FY 24 BUDGET: SCHOOL BOARD BUDGET WORKSHOP PRESENTATION**Building/Program: Freeport High School**

What key issues and priorities are you trying to address in your proposed budget?
(Administrators identified the following two focus areas: maintain class sizes and student support)

The budget for FHS prioritizes increasing our social/emotional support for students We are requesting the following:

- 0.5 Social Worker position

How do these priorities align with the district's four strategic objectives?

We believe that the priority of increasing our social worker position aligns closely to the goal of engaging students in meaningful learning by increasing student support. The Covid Relief funds allowed us to expand the Social Worker position last year at FHS and it has been incredibly valuable and supportive of our students to do so. We now have two full time social workers for our 620 students and we have been able to increase the number of students who are able to access the social workers. As mental health and wellness is a priority at FHS, this budgetary request supports that priority directly.

Our budget increases in supplies, equipment and fees continue to help FHS support our goals of equitable access and support for all students. We have included funds to pay for the PSAT exam for all 10th graders and the SAT exam for all 11th graders as well as funds that enabled us to eliminate lab fees and provide equitable access to all FHS courses. We have included funds for an added feature to our summer school classes which will connect students to a "live" teacher for support during their online courses. Our increase in our purchased professional line increases support to our FHS performing arts as we are incorporating the cost of a choreographer into the budget. We believe that our requests will continue to enable FHS to provide a high-quality academic and personal experience for all of our students.

FY 24 Projected Enrollment / Class Size Ratio by Grade

Grade	Students
9th	156
10th	172
11th	143
12th	162
Total	633

Staffing Adjustments to Budget in FY 23	Staffing Adjustments to Budget in FY 24
0.5 Ed Tech (RTI to full time position) \$18,500 Jazz Band Stipend \$1641	.5 Social Worker

Other significant FY 24 requests in budget and need (Supplies, Equipment, etc).

SAT Exam for 11th Graders: \$8760
PSAT Exam for 10th graders: \$2934
PLATO EdOptions online support: \$2000
Choreographer: \$1272

FY 2024 BUDGET: SCHOOL BOARD BUDGET WORKSHOP PRESENTATION**Building/Program: Athletics – High School & Middle School***What key issues and priorities are you trying to address in your proposed budget?*

(Administrators identified the following two focus areas: maintain class sizes and student support)

- Continue to fund and support all sports/teams efficiently and effectively.
- Continue to support and champion the benefits of education-based athletics.

How do these priorities align with the district's four strategic objectives?

Continued support and funding from the RSU community allows for student athletes to experience joyful learning in a safe and nurturing environment. Student athletes regularly engage in meaningful student-centered learning and work together every day towards the attainment of a group goal, fully realizing the need to successfully live up to and fulfill the individual's role and responsibilities within a group/team setting. Partnerships with community youth programs allow our young people to serve as role models for the community and ambassadors for our programs. They serve as volunteers for our youth programs, helping RSU5's younger players develop. As coaches, instructors, and referees, their influence on the District's youth is a powerful educational tool. Coaches and administrators work closely with the numerous booster, parent, and community groups to provide a great environment for education based athletics and school and community pride.

- See attached Sports, Schools, & the Maine Learning Results
- See attached Athletics & Activities

FY 2023 Projected Enrollment / Class Size Ratio by Grade

- See attached participation numbers

Staffing Adjustments to Budget in FY 23	Staffing Adjustments to Budget in FY 24
None	Added: \$42,500 - FT Athletic Trainer \$1800 - JV Golf Coach \$4500 - FT Baseball Coach (Officials, Equip)

- See attached Budget Phase in Plan

Other significant FY 24 requests in budget and need (Supplies, Equipment, etc).

- GIHOC - increase from 9 to 11 participants (\$1600)
- MPA Officials Agreement (HS increase approx. \$7900) (MS increase approx. \$4730) (\$12,626)

New stipends off set by eliminating: FHS Girls FT Basketball, FMS & DCS Cheering

SPORTS, SCHOOL & THE LEARNING RESULTS

The State of Maine Learning Results has had a tremendous impact on education. The Six Guiding Principles have affected many schools' program of studies, individual and cooperative teaching styles, curricula, testing and assessment, staffing needs, and school budgets. Many connections and strong parallels can be made between the athletic program goals and Maine's Learning Standards aimed to ensure students are prepared for work, higher education, and citizenship. The Maine Learning Results provide a ready framework for linking the contributions of education based interscholastic athletics to educational objectives.

A collaborative and quality worker:

Student athletes work together every day towards the attainment of a group goal, fully realizing the need to successfully live up to and fulfill the individual's role and responsibilities within a group / team setting.

An integrative and informed thinker - A creative and practical problem solver:

In the academic setting, the teacher constructs a test so the students can pass. In athletics, the opposing coach devises the questions so the athletes can fail. The athletes don't even know what the questions are going to be until the game begins, and once they figure them out, the opposing coach can change them in the middle of the contest. The changing nature and variables of sports' activities demand that student athletes be creative and integrated thinkers. How student athletes respond, individually and collectively, are important factors when facing uncertain and ever-changing obstacles.

A responsible and involved citizen:

No program draws such criticism and praise as student athletic programs. Athletics are a focal point of our community, and our sporting events continue to provide a great environment for school and community pride. Our young people serve as role models for the community and ambassadors for our programs. They serve as volunteers for our youth programs helping RSU5's younger players develop. As coaches, instructors, and referees, their influence on the districts' youth is a powerful educational tool.

A clear and effective communicator:

Every coach and every classroom teacher will tell you that effective communication is essential to success. Our athletes are placed in situations where communication and the ability to relate to others are extremely important and vital. Communication skills are strengthened and tested at each practice and game throughout the season.

A self-directed and lifelong learner:

Self-discipline and self-motivation are the cornerstones of success. In no other co-curricular discipline, do you hear words like commitment, dedication, desire, loyalty, and sacrifice spoken so often or meaningfully. Participation in athletics fosters the development of these positive characteristics. The educational concept of "a healthy body - a healthy mind" certainly speaks volumes towards the benefits of physical activity. Student athletes develop an appreciation of the value of exercise, sports and the wise use of leisure time.

STUDENT - ATHLETE HANDBOOK

(The following excerpts are taken directly from the Student-Athlete Handbook)

PHILOSOPHY

To strive for excellence, while in and out of the arena of athletic competition. Interscholastic athletic competition is a privilege reserved for individuals aspiring to the highest intrinsic values of pride, integrity, sportsmanship, fair play, combined with a mastery performance of physical, mental, and emotional skills.

The athletic arena is a forum used to challenge athletes, to test their expectations and to provide an avenue for success, thus enhancing individual lifelong attributes of confidence, self-discipline, accomplishment and responsibility to oneself, one's school and ones community.

EDUCATIONAL MISSION

1. To contribute to the multi-dimensional development of the student's mental, social, physical, and emotional wants and needs.
2. To develop the whole person: to expedite positive personality development through the participation in activities which foster characteristics of sportsmanship, loyalty, cooperation, commitment, dedication, self discipline, sacrifice, respect for authority and respect for the rights of others.
3. To provide opportunities that will allow the athletic program to serve as a laboratory where students may cope with the problems and handle situations similar to those encountered in the contemporary world. The laboratory should provide adequate and natural opportunities for:
 - understanding the individual's role and responsibilities within a group/team setting;
 - directed leadership and supervision that stresses self-discipline, self-motivation, excellence and the ideals of good sportsmanship that make for winning and losing graciously;
 - provisions for the appreciation of the value of exercise, sports and the wise use of leisure time, both as a participant and spectator;
 - participation in situations that develop emotional maturity in learning to make decisions under pressure;
4. To develop an understanding of the value of athletics in a balanced educational program.
5. To establish and maintain a positive image of Freeport High School and Freeport Athletics.
6. To create a desire to always strive for excellence that will provide success in and out of the athletic arena.

~ ATHLETICS & ACTIVITIES ~

The function of school is not to help kids do well in school.

The function of school is to help kids do well in life.

Elliot Eisner

Professor, School of Education, Stanford University

Studies conducted by the American College Testing Service, the Educational Testing Service and the College Board attempted to determine whether a student's success later in life could be predicted. The studies looked at the:

- College Entrance Examination Board's Scholastic Aptitude Test (SAT's)
- participation and achievement in school athletics/activities
- high school grades
- college grades
- ACT scores

They found that the only significant indicator and best predictor of future success was a student's participation and achievement in student athletics/activities.

The study goes on to say that teens who were active in school athletics/activities were found to be most likely to succeed at their chosen profession and make creative contributions to their communities. Not useful as predictors were high grades in high school, high grades in college, high ACT scores, or the educational level of a student's parents.

Other Benefits and Implications

Studies performed by the National Federation of State High Schools, as well as, independent state associations and organizations have shown that participation in athletics/activities reflect the following benefits:

- lower drop out rates
- fewer discipline problems
- higher school attendance
- higher grade point averages
- attend college more often than non athletes
- greater involvement in community after graduation
- greater parental involvement in student's school life
- tend to focus on long-term accomplishments rather than short-term goals

In a word, participants in school athletics/activities are motivated to stay in school, like school and do well in school.

In addition, A study by University of Oregon economist Glen Waddell and other researchers found that former student athletes earned between 12 and 31 percent more at age 32 than their peers who had not participated in sports. Former athletes also were more likely to find themselves in supervisory roles than their non-athletic peers.

"Nowhere do you find it in education like you find it in activities: That teachers are teaching what they want to teach to students who are learning what they want to learn. Both are willing to work hour upon hour on their own time after school so that everything that can be taught is taught and everything that can be learned is learned."

Al Burr, Principal, Clayton, Missouri

**THERE'S MORE TO BE LEARNED FROM ATHLETICS,
THAN ATHLETICS ITSELF.**

RSU No. 5 ATHLETICS

PARTICIPATION NUMBERS

FHS	YEAR	FALL	WINTER	SPRING	Total	% total enrollment
	00-01	158	145	134	233	57% (408)
	01-02	159	138	154	242	59% (409)
	02-03	190	161	150	264	64% (420)
	03-04	186	151	164	260	60% (440)
	04-05	225	152	170	293	65% (450)
	05-06	222	151	167	296	66% (450)
	06-07	185	124	153	255	60% (440)
	07-08	168	118	125	226	51% (440)
	08-09	141	106	148	220	52% (420)
	09-10	190	125	156	253	59% (427)
	10-11	220	150	185	297	60% (500)
	11-12	226	170	196	312	60% (520)
	12-13	211	155	204	311	60% (520)
	13-14	215	169	177	298	59% (515)
	14-15	196	173	186	281	57% (489)
	15-16	210	190	210	313	61% (511)
	16-17	220	204	215	318	63% (505)
	17-18	226	192	230	334	64% (525)
	18-19	242	180	226	345	59% (580)
	19-20	234	198	0	307	53% (580)
	20-21	223	168	215	319	52% (584)
	21-22	230	161	246	357	58% (618)
	22-23	231	197			

DMS	YEAR	FALL	WINTER	SPRING	Total
	09-10	50	45	44	87
	10-11	69	61	52	99
	11-12	73	64	67	109
	12-13	64	68	63	80
	13-14	59	62	60	89
	14-15	45	56	53	79
	15-16	67	57	52	100
	16-17	72	61	81	88
	17-18	65	59	70	93
	18-19	89	53	57	90
	19-20	57	38	0	76
	20-21	28	26	?	?
	21-22	52	51	43	88
	22-23	41	45**		

FMS	YEAR	FALL	WINTER	SPRING	Total	
	00-01	140	110	118	191	
	01-02	128	92	130	187	
	02-03	132	107	134	195	
	03-04	138	113	147	211	
	04-05	131	112	138	200	
	05-06	122	109	125	179	
	06-07	121	108	102	185	
	07-08	117	78	110	167	
	08-09	113	92	111	163	
	09-10	129	102	107	186	
	10-11	131	104	113	207	
	11-12	128	115	128	214	
	12-13	151	157*	120	245	(*added indoor track)
	13-14	139	136	121	219	
	14-15	143	126	111	212	
	15-16	182	124	122	246	
	16-17	142	128	116	213	
	17-18	158	117	124	213	
	18-19	147	120	121	199	
	19-20	157	125	0	202	
	20-21	123	72	107	171	
	21-22	116	94	109	147	
	22-23	122	97**			

** Does not include indoor track

RSU 5 ATHLETICS - PROPOSED BUDGET PHASE IN

2010-11	\$2500	Stipend - HS Asst. Nordic Ski Coach		
	\$1333	Travel Expenses for Varsity / JV football		
	\$1333	Travel Expenses for Indoor Track Meets		
	\$1333	Travel Expenses for Outdoor Track Meets		\$6500
2011-12	\$4827	* Stipend - Head Varsity Football Coach		
	\$3935	* Stipend - Head Varsity Indoor Track Coach		
	\$3525	* Stipend - Head Varsity Outdoor Track		
	\$2600	50% Travel Costs - Indoor Track to Bowdoin		
	\$2100	50% Travel Costs - Outdoor Track to Bowdoin		\$16,987
2012-13	\$3353	* Stipend - Asst Varsity Football Coach		
	\$2929	* Stipend - JV Football Coach		
	\$2500	* Stipend - Asst Varsity Indoor Track Coach		
	\$2500	* Stipend - Asst Varsity Outdoor Track Coach		
	\$2600	50% Travel Costs - Indoor Track to Bowdoin		
	\$2100	50% Travel Costs - Outdoor Track to Bowdoin		\$15,982
2013-14	\$1500	WMC Indoor Track Assessment		
	\$800	WMC Outdoor Track Assessment		
	\$1500	HS Football Reconditioning		
	\$3090	* Stipend - Varsity Winter Cheering		
	\$2929	* Stipend - Middle School Football		
	\$2500	* Stipend - HS Asst Alpine Coach		\$17,619
2014-15	\$4000	Football Officials HS/MS (3000/1000)(actual \$3400)		
	\$3000	Supplies & Equip - Football HS/MS (2000/1000)		
	\$500	Supplies & Equip - Indoor/Outdoor Track		
	\$2500	* Stipend - Varsity Fall Cheering		\$10,000
2015-16	\$2500	* Stipend - Asst Middle School Football		
	\$1900	* Stipend - FMS Indoor Track		
	\$1900	* Stipend - DCS Indoor Track		
	\$4000	Girls Ice Hockey - Co-op w/ Yarm & GNG		
	\$1500	Supplies & Equipment - HS/MS Football (1000/500)		
	\$250	Supplies & Equipment - HS Cheering		\$12,050
2016-17	\$1900	* Stipend - HS PT Indoor Track Asst		
	\$1900	* Stipend - HS PT Outdoor Track Asst		\$3800
2017-18	\$250	Supplies & Equip – Indoor & Outdoor Track (total \$750)		
	\$250	HS Football Reconditioning (total \$1750)		
	\$4000	Boys Ice Hockey - Co-op w/ S. Port & Waynflete		
	\$1500	* Stipend - Head Coach Unified Basketball		
	\$1000	* Stipend - Asst Coach Unified Basketball		\$7000
2018-19	\$4000	B & G Swimming - Co-Op w/ Yarm		\$4000
2021-2022	\$2217	* Stipend - Varsity Swim Coach (4 th yr)		\$2217
2022-2023	\$3341	Swim meets (3): officials, timing, pool rental, scorer, etc.		\$3341
2023-2024	\$8100	JV Golf Stipend, FT Baseball Coach		\$8100
2024-2025	\$80/hr	Indoor Track Rental Fee (Agreement Expires)	@ \$80	\$1680
	\$90/hr	If share only half that	@ \$90	\$1890

Revised Dec. 2022

FREEPORT HIGH SCHOOL

30 Holbrook Street, Freeport, Maine 04032

Ph: (207) 865-4706

Fax: (207) 865-2900

Item #13.F.

Jennifer Gulko
Principal

Charlie Mellon
Assistant Principal

P. Craig Sickels
Director of Athletics

Dana Clark
Guidance Counselor

Liz Peirce
Guidance Counselor

Mandy Andreson
Guidance Counselor

1-23-23

RSU5 School Board Members:

We have been working as a staff to revise and enhance the Freeport High School Program of Studies for the 2023-2024 school year. We sought feedback from members of all FHS departments, and the guidance team, along with administration, has been working to make any revisions necessary. In addition to our Program of Studies, we will continue to publish a separate Family Guide for FHS Instructional Practices, which outlines our school processes tied to grading, reporting and instructional feedback practices. All four grades are operating under the same grading, reporting and instructional processes, which is reflected in the Program of Studies. We have made some changes to our course offerings as well as updates to some basic information about our academic programs and these changes are outlined below:

Page 5	Updated Superintendent information for new Superintendent
Page 7	Updated school profile with current information
Page 17	Updated guidance counselor assignments by letter of last name
Page 42	Addition of CP Statistics/SMCC dual enrollment math course
Page 47	Change of AP Physics C: Mechanics course to AP Physics 1
Page 52	Removed Social Studies elective Contemporary Global Issues
Page 55	Addition of Intermediate Guitar class
Page 58	Addition of Dance class
Page 78	Updated Clubs & Activities, added Chess Club, Active Minds mental health awareness
Page 80	Updated "At a Glance" pages to reflect all changes
**	Pending changes to Region 10 course descriptions

We look forward to the Class of 2027 joining our FHS community and to continuing to offer our students a wide range of meaningful learning opportunities.

Respectfully,

Jen Gulko
Freeport High School Principal

Accredited Member New England Association of Schools and Colleges

Program of Studies Overview

Introduction

The Freeport High School Program of Studies presents information about the courses offered at the school. Students should use this book as they plan an appropriate academic program. Please recognize that these courses are possible offerings for the coming year. A variety of factors, including the number of students enrolled in a given course, will determine whether it is offered or not.

The Freeport High School Program of Studies also provides information about our Student Services Department, its role in your student's education, and the department's processes associated with course registration. Other support services are described as well. Graduation requirements for current and future Freeport High School students are fully explained.

DISCLAIMER: Subsequent to publication of this catalog, Freeport High School reserves the right to make changes in courses, program requirements, policy and regulations as circumstances, funding, and enrollment dictate. There is no guarantee that any course listed in this catalog will be offered in any given semester. The ongoing work of aligning the curriculum with the Maine Standards will, of necessity, result in changes in course content. Students and parents will be informed if changes in course content create a significant difference between the course descriptions as it appears in this Program of Studies and the revised course content.

Core Values and Beliefs

Mission:

Freeport High School is committed to integrity, community, perseverance, and creativity. We celebrate individuality and empower students to achieve their highest personal aspirations in the pursuit of excellence.

Values:

We value Integrity

- Those with integrity treat others and themselves with respect, honesty, kindness, and fairness.

We value Community

- Those who value community embrace relationships, celebrate diversity, display empathy, and nurture well-being

We value Perseverance

- Those who persevere take ownership of their learning, embrace challenge, and aspire to achieve their potential in the face of difficulties.

We value Creativity

- Those who are creative engage their world with a spirit of curiosity, take risks, and approach problem solving in innovative ways.

Beliefs about learning: We are...

Learner-centered

- We believe that when we take responsibility for our learning, we are empowered to become collaborative learners who are proficient at seeking support and are self-directed.

Critical thinkers

- We believe that when we examine a problem or challenge from multiple perspectives with an open mind and a questioning spirit, we are able to enrich our understanding of the world.

Effective communicators

- We believe that when we articulate our thoughts and listen actively, we are able to effectively engage others, collaborate within our community, and reflect on our strengths and weaknesses.

Problem solvers

- We believe that when we take initiative, use a variety of approaches and strategies, and learn from both our successes and failures, we are able to solve complex and important problems.

Accreditation

Freeport High School is accredited by the New England Association of Schools and Colleges, Inc., a non-governmental, nationally recognized organization whose affiliated institutions include elementary schools through collegiate institutions offering postgraduate instruction.

