



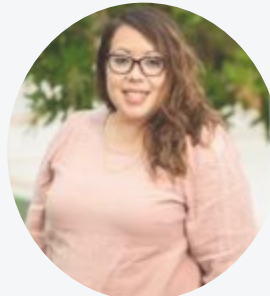
SPRING FAMILY GUIDANCE NIGHT

9th Grade – Class of 2025

MEET YOUR GUIDANCE TEAM



Brooke Chan
Guidance AP



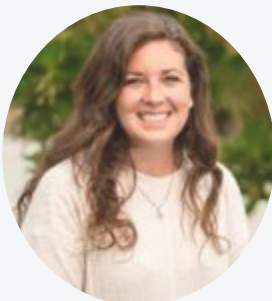
Lorena Moreno
Guidance Support



Sandy Woosley
A - D
(Mon - Tues)



Sherry Fazzio
A - D
(Wed - Fri)



Sarah Johnson
E - LL



Ana Franco
LM - RA



Dan Amezquita
RB - Z



Adriana Magallon
College and Career Advisor



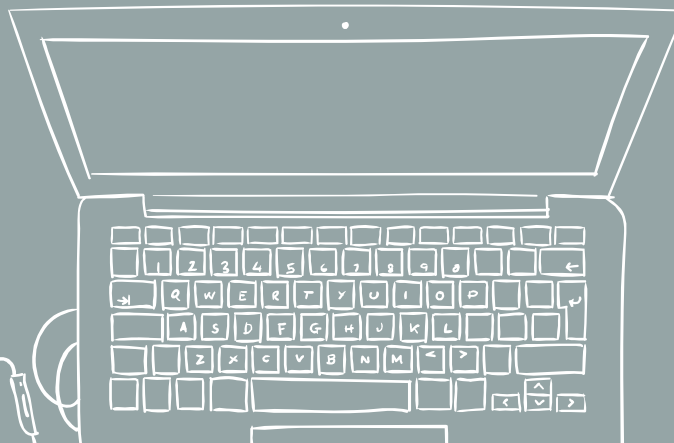

TONIGHT'S AGENDA:

6:00–6:30

Overview of course
selection process
presented by guidance
counselors

6:30–7:15

Brief presentations by:
school-based therapist
about wellness and
teachers about 10th grade
course options





COURSE SELECTION TIMELINE

- ✖ School Wide Conversations – **January 26th–28th**
- ✖ Choose courses for next year (English class) – **February 14th–15th**
- ✖ Course Verification Forms will be sent via Informed K12 – **April 4th**
- ✖ Any requests to change must be submitted by **April 8th**
- ✖ Final schedule will be given during Firebird Fiesta in August before school begins



COURSE SELECTION - 10TH GRADE

1. World Lit (already added)
2. World History (already added)
3. Math
 - a. Choose next level math course
 - b. If you're taking a class during the summer then sign up for the next course.

Ex: If you're taking Geometry → Algebra 2

4. Science (choose a physical science)
5. Elective (PE*, fine art, applied academic, World Language)
6. Elective #2

*sports count for PE credits

(For 4-year university, must take World Lang (2 yr) and 1 year of a Fine Art)



COURSE SELECTION RESOURCES






COURSE SELECTION FOLDER



SCHOOLGY FOLDER

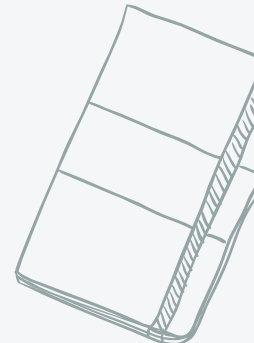
FILL OUT – DO NOT SUBMIT:

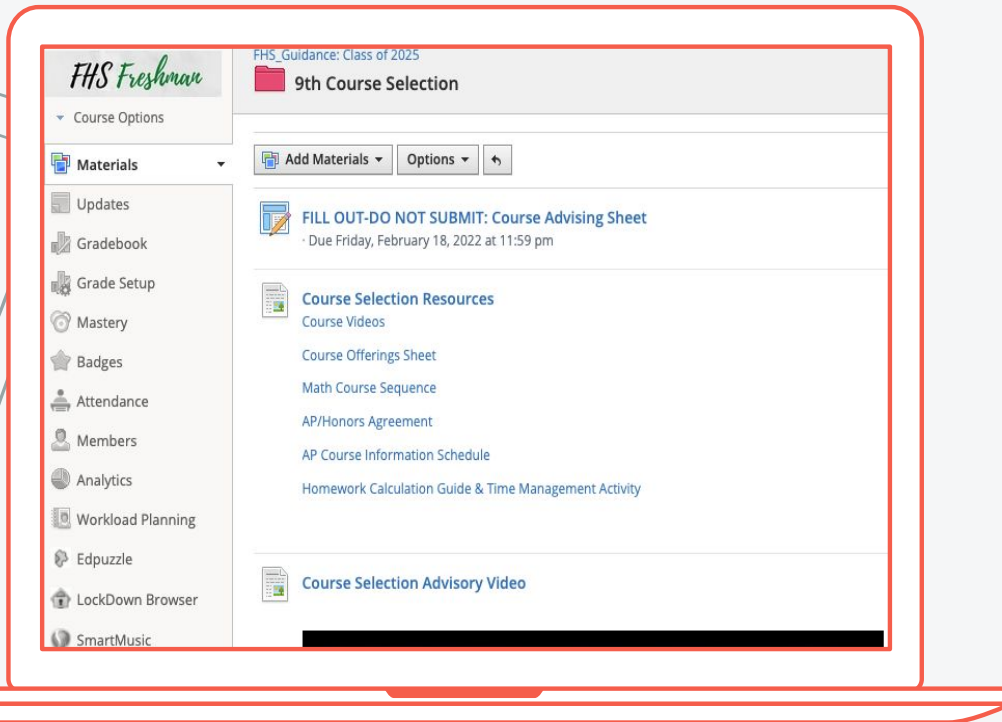
- ✗ Course Advising Sheet
 - ✗ Time Management Activity & Homework Calculation Guide
- 

RESOURCES:

- ✗ FHS Course Offerings
- ✗ Math Course Sequence
- ✗ AP/Honors Agreement

PRESENTATIONS:

- ✗ Guidance Course Selection Advisory video and slides
- 



COURSE ADVISING SHEET

- This is what students can use for their school-wide conversation with teachers.
- We recommend students filling this out before choosing their classes on February 14th & 15th



2022-23 School Year Fremont High School COURSE PLANNING & ADVISING FORM

Current 9TH GRADE

My goal after graduation is: (work, college, military, travel)

Currently, I would like to consider a career in: (occupation, major)

Students in the Fremont Union High School District are allowed to select six courses in the initial registration process and may indicate a seventh (7th) class to be added if space is available. Students will **not be allowed to "double up"** in any one curriculum area in their first six choices. It is critical that initial course requests be made carefully since changing these requests at a later date may not be possible.

Instructions

1. Write down your requested courses.
2. Discuss with your teacher your requested courses
3. Register for classes online using our Infinite Campus (IC) Portal.

Requested Courses

(If you are planning to take 3 or more AP/Honors classes we strongly encourage you to complete the time management activity.)