Accreditation of an institution by the NEASC indicates that it meets or exceeds criteria for the assessment of institutional quality periodically applied through a peer group review process. An accredited school or college is one which has available the necessary resources to achieve its stated purposes through appropriate educational programs, is substantially doing so, and gives reasonable evidence that it will continue to do so in the foreseeable future. Institutional integrity is also addressed through accreditation.

Accreditation by the New England Association is not partial but applies to the institution as a whole. As such, it is not a guarantee of the quality of every course or program offered, or the competence of individual graduates. Rather, it provides reasonable assurance about the quality of opportunities available to students who attend the institution.

Inquiries regarding the status of an institution's accreditation by the New England Association should be directed to the administrative staff of Freeport High School.

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Contact Information

SCHOOL & DISTRICT NUMBERS

Freeport High School Main Office	865-4706
Region 10 Technical High School	729-6622
Freeport High School Instructional Support Services	865-0928 x227
Mrs. Jean Skorapa, Superintendent's Office	865-0928, x221

ADMINISTRATION - 865-4706

Ms. Jen Gulko, Principal	x225
Mr. Charlie Mellon, Assistant Principal	x221
Mr. Craig Sickels, Athletic Director	x222

SCHOOL COUNSELING & SUPPORT TEAM - 865-4706

High School Counseling Office	x614
Ms. Dana Clark, School Counselor	x608
Ms. Liz Peirce, School Counselor	x606
Ms. Mandy Andreson, School Counselor	x610
Ms. Margarete Schnauck, School Social Worker	x628
Mr. Matthew Howard, School Social Worker	x626
Ms. Emily Guyer, School Nurse	x210

Principal's Letter

The Freeport Program of Studies is intended to provide both parents and students an overview of Freeport High School's academic expectations and an understanding of the various other programs and supports available to students to promote success during their high school careers.

Freeport High School is a school community that prides itself on building strong relationships with students and preparing them for high levels of success in college and/or careers after high school. We are dedicated to pushing our students to become critical thinkers, creative problem-solvers, perseverant learners and positive community members.

Our Core Values and Beliefs rest on the foundation that all students should be held to high standards for learning, should be clear about what they are expected to learn, and should be given regular feedback about their progress toward those standards as well as continuous support. We provide opportunities for students to demonstrate the skills and knowledge that will support them in reaching high levels of success in our ever-changing 21st century world and workplace. Our faculty is working diligently to continue to implement, reflect on and refine instructional practices that will support our students in reaching high levels of academic and personal success.

As we move into the 2023-2024 school year, we will continue to work to support the students of Freeport, Durham and Pownal both in and out of the classroom. We will strive to provide a challenging academic experience while encouraging our students to persevere and succeed. We look forward to welcoming new members of our Freeport High School student body and community.

Sincerely,

Jen Gulko, Principal

Charlie Mellon, Assistant Principal

FREEPORT HIGH SCHOOL



30 Holbrook Street
Freeport, ME 04032
Main Office: 207-865-4706
Fax: 207-865-2900
www.fhs.rsu5.org
CEEB Code: 200385

Dr. Becky J Foley, Superintendent
Jennifer Gulko, Principal
Charlie Mellon, Assistant Principal
Craig Sickels, Athletic Director

Counselors:
Dana Clark, Liz Peirce, Mandy
Andreson

COMMUNITY

RSU5 consists of students from the towns of Freeport, Durham and Pownal. Only 20 minutes from Portland, these rural suburbs are home to families from diverse socioeconomic backgrounds and continue to grow in size as the cost of living increases in the Greater Portland Area. Our students benefit from their close-knit community and values.

Freeport High School is focused on guiding students to explore and achieve their greatest potential across academics, athletics and the arts in an environment emphasizing social awareness and compassion. Our graduates reflect the adventurous, inclusive and challenging spirit, and are engaged citizens with a sense of responsibility and community.

CURRICULUM

Freeport High School is one of Maine's leaders in transitioning to a proficiency-based curriculum. We emphasize engagement and learning over seat-time and encourage students to explore their own directions, but do so in a manner that ensures a student masters the critical concepts outlined in Maine's Learning Results.

Freeport High School offers Advanced Placement (AP), Honors (H), and college preparatory level classes. As a function of the small size of our school and the scheduling challenges that sometimes presents, it is not possible for a student to take all the AP courses offered in any given year. However, all students are provided with laptops and have access to Virtual High School (VHS) and other online courses at all levels, including AP.

* Additional Courses are offered through: Maine Region Ten Technical High School, Morse Street Early Pre-Apprenticeship, JMG (Jobs for Maine Graduates), ExplorEC, Edmentum PLATO, Virtual High School, Work Study, AP4ME

SCHOOL

Accreditation: New England Association of Schools and Colleges

Total enrollment: 639

Total Senior class: 144

Special Education: 10%

Free and Reduced Lunch: 16%

Our school is built from the communities of Pownal, Durham and Freeport, Maine. Freeport High School regularly scores in the top 10% of all Maine high schools on standardized tests, but we encourage our students to look beyond those numbers and create and embrace their own learning goals.

GRADUATION REQUIREMENTS

20 Credits Total

English	4
Math	4
Social Studies	3
Science and Technology	3
World Language	1
Visual and Performing Arts	1
Health	.5
Physical Education	1
Electives	2.5

COVID

During the 2019-2020 school year FHS shifted to remote instruction for our entire school population in March of 2020 due to the pandemic. Our philosophy on grading and support for students during the pandemic was to provide flexibility and compassion while monitoring academic progress. Classes were primarily asynchronous. Students had the choice to receive a numeric grade for Semester 2 or receive a "Covid-Pass." For students who were not able to pass the course due to a myriad of circumstances, transcripts will reflect "NCC: No Credit-Covid." Students were also given the option to attend summer school to complete their classes.

During the 2020-2021 school year we followed a hybrid model where students received a combination of in person and online instruction (both synchronous and asynchronous). Some students opted for a fully remote schedule, which was customized using online platforms including VHS Learning, BYU High School Independent Study, Edmentum Plato, and AP4ME. Some of the remote students also participated in remote courses taught by RSU5 remote teachers and synchronous courses offered by FHS when available. We returned to 5 day in person instruction at the beginning of April 2021. Grading returned to the 0-100 scale for both academic and habits of work. Habits of Work scores continue to be calculated separately and are reflected on student transcripts.

HONORS COURSES

	ENGLISH	MATHEMATICS	SCIENCE	SOCIAL STUDIES	VISUAL + PERFORMING ARTS
AP	Language & Composition Literature & Composition	Calculus AB Calculus BC Statistics	Biology Environ. Science Physics 1: Algebra-Based	U.S. History World History	Art & Design Art History Music Theory 2D Design 3D Design
HONORS	English 9 English 10	Geometry Algebra I Algebra II Pre-Calculus	Earth Systems Science Biology Chemistry		Foundations of Art Chamber Choir

POST SECONDARY PLANS: CLASS OF 2021



153 Students



60% 4-Year College



14% 2-Year College



20% Employment



5% GAP Year



1% Armed Forces

ASSESSMENT GRADE

Class of 2022 SAT Mean Scores: FHS 11th Grade
April 13, 2021 Administration

	FHS	State	National
Reading	532	529	490
Math	505	505	472
Total	1037	1034	962

AP DATA

263

EXAMS

134

STUDENTS

SCORE 3 OR ABOVE: 74%

3 61 Students

4 60 Students

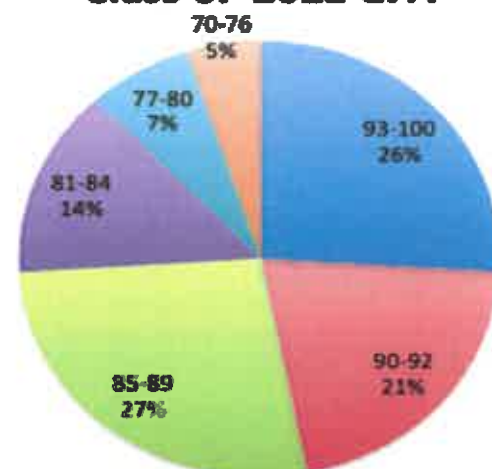
5 27 Students

GRADING SCALE

Grade	Grade Pt. Value	Grade	Value
A	93-100	H	Honors
B	85-92	HP	High Pass
C	77-84	P	Pass
D	70-76	W	Withdrew
F	0-69	F	Fail
		NC NCC WC IEC	No Credit No Credit COVID Withdraw COVID Insufficient Evidence COVID

GRADE POINT AVERAGE

Class of 2022 GPA



Honor Roll:

High Honors = All grades 93 or above

Honors = All Grades 83 or above

Beginning with the Class of 2000, Freeport High School will not report rank in class. Freeport designates summa cum laude with distinction (96-100), summa cum laude (93-100), magna cum laude (89-92), cum laude (85-88) and rounds to the nearest whole number.

COLLEGES

The following is a partial list of the colleges at which the graduates of 2022 were accepted:

University of Alabama	Dean College	Keene State College	U. of North Florida	SouthEastern University
Allegheny College	U. of Delaware	Lesley University	Northeastern U.	U. of Southern Maine
Anna Maria College	Emerson College	Liberty University	Norwich University	SMCC
Arizona State	Emmanuel College	Louisiana State	Nova Southeastern U.	Southern NH University
University of Arizona	Empire Beauty School	University of Oregon	Palm Beach Atl U.	Springfield College
U. of ME Augusta	Elon University	U. of ME Orono	Plymouth State U.	St. Anslem College
Bates College	Endicott College	Maine Maritime	Pratt Institute	St. Lawrence University
Baylor University	U. of ME Farmington	Maine College of Art	U. of ME Presque Isle	Suffolk University
Boston Conservatory	Fisher College	Marist College	U. of Rhode Island	Temple University
CA Inst. of the Arts	Franklin Pierce U.	Marquette University	Roger Williams U.	Thomas College
CMCC	Gordon College	U. of Massachusetts	Sacred Heart U.	U. of Vermont
Champlain College	Grand Canyon U.	Merrimack College	Saint Joseph's College	Villanova University
Clark University	Hamilton College	University of Miami	Salem State University	Washington College
Colby College	Harvard University	Michigan State	Savannah College	Tufts University
College of Charleston	Husson University	U. Of New England	Simmons University	Wentworth Inst. of Tech.
Charleston Southern U.	Ithaca College	U. of New Hampshire	Skidmore College	West Virginia University
Chicago College	Johnson and Wales U.	The New School	U. of South Carolina	Western New England U.
Curry College	JP Catholic University	Nichols College	U. of South Florida	Wheaton College

G Graduation Requirements

Before entering high school, students need to know the standards for attaining a high school diploma in order to plan an appropriate, sequential, educational program to meet that goal.

The Superintendent, through the high school principal or other designee, shall be responsible for making accurate information concerning diploma requirements available to incoming students and their parents prior to the start of their ninth grade school year. A copy of this policy will be disseminated to all incoming ninth grade students at the time of course selection. This policy will also be included in every edition of the high school student handbook and Program of Studies.

The School Board has approved the following schedule of minimum requirements for graduation, which includes minimum requirements specified by the State of Maine. The Board is aware that current law and regulations are subject to change.

The School Board expects the Superintendent/designee to inform students and parents as soon as practicable of any additional State-imposed standards that must be met before students may be awarded a high school diploma.

DIPLOMA REQUIREMENTS FOR STUDENTS

As a minimum for graduation from high school, students must have completed successfully a total of 20 one-year course equivalents (credits) at the secondary level (grades 9 through 12).

High School Graduation Requirements for Freeport High School

Graduation Requirements: 20 required credits to earn diploma

1. **English Language Arts** (4 credits)
2. **Math** (4 credits)
3. **Science and Technology** (3 credits)
4. **Social Studies** (3 credits)
5. **Physical Education** (1 credit) **and Health** (.5 credit)
6. **Visual and Performing Arts** (1 credit)
7. **World Languages** (1 credit)*
8. **Electives** (2.5 credits)

***May apply for a waiver to substitute with an elective credit. Must have sound rationale and administrative approval as part of the waiver process.**

Twelve and one-half (12 1/2) required credits are specified by the State of Maine. They are:

- A. English - 4 credits;
- B. Social Studies and History, including one year of American History and Government - 2 credits;
- C. Mathematics - 2 credits;
- D. Science, including at least one year of laboratory science- 2 credits
- E. Visual & Performing Arts, which may include art, music, or drama - 1 credit;
- F. Health - 1/2 credit; and
- G. Physical Education - 1 credit.

In addition, the Board requires the following eleven and one-half (7 1/2) credits:

- A. Two and one half elective credits – 2.5 credits
- B. An additional one year of social studies – 1 credit;
- C. Two additional years of math – 2 credits;
- D. One additional years of science – 1 credits;
- E. Level 1 & Level 2 PE Class
- F. One year of a world language – 1 credit;

Elective credits may be selected by the student based upon the student's interests, abilities, and the requirements of the field that the student plans to enter upon graduation.

In order for a student to participate in graduation, the student must have successfully completed all of the above-listed requirements.

Minimum Enrollment for All Students

Each Freeport High School student is required to enroll in an academic program which totals a minimum of 6 credits each year. However, it is recommended that each student enrolls in 7 credits per year.

Alternative Means of Earning Credits

A student who is deficient in these requirements or wishes to meet these requirements through alternative means may earn and apply credits toward graduation in accordance with the provisions of this section.

A student who wishes to meet a credit requirement through an alternative method must have prior written approval as specified through this section. A student may earn credits with prior written approval from his/her guidance counselor and the high school principal as follows:

- Early college/dual enrollment courses
- Career and technical education programming
- Online/virtual learning for credit recovery and/or courses not offered at FHS
- Apprenticeships, internships and/or field work
- Community service
- Exchange programs
- Independent study
- Alternative education/“At Risk” programming
- Adult education
- Summer school courses

- Other academic program approved by the High School Guidance and Administration.

Each pathway must provide a quality learning experience comparable in rigor to the school unit's own course offerings.

A student who has failed a course in the above-listed requirements may, with prior approval, receive credit for that course through a successful completion of a postgraduate course, a state approved Adult Education course(s) or a state-approved summer school program. Credit for a course may also be received if approved by the High School Principal in advance of registration. The student may participate in the next regular graduation ceremony following successful completion of the requirements.

A student who is granted early admission to an accredited college or university may use college coursework for graduation and may thereby graduate with his/her class upon successful completion of the course(s) needed for graduation if he/she requests and is granted permission from the high school principal to do so. A course being used to meet high school graduation requirements must meet minimum high school contact hour requirements and the high school's course outcome requirements.

Students following a traditional pathway must be enrolled in the equivalent of at least 6 full year courses in each of their high school years unless redefined through a personal learning plan, PLP, approved by both the high school guidance department and administration.

STUDENTS RECEIVING SPECIAL EDUCATION SERVICES

A student with a disability, as identified in 20-A MRSA §7001(1-B), who achieves proficiency as required in 20-A MRSA §4722-A(1), as specified by the goals and objectives of the student's individualized education plan (IEP) will be awarded a diploma.

INFORMING STUDENTS AND PARENTS

The Superintendent/designee will inform students and parents as soon as practicable of any State-imposed proficiency standards/requirements that must be met before students may be awarded a high school diploma, but prior to the start of the class cohort's 9th grade school year.

ADDITIONAL CONSIDERATIONS APPLICABLE TO THE AWARDING OF A DIPLOMA FROM FREEPORT HIGH SCHOOL

This section applies to all students, in all graduation classes.

A. Transfer Students

For students who transfer to Freeport High School from another state or from an educational program that is not required to be aligned with the content standards and Guiding Principles of the system of Learning Results, the Freeport High School Principal and Guidance Department shall determine the value of the student's prior educational experience towards meeting graduation requirements.

B. Home-schooled Students

For previously home-schooled students wishing to receive a diploma from Freeport High School, the Freeport High School Principal and Guidance Department shall determine the value of the student's prior educational experience toward meeting graduation requirements.

C. Delayed Awarding of Diplomas

A student who leaves Freeport High School to attend an accredited, degree-granting institution of higher education may upon satisfactory completion of the freshman year be awarded a high school diploma, provided that the student has notified the principal at the time of the early admission.

D. Early Awarding of Diplomas

A student who has met the State's and the School Board's diploma requirements in fewer than four years of high school will be awarded a diploma.

E. Extended Study

Students are eligible for extended years of study to complete the requirements of a diploma if they have not reached the age of 20 at the start of the school year. Students eligible for extended years of study may be referred to adult education or other resources suitable to young learners. Extended study for students with disabilities shall be specified in the student's Individualized Education Plan.

F. Certificate of Completion

The School Board may provide a certificate of completion to a student who leaves school having completed four years attendance as a full-time high school student who has earned/completed the required credits or courses/learning experiences but has not met Learning Results proficiency standards that may be mandated by the State.

G. Participation in Graduation Ceremony

A student must complete all School Board requirements for a high school diploma or certificate of completion in order to participate in graduation exercises.

H. Honors and Awards at Graduation

Student academic achievements will be grouped within numerical bands and utilized to identify, report and reward individual accomplishments for purposes of graduation. These bands will include three Honor Bands which will identify those graduating seniors who at the end of the 7th semester have a Grade Point Average of:

Summa Cum Laude (with highest honors): a minimum GPA of 92.5

Magna Cum Laude (with great honors): a minimum GPA of 88.5

Cum Laude (with honors): a minimum GPA of 84.5

Guiding Principles

The Guiding Principles are a set of “cross curricular skills” that must be taught and demonstrated by all students to best ensure that *ALL* students are career and college ready. We fundamentally believe that these principles should be the foundation of our educational program and, therefore, these principles will be introduced and incorporated in various learning experiences.

The Guiding Principles state that each Maine student must leave school as:

A. A clear and effective communicator who:

- Demonstrates organized and purposeful communication in English and at least one other language
- Uses evidence and logic appropriately in communication
- Adjusts communication based on the audience
- Uses a variety of modes of expression (spoken, written and visual and performing including the use of technology to create and share the expressions)

B. A self-directed and lifelong learner who:

- Recognizes the need for information and locates and evaluates resources
- Applies knowledge to set goals and make informed decisions
- Applies knowledge in new contexts
- Demonstrates initiative and independence
- Demonstrates flexibility including the ability to learn, unlearn and relearn
- Demonstrates reliability and concern for quality
- Uses interpersonal skills to learn and work with individuals from diverse backgrounds

C. A creative and practical problem solver who:

- Observes and evaluates situations to define problems
- Frames questions, makes predictions and designs data/information collection and analysis strategies
- Identifies patterns, trends and relationships that apply to solutions
- Generates a variety of solutions, builds a case for a best response and critically evaluates the effectiveness of the response
- Sees opportunities, finds resources and seeks results
- Uses information and technology to solve problems
- Perseveres in challenging situations

D. A responsible and involved citizen who:

- Participates positively in the community and designs creative solutions to meet human needs and wants
- Accepts responsibility for personal decisions and actions
- Demonstrates ethical behavior and the moral courage to sustain it
- Understands and respects diversity
- Displays global awareness and economic and civic literacy
- Demonstrates awareness of personal and community health and wellness

E. An integrative and informed thinker who:

- Gains and applies knowledge across disciplines and learning contexts and to real-life situations with and without technology
- Evaluates and synthesizes information from multiple sources
- Applies ideas across disciplines
- Applies systems thinking to understand the interaction and influence of related parts on each other and on outcomes

Guidance Department

Office of Student Services

The purpose of the Student Services Program is to actively promote the academic, emotional, and social development of all students in ninth through twelfth grades. As an integral part of the total educational program, developmental student services builds on the resources of an excellent faculty, positive parent-school relationships, and a supportive community. The Office of Student Services provides direction for positive academic, extracurricular, and vocational outcomes for all students.

A developmental and preventive approach that enhances personal well-being and self-esteem has been designed with the understanding that it is both a process and a program. Learning experiences are provided which foster lifelong skills and attitudes necessary for high achievement, personal self-worth, and respect for the earth and its inhabitants.

Student Service Goals

- To provide students with services responsive to their academic, social, and emotional needs
- To enable students to learn about themselves and their relationships with others
- To coordinate with the overall school program
- To develop career awareness, academic options, and life-planning skills
- To form relationships with community agencies
- To promote early intervention and continued services for identified at-risk students
- To prepare students to apply to college, technical/vocational school, or other program

Guidance Counselor Assignments

Students in grades 9-12 are assigned to guidance counselors by last name:

Class of 2024 and Beyond

A-G: Ms. Dana Clark

H-O: Ms. Liz Peirce

P-Z: Ms. Mandy Andreson

Post-secondary planning

If post-secondary education is desired, admission recommendations should be strongly considered when planning the high school program. Since these recommendations vary greatly among post-secondary schools, the best source of information is the individual college or university website. Students should view the websites of a broad range of colleges they are considering to make sure that they are covering the requirements. Additional references are available online and at local bookstores.

Serious consideration is given by college admission representatives and by employers to character, personality, work experience, and extracurricular activities. Most colleges prefer that students pursue more challenging courses during their senior year.

FOUR-YEAR SCHOOLS 4 years of English 3 years of Mathematics 2-3 years of Laboratory Science 2-3 years of Social Studies 2 years of World Language	HIGHLY SELECTIVE SCHOOLS 4 years of English 4 years of Mathematics 3-4 years of Laboratory Science 3-4 years of Social Studies 3-4 years of World Language *Honors and Advanced Placement Courses are strongly encouraged for most schools
TWO-YEAR PUBLIC AND PRIVATE SCHOOLS Associate degree program recommendations vary widely, from needing a high school diploma to satisfying recommendations similar to four-year schools. Transfer programs usually require the same subjects as four-year schools.	
VOCATIONAL SCHOOLS 4 years of English 2-4 years of Mathematics 1-2 years of Laboratory Science	TECHNICAL SCHOOLS Recommendations differ widely. Some may include a high school diploma and physics plus four years of mathematics.

Academic Support

Interventions

FHS has instituted interventions designed to ensure all students can meet increasingly rigorous academic standards and feel supported in doing so. Some interventions are designed to increase the basic skills necessary to succeed in a range of courses, while others are set up to create additional time and instruction so that lessons are reinforced and extra practice moves all students toward meeting all standards. Below are descriptions of our intervention offerings.

Math and Writing Centers

The Math and Writing Centers work with students at all levels of ability. Students are assisted individually in various writing and math tasks. Teachers assigned to the Writing Center work with students on assignments from all disciplines and keep copies of running assignments to maintain clarity in directives to students. Similarly, teachers assigned to the Math Center work with students on problem sets assigned by the students' classroom teachers as well as remediate skills and help students prepare for upcoming assessments. Students can schedule appointments in the Writing and Math Centers and are also able to come in on an impromptu, drop-in basis if time is available. Students may also be assigned by a classroom teacher or school counselor when it has been deemed that the student requires extra support.

Callback System

The Freeport High School Callback System takes place during our advisory period on one, two or three days of the week (depending on other scheduled events during advisory). The purpose of this program is to ensure that all students have time built into their schedules to receive targeted support in all content areas as well as enrichment opportunities. We have developed a system where each teacher is able to "call back" students that they need to see during this period. A teacher may call back a student for a number of reasons, such as:

- Additional and targeted academic instruction
- Review of work with student
- Opportunity for making up missing/absent work
- Work on/complete an assignment

Teachers select students online at the start of the week and students receive an email from the teacher that states the day they are to meet with the teacher and the reason the student has been called back. Attending a callback session is not optional; students are required to meet with this teacher. In addition to working with a particular teacher, we offer enrichment opportunities for students. These may include participating in a Student Summit to discuss a school policy, working with guidance counselors to build skills in using the Naviance program, or attending a presentation about a particular program such as City Term or the

Peace Corps. Students who are not called back on a particular day remain in their advisory with their advisor and have an opportunity to work on school assignments.

Guided Study Halls

Purpose: To create a more focused, supportive and personal environment for students during the study hall period.

Placement/Enrollment:

- 9th grade students are almost always placed in guided study halls. Placement of students in grades 10-12 depends on space availability and grades.
- Any student (or parent of a student) in a general study hall can request to be placed in a guided study hall if there is space and the student is looking for a more structured study hall environment.
- Students are placed in the guided study hall for a minimum of one semester.
- Students are placed in a guided study hall for either a half period or a full period, depending on their schedules

Response to Intervention (RTI) and SAT (Student Assistance Team)

Utilizing a variety of strategies and approaches, FHS strives to meet the needs of all learners. It is essential that FHS has an approach that employs a system of support that provides each student an opportunity for both behavioral and academic success. The development of personalized academic plans for struggling students is pivotal. These services vary in complexity based on need. The goal is to support students in reaching academic and personal success including their grades, attendance and behavior. Students are referred to the SAT team and to administration for potential implementation of individualized interventions based on current academic and personal progress.

Gifted and Talented Services

Identified Gifted and Talented students at the High School level are on a consultation basis. Students will meet with the GT teacher to determine the level of services needed to ensure academic success. Students may opt to meet with the GT teacher to discuss college exploration, other outside opportunities, ways to advocate for their education, etc. The GT teacher is available for appointments via email. The GT teacher also consults with classroom teachers to help assist in differentiating for the GT learner's needs.

Additional Support Services

Advisor/Advisee Program

Although FHS is a small school, it has a diverse student body with a great variety of needs: intellectual, emotional, and social. The school offers a strong curriculum and many co-curricular activities. To complement these aspects of school life and to ensure all students' growth and learning, the faculty and administration want to provide a strong support network for each individual student to help develop interpersonal skills. Each student will benefit from having a contact person, an advisor, who is responsible for helping him or her manage the multiple demands on time and energy.

The FHS Advisor/Advisee Program provides communication and support among students, staff and parents through individual and group meetings. All advisors in the program are committed to helping students:

- Understand themselves and others better
- Identify their interests and abilities
- Participate effectively in academic and co-curricular offerings
- Develop skills for lifelong learning
- Accept responsibility for their academic and personal growth in order to have a positive influence on the school and community.

In addition to working to increase aspirations and build strong relationships with students, advisory will be used for academic support and enrichment with their core teachers. Students will use this time for homework, for remediation, or for extra help.

School Nurse/Health Services

The primary goal of the student health service is to promote optimal health in order to maximize each student's ability to learn. Services include consultation and education regarding adolescent health concerns, health appraisal and referral, disease and injury prevention and first aid. The health office is responsible for maintaining individual student health records and often serves as a liaison between school personnel, families and community resources. The school nurse welcomes students to drop in at any time with questions or concerns. We ask that you notify us of any changes in your health status or emergency contacts in order for us to provide you with appropriate service.

Social Service Worker

Social work services are provided at Freeport High School by Licensed Clinical Social Workers, who provide confidential counseling, referral, advocacy and facilitated family mediation and support. The Social Workers serve as a liaison between teachers, students, and family or community providers. Families or students in need of mental health support can access the social workers by appointment or drop in. The School Social Workers are also involved in several initiatives to include Casco Bay Can, Natural Helpers, Psycho-education related to substance use, and crisis support.

Special Education

Special Education programming is offered in all areas leading to graduation with a Freeport High School diploma. Educational programs are specifically designed for students with appropriate support as determined by the Individual Education Plan (I.E.P.) process.

Crisis Team

It is unfortunate, but always possible, that a crisis will occur that impacts the high school community. Recognizing this, a team of school and community members has been formed and trained to respond to such emergencies. The goal of the team is to facilitate a smooth and caring response in the event of a crisis, realizing the importance of maintaining a normal school atmosphere while providing help for those students and adults who need support. A crisis response plan includes management guidelines and specific intervention strategies for responding to personal, school, or community emergencies that impact the emotional and physical well-being of our students, staff, and community.

G Grading System

NOTE: Freeport High School's instructional practices and policies that are implemented school-wide are outlined in detail in a separate document which can be found on the Freeport High School website.

Students are graded using a 0-100 point system, and Freeport High School does not use an accumulated grade point average or any other method to determine a rank in class. Student academic achievements will be grouped within numerical bands and utilized to identify, report and reward individual accomplishments for purposes of graduation. These bands will include three Honor Bands, which will identify those graduating seniors who, at the end of the 7th semester, have a grade point average of **84.5 to 88.4 cum laude**, **88.5 to 92.5 magna cum laude**, and **92.5 to 100 summa cum laude**. Students may also see additional designations on a transcript if it applies:

H	Honors
HP	High Pass
M	Merit
P	Pass
NC	No Credit
W	Withdraw

Students will earn two grades per course: one overall academic course grade based on content area standards and a separate course grade for Habits of Work. Course scores for both academic and habits of work scores will be determined by the average of all standards for that particular course. Scoring categories and point values are as follows:

Insufficient or no evidence	Beginning	Developing	Proficient	Distinguished
0 - 59	60 - 69	70 - 82	83 - 92	93 - 100

Overall academic course scores at the end of the year (or at the end of the semester for semester-only courses) will determine promotion to the next course and the number of FHS credits earned.

- If students demonstrate an achievement level of “Beginning” or below, they cannot move on without some kind of intervention or by repeating the course:

Below 60 (Below “Beginning”):	<i>must repeat course (no FHS credit earned)</i>
60-69 (Beginning):	<i>eligible for summer school (no FHS credit earned)</i>
70-75 (Low Developing):	<i>move on with support, i.e. math or writing lab (earn FHS credit)</i>
76 and higher (Developing & Beyond):	<i>move on (earn FHS credit)</i>

Honor Roll:

The Freeport High School Honor Roll is published two times a year to recognize the accomplishments of students who meet high academic standards.

1. Students will be recognized for their achievements in academic standards and Habits of Work standards separately.
2. Students qualify in one of two categories:
 - High Honors: “Distinguished” (93-100) in each and every course
 - Honors: “Proficient” (83-92) in each and every course
3. You must be enrolled in a minimum of six credits for each ranking period or 480 minutes per quarter to qualify for the Honor Roll.
4. You are not eligible for the Honor Roll if you receive an incomplete in any course.
Once the incomplete is made up, you may receive Honor Roll distinction.

Registration Process

The Freeport High School Program of Studies serves as a guide to all the courses that are available and states the requirements for taking each course. Students may use this guide to plan an appropriate academic program.

Course Registration Requirements and Information

All students must be scheduled into a minimum of six classes each semester, earning six credits per year, that will include classes required for graduation as well as elective courses. Study halls do not earn credit.

Students registering for classes must meet the requirements specified in the subject description outlined in the Program of Studies or receive permission from the department chairperson in consultation with the teacher.

Pre-registration Procedure for Next Year's Courses

The development of a student's educational program is accomplished through close teamwork with parents, teachers, and counselors. Course requests help the high school to meet the educational needs of the entire student body by determining which classes are offered and how many sections are needed. It is important to take the pre-registration process very seriously. Failure to do so may hinder students from getting the courses needed for graduation or for future career and educational goals.

We expect to have students register for courses they would like to take next year, in late February and March. Juniors will register first, then Sophomores, then Freshmen. Each grade level will have an assigned week that the PowerSchool portal opens to allow for course requests. Students will receive their Course Registration Form during their assigned week, and will meet with their current teachers for their recommendations. Teachers and Parents will need to sign off on the student's Course Registration Form requests. Students will be able to register online in PowerSchool, and are encouraged to meet with their guidance counselor during their registration week for support with course selection.

Please note that as you request elective courses, you are asked to identify "alternative choices." FHS may not run some electives due to a low number of requests/student interest.

After the Master Schedule is developed, students will be given a copy of their schedule over the summer. In instances where a course was requested but will not be offered, or a conflict exists, the counselor will assist the student in making an alternative selection before the student's schedule is finalized.

Planning for College or Technical School

If you intend to continue your education in college or vocational-technical school, you must plan your program accordingly. Most colleges and technical schools require at least Algebra 1 and Geometry (Algebra 2 and Advanced Math are needed for many programs). Many colleges require at least 2 years of the same Foreign Language. Two (preferably three) years of lab science are required for most colleges and vocational programs. Refer to the recommended sequence of courses for post-secondary education in the next section.

9th Grade Placement

The following criteria is considered when recommending students for high school courses:

- Recommendations from a students 8th grade teachers
- NWEA and MEA scores
- End-of-year grades in each 8th grade course
- Habits of Work scores in each 8th grade course

We believe this process gives the most accurate information and will result in a smooth and successful transition to high school.

Honors and/or AP Course Placement Policy

A student seeking placement in an honors level or AP course should have a solid academic standing and demonstrate a high level of consistent effort and motivation. Prerequisites are utilized in the recommendation process to ensure that students have acquired sufficient mastery of material that will be needed in the next level course. Students who do not receive the grade necessary to meet the prerequisite may still be recommended for the next level course if the teacher, in consultation with the department chair, feels that, regardless of the grade, the student has the skills and commitment to be successful in the next course.

The following criteria is considered when recommending students for an honors or AP course:

- High scores in academic standards
- High scores in Habits of Work
- NWEA and/or MEA scores if applicable
- An agreement by the student to complete additional work (if needed) to get caught up to the honors curriculum.
- Teacher recommendation

Enrollment in Honors or Advanced Placement (AP) courses will be limited to students who meet the specified department criteria. The expectations in these courses are high in terms of quality of work, time and participation. Some Honors or Advanced Placement courses may also require summer work. Taking the AP Exam is mandatory for any student taking an AP course. Students taking an AP course will be expected to pay the AP Exam registration fee. There is a registration fee per AP course, so students taking multiple exams must register and pay for multiple exams. Scholarships are available for those with financial need for a reduced exam fee or a full scholarship for all fees. If for some reason a student does not take the AP Exam, the AP designation will be removed from the course title.

Course Planning & Sequencing

We suggest that each family, working closely with their child and their child's guidance counselor, develop a tentative four year program that will meet the graduation requirements, challenge the student, and accommodate his/her interests. This program should be reviewed prior to preliminary course registration for the following year, in order to determine if it is still appropriate. Beginning with the 9th grade, progress toward graduation depends upon the accumulation of credits. Students' programs are reviewed to make certain that each student will have adequate credits to progress with his/her class. Meeting Requirements is the Responsibility of Each Student and His/Her Parent(s)/Guardian(s). Students should know their credit total to date and be certain that they have sufficient credits for graduation. A student may request to graduate early if he/she has met the graduation requirements.

Below is a guideline for the general sequencing of a four-year plan in most core academic areas. Your customized four-year plan may vary from the examples below, as there are many potential course sequence pathways. These are just some examples of typical pathways.

English - 4 minimum credits for graduation				
Grade	9th	10th	11th	12th
Option 1	English - 9	English - 10	English-11 OR AP Language OR AP Literature	2 English 12 semester courses OR AP Language OR AP Literature

Mathematics - 4 minimum credits for graduation				
Grade	9th	10th	11th	12th
Option 1	Pre-Algebra	Algebra	Geometry	Algebra 2 OR Quantitative Reasoning OR 2 Math Electives*
Option 2	Algebra 1	Geometry	Algebra 2	Pre-Calculus OR Quantitative Reasoning OR 2 Math Electives*
Option 3	H. Geometry	H.Algebra 2	H. Pre-Calculus OR Quantitative Reasoning	Calculus OR AP Calculus OR AP Statistics OR Quantitative Reasoning OR 2 Math Electives*
Option 4	H. Algebra 2	H.Pre-Calculus	Calculus OR AP Calculus OR AP Statistics	Advanced, college-level math course such as Differential Equations, Linear Algebra, Multivariable Calculus

*Students may only use 2 math electives toward their graduation requirement

Science - 4 minimum credits for graduation				
Grade	9th	10th	11th	12th
Option 1	Earth Systems Science (CP or honors)	Biology (CP or honors)	Chemistry (CP or Honors) OR Physics OR AP Biology OR AP Physics OR Chemistry in the Community	Chemistry (CP or Honors) OR Physics OR AP Biology OR AP Physics OR Chemistry in the Community OR Environmental Science OR Anatomy and Physiology OR Forensics I/ II OR AP Environmental Science

***Courses in 11th and 12th grade will depend on teacher recommendation, course prerequisite completion and fulfillment of graduation requirements.**

***STEM electives available for grades 9-12**

Social Studies - 3 minimum credits for graduation				
Grade	9th	10th	11th	12th
Option 1	Global Studies	Modern World Conflict AND American Government and Economics	American History	Elective OR AP US History OR AP World History
Option 2	Global Studies	Modern World Conflict AND American Government and Economics	AP US History	Elective OR AP World History

Course Add/Drop Process

Request for Schedule Change/Course Changes & the ADD/DROP Period

Students will be issued schedules based on their selections as reflected on their course registration sheets. Every effort will be made to satisfy student requests, student needs, and parent and teacher recommendations. Students will be encouraged and given every opportunity to discuss their choices with teachers, advisors, parents, and school counselors before they leave for the summer.

There are two add/drop periods per school year; one at the beginning of the first semester, and one at the beginning of the second semester. Students will be required to obtain an add/drop form in the Guidance Office in order to request a course change. Students must then conference with the current course teacher, the new course teacher, and a parent/guardian, and receive signatures of approval from all parties. Then the Guidance Office will issue final approval and make the course change in PowerSchool.

The conclusion of the first two (2) weeks at the beginning of semester one and the conclusion of the first (1) week of semester two will mark the end of the add-drop period. After these dates, each schedule change request initiated by students or parents will require discussion among all parties and will be judged on its own merits with the best interest of the student in mind. In some cases, a student, teacher, parent and counselor conference may be required. If all parties make a concerted effort to choose appropriate classes at the recommended level, most schedule changes, which can be disruptive, will be avoided.