Subject	Student Course Request	Course Number
1. English	World Literature	
2. Social Science	World History	
3. Math		
4. Science		
5. Elective (PE, fine art, applied academic, World Language)		
6. Elective		

No 1st or 6th or 7th Block Request (Optional)

☐ No 1st

☐ No 6th

☐ No 7th

*You may ONLY choose one option. Entering two or three will void ALL requests.

7th Course Request

Completing this section indicates you would like a 7th course **if space is available**. Placement is not guaranteed. This 7th course will be selected under the category of "alternate" in the online registration process using our Infinite Campus (IC) Portal.

7 th Course	Course Name:	Course Number:
------------------------	--------------	----------------

Backup Elective Choices: You must provide three class options to be used if one of the elective choices selected is unavailable. You must be willing to take any of these courses equally. If you do not provide alternates, you may end with fewer than 6 classes. **These courses should be added to the survey provided on the day of course selection.**

Backup #1:	Backup #2:	Backup #3:
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SCHOOL-WIDE CONVERSATIONS

Instructions

1. Write down your requested courses.
2. Discuss with your teacher your requested courses
3. Register for classes online using our Infinite Campus (IC) Portal.

Requested Courses

Subject	Student Course Request	Course Number
1. English	World Literature	
2. Social Science	World History	
3. Math		
4. Science		
5. Elective		
6. Elective		

Teachers give recommendations, but ultimately it is a family decision.

HOMEWORK CALCULATION GUIDE & TIME MANAGEMENT ACTIVITY

FHS Homework Calculation Guide 2022-23

Please consider the following *ESTIMATES* when planning your course schedule. Actual times and workloads will vary by teacher and student skill level.



English	Hrs/Week
Lit/Writ	2.4
Global Literature	1
World Literature	2.4
Am Lit	1.5
Am Lit Honors	3.5
AP Lang & Comp	4.5
Exp. Reading & Writ.	1.5
Story & Style	2
AP Literature	4
ELD 1A & B	1
ELD 2	2.25
ELD 3	2.25

Social Science	Hrs/Week
World History	1.5
World History-SH	1.5
U.S. History	1.5
U.S. History-SH	1
AP U.S. History	5
Gov/Econ	1.5
Gov/Econ SH	1
AP Gov & Econ	5
AP Microeconomics	5

Arts	Hrs/Week
Art 1-3	0
Ceramics 1-2	0
Ceramics 3-4	1
3-D Design 1	0
AP Studio Art 2-D	5

World Language	Hrs/Week
Levels 1-3/ 1-AP	2/ 2.5

Mathematics	Hrs/Week
Algebra 1	1-1.5
App of Adv Math	1-2
Geometry	1
Algebra 2	1-3
Algebra 2/trig	1.5
Pre-Calc	1-4
Pre-Calc H	1-2
AP Statistics	2-3
AP Calculus AB	4
AP Calculus BC	4

Science	Hrs/Week
Biology	0.5-1
Science in Society	0.5
Chemistry	1.5
Chemistry-H	3
Physics	1.5
Physics-H	3
Physiology	1.5
AP Biology	6
AP Chemistry	6
AP Env. Science	6
AP Physics	6

Theatre Arts	Hrs/Show
Drama	0.5-1/week
Adv. Drama	30
Adv. Drama H (+ project)	30 +20

Electives	Hrs/Week
Communications	1
AVID	1.75

Career Tech. Ed	Hrs/Week
Principles of Bus.	1
Law	1
Journalism	varies by position
Comp Prog Java	0
AP Comp Science	1-4
Engineering Essentials (EES)	1
Engineering Design (ELD)	1
POE/DE	1/0
Sports Medicine	1/mo.
Auto Tech 1 & 2	0.5
All Culinary Classes	5/mo.
Stagecraft	5/mo.
Technical Writing	varies by position

Music	Hrs/Week
Individual Practice	
Chamber Orchestra	2
All choirs	--
Concert Band	1
Orchestra	1
Symphonic Band	1
Wind Ensemble	2

Activities	Hrs/Week
Club (Average)	1
Robotics (Build season)	12
Leadership	varies by position
Marching Band	14*
Sports Team (Practice)	12.5
Winter Guard/Percussion	14*
*Includes Saturdays	

AP= Advanced Placement; H= Honors

Use the Homework Calculation Guide to help you complete the Time Management Activity

Time Management Activity	
In Class & Homework	Avg Hrs/Wk
In class 5 days per week x 7 hours per day	35
English:	
Social Science:	
Math:	
Science:	
Language:	
Elective:	
PE:	
Total School Hours:	(A)
Extra-Curricular Activities	Avg Hrs/Wk
Paid job	
Hobbies/Interests	
Community Service	
Non-School Sports	
School-Related Activity	
School-Related Activity	
Total Extra-Curricular Hours:	(B)
Daily Living Activities	Avg Hrs/Wk
Sleep (7 days x 9 hours)	63
Necessities (eating, showering, chores)	
Family time	
Free time (friends, etc.)	
Travel time (to/from school, activities)	
Faith/Religious Activities	
Total Daily Living Hours:	(C)
Total School (A)	
Total Extra-Curricular (B)	+
Total Daily Living (C)	+
YOUR Total Hours	=
Total Hours in a Week =	168

- Time Management Activity found on the Homework Calculation Guide.
- This will help you make class choices while maintaining balance.

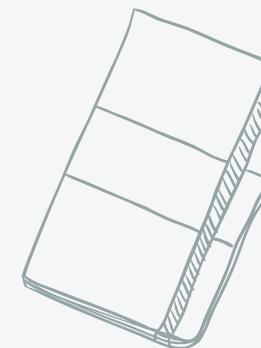


AP/HONORS AGREEMENT



Student Name: _____	Grade: _____	Student ID # _____
<p>On the left, check the courses you will take and have a conversation with your current teachers about taking the class.</p> <p>On the right, write in the courses you will be taking next year next to each subject listed. Find the amount of homework or time for each class or activity on the back of this contract. Write in the average hours per week and add up the Total School Hours. Do this for each section to come up with the total number of hours per week you spend in each area. Determine where you need to cut back time or add more to achieve your goals.</p>		
<p>Course(s) Check all courses that you plan to take.</p> <p>AP Course (HW Hrs/Week)</p> <ul style="list-style-type: none"><input type="checkbox"/> AP Biology (6)<input type="checkbox"/> AP Calculus AB (4)<input type="checkbox"/> AP Calculus BC (4)<input type="checkbox"/> AP Chemistry (6)<input type="checkbox"/> AP Comp. Sci (1-4)<input type="checkbox"/> 11th AP Lang & Comp (4.5)<input type="checkbox"/> 12th AP English Lit (4)<input type="checkbox"/> AP Enviro Science (6)<input type="checkbox"/> AP Microeconomics (5)<input type="checkbox"/> AP Music Theory (2-3)<input type="checkbox"/> AP Physics C: Mechanics (6)<input type="checkbox"/> AP Statistics (2-3)<input type="checkbox"/> AP U.S. Gov. & Politics (5)<input type="checkbox"/> AP U.S. History (5)<input type="checkbox"/> AP Chinese (2.5)<input type="checkbox"/> AP French (2.5)<input type="checkbox"/> AP Japanese (2.5)<input type="checkbox"/> AP Spanish (2.5) <p>Honors</p> <ul style="list-style-type: none"><input type="checkbox"/> Adv. Drama H (30 hrs per show + 20 hr project)<input type="checkbox"/> American Lit. H (3.5)<input type="checkbox"/> Alg. 2/Trig. * (1.5)<input type="checkbox"/> Chemistry H (3)<input type="checkbox"/> Physics H (3)<input type="checkbox"/> Pre-Calculus H (1-2)<input type="checkbox"/> Chinese 4H (2.5)<input type="checkbox"/> French 4H (2.5)<input type="checkbox"/> Japanese 4H (2.5)<input type="checkbox"/> Spanish 4H (2.5) <p>* While this class is not labeled "honors", it is an accelerated course that requires students to learn at a pace faster than Algebra 2</p>	<p>Advanced Placement (AP) and Honors courses are rigorous, fast-paced courses. AP courses are college-level and prepare students to take the AP Exam in May. Students who receive a score of "3" or higher on an AP Exam may receive college credit and be exempt from taking the course in college. Honors courses are designed to prepare students for AP courses by mirroring the fast pace and expectations for critical thinking. For those reasons, we also encourage you to obtain your teachers' recommendations for placement in such courses. The content of AP and Honors courses may include mature themes that will require students to be open and willing to investigate new ideas.</p> <p>AP and Honors courses generally cover more material in greater detail and at a higher level than a regular course in the given subject. As a result, students can expect</p> <ul style="list-style-type: none">• an increase in the amount of reading, writing, and studying that they will need to do outside of class;• work assigned over the summer to ensure that all relevant material is covered before the exam (for AP classes);• a course that generally includes lecture-style teaching and student note-taking;• to be self-directed, take accurate and useful notes, complete homework, and study even if no points are assigned for a particular task;• more weight is given to assessments or labs rather than homework or class-work completion; and• to accept responsibility for identifying any necessary outside-of-class support activities they will need, to ask for assistance, and to apply themselves to this additional workload. <p><u>If students in AP and Honors courses fail to meet the demands of the course, they may not be able to drop the course and take a regular course:</u> there is no guarantee of availability in a regular course or an alternative course. To make up for a dropped AP or Honors course, students may take the course in summer school (if the subject is offered) or a community college.</p>	
<p>By reviewing this agreement, my parents/guardians and I understand:</p> <ul style="list-style-type: none">✓ The estimated amount of time I will need to commit to be successful in my AP/Honors course.✓ The requirements and expectations for AP/Honors classes outlined above.✓ For AP Courses: I am expected to take the corresponding AP Exam in May.		

- AP Agreement must be reviewed to understand the expectations and demands of AP/Honors classes.
- Choose AP/Honors courses carefully and understand that there may not be space available for you to change your schedule once school starts.



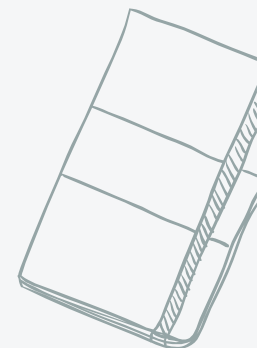


COURSE OFFERINGS SHEET



FREMONT HIGH SCHOOL (FUHS) TENTATIVE COURSE OFFERINGS 2022-2023		
All students currently enrolled in the 9 th or 10 th grade must select a MINIMUM OF SIX COURSES from the listing below. When a student selects classes online, some courses will already be listed. These are the required classes by grade level or are determined by placement requirements. Students are expected to discuss course offerings with parents/guardians, and teachers. School personnel are available to assist students in course selection.		