Appropriate Reasons for a Schedule Change:

- To strengthen the student's academic pathway by adding a subject or moving to a different program
- Failure of a preceding course in a sequence
- Successful completion of a course during summer school
- Recommendation from either the IEP Team or Administration
- Teacher recommendation
- Student request with approval of teacher, counselor, and parent

Inappropriate Reasons for a Schedule Change:

- To change from one teacher to another in the same subject
- To be with friends
- To free up either the afternoon or the morning

Course Catalog

English Department

English 9 (CP) • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: None</i>
<p>The ninth grade English course provides an introduction to high school reading, writing, speaking, listening, and language usage. The course focuses on composition, vocabulary, and study skills through the study of world literature. Frequent writing assignments include prompts, , discussion questions, short and long essays, creative pieces, and responses to reading. Students extend their understanding of poetry, short stories, novels, graphic novels, and dramatic texts to learn and refine skills for their high school career and beyond.</p>			
English 9 (Honors) • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Determined from Spring Grade 8 NWEA, academic achievement, and teacher recommendation</i>
<p>Honors English 9 offers students enrichment and challenge in the study of English language arts. Participants will demonstrate a commitment to go beyond the English 9 curriculum, reach a higher level of achievement in all work, and prepare for future courses of study. Honors English 9 will cover the regular course assignments in more depth and breadth. Students will read additional literary works, write more extensively developed essays, engage in extended vocabulary study, and complete supplemental individual and/or group projects.</p>			
Literacy 9 & 10 • Elective credit	Year or Semester	.5 credit	<i>Prerequisite: Grade 8 and/or Grade 9 test data and academic achievement identifies a student as qualifying for this class.</i>
<p>Students take this course in addition to their regular English 9 and 10 courses. Students will receive direct instruction in reading strategies and writing skills. Multiple opportunities to write and analyze texts will allow students to explore topics of interest while building literacy skills for success across the high school curriculum.</p>			

English 10 (CP) • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: English 9</i>
<p>Tenth grade English provides an integrated balance of traditional and standards-based content, instruction, and assessment. Classes promote the practice and demonstration of skills and knowledge found in the Common Core English/Language Arts standards as well as additional instruction in general reading, writing, research, listening, and speaking skills. When appropriate, students have choices related to content and assessment while retaining full academic rigor. Units are designed based on essential questions that connect learning with larger societal issues: deviation from social norms, the relationship between knowledge and happiness, and if our choices define who we are.</p>			
English 10 (Honors) • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Determined from Spring Grade 8 NWEA, academic achievement, and teacher recommendation</i>
<p>This course focuses on developing the skills of literary and rhetorical analysis through close readings of literary fiction and informational texts. Students regularly produce pieces of analytical, persuasive, narrative, and expository writing, while also developing skills of oral expression through performance, debate and discussion. Works studied may include <i>The Catcher in the Rye</i>, <i>Macbeth</i>, and <i>Fahrenheit 451</i>, as well as various pieces of contemporary short fiction and poetry.</p>			
English 11: American Literature • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: English 10</i>
<p>In this year-long, one credit course, students will read a variety of texts (novels, non-fiction, poetry, and journalism) that define or shed light on the "American experience." These texts will illuminate America's achievements, its controversies, and its contradictions, and may include works (in whole or in part) such as Tim O'Brien's <i>The Things They Carried</i>, Byian Stevenson's <i>Just Mercy</i>, choice novels, and various short stories, essays and poems.. Students will write in a variety of genres in response to literature and to events in American society. The year's major writing emphasis will feature argumentation supported by research, but students will also write expository essays, narratives, and a variety of pieces in different genres.</p>			
AP English Language & Composition • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: English 10 or English 11</i>
<p>The AP English Language and Composition course is designed to help students become skilled readers of prose written in a variety of periods, disciplines, and rhetorical contexts and to become skilled writers who can compose arguments for a number of purposes. Through their reading and writing in this course, students become aware of the interactions among a writer's purposes, audience expectations, and subjects that contribute to effective composition. Writing assignments will include informal writing such as journal entries and creative pieces, but will focus more fully on students' critical and interpretive responses to, and composition of, rhetoric. The course reading list includes non-fiction (such as memoirs, speeches, essays, and editorials), Summer work is required for entry into the class in September. <i>Students taking this course are required to take the AP exam in the spring.</i></p>			

AP English Literature & Composition ● Fulfills a Graduation Requirement	Year	1 credit	Prerequisite: English 10 or English 11
<p>This course is devoted to in-depth analysis and interpretation of complex literary works. Students produce analytical writing of various sorts including close reading, poetry explications, and character analyses. Personal narratives and creative responses are also a component of the written expression required in this class. Works studied may include <i>1984</i>, <i>Hamlet</i>, <i>Beloved</i>, <i>The Handmaid's Tale</i>, <i>Extremely Loud and Incredibly Close</i>, <i>A Streetcar Named Desire</i>, <i>The Awakening</i>, and more. Summer work is required for entry into the class in September. <i>Students taking this course are required to take the AP exam in the spring.</i></p>			
English 12: Composition ● Fulfills a Graduation Requirement	Fall Semester	.5 credit	Prerequisite: English 11 or an AP Class ● Can be taken for college credit if student meets acceptance criteria ● Must take both semesters of Eng 12 for college credit
<p>In this semester-long course, students will learn about and apply writing related to a wide variety of genres and purposes. Students will improve their argumentative writing in preparation for post-secondary education, but students will also focus on self-reflection and their participation in the wider world through personal narrative. Students who are applying to college will have the opportunity to workshop and polish their personal narratives for the Common App. Students will also read and respond to a variety of texts such as editorials, reviews, memoirs, and essays to learn genre elements, consider style elements, and explore literary themes and trends in culture. <i>This course is Part I of SMCC's English Composition course and taken with Eng 12: Literature earns 3 college credits for qualifying students.</i></p>			
English 12: Literature ● Fulfills a Graduation Requirement	Spring Semester	.5 credit	Prerequisite: English 11 or an AP Class ● Can be taken for college credit if student meets acceptance criteria ● Must take both semesters of Eng 12 for college credit
<p>This semester-long comprehensive English class combines traditional content with standards-based teaching practices. The class places a special emphasis on literary analysis by applying analysis skills to novels, short stories, and a wide variety of poems including Cormac McCarthy's <i>The Road</i> and Lawrence Sargent Hall's <i>The Ledge</i>. Students will write narrative and analysis essays, and will be exposed to a variety of 20th and 21st century literary voices. <i>This course is Part II of SMCC's English Composition course and taken with Eng 12: Composition earns 3 college credits for qualifying students.</i></p>			
English 12: Creative Writing ● Fulfills a Graduation Requirement	Fall Semester	.5 credit	Prerequisite: English 11 or an AP Class
<p>This semester-long course is designed for students who wish to expand upon writing already done in the regular English classroom. Students will produce works of fiction and nonfiction. The process of writing will be a focus with students working through a series of drafts to produce polished, publishable pieces. Techniques in topic generation, revision, editing and responding to the works of others will be covered. As a community of writers, students will be expected to share work and contribute to <i>The Clarion</i>.</p>			

English 12: Public Speaking • Fulfills a Graduation Requirement	Spring Semester	.5 credit	Prerequisite: English 11 or an AP Class
<p>This course provides instruction and practice in the preparation and delivery of speeches within a welcoming and lively classroom setting. Students will learn how to research, outline, and deliver short, informal presentations, as well as longer speeches. Students will also sharpen their skills in critical listening. Upon completion, students will be able to prepare and deliver well-organized speeches and demonstrate the speaking skills necessary to be effective communicators in academic settings, in the workplace, and in the community. Although some (many) might find the thought of public speaking terrifying, the rewards for acquiring these skills are enormous.</p>			
Literature of Society and Self • Elective Credit	Semester	.5 credit	Prerequisite: Open to 10th-12th graders
<p>What can literature tell us about the ways our minds and society do—and (more interestingly!) do <i>not</i>—work? How can we use this knowledge to inform, transform, and initiate action in our own lives, community, and world? Since the beginning of time, authors and audiences have been interested in how and why human beings behave as they do, and many of the world’s literary texts are actually personal journeys of self-exploration and social commentary, as authors used narrative as a means of exposing their true selves and the world around them. This course helps students understand how a wide variety of texts—including (but NOT limited to) poetry, speeches, podcasts, essays, novels, and more—help us look at and explore our ideas of what it is to be human, how we can address and understand the experiences of individuals and humanity, and how we can use this knowledge to effect change in our own lives and society. All types of media will serve as inspiration for analysis, creative writing, art, and discussion, as we will consider why the mind thinks what it thinks, examine what this means in the context of being socially conscious and active, and explore ways in which authors and artists depict (ab)normality, mental illness, social structures, (in)justice, and human nature.</p>			
Media and Social Media Studies • Elective Credit	Semester	.5 credit	Prerequisite: Open to 9th-12th graders
<p>This class will examine current trends in “the media.” We will look at how information from the “media” is delivered differently than in the past and how social media plays a role in informing the public. We will look at such mediums as film (documentaries), podcasts, blogs, and both electronic and print sources. In addition, we will examine how social media has changed what it means to be a “journalist.” Do we all have the potential to be “journalists” in today’s age of technology? After taking this class, students will be better consumers of media. We may also re-create what we study by producing media for the Freeport High School community in <i>The Falcon Outlet</i>. This could include the creation of blogs, podcasts, and even the production of live-streaming Freeport High School events (such as sports, performances, meetings, etc.).</p>			

Sports Media • Elective Credit	Semester	.5 credit	<i>Prerequisite: Open to 9th-12th graders</i>
<p>In this class, students will examine the medium of sports journalism. We will analyze sportswriting seen in magazines and newspapers, including the analysis of game-story writing, feature writing, and opinion writing. The second portion of the class will be devoted to the analysis of sports documentary filmmaking. We will examine current sports documentaries as we discuss how these films are made, covering the initial planning of the film to the final product. Students will also be tasked with creating their own media related to what we are examining in class. In addition, we will also explore sports broadcasting and how the medium of TV and radio differ. If you are interested in sports or sports journalism, this is the class for you!</p>			
Desktop Publishing/Yearbook • Elective Credit	Year	1 credit	<i>Prerequisite: Open to 10th - 12th graders</i>
<p>This course is designed to give motivated and deadline-oriented students an opportunity to work on the publication of the yearbook. They will be involved in every aspect of the page layout, editing, advertising, sales, and distribution of the school's yearbook. Students will take photos of and interview the student body, as well as attend photographic opportunities during and after school. This course allows students to work independently and in small groups. It gives students a chance to use their creative and organizational skills to produce a record of their school life that will be seen by their community. Students will develop a strong working knowledge of a web-based design and publishing program.</p>			
NDVR English • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Teacher Recommendation & Counselor Approval only</i>
<p>The NDVR program serves 10th, 11th, & 12th graders who struggle with or object to traditional schooling, or who might be at risk of dropping out. It is a nurturing yet demanding environment that values a real-world-based education. Students earn their core credits in English, science, and social studies through project-based learning and experiences delivered in a holistic manner. Additionally, the program offers credit recovery options. Individuals are required to apply for the program and are selected based on their interest in and need for the program.</p>			

Health & Physical Education Department

Physical Education Courses

Team Games • Fulfills a Graduation Requirement	Semester	.5 credit	<i>Prerequisite: None</i>
<p>This introductory course provides supportive opportunities for a variety of competitive physical activities that enhance the physical, mental, social, and emotional health of the student. Curriculum addresses motor skill development, physical fitness concepts and responsible and social interactions. The activity component includes lifelong recreational activities as well as competitive activities. Examples of offerings are: tennis, archery, Frisbee, badminton, basketball, volleyball, soccer, and pickleball.</p>			
EXCITE - Level 1 • Fulfills a Graduation Requirement	Semester	.5 credit	<i>Prerequisite: None</i>
<p>This introductory course provides supportive opportunities for a variety of non-competitive physical activities that enhance the physical, mental, social, and emotional health of the student. The activities are non-sport oriented and non-competitive. Curriculum addresses motor skill development, physical fitness concepts and responsible and social interactions. Activity components may include yoga, circuit training, weight training, cooperative and team building games and a variety of outdoor activities.</p>			
Individual Sports-Level 1 • Fulfills a Graduation Requirement	Semester	.5 credit	<i>Prerequisite: None</i>
<p>This introductory course provides supportive opportunities for a variety of individual and partner physical activities that enhance the physical, mental, social, and emotional health of the student. Curriculum addresses motor skill development, physical fitness concepts and responsible and social interactions. Examples of offerings are: tennis, archery, disc golf, badminton, track and field and pickleball, orienteering and lawn games.</p>			

Weight Training - Level 2 • Fulfills a Graduation Requirement	Semester	.5 credit	<i>Prerequisite: Successful completion of a Level 1</i>
<p>This course is designed for individuals who are interested in improving their own level of fitness. Students will acquire the knowledge needed to design and implement a personal weight training program. Cardiovascular exercise, plyometrics and other fitness enhancing activities are incorporated. This course is recommended for students who are self-motivated and eager to improve their level of fitness. Students will self-assess throughout the semester and exercise programs will be adjusted for optimal success.</p>			
Basic Strength Training - Level 2 • Fulfills a Graduation Requirement	Semester	.5 credit	<i>Prerequisite: Successful completion of a Level 1</i>
<p>This course is designed for students who are interested in improving their own level of fitness in a supportive environment. Students in this course may not be familiar or comfortable with the weight room equipment. Students will acquire the basic knowledge needed to design and implement a personal weight training program. Cardiovascular exercise, plyometrics and other fitness enhancing activities are incorporated. This course is recommended for students who are looking to improve their level of fitness in a supportive environment. Students will self- assess throughout the semester and exercise programs will be adjusted for optimal success.</p>			
Women's Fitness & Self Defense - Level 2 • Fulfills a Graduation Requirement	Semester	.5 credit	<i>Prerequisite: Successful completion of a Level 1 and Grades 11-12</i>
<p>This course will include self-defense technique training important to the safety of all women. Students will actualize their own physical power and dependence on themselves for protection. This will be accompanied with the ability to recognize and reduce risk in everyday situations. This class will also include a component targeted to improve fitness in a challenging and supportive environment. Students will participate in a variety of fitness-based activities and gain knowledge of the impact on their health.</p>			
Outdoor Fitness - Level 2 • Fulfills a Graduation Requirement	Semester	.5 credit	<i>Prerequisite: Successful completion of a Level 1</i>
<p>This course will introduce students to the advanced skills needed to ensure that outdoor adventures remain fun, challenging and safe. Outdoor activities include hiking, snowshoeing, camping, orienteering, and basic first aid. The course will also stress environmental awareness. This course requires 2 full day field trips, which include a winter and a fall/spring hike. *Hiking and winter boots are required. *If this is a hardship. Boots can be supplied by the department with advanced notice. This class can be taken as an Independent Study.</p>			

Adaptive PE ● Fulfills a Graduation Requirement	Semester	.5 credit	<i>Prerequisite: By recommendation ONLY</i>
<p>This class supports students with specific learning needs and/or physical challenges. This course will include a variety of physical activities including sports and games and non-competitive activities. The focus will be to have a positive and enjoyable experience being physically active. Students will also develop cooperative team building skills.</p>			
Physical Education Leadership ● Elective Credit	Semester	.5 credit	<i>Prerequisite: Teacher Approval</i>
<p>Through the physical education leadership program, students have the opportunity to develop leadership skills by direct assistance to the physical education staff. Student Leaders will be expected to become familiar with equipment, safety procedures, learn rules and officiate with each activity. Student Leaders will be able to assist with or conduct large group games and warm up activities to develop voice and leadership qualities essential to working with large groups of people.</p>			
Fitness Lab ● Elective Credit	Semester	.5 credit	<i>Prerequisite: None</i>
<p>The fitness lab is an opportunity for students to advance their personal health and fitness. The Fitness Lab will help students develop individualized personal training programs to meet health and fitness goals. Students will work with the Lab Instructor to select daily and weekly cardiovascular and muscular activities to meet these goals. The Fitness Lab has cardio and weight training equipment for all levels and abilities, including treadmill, elliptical machines, spin bikes, free weights and weight machines.</p>			
After School Fitness Lab ● Elective Credit	Semester	.5 credit	<i>Prerequisite: None</i>
<p>Students will earn elective credit for attending 45 hours (approximately 2-3 days per week) of the Fitness Lab after school. Students will sign in each day to track hours. The fitness lab is an opportunity for students to advance their personal health and fitness. The Fitness Lab will help students develop individualized personal training programs to meet health and fitness goals. Students will work with the Lab Instructor to select daily and weekly cardiovascular and muscular activities to meet these goals. The Fitness Lab has cardio and weight training equipment for all levels and abilities, including treadmill, elliptical machines, spin bikes, free weights and weight machines.</p>			

Health Courses

Health ● Fulfills a Graduation Requirement	Semester	.5 credit	<i>Prerequisite: Grade 10 or above</i>
<p>Students are provided with current, accurate information on health topics. Students assess their lifestyles and develop strategies to help them cope with contemporary health issues. Topics include stress management, mental health, suicide intervention, sexuality, global health and chemical dependency.</p>			
Advanced Health ● Elective Credit	Semester	.5 credit	<i>Prerequisite: Health</i>
<p>The purpose of this course is to explore in greater depth current health issues surrounding nutrition, public and global health, epidemiology, and disease prevention. The course will also involve investigating health related career choices and health education.</p>			

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athematics Department

Pre-Algebra • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Student placed based on 8th grade spring NWEA score and teacher recommendation</i>
This course is designed to develop those skills and concepts necessary to the transition from basic math to Algebra. Pre-Algebra includes the study of whole numbers, decimals, fractions, percents, integers, variable expressions and equations. Followed by Applied Algebra or Algebra 1.			
Math Support • Elective Credit	Year or Semester	.5 credit per year	<i>Prerequisite: Student placed based on grade 8 or grade 9 test data, academic achievement, teacher recommendation based on student need</i>
Students take this course in addition to their regular FHS mathematics course. Students will receive executive functioning support tied directly to mathematics as well as additional practice and support for their current math course.			
Algebra 1 (CP) • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Student placed based on 8th grade spring NWEA score and teacher recommendation</i>
This course is the foundation for Freeport High School mathematics courses. It is the bridge from the concrete to the abstract study of mathematics. This course emphasizes algebraic language, structure, concepts and skills. Major topics include algebraic properties and the real number system, functions and their graphs, linear equations and inequalities, systems of linear equations and inequalities, polynomials and factoring, algebraic fractions and real world applications. This course should be followed by a full-year Geometry course.			
Algebra 1 (Honors) • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Student placed based on 8th grade spring NWEA score and teacher recommendation</i>
This rigorous course covers all Algebra 1 CP topics in greater depth and with more problem solving. Includes the study of quadratic functions and rational expressions and equations. This course should be followed by a full-year Geometry course.			

Geometry (CP) <ul style="list-style-type: none"> • Fulfills a Graduation Requirement • May be taken concurrently with Algebra 2 or Honors Algebra 2 	Year	1 credit	<i>Prerequisite: Algebra 1</i>
<p>This is a course examining two- and three-dimensional geometric figures and their properties. Students explore concepts that develop logical thinking through deductive as well as inductive reasoning. Topics include the geometry of points, lines, planes, angles, polygons, circles, as well as coordinate geometry, properties of congruence, area, volume, and trigonometry. This course should be followed by an Algebra 2 course, or, if being taken concurrently with an Algebra 2 course, by Pre-Calculus and/or AP Stats.</p>			
Geometry (Honors) <ul style="list-style-type: none"> • Fulfills a Graduation Requirement • May be taken concurrently with Algebra 2 Or Honor Algebra 2 	Year	1 credit	<i>Prerequisite: Student placed based on 8th grade spring NWEA score and teacher recommendation OR Algebra 1 Test score and teacher recommendation</i>
<p>This course covers the same topics as the Geometry course, with the addition of: formal logic and proof, an emphasis on developing problem solving and communication skills, and this course requires a strong Algebra 1 background. This course should be followed by an Algebra 2 course, or, if taken concurrently with an Algebra 2 course, by a Pre-Calculus course or AP Stats.</p>			
Algebra 2 (CP) <ul style="list-style-type: none"> • Fulfills a Graduation Requirement • May be taken concurrently with Geometry or Honors Geometry 	Year	1 credit	<i>Prerequisite: Algebra 1</i>
<p>This course reviews the properties and operations of the real number system and extends them to the complex system. Students learn concepts and skills to enable them to find relationships among sets of data and represent those relationships graphically and algebraically. They examine a variety of functions including linear, quadratic, and absolute value. Problem solving and critical thinking skills are emphasized. Should be followed by Pre-Calculus and/or AP Stats.</p>			
Algebra 2 (Honors) <ul style="list-style-type: none"> • Fulfills a Graduation Requirement • May be taken concurrently with Geometry or Honors Geometry 	Year	1 credit	<i>Prerequisite: Student placed based on 8th grade spring NWEA score and teacher recommendation OR Algebra 1 & Teacher Recommendation</i>
<p>This course stresses problem solving techniques, critical thinking skills, and an in-depth study of functions and their graphs, matrices and determinants, sequences and series including the Binomial Theorem. Exposure to advanced topics and applications is emphasized. Computer applications and scientific graphing calculators are used extensively. Should be followed by either Honors Precalculus and/or AP Statistics.</p>			

Pre-Calculus (CP) • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Algebra II</i>
This course studies the functions introduced in Algebra 1 and Algebra 2 in greater depth and scope. It emphasizes real world applications, connections to college courses and majors, with particular emphasis on Trigonometry and Logarithmic & Exponential functions. There is an emphasis on a variety of note taking, problem-solving, and critical thinking strategies relevant to continuing on to higher education. It is an excellent preparation for higher-level mathematics. Should be followed by a Calculus course and/or AP Statistics.			
Pre-Calculus (Honors) • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Algebra II and Teacher Recommendation</i>
This course provides a strong background for further studies in Math and related areas. The function is the underlying and unifying concept of most of the topics in this course. First semester is devoted to the study of Trigonometry. The second semester offers a review of functions covered in Algebra 2, including polynomials, rational functions, exponential functions and logarithms. A study of analytic geometry is also covered. First semester is devoted to the study of Trigonometry. Should be followed by a Calculus course and/or AP Statistics.			
Quantitative Reasoning • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Algebra I</i> • Can be taken for college credit if student meets acceptance criteria
This course explores connections between mathematics and various facets of modern life. Quantitative reasoning enables both understanding and decision-making about aspects of work, money management, civic participation, and recreation. Topics in this course include unit analysis, percentages, personal finance, statistics, probability, linear and exponential growth, mathematical modeling, and geometry. Dual-enrollment credit is offered through SMCC to students who qualify.			
Calculus (CP) • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Pre-Calculus</i>
This course offers students the option to take a rigorous course of calculus with a more flexible breadth and depth of coverage than the advanced placement curriculum. It will prepare students for taking calculus in college as well as any calculus-based science classes they may take in college. Topics covered include: Functions, Graphs and Limits, Derivatives, and Integrals.			
• Statistics (CP)	Year	1 credit	<i>Prerequisite: Algebra I and Geometry</i>
This course is recommended for students who want to learn about real-world data analysis and/or will need to take statistics in college, but may not be interested in the AP-level course. Students will develop skills in collecting, examining, and interpreting data using statistical techniques. Topics of study include sampling theory, descriptive statistics, probability theory, normal distribution, confidence intervals, hypothesis testing, inference, regression, and correlation. Dual-enrollment credit is offered through SMCC to students who qualify. For two years of dual-enrollment mathematics, Quantitative Reasoning is recommended before this course.			