ENGLISH DEPARTMENT (IC/CSD/B)		
1010 P	Lit/Writ	9
1020 P	World Lit/Writ	10
1130 P	Amer Lit/Writ	11
1140 H	Amer Lit/Writ H	11
1190 H	AP Lang/Comp	11
1030 P	Exp. Read/Writ (ERWC)	12
1034 P	Senior Core (combo w/ 1034/1044)	12
1260 P	Story and Style	12
1410 H	AP English Lit	12
Not English Credit for College		
1360 P g	Journalism	10-12
8370	Kc. Reading/Writ Wkshp*	9-12
SOCIAL STUDIES DEPARTMENT (IC/CSD/B)		
1620 P	World History	10
1730 P	U.S. History	11
1750 H	AP U.S. History	11
12 th Graders MUST select 2 courses		
1834 P g	Senior Core Econ (combo with 1844)	12
1835 P g	Economics	12
1865 P g	AP Microeconomics	12
1844 P a	Senior Core Gov (combo with 1834)	12
1845 P a	US Government	12
1855 H a	AP US Government	12
PHYSICAL EDUCATION DEPARTMENT		
2510	PE 9	9
2525	PE 9 Band+	9
2530	PE 10-12	10
2590	PE Athletics**	10-12
2670	PE Basketball	10-12
2720	PE Racquet Sports	10-12
2740	PE Wk. Training	10-12
2780	PE Total Fitness	10-12
2810 P f	Dance 1	10-12
ENGLISH LANGUAGE DEVELOPMENT (ELD)		
1013 P b	Lit/Writ*	9-12
1043	Global Lit*	9-12
1420/30	ELD 1A/ 1B*	9-12
1450	ELD 2*	9-12
1460 P b	ELD 3*	9-12
1023 P b	World Lit/Writ*	10-12
1623 P a	World History*	10-12
1733 P a	US History*	11-12
1833 P g	Economics*	12
1843 P g	US Government*	12
2213 P c	Algebra 1*	9-12
2233 P c	Geometry*	9-12
3113 P d	Biology*	9-12
3713 P d	Physics*	9-12
SPECIAL EDUCATION GRADES 9-12		
Courses selected must be directly related to the student's Individual Education Plan as created by the student, parent and Special Education team member(s).		
NOTES		
* Teacher/Staff approval or application and selection process required.		
** Students are required to play on school sponsored athletics teams AND complete the entire season.		
* Concurrent enrollment in band or orchestra.		
P College Prep (IC/CSD/g)		
H College Prep Honors		
SCIENCE DEPARTMENT (IC/CSD/B)		
Life Science		
3110 P	Biology	9
3120 H	AP Biology	11-12
3130 P	Physiology	11-12
Physical Science		
3610 P	Chemistry	10-12
3620 H	Chemistry H	10-12
3630 H	AP Chemistry	11-12
3710 P	Physics	10-12
3720 H	Physics H	10-12
3730 H	AP Physics C: Mech	11-12
Interdisciplinary Science		
3840 H	AP Environ Sci	11-12
3850 P	Science in Society (pending IC approval)	10-12
MATHEMATICS DEPARTMENT (IC/CSD/C)		
2210 P	Algebra 1	9
2230 P	Geometry	10
2310 P	Algebra 2	11
2320 P	Algebra 2/Trig	11
2390 P	Pre-Calculus	11
2410 P	Applications of Advanced Math	11
2420 H	Pre-Calculus Honors	11
2430 H	AP Calculus AB	11
2440 H	AP Calculus BC	11
2460 H	AP Statistics	11
2330 P	Statway (dual enrollment class)	11-12
WORLD LANGUAGE DEPARTMENT (IC/CSD/F)		
4010 P	Japanese 1	9
4020 P	Japanese 2	10
4030 P	Japanese 3	11
4040 H	Japanese 4 H	11
4050 H	AP Japanese (Level 5)	11
4110 P	French 1	9
4120 P	French 2	10
4130 P	French 3	11
4140 H	French 4 H	11
4150 H	AP French (Level 5)	11
4310 P	Spanish 1	9
4320 P	Spanish 2	10
4324 P	Spanish 2/ Spanish Speakers	10
4330 P	Spanish 3	11
4334 P	Spanish 3/ Spanish Speakers	11
4340 H	Spanish 4 H	11
4350 H	AP Spanish Language (Level 5)	11
4410 P	Chinese 1	9
4420 P	Chinese 2	10
4430 P	Chinese 3	11
4440 H	Chinese 4 H	11
4450 H	AP Chinese (Level 5)	11
NON-DEPARTMENTAL ELECTIVES		
8290	Leadership*	10-12
8300	Comm in 21 st Cent*	10
8410	AVID 9*	9
8420	AVID 10*	10
8430	AVID 11*	11
8440	AVID 12*	12
8460	AVID Tutor*	10-12
8480	Academic Foundations*	9-11
8490	EXCEL* (Math)	11-12
9020	Student Clerk (office only)*	10-12
9030	Student Clerk (office only)*	10-12
NON-DEPARTMENTAL ELECTIVES CONT.		
9050	Lab Assistant (Science)*	10-12
9090	Student Tutor*	10-12
CAREER TECHNICAL EDUCATION (Various Academics)		
Business Department		
4580 P g	Principles of Business	9-12
4850 P g	Law	9-12
Living Skills Department		
5710	Intro to Culinary Careers	9-12
7765	Culinary Careers 2	10-12
Computer Science/Math Electives		
7810 P g	Digital Innovation & Design	9
2370 P g	Comp Prog Java	9-12
2350 H c	AP Comp Sci A	10-12
CTE Program		
7530	Auto Tech 1	10-12
7535	Auto Tech 2	11-12
8380	Yearbook	10-12
7770	Stagecraft Tech	9-12
7900	Sports Medicine	10-12
7920 P	Kinesiology (dual enrollment class)	11-12
8180 P d	Engineering Essentials	9-11
8345 P g	Intro to Engineering Design	10-12
8270 P g	Principles of Engineering	10-12
8260 P g	Digital Electronics	11-12
VISUAL AND PERFORMING ARTS (IC/CSD/F)		
Art		
6110 P	Art 1	9-12
6120 P	Art 2	10-12
6130 P	Art 3	10-12
6210 P	3D Sculpture and Design 1	9-12
6310 P	Ceramics 1-2	9-12
6320 P	Ceramics 3-4	10-12
6450 H	AP Studio Art: 2D Design	11-12
Music		
7040 P	Adv. Treble Choir	9-12
7060 P	A Choir (Concert Choir)	9-12
7080 P	Small Mixed Vocal*	10-12
7120 P	Concert Band+	9-12
7130 P	Symphonic Bands	10-12
7140 P	Wind Ensemble*	10-12
7240 P	Orchestra	9-12
7250 P	Chamber Orchestra*	10-12
7320 P	Music Genesis	9-12
Theater Arts		
6710 P	Drama	9-12
6720 P	Advanced Drama*	10-12
6730 H	Advanced Drama H*	11-12
Important Information about Electives		
FUHS graduation requirements include taking 2 yearlong courses (20 credits) in 2 of the 3 elective areas: Applied Academics, Fine Arts, and/or World Language. Students also need 70 elective credits that may include classes or additional academic courses taken beyond the minimum graduation requirements to meet a-g requirements for UC/CSU.		

- This is a list of courses FHS will be offering next year
- Keep in mind, this is subject to change for a variety of reasons
- Course # and Course Title





COURSE SELECTION QUESTIONS:

Should I ask my teacher or my counselor?

Teacher Questions

Specific subject/ course questions

- Am I ready to take an Honors or AP class?
- What's the content difference between an Honors or AP class?
- What am I going to do & learn in this class?
- How much homework is given? Class expectations?

Counselor Questions

Overall transcript & scheduling questions

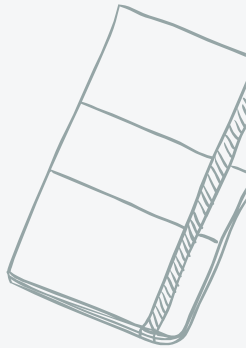
- Based on the rest of my schedule, does it make sense to take this class?
- Outside commitments, am I taking on too much?
- Am I on track for graduation and A-G eligibility?

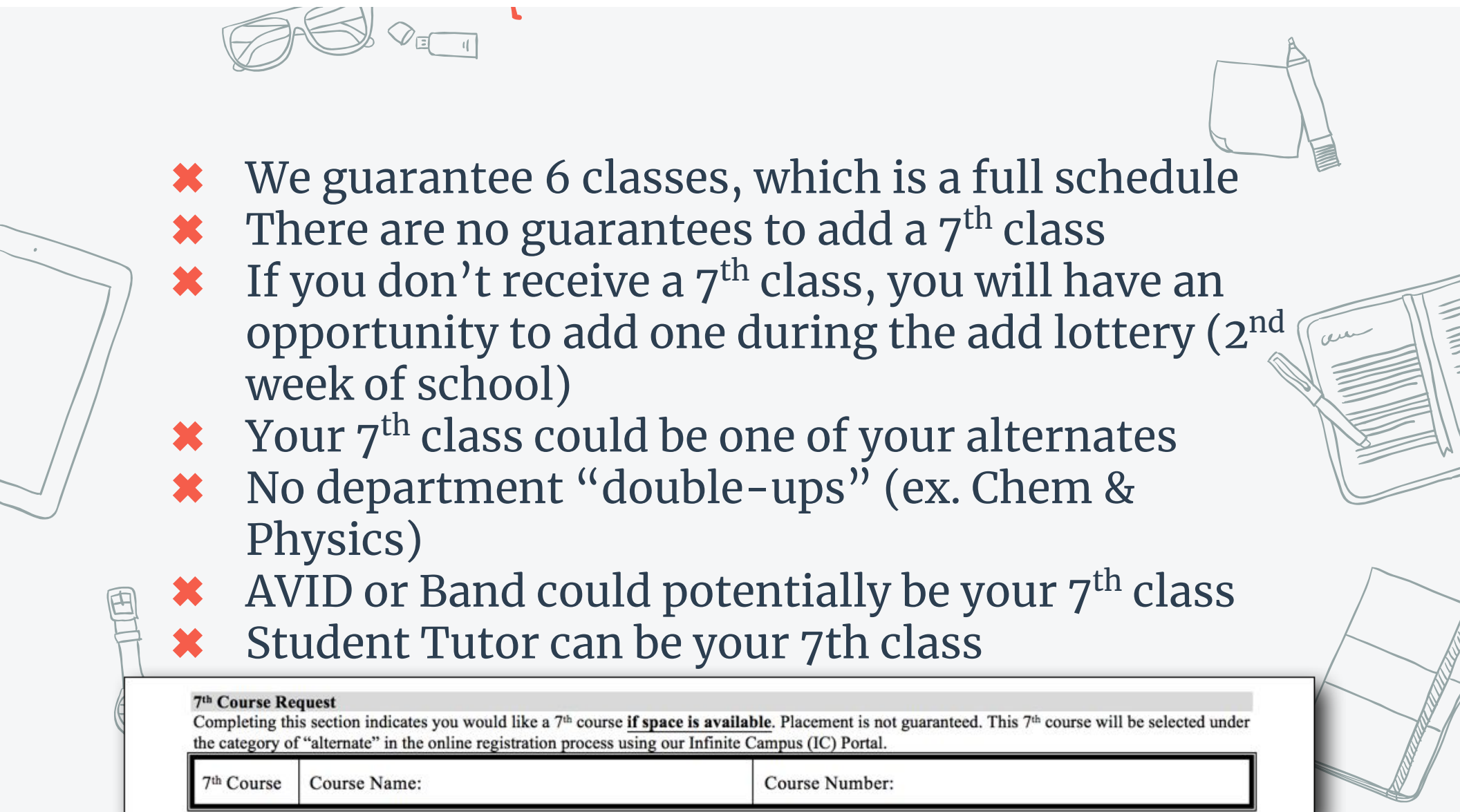


THINGS TO CONSIDER WHEN CHOOSING CLASSES:



- ✗ Graduation & College Requirements (A-G's)
- ✗ Post Secondary Goals/Plan
- ✗ Teacher Advice
- ✗ Other Time Commitments
- ✗ Honors/AP classes*
- ✗ Student interest
- ✗ 4-Year Plan in Schoology



- 
- ✖ We guarantee 6 classes, which is a full schedule
 - ✖ There are no guarantees to add a 7th class
 - ✖ If you don't receive a 7th class, you will have an opportunity to add one during the add lottery (2nd week of school)
 - ✖ Your 7th class could be one of your alternates
 - ✖ No department “double-ups” (ex. Chem & Physics)
 - ✖ AVID or Band could potentially be your 7th class
 - ✖ Student Tutor can be your 7th class

7th Course Request

Completing this section indicates you would like a 7th course if space is available. Placement is not guaranteed. This 7th course will be selected under the category of “alternate” in the online registration process using our Infinite Campus (IC) Portal.

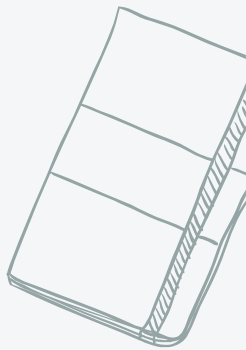
7 th Course	Course Name:	Course Number:
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SUMMER CLASSES



- **Summer Academy (Summer School)**
 - Term 1: June 13 – 30, 8:30am – 12:50pm
 - Term 2: July 5 – 22, 8:30am – 12:50pm
- **Summer Classes for Advancement**
 - Typically these courses do not go on the FHS transcript
 - YOU need to communicate with us if your summer plans change. We will be holding a spot for you in the requested class, therefore if you have a change to make, your schedule may get really messy
 - You need to research where to take these classes – we will not make recommendations for outside courses
 - Be sure to check the [UC A-G Course List](#) for UC/CSU approved courses





NEXT STEPS:

- 1) Students will input course requests on February 14th & 15th (Lit/Writ classes)
- 2) Students should fill out the Course Advising Sheet and Time Management Activity found in Schoology to prepare for course selection
- 3) Students will receive course verification list by April 4th, which will give them an opportunity for requesting changes if needed.

COURSE SELECTION TIMELINE

- ✖ School Wide Conversations – **January 26th–28th**
- ✖ Choose courses for next year (English class) – **February 14th–15th**
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PE DEPARTMENT

LAUREN IRWIN

Contact: lauren_irwin@fuhsd.org



PE BASKETBALL

A course for students that want to:

- ✖ Gain knowledge of basic team basketball skills.
- ✖ Better understand the rules of basketball.
- ✖ Learn both offensive and defensive strategy for basketball

Basic skills may include:

- ❖ *Dribbling*
- ❖ *Passing*
- ❖ *Pivot Screens*
- ❖ *Shooting*
- ❖ *Goal Keeping*
- ❖ *Offensive strategy*
- ❖ *Defensive strategy*

This course would be a good fit for students that do not enjoy the traditional physical education model. Students will engage in predominantly basketball skill and play for the entire year.

DANCE 1

Students do not need to have a background in dance to do well in this course but they should have a desire to learn more about dance and increase their dance ability, performance and flexibility.

Satisfies A-G as a visual or performing art(F) for college.

Students that are advanced in dance will be challenged in the Dance 1 class with alternate technique combinations. They will also be given an opportunity to choreograph and stage routines.

In addition to what is mentioned in the course selection guide students will also:

- ❖ Participate in IN CLASS performance assessments for all units. Around 4 performances a semester.
- ❖ Students will be assessed on technique and performance quality.
- ❖ Participate in dance warm ups during class that are designed to warm up the muscles, increase flexibility and improve balance and posture.
- ❖ Participate in a Student Choreography Showcase for their year end final. This is outside of school hours and open to the public.



PE RACQUET SPORTS

A course for students that want to:

- ✖ Develop their skills in various racquet sports.
- ✖ Work on developing strategy across the racquet sports
- ✖ Participate in individual and dual in class competitions.

Units may include:

- ❖ Tennis
- ❖ Pickleball
- ❖ Speedminton
- ❖ Badminton

A good fit for students that have not liked the traditional team sports model and who enjoy racquet sports and improving their individual skill.



TOTAL FITNESS

In addition to what is mentioned in the course selection guide students will also:

- ❖ Participate in yoga/meditation on Monday's
- ❖ Track your fitness through fitness profiles throughout the year
- ❖ Learn about nutrition and track this during the unit.
- ❖ Create an Individual Fitness Plan

Units may include:

- ❖ *Pilates*
- ❖ *Water Aerobics*
- ❖ *Power Walking*
- ❖ *Jogging*
- ❖ *Weight Training/Lifting*
- ❖ *Dance Fitness/Step Aerobics*
- ❖ *Kickboxing*

Students do not need to be physically fit or have background knowledge of any of the above activities to be successful in this course. It would be a good fit for someone looking to improve their fitness and emotional well-being. A great alternative for students who prefer focusing on individual fitness.



PE WEIGHT TRAINING

Students will utilize free weights, weight machines as well as body weight exercise.

Students will also set goals and work towards achieving those fitness goals.

A course for students that want to:

- ✗ Develop their body strength for advanced sports skills and improved health.
- ✗ Engage in weight lifting, cardiovascular conditioning and flexibility exercises.
- ✗ Learn more about fitness.

A good fit for students that have not liked the traditional team sports model and would like to focus on improving their individual fitness through weight lifting and cardiovascular exercise.



PE 10/12 AND PE ATHLETICS

PE 10/12

- ✗ Traditional physical education class with a strong focus on team sports and fitness. Students in the 10/12 class will participate in fitness activities including running at least twice a week.

PE Athletics

- ✗ Adding this during course selection is a way to let your counselor know that you plan to play a sport at FHS and do not need to be enrolled in a physical education class.