AP Calculus AB • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Pre-Calculus and Teacher Recommendation</i>
This course follows the Advanced Placement Calculus AB curriculum put out by the College Board in conjunction with the advanced placement examination. It prepares students for all topics on the AP test including: functions, graphs and limits, derivatives, and integrals. All students will be required to take AP exams.			
AP Calculus BC • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: AP Calculus AB and Teacher Recommendation</i>
This course follows the Advanced Placement Calculus BC curriculum put out by the College Board in conjunction with the advanced placement examination. The outline for Calculus BC includes all Calculus AB topics, with additional study of limits involving infinity, sequences and series and vectors. All students will be required to take AP exams.			
AP Statistics • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Algebra II AND Pre-Calculus (can be taken concurrently with Pre-Calculus)</i>
This course follows the Advanced Placement Statistics curriculum put out by the College Board in conjunction with the advanced placement examination. It prepares students for all topics on the AP test including: exploratory analysis, planning a study, probability, and statistical inferences. All students will be required to take the AP exam.			
Online Linear Algebra • Fulfills a Graduation Requirement	Semester	.5 credit	<i>Prerequisite: Taken after completing AP Calculus BC, teacher recommendation only</i>
An advanced math course, linear algebra is a branch of mathematics that studies systems of linear equations and the properties of matrices. Topics in this course generally include the study of vectors in the plane and space, systems of linear equations, matrices, determinants, vectors, vector spaces, linear transformations, inner products, eigenvalues and eigenvectors.			
Online Differential Equations • Fulfills a Graduation Requirement	Semester	.5 credit	• <i>Prerequisite: Taken after completing AP Calculus BC, teacher recommendation only</i>
An advanced math course and the first course in differential equations. Topics generally include separable, homogeneous, exact, and linear first order differential equations; variations of parameters, differential operators, systems of differential equations, and applications.			

Foundations in Entrepreneurship • Math Elective	Semester	.5 credit	<i>Prerequisite: Algebra I</i>
Learn the ins and outs of creating and building any business. This class introduces the topic of entrepreneurship and innovation through examples of leaders and models of companies. You will study business finances, macroeconomics, marketing, branding, and growing a business. Other elements of the course include: managing a company and employees, keeping business records, leadership, funding, government, research, cash flow, and technology.			
Personal Finance • Math Elective	Semester	.5 credit	<i>Prerequisite: Algebra I</i>
This course helps students understand the world of money management in the modern world. It will emphasize knowledge and skills necessary for successfully negotiating our American financial system: forms of pay; banking; investing; credit cards and other credit issues; budgets; federal, state, and city taxes; and home and apartment ownership and rental.			

Science and Technology Department

Earth Systems Science (CP) • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: None</i>
<p>In this course students will explore topics in astronomy, earth science, and ecology with an emphasis on human interaction with our Earth's systems. This course(CP or Honors) is required for all 9th grade students.</p>			
Earth Systems Science (Honors) • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Algebra I or higher, teacher/counselor recommendation</i>
<p>In this course students will explore topics in astronomy, earth science, and ecology with an emphasis on human interaction with our Earth's systems. Students should be prepared for a demanding course at an accelerated pace. This course (CP or Honors) is required for all 9th grade students and goes deeper into concepts related to earth systems.</p>			
Biology (CP) • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Earth Systems Science</i>
<p>This required course provides a foundation in biological concepts. Topics of study include cell structure and physiology, biochemistry, DNA structure, protein synthesis, cell division, genetics and evolution.</p>			
Biology (Honors) • Fulfills a Graduation Requirement	Year	1.5 credits	<i>Prerequisite: Earth Systems Science (CP or honors) and teacher recommendation.</i>
<p>Honors Biology aims to provide students with the conceptual framework, factual knowledge, and analytical skills necessary to deal critically with the rapidly changing science of biology.</p> <p>This is a rigorous course that provides a strong foundation in fundamental biological concepts. The course uses a college level AP Biology text and moves at an accelerated pace with greater depth and coverage of material. Topics of study include cell structure and physiology, biochemistry, DNA structure, protein synthesis, cell division, genetics and evolution.</p> <p>This is the first course of a two year sequence that includes AP Biology. Students are not required to take both courses and may choose to end their biology studies with Honors Biology. Students who wish to sit for the College Board AP Biology exam must take AP Biology after completion of Honors Biology. <u>This course meets every day.</u></p>			

Chemistry in the Community ● Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Earth Systems Science, Biology, and by recommendation only.</i>
<p>This course teaches chemistry concepts through the lens of societal issues and is designed to teach basic chemistry concepts and their application to everyday life. Basic concepts and applications of physical science are surveyed with an emphasis on the role of chemistry in the real world. Topics include measurement skills, atomic theory, periodic laws, chemical equations and reactions, nuclear chemistry, and organic chemistry.</p>			
Chemistry (CP) ● Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Biology (or taken concurrently)</i>
<p>This course is designed to build upon the concepts learned in Science and Sustainability or Earth Systems Science, and Biology (CP or Honors). The course emphasizes the conceptual study of chemistry. Topics include measurement skills, atomic theory, periodic laws, chemical equations and reactions, nuclear chemistry, and organic chemistry. Good calculator and laboratory skills are important.</p>			
Chemistry (Honors) ● Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Biology (or taken concurrently)</i>
<p>This advanced course is designed to build upon the concepts covered in Science and Sustainability or Earth Systems Science, and Biology (CP or Honors). Students should be prepared for a demanding laboratory course at an accelerated pace. Topics include measurement skills, atomic theory, periodic laws, chemical equations, reactions and stoichiometry, gas laws, acid and base theory, oxidation-reduction, nuclear chemistry and organic chemistry. Good calculator and math skills are essential.</p>			
Physics (CP) ● Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Biology & Algebra I</i>
<p>This course covers Newtonian mechanics emphasizing the conceptual study of physical phenomena such as force, motion, momentum and energy and their application to everyday life. There is a strong emphasis on laboratory-based activities with an emphasis on mathematical relationships.</p>			

AP Physics 1 ● Fulfills a Graduation Requirement	Year	1.5 credits	<i>Prerequisite: Biology & Calculus (may be taken concurrently)</i>
<p>AP Physics 1 is an algebra-based, introductory college-level physics course. Students cultivate their understanding of physics through classroom study, in-class activity, and hands-on, inquiry-based laboratory work as they explore concepts like systems, fields, force interactions, change, conservation, and waves.</p> <p>This course includes topics typically taught in a first-semester Physics course taken by science and engineering students at most colleges and universities. Students taking this course should expect a rigorous, fast-paced course of study that will prepare them for the College Board's AP Physics 1 exam in the spring. <u>This course meets every day.</u></p>			
AP Environmental Science ● Fulfills a Graduation Requirement	Year	1.5 credits	<i>Prerequisite: Earth Systems Science, Biology. Chemistry is also recommended.</i>
<p>AP Environmental Science is the equivalent of an introductory college course in environmental science. The goal of the course is to provide students with the conceptual foundation necessary to understand complex relationships in the natural world, to develop the skills required to identify and analyze environmental problems, and to examine alternate solutions for resolving and/or preventing them.</p> <p>Environmental science is an interdisciplinary study that draws from the biological, physical, chemical and earth sciences, as well as social sciences such as economics, politics and sociology. Critical thinking and problem solving applications are emphasized. <u>This course meets every day.</u></p>			
AP Biology ● Fulfills a Graduation Requirement	Year	1.5 credits	<i>Prerequisite: Honors Biology, CP Biology with Teacher Permission.</i>
<p>AP Biology is the second course in a two year sequence that includes Honors Biology.</p> <p>AP Biology includes those topics regularly covered in a college biology course for majors. The college course in biology differs significantly from the usual first high school course in biology with respect to the kind of textbook used, the range and depth of topics covered, the type of laboratory work done by students, and the time and effort required of students. The course is organized around the four "big ideas" of biology that include evolution, cellular processes, genetics and information transfer, and the interactions of biological systems. <u>This course meets every day.</u></p>			
Anatomy & Physiology ● Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Earth Systems Science & Biology</i>
<p>The course is designed to build on the concepts learned in Earth Systems Science and Biology or Honors Biology classes. This full year course covers all the main systems of the human body with units on stem cell research and an investigation of smallpox eradication at the end of the year. This is a laboratory course with a required extensive fetal pig dissection and lab practicum.</p>			

Environmental Science • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Earth Systems Science & Biology</i>
This course is designed to build on the concepts learned in Earth Systems Science and Biology or Honors Biology. Topics include ecology, population growth, climate change, water quality, renewable energy, and environmental ethics. There are numerous lab activities and field studies.			
Forensic Science • Divided into Semester 1 and 2 course • Fulfills a Graduation Requirement	Semester (can be taken Full Year)	.5 credit	<i>Prerequisite: Earth Systems Science & Biology</i>
This two semester elective course has been divided into two separate parts with the requirement that semester 1 is taken prior to taking semester 2. Students will be introduced to the basic principles and processes of crime scene analysis and forensic science. Building on many of the concepts learned in the first two years of the FHS science sequence, this course will apply skills and techniques to investigate difference examples of evidence. Topics include crime scene analysis, evidence collection, fingerprints, hair and fiber analysis, blood and blood spatter evidence and forensic anthropology. Course work will include laboratory exploration, case studies of real crimes and individual projects.			
NDVR Science • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Teacher Recommendation & Counselor Approval only</i>
The NDVR program serves 10th, 11th, & 12th graders who struggle with or object to traditional schooling, or who might be at risk of dropping out. It is a nurturing yet demanding environment that values a real-world-based education. Students earn their core credits in English, science, and social studies through project-based learning and experiences delivered in a holistic manner. Additionally, the program offers credit recovery options. Individuals are required to apply for the program and are selected based on their interest in and need for the program.			

Pre-Engineering Courses

Introduction to Engineering & Design • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: None</i>
The goal of this course is to familiarize students with a variety of hands-on projects, assignments and experiences that show the interconnectedness of science, technology, engineering and mathematics (STEM). Students will complete quarterly projects that incorporate both creativity, scientific principles and formal design processes in order to meet specific criteria. Additionally, students will explore the various fields within the engineering profession as well as postsecondary and career planning. Projects will be drawn from the fields of biochemical, civil, environmental, electrical and aerospace engineering.			

Computer Programming <ul style="list-style-type: none"> ● Fulfills a Graduation Requirement ● May be taken more than once 	Semester	.5 credit	<i>Prerequisite: None</i>
<p>This course provides both beginners and experienced coders an opportunity to increase their knowledge and understanding of computer science topics such as programming, hardware architecture, graphics, game design, and logic systems at any level of complexity. The course provides a chance to learn a new computer language, write computer programs and apps, and investigate the inner workings of computers, tablets and mobile phones. Possible languages include industry standards such as JavaScript, C, XCode, Codea, Java, HTML, and Python. Programming may be done on any combination of laptop, desktop, or tablet computers or on dedicated microprocessor boards such as Arduino, Raspberry-Pi, or BeagleBone. No programming experience is required! This course may be taken more than once for credit.</p>			
Engineering & Design Lab <ul style="list-style-type: none"> ● Fulfills a Graduation Requirement ● May be taken more than once 	Semester	.5 credit	<i>Prerequisite: Introduction to Engineering & Design</i>
<p>This project-based class is designed to inspire students to embrace the “Maker” mentality and work independently or in small groups to complete projects following quarterly themes with the guidance and instruction of the teacher. Students work through the engineering design process to research, develop, construct and evaluate their projects. Emphasis is placed on digital design (CAD), digital fabrication (3-D printing and CNC), and manufacturing. Many of the projects will have an entrepreneurial or competition aspect. This class may be taken more than once for credit as projects and themes vary throughout the year. Examples of past projects are sign making, adirondack chairs, garden gnomes, robots, catapults, and audio systems.</p>			
Advanced Engineering & Design <ul style="list-style-type: none"> ● Fulfills a Graduation Requirement 	Year	1 credit	<i>Prerequisite: 1.5 STEM Credits, Project Proposal & Teacher recommendation</i>
<p>This is a project-based class where students work independently or in teams and are responsible for large-scale design projects. Students work through the engineering design process to research, develop, construct and evaluate their projects. Students will be expected to participate in one or more state or national competitions such as VEX Robotics, Maine Windblade Challenge, or Science Olympiad. Past student projects have included a wind tunnel, high-temperature kiln, wind turbine blades, robots, and a quadcopter. Final projects may be tied to a Senior Project or community service project.</p> <p><i>NOTE: Students must prepare and present at least one project proposal prior to being admitted to this class. Proposal forms are available from FHS STEM teachers.</i></p>			

Social Studies Department

Global Studies • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: None</i>
<p>This course provides students with global awareness that is the foundation for their future work in Social Studies. Students expand their geography skills, gaining a deeper understanding of physical and political geography while exploring the cultures and history of several major world areas. The course begins with an introduction to the concept of culture and an analysis of several specific culture groups. Students then review and reinforce their basic geography skills. The bulk of the course will be spent on in-depth studies of the Middle East, Africa, India, and China. Students use a variety of study and presentation methods. An understanding of current events will be a major focus. Ultimately, Global Studies is a course in which a student can gain a foundation in world issues and become active observers of, and potential participants in the events of our evolving global environment.</p>			
Modern World Conflict • Fulfills a Graduation Requirement	Semester	.5 credit	<i>Prerequisite: Global Studies</i>
<p>This course will examine significant global conflicts of the 20th Century, including the First World War, World War II and the Holocaust, the Cold War, and other conflicts related to political, geopolitical, or religious ideologies. This course will provide students with a wider lens through which they can examine contemporary politics and world events. This course will emphasize the use of primary sources in historical analysis.</p>			
American Government & Economics • Fulfills a Graduation Requirement	Semester	.5 credit	<i>Prerequisite: Global Studies</i>
<p>This course will examine the roots, framework and purposes of American government. Students will analyze the United States Constitution and the role of a citizen within a democracy, as well as the essential elements of each branch of government. Students will be expected to keep up with current events throughout the semester. Additionally, the curriculum will ask students to identify and explore a variety of topics connected to personal finance. This course will help to prepare students in processing and understanding the dynamic nature of the American political and economic spectrum.</p>			
American History • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Modern World Conflict & American Government & Economics</i>
<p>This course is a survey of American History from the Pre-Columbian era to the present. Students will learn some of the key people, places, concepts and issues that have contributed to the development of America's story. Particular emphasis will be placed on developing content knowledge and understanding, document analysis and historical reasoning skills, application of research skills, and using evidence to support claims. Students will have the opportunity to demonstrate their knowledge and understanding in a variety of ways.</p>			

Economics/Finance • Elective	Spring Semester	.5 credit	Prerequisite: Open to 11th-12th grade
<p>In this course, students learn about the challenges of having limited resources and unlimited wants and needs. Students develop an understanding of macroeconomic and microeconomic concepts such as supply and demand, opportunity cost, risk management, competition, market structures, production and consumption, fiscal and monetary policy, inflation, unemployment, and international trade. Upon successful completion of the course, students will understand the ways in which economic decisions affect individuals, groups, market systems, and countries. Students will also learn about money management, financial planning, credit, and other personal finance topics.</p>			
20th Century U.S. History Through Film • This cannot be used as a U.S. History requirement - Elective Credit	Spring Semester	.5 credit	Prerequisite: Open to 11th-12th grade
<p>This course is intended to give students an in-depth understanding of 20th Century American History from the Progressive Era through the end of the century. While the framework of the course will be chronological and will require students to master a timeline of the century, the methodology used for understanding will be a series of historical films and documentaries. Students will do the background research necessary to prepare for these films, and then will analyze them based upon how each presented the major issues of the time period/event.</p>			
Mock Trial and Social Science • Elective Credit	Fall Semester	.5 credit	Prerequisite: Open to 9th-12th grades
<p>The first quarter will be devoted to participation in the interscholastic Mock Trial competition. Participating high schools from around the state create prosecution and defense teams which try a fictional case before active Maine judges and lawyers in Portland, Maine. This is a very intensive simulation activity that requires out of class commitments, including practice sessions outside of regular school hours, scrimmages with local teams, and two or more graded trials. It is recommended that if you want to enroll in this course that you take into consideration your Fall schedule. This course may be taken more than once as Mock Trial topics and course units change.</p>			
Balance of Power • Elective Credit	Fall Semester	.5 credit	Prerequisite: Open to 11th-12th grades
<p>This Social Studies course explores the nature, influence, and balance of power in American government from local to state to national contexts. Students will identify and examine the structures of government at all levels in the American political system, as well as how they interact. Students will study the influence of the media, polls, opinions, political parties, economics, lobbies, and grassroots organizations on public policy. Current events are used as topical case studies in order to discuss and analyze the state of American democracy. B.o.P. students run the Mock Election in the High School each fall.</p>			

Psychology ● Elective Credit	Semester	.5 credit	<i>Prerequisite: Open to 11th-12th grades</i>
<p>Psychology is the study of the relationship between the mind and behavior. As a result, acquiring an understanding of human psychology is useful in a variety of career fields. This course focuses on:</p> <ul style="list-style-type: none"> - The Brain & Behavior - Conditioning, Learning, and Memory - Psychological Disorders - Human Development - Social Behavior and Interaction - And more <p>The course runs as a balance between traditional academic study & lecture, hands-on learning, case study analysis, practical application, and project-based learning. It will be important to keep an open mind, and be willing to look into your own perceptions of yourself in order to fully grasp the material.</p>			
Sociology ● Elective Credit	Semester	.5 credit	<i>Prerequisite: Open 10th-12th grades</i>
<p>Sociology is a research and activity based course which introduces students to the study of Sociology. Sociology focuses upon group behavior and its effect upon individuals, as well as the effect that individuals have upon groups. Students will study how we are socialized into the various groups that we are all a part of, as well as the basic structure of our main socializing agencies: family, peer groups, schools, communities, etc... Students will also be introduced to the basic elements of sociological research, and explore such topics as: race, gender, class, deviance, and significant sociological theories.</p>			
NDVR Social Studies ● Fulfills a Graduation Requirement	Year	Variable	<i>Prerequisite: Teacher Recommendation & Counselor Approval only</i>
<p>The NDVR program serves 10th, 11th, & 12th graders who struggle with or object to traditional schooling, or who might be at risk of dropping out. It is a nurturing yet demanding environment that values a real-world-based education. Students earn their core credits in English, science, and social studies through project-based learning and experiences delivered in a holistic manner. Additionally, the program offers credit recovery options. Individuals are required to apply for the program and are selected based on their interest in and need for the program.</p>			

AP World History: Modern ● Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Open to 11th & 12th grade</i>
<p>This is a college level history course designed to meet the needs of students who have a strong interest in history. The student is expected to read and analyze both primary and secondary source materials and to demonstrate ability to interpret and evaluate these sources in essay form. Students will take the Advanced Placement World History: Modern exam in May, as preparation for this exam is a major goal of this course. Therefore, the course is content-driven with heavy emphasis on written critical analysis. Extensive reading,</p>			

writing, and class discussions are integral components of the program. The AP program in World History is designed to develop a greater understanding of human societies. The course covers world history from circa 1200 CE to the present. *Students taking this course are required to take the AP exam in the spring.*

AP U.S. History ● Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: Open to 11th & 12th grade, completion of American History strongly recommended.</i>
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This is a college level history course designed to meet the needs of students who have a strong interest in American history. The course covers American history from the pre-Columbian era to the present. Extensive reading, writing, and class discussions are integral components of the program and students are expected to read and analyze both primary and secondary source materials and to demonstrate ability to interpret and evaluate these sources. *Students taking this course are required to take the AP exam in the spring, as preparation for this exam is a major goal of this course.* Therefore, the course is content-driven with heavy emphasis on written critical analysis. AP U.S. History is recommended for seniors who have completed the American History course, but is open to juniors upon teacher recommendation and with the understanding that the difficulty of the course increases for those without a working knowledge of American history. *Completion of summer work prior to the beginning of the course is a critical component to success in this course.*

V isual and Performing Arts Department

Musical Arts Course Offerings

Concert Band • Fulfills Graduation Requirement	Year	1 credit	<i>Prerequisite: None</i>
<p>Concert Band is open to any student at Freeport High School, regardless of prior experience in music. This course requires a combination of scheduled class time and after-school rehearsals and/or performances. Attendance at all concerts and scheduled performances is mandatory. Students are highly encouraged to take this course for more than one year.</p> <p>Public performances include (but may not be limited to): the fall homecoming football game, a winter concert, a spring concert, a concert band festival performance, and the Memorial Day Parade.</p>			
Introduction to Drums • Fulfills half of the VPA Graduation Requirement	Semester	.5 credit	<i>Prerequisite: None</i>
<p>This course is designed for students with no previous drumming experience. Students will receive guidance and direction in solving problems related to playing the drums at a beginning level and will learn many of the different styles, skills and techniques required to become a successful drummer. Areas of concentration include: correct posture, note reading, rhythmic patterns, improvisation and performing experiences. A brief history of the drums along with a study of its respective musical styles will also be covered in this course. This course will explore the fundamentals of percussion performance. Exploration into the performance techniques and literature for all instruments of the percussion family will be the focus of the course, including snare drum, timpani, mallet percussion, drum set, and African and Latin percussion instruments. Drums will be provided for the students enrolled in this course. There is no requirement to purchase your own drums or drumsticks.</p>			
Concert Choir • Fulfills Graduation Requirement	Year	1 credit	<i>Prerequisite: None</i>
<p>Concert Choir is open to anyone who likes to sing, grades 9-12. Members will participate in two major performances during the year which include our winter and spring concerts. This class meets every other day for 80 minutes, and rehearsals include sight singing, music theory, and the study of proper vocal technique as well as contemporary literature. Attendance at all concerts and scheduled performances is compulsory. Many of our students audition successfully for our District III Honors Chorus, in addition to All-State. This course may be taken for more than one year.</p>			

Introduction to Guitar • Fulfills half of the VPA Graduation Requirement	Semester	.5 credit	Prerequisite: None
<p>This course is designed for students with no previous guitar experience. Students will receive guidance and direction in solving problems related to playing the guitar at a beginning level and will learn many of the different styles, skills and techniques required to become a successful guitarist. Areas of concentration include: correct posture, note reading, aural skills, rhythmic patterns, chord study, finger-picking styles, musical forms, improvisation and performing experiences. A brief history of the guitar along with a study of its respective musical styles will also be covered in this course. <i>Guitars will be provided by the school.</i></p>			
Intermediate Guitar • Fulfills half of the VPA Graduation Requirement	Semester	.5 credit	Prerequisite: Introduction to Guitar
<p>This course is designed for students who have successfully passed Introduction to Guitar. Students will receive guidance and direction in solving problems related to playing the guitar at an intermediate level and will learn many of the different styles, skills and techniques required to become a successful guitarist. Areas of concentration include: more advanced note reading, aural skills, rhythmic patterns, intermediate and advanced chord study, finger-picking styles, musical forms, improvisation and performing experiences. Guitars will once again be provided by the school (the student is not required to purchase a guitar).</p>			
Music Technology (Level 1 & 2) • Fulfills half of the VPA Graduation Requirement	Semester	.5 credit	Prerequisite: None • Must complete Level 1 to enroll in Level 2.
<p>Music Technology is open to any student at Freeport High School, regardless of prior experience in music. In this class, students will discover their own creative process and how to overcome musical challenges that come with creating music. Students work on an individual basis, which will allow for frequent personal feedback by the course instructor. Students will learn how to write music using traditional music notation in 'Flat.io,' and will also learn how to record music and MIDI tracks using 'GarageBand.' Students will learn to do things such as work with pre-recorded audio samples, write music for drum set, bass, and other various instruments, create a cover song and create an original song.</p> <p>Music Technology 2 will teach you how to create a podcast, create a soundtrack to a film/movie, create and/or use samples within GarageBand and more. Students MUST pass Music Technology 1 to be eligible to enroll in Music Technology 2.</p>			
Introduction to Piano • Fulfills half of the VPA Graduation Requirement	Semester (half period)	.5 credit	Prerequisite: None
<p>Introduction to Piano is open to any 9th-12th grade student with no prior piano experience. This course is designed specifically for beginners where they will be taught basic music theory skills, hand position and fingerings, and proper practicing techniques. We will use the "Alfred's Basic Adult All-in-One Course" methods book along with other resources in order to teach and refine these skills. This course is designed to meet the needs of a high school student who wants to experience music through self-directed learning and have fun with the instruments.</p>			

Intermediate Piano • Fulfills half of the VPA Graduation Requirement	Semester	.5 credit	<i>Prerequisite: Introduction to Piano</i>
<p>Intermediate Piano provides continuing instruction for students who have completed Introduction to Piano. This class allows for placement of other students who have had some previous piano experience. Content includes basic keyboard theory (scales, chords, etc.), solo repertoire, and performance skills. Assessment of content knowledge and mastery of piano skills will take the form of benchmark pieces, music theory and scale assessments, and other special projects as assigned.</p>			
Honors Chamber Choir • Fulfills Graduation Requirement	Year	1 credit	<i>Prerequisite: Audition</i>
<p>Chamber Choir is open to students grades 9-12. Skilled singers will be auditioned for this ensemble. This class allows students to demonstrate a growing understanding of musical concepts that include tone, rhythm, harmony, tonality, texture, form, melody, and music in a historical and contemporary context. It provides students with the opportunity to experience varied ensemble groupings and to develop and understand relationships between music, the other arts, and disciplines outside of the arts. Attendance at all concerts and scheduled performances is mandatory. All Chamber Choir students are required to audition for either District III Honors Chorus or All-State, or if they choose to do so they can audition for both. Chamber Choir may be taken for more than one year, and students must complete an annual progress check at the end of each year.</p>			

AP Music Theory • Fulfills Graduation Requirement	Year	1 credit	<i>Prerequisites: Teacher recommendation required and/or prior music performance ensemble performance</i>
<p>AP Music Theory is an advanced level course designed to engage students in learning activities that will help them to achieve the outcomes assessed by the College Board's Advanced Placement Music Theory Examination. It is equivalent to a first-year college-level theory class.</p> <p>The AP Music Theory course is designed to develop a student's ability to recognize, understand, and describe the basic materials and processes of music that are heard or presented in a score, as well as further student's study of musicianship. These abilities will be developed through various aural, performance, written, creative, and analytical exercises. The curriculum aims to enrich students' musical experiences both in and out of their performance ensemble classes. It integrates aspects of melody, harmony, texture, rhythm, form, musical analysis, elementary composition and, to some extent, history and style. Musicianship skills such as dictation and other listening skills, sight-singing and keyboard harmony are considered an important part of the theory course. Although this course focuses on music of the Common Practice Period (1600-1900), materials and processes found in other styles and genres are also studied. This course is designed to provide students with the skills necessary to create and analyze music using an AP/college level approved text. The content will focus on the. It is essential that a student have performance skills on any instrument. This course is strongly recommended for the student considering music as a college major, minor or career. All students will take the AP Music Theory exam in the spring.</p>			

Theatre Arts Course Offerings

Unified Theatre Arts • Fulfills half of VPA Graduation Requirement	Semester	.5 credit	<i>Prerequisite: None</i>
Unified Theatre Arts is a unique opportunity for students with and without disabilities to come together through ongoing dramatic games, readings and writing exercises to create an original piece of theatre. Additionally, the class supports the development of leadership skills for all students as well as the empowerment of ALL students to foster an inclusive class and school-wide environment. May be repeated for additional elective credit.			
Theatre I • Fulfills half of the VPA Graduation Requirement	Semester	.5 credit	<i>Prerequisite: None</i>
Theatre I is designed to give students a deeper understanding, and appreciation for the fine art of theatre through exploration of its basic elements. Theatre I students engage in ensemble building, vocabulary, acting skills, playwriting, introduction to technical theatre and creative processes. These activities facilitate artistic growth through storytelling, character development, improvisation, creative movement and scripted scenes.			
Theatre II • Fulfills half of the VPA Graduation Requirement	Semester	.5 credit	<i>Prerequisite: Theatre I</i>
Theatre II students will take their knowledge of performance and build upon it. The focus of this course is acting and directing. Students will be required to direct short scenes and perform in both their classmates' scenes and alone. Students will study a wide variety of acting and directing styles to apply to specific projects. All students are required to perform in a public final performance of 10-minute plays as either an actor or director.			
Production Design • Fulfills half of the VPA Graduation Requirement	Semester	.5 credit	<i>Prerequisite: None, May be repeated for credit with teacher permission</i>
A project-based class that focuses on understanding the design process, especially as it relates to the theater, and works on tackling the tasks set before the students in a particular play. This class is run in tandem to the extra-curricular drama program because the students will use creative-thinking and problem-solving skills in the classroom to assist the play being staged. Students will develop a basic understanding of set construction, lighting design, sound design, hair and make-up design, costume design and prop design.			

Advanced Theatre • Elective Credit	Semester	.5 credit	<i>Prerequisite: Prerequisite Theatre I, Theatre II, or Teacher Permission, may be repeated for credit</i>
<p>Students will participate in all elements of a full theatrical production. From acting to technical design, students will facilitate all aspects of the Spring Play (TBD year to year based on enrollment). Students will be required to meet outside of class during the week prior to performance dates for technical rehearsals. This course may be taken more than once.</p>			

Dance • Elective Credit	Semester	.5 credit	<i>Prerequisite: None</i>
<p>Dance I is a course for students with any degree of dance experience or anyone new to dance. The principles, elements and protocol of dance will be introduced. Students will learn proper body alignment, flexibility, various techniques and vocabulary of basic movements. Combinations and across the floor work may include, but are not limited to, ballet, modern, jazz, african, folk, salsa, tap, and musical theatre.</p>			

Visual Arts Course Offerings

Foundations of Art • Fulfills Graduation Requirement	Year	1 credit	<i>Prerequisite: None</i>
<p>This course explores the basic elements of visual design through introductory exercises in drawing, painting, sculpture, and printmaking. Art is presented as a visual language mastered through the development of the student's perceptual skills and creative problem-solving techniques. Artistic production, art history, and aesthetics will be essential components throughout. Reading, critiquing, presenting, and writing about art and artists are an essential course component. All lessons are defined by technical and formal parameters, however, choice of subject matter is almost always left entirely to the students. This course requires students to create a digital portfolio including images of their projects, written reflections, and process reflections. The National Visual Art Standards are used for all assessments. Foundations of Art has an honors option.</p>			
Ceramics I • Elective Credit	Semester	.5 credit	<i>Prerequisite: Foundations of Art</i>
<p>In this class, students may make both functional and sculptural clay work using basic hand-building techniques. Through focusing on the integration of form and surface, as well as the study of both historical and contemporary clay work, students understand the importance of good design and quality craftsmanship. Individual and group critiques help students continuously improve their work and make informed artistic decisions.</p>			

Ceramics II • Elective Credit	Semester	.5 credit	<i>Prerequisite: Foundations of Art & Ceramics I</i>
This class builds on the skills and techniques acquired in Ceramics I. Students are challenged towards greater personal expression in ceramic media. Students broaden their knowledge of construction and finishing techniques through consideration of both historic and contemporary ceramic artists and an increased understanding of the elements of art as they pertain to three-dimensional art.			
3D Design • Elective Credit	Semester	.5 credit	<i>Prerequisite: Foundations of Art</i>
This course focuses on developing fluency, understanding, and personal expression in sculpture. Reading and writing about art and artists are essential course components. All lessons are defined by technical and formal parameters, however, choice of subject matter is almost always left entirely to the students. Students get to choose from a variety of materials including: clay, plaster, alginate, wire, paper, trash, etc.. This course requires students to create a digital portfolio including images of their projects, written reflections, and process reflections. The National Visual Art Standards are used for all assessments.			
2D Design • Elective Credit	Semester	.5 credit	<i>Prerequisite: Foundations of Art</i>
This course focuses on the two-dimensional techniques of drawing and painting. Students are challenged to develop their visual thinking skills and visual expression through a variety of assignments and media. All lessons are defined by technical and formal parameters, however, choice of subject matter is almost always left entirely to the students. Students are required to enter specific art competitions throughout the semester. Towards the end of the semester, students design a sustained investigation (in the model of AP Art & Design). This course requires students to create a digital portfolio including images of their projects, written reflections, and process reflections. The National Visual Art Standards are used for all assessments.			
Advanced Art & Design • Elective Credit	Year	1 credit	<i>Prerequisites: Foundations of Art & A Design Course</i>
This is a course for the student who has strong visual skills and a passion for creating. The students survey art through a series of themes. This class section is usually combined with the students taking their fourth year of art (AP Studio Art). All lessons are defined by technical and formal parameters, however, choice of subject matter is almost always left entirely to the students. Students develop an inquiry question and create a sustained investigation while developing their own style. Students are required to enter specific art competitions throughout the year. All students create a digital portfolio including images of their projects, written reflections, and process reflections. In May, all advanced/AP students exhibit their art portfolio in a large group show. The National Visual Art Standards are used for all assessments.			

AP Art History ● Elective Credit	Year	1 credit	<i>Prerequisites: None</i>
<p>AP Art History is designed to provide the same benefits to secondary school students as those provided by an introductory college course in art history: an understanding and enjoyment of architecture, sculpture, painting and other art forms within historical and cultural contexts. We learn about the cultures of our world through analyzing objects. In the course, students examine major forms of artistic expression from the past and present and from a variety of cultures. This class is lecture and discussion based (not studio art based). All students are required to take the AP exam in May.</p>			
AP Art & Design ● Elective Credit	Year	1 credit	<i>Prerequisite: Foundations of Art, A Design Course & Advanced Studio Art</i>
<p>AP Art and Design portfolios are designed for students who are seriously interested in the practical experience of art. Students develop an inquiry question and create a sustained investigation of 15 works while exploring their own artistic style. AP Art and Design is not based on a written exam; instead, students submit digital portfolios of their art for evaluation by the AP College Board in May. The AP Art and Design Curriculum consists of three portfolio-exam options — 2-D Design, 3-D Design, and Drawing — corresponding to the most common college foundation courses. Students are required to enter specific art competitions throughout the semester. This class section is usually combined with the students taking their third year of art (Advanced Studio Art). The National Visual Art Standards are used for all assessments. All students are required to take the AP exam in May.</p>			
Photography I ● Fulfills half of the VPA Graduation Requirement	Semester	.5 credit	<i>Prerequisite: Digital and 35mm film camera required (either point or shoot or DSLR/SLR). Students should have a basic understanding of how to operate their own camera devices. *Scholarships available</i>
<p>This semester-long course introduces students to photography as an art form. Students learn compositional skills through the study of the elements of art. Students explore the history of traditional photography as well as techniques and methods used by contemporary digital photographers. This course includes lessons in photo editing/manipulation using Photoshop software (first half) as well as traditional black and white film photography and basic darkroom techniques (second half). Researching and writing about photographers is an essential course component. This course requires students to create a digital portfolio including images of their projects, written reflections, and process reflections. The National Visual Art Standards are used for all assessments.</p>			

Photography II • Fulfills half of the VPA Graduation Requirement	Semester	.5 credit	<i>Prerequisite: Photography I; Digital and 35mm film camera required (either point or shoot or DSLR/SLR). Students should understand how to operate their own camera devices. *Scholarships available</i>
<p>This course introduces the creative manipulation of alternative photographic materials and processes such as toning, hand coloring, and multiple exposures using both darkroom and digital technology (Photoshop). Emphasis is placed on personal vision and modes of seeing. Upon completion, students should be able to create properly exposed images using a variety of photographic materials and processes. This course requires students to create a digital portfolio including images of their projects, written reflections, and process reflections. The National Visual Art Standards are used for all assessments.</p>			

Media Arts Course Offerings

Video Production I • Elective Credit	Semester	.5 credit	<i>Prerequisite: none</i>
<p>This course is a hands-on approach to video technology with the use of the digital video camera and using basic field production techniques. Students train on equipment and learn non-linear editing techniques using iMovie editing software. Students are required to film two outside events (i.e. sports contest, concert or school musical). The class will get an introduction to Channel 14 and its operation. Students will do a variety of projects to gain experience in basic video skills.</p>			
Video Production II • Elective Credit	Semester	.5 credit	<i>Prerequisite: Video Production I</i>
<p>This class expands on the principles taught in Video One. Students continue to develop their camera and editing techniques and delve deeper into various video projects to produce longer and more complex videos. Students are required to film two outside events (i.e. sports contest, concert or school musical). Students work with voice over techniques in video storytelling as well as learn basic principles used in live on-location news stories.</p>			
Advanced Videography • Elective Credit	Semester	.5 credit	<i>Prerequisite: Teacher Recommendation/Approval</i>
<p>Advanced students who wish to elect a challenging self-directed study of videography may choose Advanced Videography with permission of the teacher. The Advanced Videography teacher serves as an advisor to guide the student in the definition and pursuit of learning outcomes, research and troubleshooting, and the completion of goals. Students will define an area of focus for the semester. Acceptance into the class will be based upon a written proposal to the instructor, approved prior to the beginning of the semester.</p>			

World Languages Department

French I ● Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: None</i>
<p>This course teaches the four language skills: speaking, listening, reading, and writing, with an emphasis on dialogue. Role-playing and skits are used as tools to increase oral competency. Writing practice includes short-answer responses and short descriptive pieces. Students will work from a compilation of literary sources, as well as a variety of online resources.</p>			
French II ● Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: French I</i>
<p>Students build on the foundations of French I and enhance their corpus of vocabulary and grammatical form while developing the four primary linguistic skills. Written work includes students' original narratives. Students work from a compilation of literary sources, as well as a variety of online resources.</p>			
French III ● Elective Credit	Year	1 credit	<i>Prerequisite: French II</i>
<p>In this course, students continue to develop and hone their four primary linguistic skills through in-depth grammar study, vocabulary acquisition, and extensive speaking and writing practice. Students will work on further development of their reading comprehension, writing, speaking and listening skills in French.</p>			
French IV ● Elective Credit	Year	1 credit	<i>Prerequisite: French III</i>
<p>This full-year course offers an approach to fluency through all four of the linguistic skill areas: listening, speaking, reading, and writing. Students broaden and deepen their current understanding of grammatical structures while learning new structures that allow them to add complexity and abstract thought to their verbal and written expression. Each unit introduces an aspect of cultural life along with thematic vocabulary, giving students the opportunity to practice and play. They read and analyze literature, write and edit short compositions, participate in debates and roundtable discussions, and engage in various forms of creative expression. Through online and in-class collaboration, students are exposed to authentic contemporary language and culture in context.</p>			