SCIENCE DEPARTMENT LEAD

ANDREE HEYNEMAN

Contact: andree_heyneyman@fuhisd.org



RECOMMENDED SEQUENCE:

Biology

Chemistry OR Chemistry Honors

Physics OR Physics Honors

AP Biology

AP Chemistry

AP Physics C

**AP Environmental
Science**

Science and Society

Physiology

9th grade

10th grade

11th grade

12th grade



WHAT WILL I BE LEARNING?

CHEMISTRY	PHYSICS
Will your head explode if your helmet broke in space?	How is energy used in the design of roller coasters?
How do we know how old Earth is using nuclear chemistry?	How is the electricity I use on a daily basis generated?
CSI: How do we identify unknown chemicals?	Can cell phones cause cancer?
Why do fireworks have different colors?	How do stars create light?
What is the universe made of?	How can we design devices to protect people during collisions?



WHAT LEVEL SHOULD I TAKE?

INFO VIDEO AVAILABLE ON THE GUIDANCE WEBSITE

COLLEGE PREP	HONORS
Focus on concepts	Additional focus on problem solving and more depth
Math present but not emphasized	Math integral to class
30 min of HW per class	60 min of HW per class
More support in class to develop foundational skills & knowledge	More independent learning and faster pacing
	Strongly recommended prior to taking AP science courses



SOPHOMORE YEAR



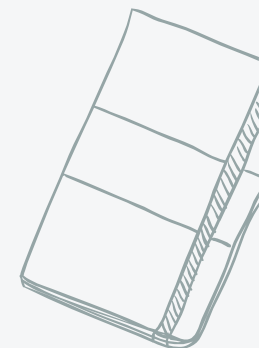
College Prep Chemistry

- Concurrent enrollment in Algebra 1 or higher

Chemistry Honors

- B or better in previous science course(s)
- B or better in previous math class
- Concurrent enrollment in **Geometry** or higher

May only take one or the other during high school





SOPHOMORE YEAR



31

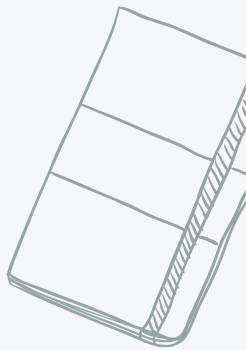
College Prep Physics

- Concurrent enrollment in Algebra 1 or higher

Physics Honors

- B or better in previous science course(s)
- B or better in previous math class
- Concurrent enrollment in Algebra 2 or higher

May only take one or the other during high school





SOPHOMORE YEAR

Science and Society *NEW COURSE*

- Meets graduation requirement for life science **OR** physical science
- Meets UC/CSU lab science “D” credit
- Science and Society is a project-based course that connects scientific concepts with current societal issues, such as:
 - Energy resources
 - Water quality and sustainability
 - Waste management
 - Space mining
 - Humanity of genetics
 - Addiction



SCHOOL-BASED THERAPIST

DEIRDRE LOUIE, LMFT-

Contact: deirdre_louie@fuhsd.org
(408)522-2487



PROMOTING STUDENT WELLNESS

- SLEEP (8-9 HOURS IDEAL)
- SOCIAL TIME WITH FRIENDS (PREFERABLY IN PERSON)
- LIMITS ON TECHNOLOGY (ESPECIALLY AROUND BEDTIME)
- PHYSICAL ACTIVITY FOR MENTAL HEALTH (3-5 TIMES/WEEK)
- TIME FOR FAMILY CONNECTION
- HEALTHY COMMUNICATION (LISTENING, VALIDATING, JOINT PROBLEM SOLVING)

ONE IMPORTANT WAY WE CAN PROMOTE WELLNESS IN OUR CHILDREN IS BY MODELING THESE BEHAVIORS FOR THEM (AS MUCH AS POSSIBLE).



MATH DEPARTMENT

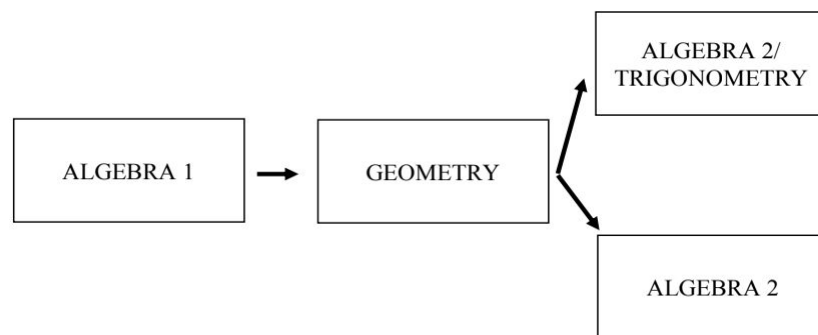
DAVID HEINKE AND BOB CAPRILES

Contact: david_heinke@fuhsd.org
bob_capriles@fuhsd.org

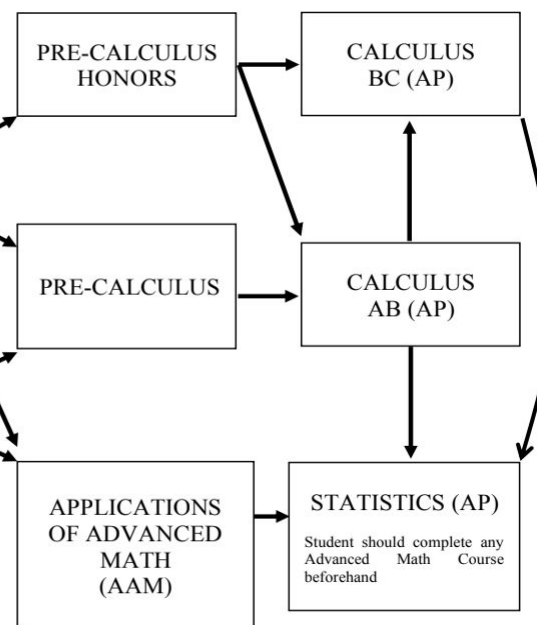
MATH COURSE SEQUENCE 2022-2023

Fremont High School Math Course Sequence (2022-2023)