French V • Elective Credit	Year	1 credit	<i>Prerequisite: French IV</i>
In this course, students explore a selection of French and francophone literature through readings, discussions, and films. Students expand their French skills through analysis, critique, and discussion. Films are used to reinforce and support each piece of literature, to develop students' listening comprehension, and to foster and heighten in-class discussion. Grammar and structure work are also emphasized throughout the year to help students review, refine, and develop their writing and speaking skills. Oral activities emphasize proficiency in spontaneous speech and thought.			
Latin I • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: None</i>
In this course, students acquire basic Latin vocabulary and grammar. Students read and interpret short stories in Latin while learning about the culture and history of the Romans.			
Latin II • Elective Credit	Year	1 credit	<i>Prerequisite: Latin I</i>
This course continues the vocabulary and grammar acquisition from Latin I, but at a higher level of complexity. Students will read text that features a deeper sophistication in plot and storyline, while confronting the bigger questions of what it meant to be Roman.			
Latin III • Elective Credit	Year	1 credit	<i>Prerequisite: Latin II</i>
Students continue to develop their study of Latin grammar, vocabulary, and syntax at a more advanced level while deepening their understanding of Roman history and cultural topics.			
Latin IV • Elective Credit	Year	1 credit	<i>Prerequisite: Latin III</i>
This course continues and expands upon the work begun in Latin III, stressing the development of fluency and depth in translation skills and literary analysis. Students are encouraged to hone their skills in translation, paying close attention to structure and meaning.			
Spanish I • Fulfills a Graduation Requirement	Year	1 credit	<i>Prerequisite: None</i>
This course provides an introduction to the language, culture, and geography of the Hispanic world. Students acquire language skills sufficient to describe themselves and their world and to inquire about others through listening, speaking, reading, and writing activities.			
Spanish II	Year	1 credit	<i>Prerequisite: Spanish I</i>

● Fulfills a Graduation Requirement			
Spanish II builds on the grammar introduced in Spanish I, but greatly expands knowledge of vocabulary. Cultural knowledge continues to develop through readings, pictures (videos), and projects. Listening comprehension is further enhanced. Students are expected to make every effort to communicate in Spanish in class. Role-playing and skits are used as tools to increase oral competency.			
Spanish III ● Elective Credit	Year	1 credit	<i>Prerequisite: Spanish II</i>
This course focuses on oral and written proficiency in the language. Exercises include vocabulary development, reading and discussion of literature. Topics from Spain and Latin America are used to develop not only a linguistic, but also a cultural fluency. A review of basic and advanced grammar is included, especially verb mastery. New tenses this year include the progressives, the perfects, and the subjunctive. Oral presentations are integral to the course to evaluate the student's growing ability in the language.			
Spanish IV ● Elective Credit	Year	1 credit	<i>Prerequisite: Spanish III</i>
Spanish IV focuses more intensely on the four skill areas of reading, writing, listening, and speaking, and on developing proficiency in each area. Student activities center on reading short stories and abridged novels, writing short essays, and speaking in both formal and informal situations. Class discussions of current events/news stories take place each quarter. Students continue to explore, in more depth, the many facets of Spanish culture.			
Spanish V ● Elective Credit	Year	1 credit	<i>Prerequisite: Spanish IV</i>
Spanish V is intended to help students prepare for a college level class. Work is more independent, so student motivation is key to success. The history, literature, and art of Spain are covered simultaneously in three or four major units. Texts include, "El Cid", "Fuenteovejuna", and "El burlador de Sevilla". Class discussions on current events occur every other week throughout the year. Movies in Spanish may be shown, including "Volver", and "Casi Casi". The rest of the verb tenses (future perfect, conditional perfect, present perfect subjunctive, and the past perfect of subjunctive) are covered, as are the sequence of tenses, idiomatic expressions, and a more challenging verb list. Sometimes this class is simultaneously taught with Spanish IV.			

Additional language courses are available online through online courses. Guidance counselors can provide more information about online language offerings.

Additional Academic Opportunities

Virtual High School	Semester or Year	Variable	<i>Prerequisite: Counselor & Parent Rec.</i>
<p>Imagine classrooms without walls, where students are able to attend their classes 24 hours a day, seven days a week. Imagine students working cooperatively online with others from a wide variety of ethnicities, backgrounds and geographic locations. What you are beginning to imagine is the reality of the Virtual High School, a non-profit organization that offers content-rich, credit-bearing high school courses to students across the country and around the world. Check out the course catalog at: http://www.govhs.org</p>			
Edmentum PLATO	Semester	Variable	<i>Prerequisite: Counselor Rec.</i>
<p>PLATO (<i>Programmed Learning Automated Teaching Operations</i>) is a computer-based curriculum that can be used for academic remediation or for credit recovery. The PLATO program is aligned to the Common Core State Standards and uses research-based techniques for program delivery and assessments. Students are placed into the PLATO lab through the student services department based on prerequisite fulfillment and individual circumstances. PLATO is a non-graded curriculum at FHS, which will not influence a student's GPA, but will serve as a means for students to gain credit for graduation by demonstrating proficiency of FHS standards and indicators on a Pass/Fail basis. PLATO courses are not to be used instead of taking the course at FHS.</p>			
AP4ME	Year	1 credit	<i>Prerequisite: Counselor & Parent Approval</i>
<p>AP4ME offers over 20 online Advanced Placement courses to any student residing in a Maine school administrative unit who is educated at the public expense. Students who participate in AP4ME are taught by Maine certified teachers who receive extensive training. AP4ME classes are year-long online courses that run from the day after Labor Day through one week after the scheduled date of the AP Exam for the course. All AP4ME courses follow the same calendar, regardless of a student's own school calendar, and each course satisfies all College Board Advanced Placement course requirements. All Students enrolled in AP4ME are required to take & pay the fee for the AP Exam in the Spring.</p>			
NDVR	Year	Variable	<i>Prerequisite: Teacher Recommendation & Counselor Approval only</i>
<p>This program provides an alternative pathway to support students in getting to high school graduation. Students participated in science, ELA and social studies courses as well as courses for credit recovery. NDVR creates and implements individual learning plans for 10th, 11th and 12th grade students in the program. Students are also provided social-emotional support and engage in project-based learning and community building experiences. Students must apply to this program and are selected based on previous academic, attendance, and behavior records.</p>			

Work Study Opportunities	Semester Or Year	Variable	<i>Prerequisite: None</i>
Several options are available for students to have community-based work experiences in conjunction with their academic classroom work. All student programs are designed according to individual student needs (academic requirements and career and personal goals). Please speak to your counselor for more details.			
Service Learning and Community Service	Semester Or Year	Variable	<i>Prerequisite: None</i>
Service learning provides an opportunity for students to be actively involved in the learning process and is a way to develop personal and leadership skills through service to others. As students participate in meeting community needs, they can explore educational and career choices. Service learning creates the opportunity for students to build positive community connections and integrates academic objectives with service experience to facilitate student learning, personal and social growth, and civic responsibility. The Service Learning Coordinator encourages and supports student participation in community service and acts as a clearinghouse for information about community service opportunities.			
Early College Credit Opportunities	Semester	1 credit	<i>Prerequisite: 11th-12 grades; Application</i>
Through partnerships with Maine colleges, it is possible for high school students to take university courses both in the classroom and online for credit. More information is available from the Guidance Office.			
Embark	Year	None	<i>Prerequisite: Application</i>
Embark is a college transition program offered in 74 Maine high schools. It is designed for students who are undecided about college, yet have the potential to succeed in college. Embark offers a combination of support, advising, college courses, and scholarships to help students prepare for and be successful in college. Students are selected by their high school during their junior year. All participating students receive support services during high school, and many receive an Embark scholarship to continue their education at a community college after graduating from high school. If you are interested, check with the Guidance Office.			
Dual Enrollment	Year	Variable	<i>Prerequisite: Application</i>
Through a partnership with Southern Maine Community College, FHS students can apply to earn college credits for select FHS courses, such as Quantitative Reasoning and English 12, while simultaneously earning FHS credit. Courses are taught at FHS by FHS teachers who have been endorsed by SMCC to teach a college-level course. More information is available from the Guidance Office.			

Morse Street Pre-Apprenticeship	Semester	.5 credit	<i>Prerequisite: School Counselor</i>
<p>This program works in conjunction with the Morse Street School and students are paired up with a teacher to work with students in grades K-2 and provide instructional support. These students will apply to the program through their guidance counselor and will be supporting in the program by our service learning coordinator.</p>			
Correspondence Study	Semester	Variable	<i>Prerequisite: Counselor & Parent Rec.</i>
<p>Correspondence Study involves an independent study program, which is contracted between a student, and the <u>approved</u> correspondence program (Brigham and Young Independent Study and the Johns Hopkins Program, for examples). Although correspondence study is <u>strongly</u> discouraged, graduation credit may be earned through the approved Correspondence Program if:</p> <ul style="list-style-type: none"> ● Due to a scheduling conflict, an individual cannot enroll in a course that is required for graduation ● The IEP team has recommended a correspondence course as part of an individual's IEP ● An individual has previously failed a course and correspondence study represents the only reasonable means by which this course may be successfully completed. 			
Independent Study	Semester	Variable	<i>Prerequisite: Teacher, Parent & Counselor approval</i>
<p>Independent study is designed to offer an opportunity for self-motivated students to research or study a selected topic on an independent basis. The topic and its study must be approved, supervised, and coordinated by a teacher on the staff of Freeport High School. The purpose of this course is to allow students greater flexibility and freedom in pursuing individual educational goals. Independent study also fosters the student's self-reliance as s/he assumes personal responsibility for an area of study. This course allows application of creative effort in areas not presently available in the curriculum. The teacher must verify the completion of the work. A parent, the appropriate curriculum teacher, and the Guidance Office must approve the formal proposal.</p>			
Abroad Programs	Variable	Variable	<i>Prerequisite: Application for Credit</i>
<p>Offered to any Freeport High School student who wants to master another language and/or enjoy the benefits of living and studying abroad without sacrificing high school graduation credits or preparation for top U. S. colleges. Students and their families are responsible for researching and funding the cost of these programs. Please see the Guidance Office for credit approval prior to going abroad.</p>			

Jobs for Maine's Graduates (JMG)	Year	1 credit	<i>Prerequisite: JMG Teacher Recommendation</i>
<p>The school-to-work program is a 9-12 class that will focus on having a concrete plan for the student upon graduation. In-class activities focus on work-related preparation: job applications, cover letters, resumé's, job interviewing, public speaking, and telephone/personal communication skills. Students will be members of a career association that helps to plan classroom activities and will require some time spent outside of school hours. Student, parent, and teacher will sign a contract at the start of the year that sets expectations for all parties. Instructor will be in contact with seniors on a monthly basis following graduation to provide assistance and guidance as needed.</p>			
Senior Projects	4 weeks	None	<i>Prerequisite: Application & Approval</i>
<p>Through Senior Projects, students at Freeport High School have the opportunity to create and realize a learning experience during four weeks of the last quarter of their senior year. The culmination of this learning experience is a presentation of the project given before students, faculty, administration, parents, and community. While the presentation is the most visible record of the student's accomplishment, it is also supported by a solid foundation of documented planning and progress. Freeport High School believes a successful final product can only be achieved through careful planning, time management, reflection, analysis, and active professional guidance.</p>			

Region 10 Technical High School

www.r10tech.org

General Information

Technical Education offers hands-on learning designed to prepare students for college and the working world. A unique combination of classroom instruction, laboratory work, community-based volunteer and live work programs, and on-the-job-training becomes the springboard for future success. Strong attendance, self-discipline, and a desire to work in technical education are important for a successful experience at Region Ten. We offer knowledge and skills for a lifetime.

Articulation Agreements/Dual Enrollment

Region Ten Technical High School has developed dual enrollment and articulation agreements with Maine post-secondary community colleges. These colleges will award credit for work completed at Region Ten Technical High School. For example, students in Food Trades have training in Sanitation. This certified course is required for ServSafe Manager certification and qualifies for community college credit. Similar opportunities are available for students in Metal Fabrication and Welding, Automotive Technology, Early Childhood Development, Health Occupations/CNA, Auto Collision Repair, EMT-Basic, Outdoor Powersports, Creative Digital Media, and Building Trades.

Region Ten Credit Options

Region Ten students earn 3 credits for each successful year completing a program. A Freeport student has the option to earn core academic credits at Region Ten.

Region 10 Courses

Auto Collision Repair	2 Years	3 credits	<i>Prerequisite: Proficient in basic high school math and science; Good "people skills" and ability to work in teams; Genuine interest in learning the trade.</i>
<p>Students enrolled in this two-year course will receive instruction on how to safely and productively perform all phases of collision repair and refinishing. This program is divided in four courses consisting of: painting and refinishing, non-structural analysis and damage repair, mechanical and electrical components. Automotive refinishing is a major component of this program. Color mixing, matching, tinting and blending techniques are explored emphasizing hands-on experience. Upon completion of this course, the student should be able to enter the workforce at an entry level position or move on to a technical college to further advance their skills. Students are encouraged to participate in SkillsUSA (student organization) to enhance their leadership opportunities and compete at both state and national levels. <i>Integrated Credit: Math & Science</i></p>			

Automotive Technology I	1 Year	3 credits	<i>Prerequisite:</i> Completed or concurrently enrolled in Algebra I; Pass interview with program instructor; Pass entry quiz; Attention to detail, a genuine interest in learning about automotive technology, and a desire to make things work correctly. Preference given to qualified students who also have at least their Maine (driver's) learner's permits. <i>NOTE:</i> morning only
<p>The one-year Automotive Technology I program introduces students to the world of automotive maintenance and repair through a combination of classroom training and shop work on customer vehicles. Students will gain the knowledge, skills and attitudes necessary to safely work in a shop setting using the tools and equipment to perform professional repairs on modern vehicles. Utilizing national, state, and local resources including standards set by NATEF (National Automotive Technicians Education Foundation) and the Maine Department of Education, students will have the opportunity to earn professional certifications from ASE (Automotive Service Excellence) and a Maine State Inspection License. Units covered during this first-year program include comprehensive safety training, Brake Systems, Electrical and Electronic Systems, Engine Performance, and Steering and Suspension Systems. Students are encouraged to participate in SkillsUSA (student organization) to enhance their leadership opportunities and compete at both state and national levels. <i>Integrated Credit: Math & Science</i></p> <p><i>Articulation agreements are currently in place for the second year of the program.</i></p>			
Automotive Technology II	1 Year	3 credits	<i>Prerequisite:</i> Successful completion of Automotive Technology I. Ongoing commitment to study automotive technology. <i>NOTE:</i> afternoon only
<p>The one-year Automotive Technology II program is designed for students who have successfully completed the Automotive Technology I program. Auto Tech II continues to build a student's portfolio of skills and knowledge in the automotive field through work in the shop that strengthens and augments previously covered units of instruction. Newly covered units include Automatic Transmission and Transaxle, Manual Drive Train and Axles, Engine Repair, and Heating and Air Conditioning Systems. All students completing the course will leave with a professional resume and a letter of introduction to enable the student to seek immediate employment in the automotive field or to enhance the admission process into a post-secondary school. ASE certification and State Inspection licensing are encouraged. Professional development through Skills USA continue to provide growth opportunity as well as potential scholarship sources. Students are encouraged to participate in SkillsUSA to enhance their leadership opportunities and compete at both state and national levels. <i>Integrated Credit: Math & Science</i></p> <p><i>Articulation agreements are available at SMCC and CMCC.</i></p>			

Building Trades	2 Years	3 credits per year	<i>Good grasp of basic high school math; Can work well independently and with others. Genuine interest in learning the trade.</i>
<p>This two-year course of study provides a combination of masonry and carpentry. Together, they offer a wide range of classroom and hands-on work experiences in the construction trades with a strong emphasis on safety. Carpentry areas of concentration include rough and finish carpentry; floor, wall, and roof framing; exterior trim; insulation; drywall installation; construction planning; and, drafting. Masonry areas of concentration include forms and foundations; brick and block work; stone, tile, and masonry materials and mortars; scaffolding; chimneys; fireplace construction; and, arches and steps. Working offsite on community project functions is an important component of building trades. Students are encouraged to participate in SkillsUSA (student organization) to enhance their leadership opportunities and compete at both state and national levels.</p> <p><i>Integrated Credit: Math</i></p> <p><i>One college credit is available through Concurrent Enrollment with Central Maine Community College.</i></p>			
Creative Digital Media	2 Years	3 credits per year	<i>Prerequisite: True desire to learn or explore graphic arts/digital communications; Successful completion of related courses or ability to demonstrate evidence of computer operation and drawing skills.</i>
<p>With Graphic Design and Illustration as a foundation for the program, Creative Digital Media is designed to introduce students to careers associated with digital design including but not limited to graphic design, illustration, animation, and video game design. Students will be introduced to the basic principles and elements of design and gain software experience required to solve visual communication problems. Using industry standard Adobe software and related programs, students develop the ability and confidence to create appropriate and successful designs for a variety of applications. Additionally, upon completion of the course, students will have the opportunity to become Adobe Certified Associates upon successful completion of the Adobe exam. The main area of focus are these: Understanding and utilizing principles and elements of design effectively; Learning industry standard Adobe software (Photoshop, Illustrator, InDesign, and AfterEffects); Developing analytical thinking and problem solving skills for the digital design industry, Preparing portfolios for professional presentation, evaluation, and college entry. <i>Integrated Credit: VPA</i></p> <p><i>Six Southern Maine Community College credits are available through concurrent enrollment for each of the two years of the program, for a total of 12 possible credits.</i></p>			

Culinary Arts	2 Years	3 credits	<i>Prerequisite: Solid high school-level reading ability; Able to work independently and with a team; Genuine interest in learning Culinary Arts.</i>
<p>Culinary Arts prepares students for careers that support Maine's Hospitality Industry. Students learn concepts in food preparation and restaurant management. In this two year program, emphasis is placed on maintaining a healthy environment through sanitation training and workplace wellness. Knowledge is applied through catering school and public functions. Participation in our public restaurant continues to develop competencies. Students earn ServeSafe Manager Certification upon successful completion of the National Restaurant Association Exam. Students are encouraged to participate in SkillsUSA (student organization) to enhance their leadership opportunities and compete at both state and national levels. <i>Integrated Credit: Science & VPA</i></p> <p><i>Articulation agreements are available with Culinary Institute of America and all Maine Community College culinary programs.</i></p>			
Early Childhood Development I	1 Year	3 credits	<i>Prerequisite: Solid high school-level reading ability; Genuine desire to work with preschool children; Behavior and grooming appropriate for work with preschool children and their families. NOTE: morning only</i>
<p>The one-year Early Childhood I Program prepares individuals to provide care and guidance of young children under the supervision of professional personnel. Students study the introductory ideas and concepts of Early Childhood Education from birth to grade 3 in an academic classroom. Students plan, organize and conduct activities for children to promote physical, interpersonal, motor, mental, and social growth and development of acceptable behavior: cleanliness, eating, playing, resting, and toilet habits. Supervised students operate a daycare three sessions per week. Students are encouraged to participate in SkillsUSA (student organization) to enhance their leadership opportunities and compete at both state and national levels. Students have the opportunity to obtain CPR, First Aide, and Servsafe Food Handler Certifications. <i>Integrated Credit: Science</i></p>			
Early Childhood Development II	1 Year	3 credits	<i>Prerequisite: Successful completion of Early Childhood Education I; Ongoing commitment to a second year of study and completion of concurrent enrollment course. NOTE: afternoon only</i>
<p>Year two of the program builds on content and skills learned in Early Childhood Education I. When not in the academic classroom, students will continue supervised teaching in the preschool program or may choose to practice teaching skills more independently in an internship position. Students will also have the ability to become Maine Certified Early Childhood Care Assistants. <i>Integrated Credit: Science</i></p> <p><i>Three college credits are available through this dual enrollment course, Introduction to Early Childhood Education, through Southern Maine Community College.</i></p>			

E.M.T. – Basic	1 Year	3 credits	<i>Prerequisite: Solid high school-level math and reading ability; Able to work independently and with a team; genuine interest in and commitment to the study of emergency medicine. Must be at least 16 years old by October 1 of the current school year</i>
<p>The EMT Basic one-year course of study includes trauma emergencies, pediatrics, special patient populations, and spinal assessment. Training includes clinical time in a hospital emergency facility and “ride along” training with a licensed Emergency Medical Service. Training will include vital signs, CPR/AED, oxygen administration, diabetic emergency treatment, spinal immobilization, and use of airway devices, along with other important life support training, including bleeding control. Students will learn the technical terms for life saving medicines and emergency application. Students must be prepared for a serious, rigorous course of study, and must possess a maturity commensurate with treating life-threatening incidents. The program features a state-of-the-art computerized manikin, “Deloris Perkins,” on which students can practice critical response skills before working on real people. After their year of EMT study, students may opt for the Health Occupations/CNA curriculum to interface with and enhance their medical studies. Students successfully completing the dual enrollment are eligible to sit for the national EMT Basic certification exam. <i>Integrated Credit: Science</i></p> <p><i>Seven concurrent enrollment credits with SMCC are available.</i></p>			
Foundations of Technology	1-2 Years	3 credit per year	<i>Prerequisite: Solid high school-level reading and math ability; Genuine desire to pursue or explore technical education.</i>
<p>Foundations of Technology (Foundations) is a new one-year program providing instruction to 9th or 10th grade students in Career and Technical Education to prepare them for future enrollment in one of the Region 10 programs, most of which result in national or state certifications or licenses. Foundations students will split each daily session between English and History academics and their Foundations-related technical study. Many of the skill standards included in the Foundations curriculum are the same introductory skills taught in our specialized CTE program areas, creating a sequential curriculum to enhance student success. Students will understand the technological process and related theory, and be able to operate a wide variety of tools and technology to get exposure to an impressive range of technical programs and disciplines.</p> <p>Over the course of the school year, all Foundations students will gain experience in all major program offerings at Region 10. These experiences allow students to make informed decisions about which Region 10 program will best suit them the following year should they elect to attend Region 10. Foundations students also enjoy the variety of learning and activities through these experiences and can apply these in their personal lives. Academic courses (English and Social Studies) will be available so that students can fit Foundations into their schedules for either the AM or PM session. See “Region 10 Academics” below for more information.</p>			

General Trades	1-2 Years	3 credits per year	<i>Prerequisite: Willingness to learn, be safe, and to follow directions</i>
<p>The General Trades program is a one-to-two year vocational training program designed to prepare students for employment or future placement in another Region 10 program. Emphasis is placed on the development of attitudes, behaviors, and basic skills common to all trades. The Cooperative Learning approach is utilized in both the classroom and the workshop areas. The student must be able to work at a community job experience independently, be self-motivated, understand the concept of work, and be able to follow directions.</p>			
Health Occupations - Certified Nursing Assistant	1 Year	3 credits	<i>Prerequisite: Be at least 16 years of age as of September 1 of the current school year; Be a high school junior or senior; Have solid high school-level math and reading skills; Have no record of criminal convictions or suspensions for violence; Abstain from drug and alcohol use; Be trustworthy with a good work ethic and excellent "people skills"; Have a genuine interest in the field.</i>
<p>Health Occupations is a one-year course for juniors and seniors and prepares students to sit for the Maine State Certification Exam to earn CNA certification. The class includes academic study, skills lab, and clinical time in long term and hospital settings. The CNA certification allows graduates to work in a wide variety of health care settings offering comprehensive and compassionate daily care to elderly or ill patients. The academic study includes anatomy and physiology, medical terminology, ethics, pathophysiology (the disease process), infection control, patient care skills, and portfolio development. Students will need to purchase uniforms and white sneakers or shoes (these articles cost approximately \$100; scholarship money may be available to help defray this cost if needed). After their year of CNA study, students may opt to take the EMT program to interface with and enhance their medical studies. <i>Integrated Credit: Science</i></p> <p><i>Six Southern Maine Community College credits are available through concurrent enrollment.</i></p>			
Heating, Ventilation, and Air Conditioning (HVAC)	2 Years	3 credits	<i>Prerequisites: Juniors with a strong desire to study HVAC technology that have solid attendance and grade-level math and science ability will be given preferential placement. Seniors may also take Year One of the course if space is available.</i>
<p>Due to an extreme local shortage of technicians in this well-paying, fast-paced trade, Region 10 is pleased to offer this new two-year program starting in 2021-22. This challenging and relevant heating, ventilation, and air conditioning (HVAC) program prepares you for the State of Maine Journeyman In Training License Exam</p>			

offered before you graduate from high school. This two-year program is guided by industry HVAC standards, the National Fire Protection Agency Code (NFPA) and the State of Maine Heating Code. You will develop skills relating to the installation and service of residential and light commercial heating equipment, electric motors, boiler systems, air conditioning systems, and basic and control wiring. New technologies such as solar power and alternative energy sources are explored. You will be better prepared for college or an apprenticeship program in plumbing and air conditioning technology with this program. The State of Maine Plumbing Code is emphasized as you develop relevant skills such as the installation and troubleshooting of piping, pumps, water heaters, compressors, Pex hot and cold water lines, and alternative energy sources. While dual enrollment opportunities are under development, none are available at this time.

Metal Fabrication and Welding

2 Years

3 credits

Prerequisite: Solid high school math ability, especially in terms of fractions and measurement; Ability to work well independently and as a team member; genuine interest in the trade.

The Metal Fabrication and Welding program combines several trades. Topics covered include safety, measurement, general metallurgy, bench work, layout, and blueprint reading. Welding processes covered are shielded metal arc welding, metal inert gas (MIG) welding, tungsten inert gas (TIG) welding, flame cutting, along with electrode use and selection. Technical college credits may be awarded for blueprint reading and basic welding courses while preparing the student for qualifications towards the American Welding Society structural plate certification. ***Integrated Credit: Math & Science***

Articulation agreement credits are available at Maine Community Colleges.

Outdoor Powersports I

1 Year

3 credits

Prerequisites: Mechanical aptitude and genuine interest in the field. ***NOTE:*** morning only

Outdoor Powersports technicians inspect, service, and repair small engines, recreational vehicles, and motorcycles. Students in this one-year, first-year course learn to use hand and power tools and various precision measuring instruments, basic engine theory, two and four cycle engine overhaul, lubrication, cooling systems, electrical systems, carburetor and fuel systems. Types of equipment worked on include but are not limited to motorcycles, snowmobiles and ATVs. Students are encouraged to participate in SkillsUSA (student organization) to enhance their leadership opportunities and compete at both state and national levels. ***Integrated Credit: Math & Science***

Articulation credits are available for students choosing to attend Universal Technical Institute after completion of Outdoor PowerSports II.

Outdoor Powersports II	1 Year	3 credits	<i>Prerequisite: Successful completion of Outdoor Powersports I; Continued commitment to and interest in further study in the field NOTE: afternoon only</i>
<p>Second year Outdoor Powersports students will continue working primarily on snowmobiles, ATVs, and motorcycles. Class and shop work in this one-year, second-year course will focus on theory and application of basic and advanced electrical systems, fuel injection systems, ignition systems, transmissions and clutches, and suspension systems. More advanced measuring tools will be used. <i>Integrated Credit: Science</i></p> <p><i>Articulation credits are available for students choosing to attend Universal Technical Institute.</i></p>			
Pre-Apprenticeship Program	1 Year	3 credits	<i>Prerequisite: Instructor permission, as these are state-registered work/study opportunities; Commitment to work in a field related to identified career goal. Seniors Only</i>
<p>To be eligible for this one-year, seniors-only program, students must be employed or willing to be employed. Pre-Apprenticeship involves planned on-the-job training in areas related to the occupation. The class discussions focus on diverse skills and knowledge as well as maturity and independence of judgment. All the practical and theoretical aspects of the work required in a skilled occupation are covered in detail. Pre-Apprenticeships can lead to a full Maine State apprenticeship, post-secondary education, and/or permanent employment with the participating employer. Through Pre-Apprenticeship, students in many cases will have access to professional skill-level positions with area employers. An opportunity to participate in a skill area not currently offered at Region 10 exists through this program. Pre-Apprenticeship requires the recommendation of your instructor if you are in a Region 10 program your junior year or your school counselor if you are not already enrolled at Region 10.</p> <p><i>No dual enrollment credit or articulation agreements are currently in place for this program, although students may qualify for employer or state apprenticeship programs.</i></p>			

Region 10 Academics

English 9 & 10	1 Year	1 credit	<i>Prerequisite: Enrollment in Foundations of Technology.</i>
<p>For 9th and 10th graders taking Foundations of Technology only. These courses are under development and are being designed to fulfill academic requirements at your sending school. As with all of our programs, students will attend Region 10 for a full AM or PM session every day. However, so that students can fit Region 10 into their schedules <i>and</i> fulfill their academic requirements at their sending school, Foundations students will split each daily session between English and History academics and their Foundations-related technical study.</p>			

Social Studies 9 & 10	1 Year	1 credit	<i>Prerequisite: Enrollment in Foundations of Technology</i>
<p>For 9th and 10th graders taking Foundations of Technology only. These courses are under development and are being designed to fulfill academic requirements at your sending school. As with all of our programs, students will attend Region 10 for a full AM or PM session every day. However, so that students can fit Region 10 into their schedules <i>and</i> fulfill their academic requirements at their sending school, Foundations students will split each daily session between English and History academics and their Foundations-related technical study.</p>			
Technical English Program	1 Year	1 credit	<i>Prerequisite: Recommendation of school counselor; Approval by Region 10 and Technical English instructor.</i>
<p>For juniors and seniors taking a technical program at Region 10 who otherwise could not fit Region 10 into their schedules. This course integrates Maine Learning Results and Common Core English standards with personally relevant reading and writing units. The primary focus of Technical English is technical writing in which students develop the ability to recognize, understand, and write for a specific audience in various modes of professional writing, learning how to match style and voice to those particular audiences.</p>			

Extracurricular Clubs and Activities

Clubs/Activities	
<p> Model United Nations Drama Club Math Team One Act Play Musical National Honor Society Tri-M Music Honors Society 9th Grade Mentors Earth Club Jazz Band Tabletop Gaming Men's Ensemble Women's Ensemble Outdoors Club Civil Rights Team Student Leadership Committee Student Advisory Leaders Debate Club Stock Market Club </p>	<p> Fishing Club Student Council GSA RSVP STEM Club Art Club Latin Club Falcon Outlet Clarion Yearbook Class Officers Concert Band Officers Chorus Officers Interact Book Bites Peace Garden Club Chess Club Ultimate Frisbee Club Dungeons and Dragons Club Active Minds (mental health awareness) </p>

Athletics

Boys' Sports	Girls' Sports	Season
Boys' Soccer	Girls' Soccer	Fall
Boys' Cross Country	Girls' Cross Country	Fall
Football	Girls' Field Hockey	Fall
Golf	Golf	Fall
Cheering	Cheering	Fall/Winter
Boys' Basketball	Girls' Basketball	Winter
Boys' Unified Basketball	Girls' Unified Basketball	Winter
Alpine Skiing	Alpine Skiing	Winter
Nordic Skiing	Nordic Skiing	Winter
Indoor Track	Indoor Track	Winter
Swimming	Swimming	Winter
Ice Hockey (cooperative)	Ice Hockey (cooperative)	Winter
Baseball	Softball	Spring
Boys' Lacrosse	Girls' Lacrosse	Spring
Outdoor Track	Outdoor Track	Spring
Tennis	Tennis	Spring

At-A-Glance Course Offerings Index

ENGLISH COURSES

Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
English-9 (CP)	1	Y			9	
English-9 Honors	1	Y	Y	H	9	
Literacy	.5	Y	Y		9-10	Y
English-10 (CP)	1	Y	Y		10	
English-10 Honors	1	Y	Y	H	10	
English-11: American Literature	1	Y	Y		11	
AP English Language & Composition	1	Y	Y	AP	11-12	
AP Literature & Composition	1	Y	Y	AP	11-12	
English 12: Literature	1	S	Y		12	
English 12: Composition	.5	S	Y		12	
English 12: Creative Writing	.5	S	Y		12	
English 12: Public Speaking	.5	S	Y		12	
Media Studies	.5	S			9-12	Y
Desktop Publishing	1	Y	Y		10-12	Y
Literature of Society & Self	.5	S	Y		9-12	Y
Sports Media	.5	S			9-12	Y
NDVR English	1	Y	Y		10-12	

HEALTH & PHYSICAL EDUCATION

Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
Excite - L1	.5	S			9-12	
Individual Sports - L1	.5	S			9-12	
Team Sports - L1	.5	S			9-12	
Basic Strength Training - L2	.5	S	Y		9-12	
Weight Training - L2	.5	S	Y		9-12	
Women's Fitness & Self Defense - L2	.5	S	Y		11-12	
Outdoor Fitness - L2	.5	S	Y		10-12	
Physical Education Leadership	.5	S	Y		11-12	Y
Adaptive PE	.5	S	Y		9-12	
Health	.5	S			10-12	
Advanced Health	.5	S	Y		10-12	Y
Fitness Lab	.5	S			9-12	Y

MATHEMATICS DEPARTMENT

Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
Math Support	.5	Y	Y		9-12	Y
Pre-Algebra	1	Y			9-12	
Algebra 1 (CP)	1	Y			9-12	
Algebra 1 - Honors	1	Y	Y	H	9-12	
Geometry (CP)	1	Y	Y		9-12	
Geometry - Honors	1	Y	Y	H	9-12	
Algebra 2	1	Y	Y		9-12	

Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
Algebra 2 - Honors	1	Y	Y	H	9-12	
Pre-Calculus (CP)	1	Y	Y		10-12	
Pre-Calculus - Honors	1	Y	Y	H	10-12	
Calculus (CP)	1	Y	Y		11-12	
AP Calculus AB	1	Y	Y	AP	11-12	
AP Calculus BC	1	Y	Y	AP	11-12	
Online Differential Equations	.5	S	Y		11-12	
Online Linear Algebra	.5	S	Y		11-12	
AP Statistics	1	Y	Y	AP	10-12	
Quantitative Reasoning	1	Y	Y		11-12	
Personal Finance	.5	S	Y		11-12	
Statistics (CP)	1	Y	Y		11-12	
Foundations in Entrepreneurship	.5	S	Y		11-12	

SCIENCE & TECHNOLOGY DEPARTMENT

Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
Earth Systems (CP)	1	Y	Y		9-12	
Earth Systems - Honors	1	Y	Y	H	9-12	
Biology (CP)	1	Y	Y		10-12	
Biology - Honors	1.5	Y	Y	H	10-12	
Chemistry (CP)	1	Y	Y		10-12	
Chemistry - Honors	1	Y	Y	H	10-12	

Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
Chemistry In The Community	1	Y	Y		11-12	
Physics (CP)	1	Y	Y		11-12	
AP Physics 1: Algebra Based	1.5	Y	Y	AP	11-12	
AP Environmental Science	1.5	Y	Y	AP	11-12	
AP Biology	1.5	Y	Y	AP	11-12	
Anatomy & Physiology	1	Y	Y		11-12	
Forensic Science - Parts I/II	.5	S	Y		11-12	
Environmental Science	1	Y	Y		11-12	
Introduction to Engineering & Design	1	Y			9-12	
Engineering & Design	.5	S	Y		10-12	
Advanced Engineering & Design	1	Y	Y		11-12	
Computer Programming	.5	S			9-12	
NDVR Science	1	Y	Y		10-12	

SOCIAL STUDIES DEPARTMENT

Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
Global Studies	1	Y	Y		9	
American Gov't & Economics	.5	S	Y		10	
Modern World Conflict	.5	S	Y		10	
American History	1	Y			11	
Economics/Finance	.5	S			11-12	Y
AP World History	1	Y	Y	AP	11-12	
AP US History	1	Y	Y	AP	11-12	

Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
Balance of Power	.5	S			11-12	Y
Mock Trial & Social Science	.5	S			9-12	Y
Psychology	.5	S			11-12	Y
Sociology	.5	S			10-12	Y
20th Century US History	.5	S			11-12	Y

VISUAL & PERFORMING ARTS DEPARTMENT

Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
Concert Band	1	Y			9-12	
Concert Choir	1	Y			9-12	
Introduction to Piano	.5	S			9-12	
Intermediate Piano	.5	S	Y		10-12	
Introduction to Guitar	.5	S			9-12	
AP Music Theory	1	Y	Y	AP	10-12	
Music Technology I & II	.5	S			9-12	
Introduction to Drums	.5	S			9-12	
Honors Chamber Choir	1	Y	Y	H	10-12	
Theatre I	.5	S			9-12	
Theatre II	.5	S	Y		9-12	
Unified Theatre Arts	.5	S			9-12	
Production Design	.5	S			9-12	
Advanced Theatre	.5	S	Y		10-12	

Intermediate Guitar	.5	S	Y	9-12
Dance	.5	S	N	9-12

Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
Foundations of Art	1	Y			9-12	
Ceramics I	.5	S	Y		10-12	
Ceramics II	.5	S	Y		10-12	
3D Design	.5	S	Y		10-12	
2D Design	.5	S	Y		10-12	
Advanced Studio Art	1	Y	Y		11-12	
AP Art History	1	Y		AP	10-12	
AP Studio Art	1	Y	Y	AP	11-12	
Photography I	.5	S			9-12	
Photography II	.5	S	Y		9-12	
Video Production I	.5	S			9-12	Y
Video Production II	.5	S	Y		9-12	Y
Advanced Videography	.5	S	Y		10-12	Y

WORLD LANGUAGES DEPARTMENT

Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
French I	1	Y			9-12	
French II	1	Y	Y		9-12	
French III	1	Y	Y		10-12	
French IV	1	Y	Y		11-12	
French V	1	Y	Y		12	
Latin I	1	Y			9-12	

Latin II	1	Y	Y		10-12	
Latin III	1	Y	Y		11-12	
Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
Latin IV	1	Y	Y		12	
Spanish I	1	Y			9-12	
Spanish II	1	Y	Y		9-12	
Spanish III	1	Y	Y		10-12	
Spanish IV	1	Y	Y		11-12	
Spanish V	1	Y	Y		12	

ADDITIONAL OFFERINGS

Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
Jobs for Maine Graduates (JMG)	1	Y	Y		9-12	Y
Virtual High School	1	S	Y		9-12	
PLATO	1	S/Y	Y		9-12	
AP4ME	1	Y	Y	AP	11-12	
NDVR	3	Y	Y		10-12	
Work Study	.5/1	S/Y	Y		11-12	Y
Service Learning	.5/1	S/Y			9-12	
Early Study USM	1	S	Y		11-12	
On Course at SMCC	1	S	Y		11-12	
Embark	0	Y	Y		11-12	
Morse Street Pre Apprenticeship	.5	S			9-12	Y
Correspondence Study	1	S	Y		9-12	

Independent Study	.5/1	S/Y	Y	9-12	Y
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REGION 10 COURSE OFFERINGS

Class	Credits	Sem/ Year	Prereq?	AP or Honors	Grades Offered	Elective Only
Auto Collision & Repair	3	1-2Y	Y		11-12	
Automotive Technology I	3	1Y	Y		11-12	
Automotive Technology II	3	1Y	Y		12	
Creative Digital Media	3	1-2Y	Y		11-12	
Early Childhood Development I	3	1Y	Y		11-12	
Early Childhood Development II	3	1Y	Y		12	
Culinary Arts	3	1-2Y	Y		11-12	
General Trades	3	1-2Y	Y		10-12	
Health Occupations - CNA	3	1-2Y	Y		11-12	
Metal Fabrication & Welding	3	1-2Y	Y		11-12	
Outdoor Powersports I	3	1Y	Y		11-12	
Outdoor Powersports II	3	1Y	Y		12	
Technical English	1	1 Y	Y		11-12	
Building Trades	2	1-2Y	Y		11-12	
E.M.T. Basic	3	1Y	Y		11-12	
Pre-Apprenticeship Program	3	1Y	Y		12	Y
Foundations of Technology	3	1-2Y	Y		9-10	
English 9 & 10	1	1-2Y	Y		9-10	
Social Studies 9 & 10	1	1-2Y	Y		9-10	
HVAC	3	1-2Y	Y		11-12	