Foundational Math Courses



Advanced Math Courses



David Heinke
Math Dept Chair, FHS
david_heinke@fuhsd.org

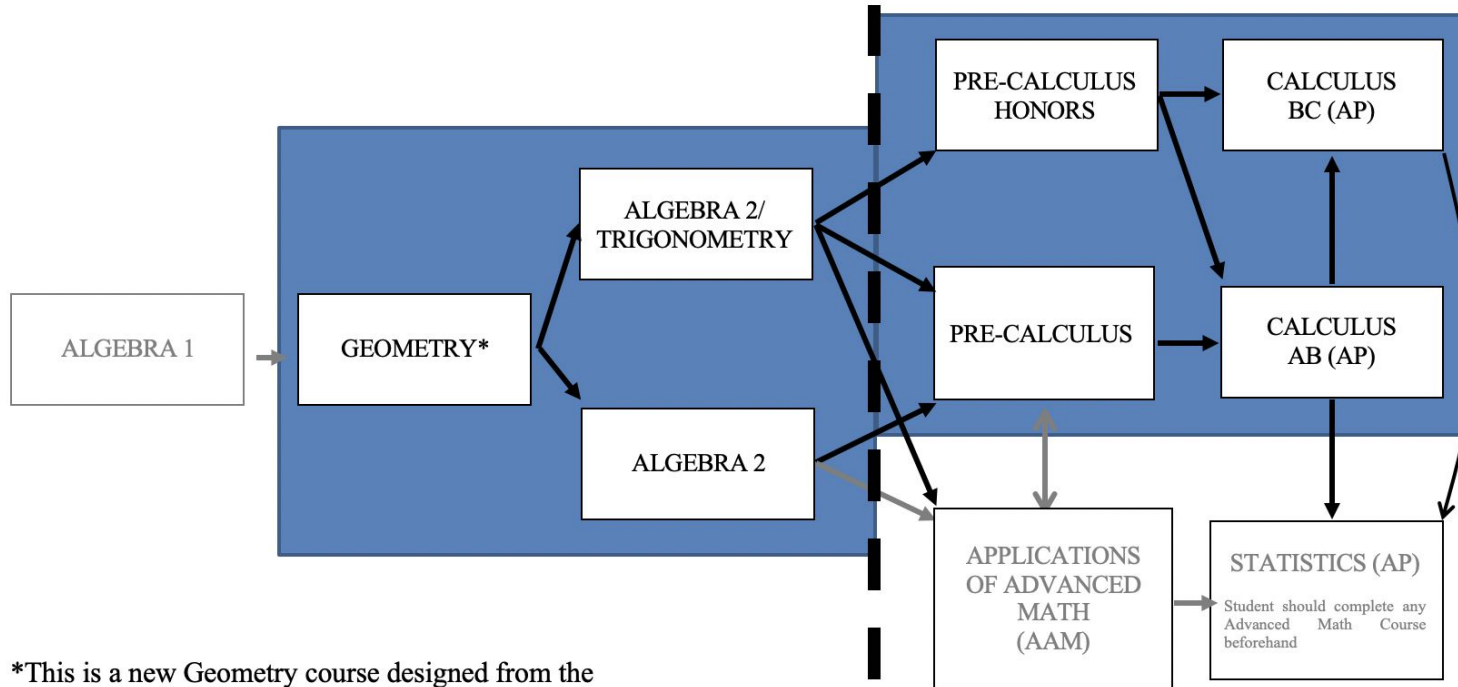
See page 2 for typical **Calculus Track**
See page 3 for typical **Statistics Track**
See page 4 for **Engineering Electives**
See page 5 for **Programming Electives**

AP Calculus Track

The standard course sequence for students interested in taking AP Calculus.

Foundational Math Courses

Advanced Math Courses



*This is a new Geometry course designed from the ground up to support and push all students.



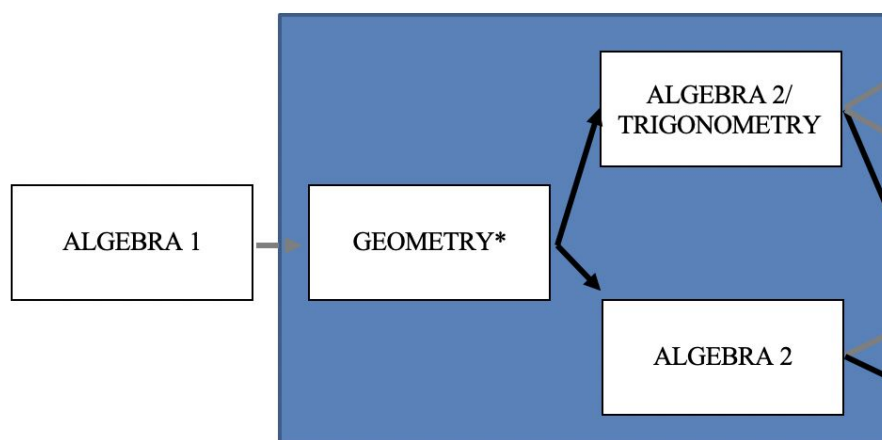
David Heinke
Math Dept Chair, FHS
david_heinke@fuhisd.org

See page 2 for typical **Calculus Track**
See page 3 for typical **Statistics Track**
See page 4 for **Acceleration Options**
See page 5 for **Engineering/Programming Electives**

AP Statistics Track

The standard course sequence for students interested in taking AP Statistics.

Foundational Math Courses

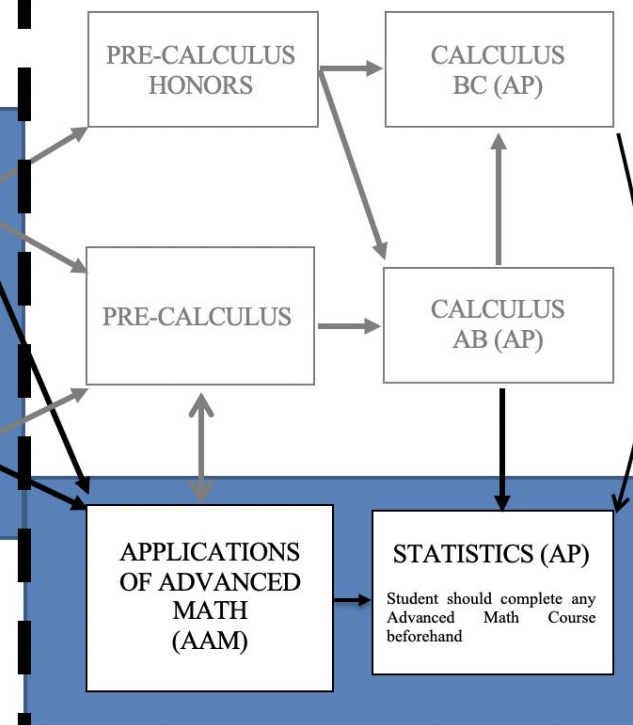


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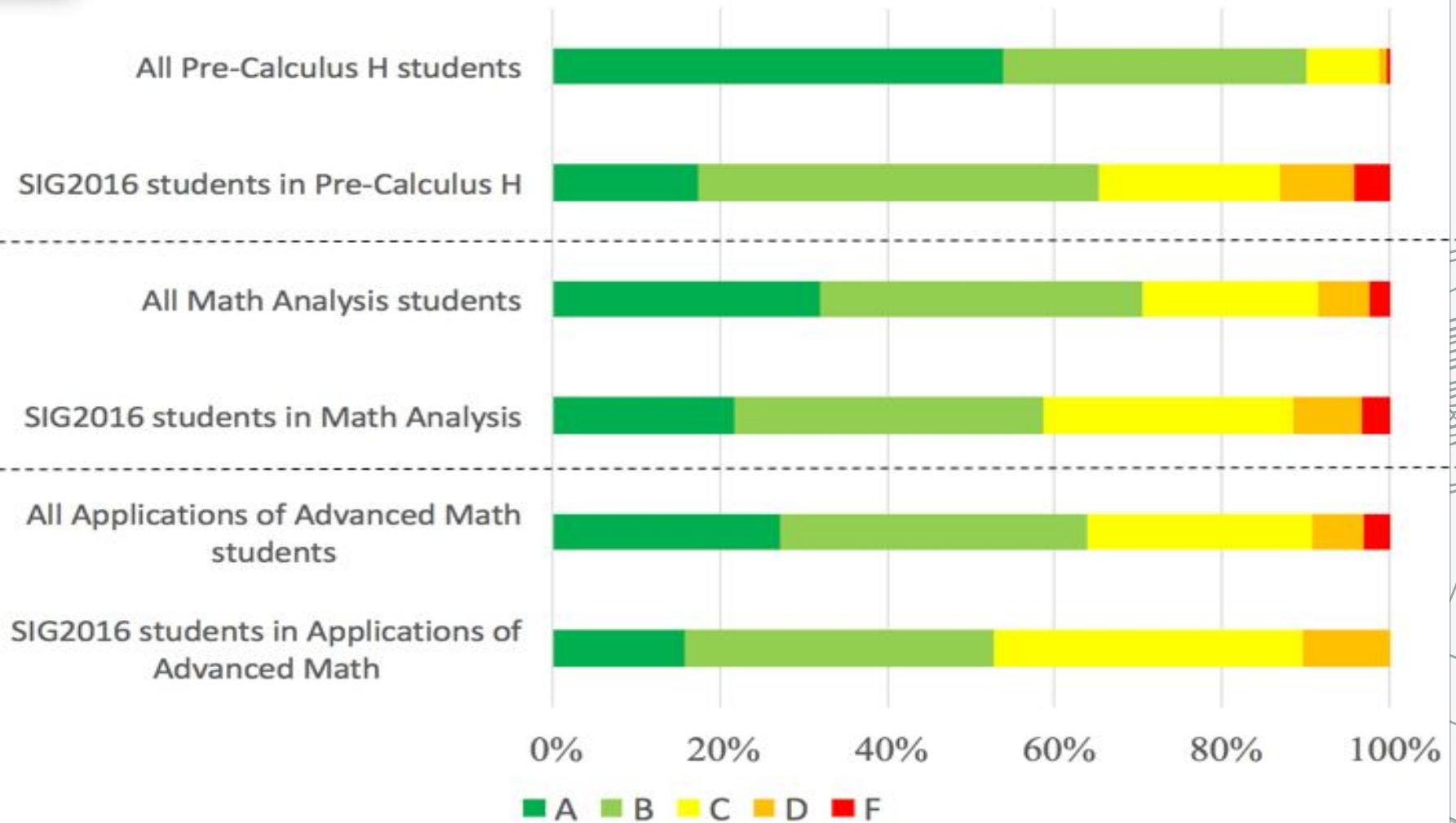
Advanced Math Courses



See page 2 for typical **Calculus Track**
See page 3 for typical **Statistics Track**
See page 4 for **Acceleration Options**
See page 5 for **Engineering/Programming Electivesm**

Chart Area

Upper Level Math Fall 2017 Grade Distributions



FHS Engineering Program

Engineering Essentials (EES)

**Must be enrolled in Algebra 1 (or higher)*

Engineering Design (IED)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

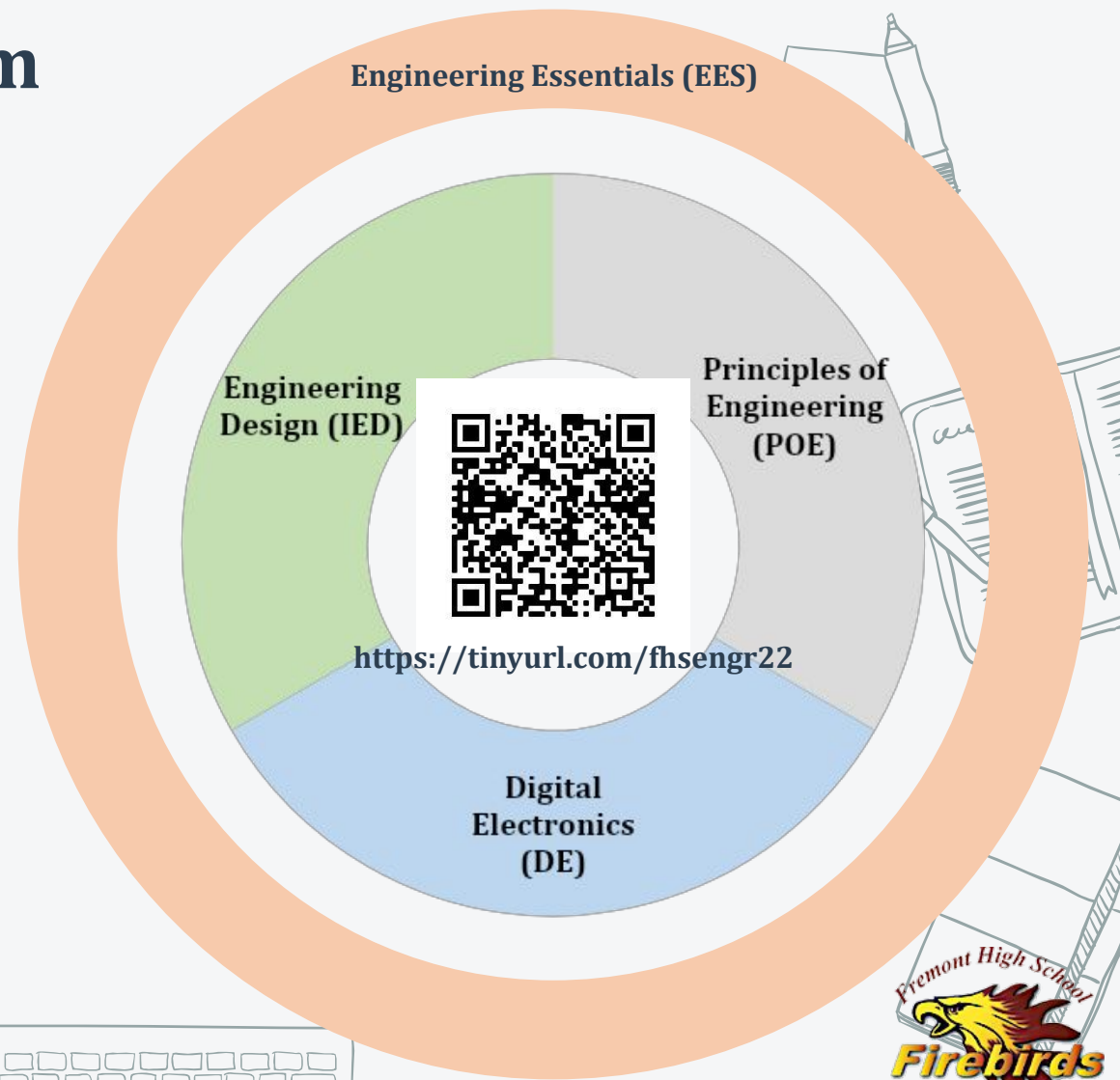
Principles of Engineering (POE)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

Digital Electronics (DE)

**Must have passed EES (or cleared with Mr. Bob Capriles)*

Mr. Bob Capriles
bob_capriles@fuhsd.org





OUR MESSAGE TO RISING SOPHOMORES..

Balance!

There is a natural impulse to want to “catch up” to compensate for distance learning, but having 5 “hardest” classes isn’t particularly healthy.

There are a number of choices for you, make the one you’re ready for next. While it is ultimately up to you and your family, what are your teacher’s thoughts on the matter?

Aside from possibly the SIG program, the math dept does NOT recommend advancing via a summer class.

IF you were to spend time on math this summer, it would be wiser to review than to look ahead.