

Colchester High School



Ninth Grade Program of Studies 2017-2018

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Colchester High School Leadership Team

Principal, Heather Baron

Athletics, Business, Colchester Alternative Program: CAP, Health, Leadership Team, Mathematics, NEASC, Professional Development Committee, Science, Technology and Wellness Committee

Assistant Principal, Justin Brown

AT Program, Attendance, Colchester Alternative Program (C.A.P.), Co-Curriculars, Fine Arts, Music, Planning Room, Project Checkpoint, Smart Start, Technology, and World Languages

Assistant Principal, Timothy Emery

Athletics, Alternative Education (Target Graduation), Attendance, Humanities, Library, Physical Education, Planning Room, Project Checkpoint, and Tel-T Committee

Director of Student Support Services, Jean Shea

504, Colchester Alternative Program: CAP, Education Support Team, English Language Learners, Guidance, Nurses, Social Workers, Special Education

Team Leaders

Vito Cannizzaro

Fine Arts, Music, World Languages

Wayland Cole

Humanities (English and Social Studies)

Bob Hall

Guidance

Marijke Reilly

Health and Science

Tara Sharkey

Business and Mathematics

Melissa Vilmont

Special Education

WELCOME TO COLCHESTER HIGH SCHOOL

Dear Families:

It is a pleasure to welcome you to Colchester High School. CHS is a vibrant learning community fueled by the energies of the committed teachers and staff, a supportive community, and exceptional students.

The CHS faculty and staff take our role in transitioning your student into the high school very seriously. In an effort to personalize learning for students and to meet their developmental needs, the high school will be taking several steps to get to know your child prior to the 2017-2018 school year, such as having students complete a learning styles inventory and writing a letter to next year's teachers.

At CHS, students experience a diverse and challenging curriculum. We believe one of the key factors in a student's success, both academically and beyond, is their ability to know themselves as a learner, set goals, and plan for the future. Students will develop their own Personal Learning Plan (PLP) identifying, among other things, their learning preferences, goals (academic and other), and interests.

At CHS we work hard to help students develop and hone strong learning dispositions. Learning dispositions are the habits that students use to succeed academically and beyond. They include behaviors such as persistence, self-regulation, attending to commitments, collaboration, and organization. In classes at CHS teachers help students develop and use strong learning dispositions in pursuit of academic excellence.

With a diverse offering of courses, co-curricular activities and sports, students have many opportunities to find their niche. One of the many factors that ensure success in high school is getting involved. As your student transitions into CHS please encourage them to get involved.

Please feel free to contact any member of the school administration if you have a question or concern. If there is anything we can do to ease your transition, please let us know.

Educationally,

Heather Baron

OUR MISSION

The mission of the Colchester School District – *proud of its respect for individual needs and its commitment to integrated learning* - is to ensure that all students will develop the academic proficiency, social skill, and character to be fulfilled, responsible, and involved citizens; we will accomplish this by providing diverse, challenging educational experiences in partnership with families and the community.

COLCHESTER HIGH SCHOOL'S ESSENTIAL EXPECTATIONS FOR STUDENT LEARNING

**Learn
Read
Write
Communicate
Think
Act**

COLCHESTER HIGH SCHOOL BELIEF STATEMENTS

- All students are capable of learning and succeeding when their developmental needs and learning styles are addressed.
- Students need to be exposed to a variety of learning opportunities—among them constructivist, multicultural, integrated, and differentiated instruction.
- All individuals in the school have a responsibility to contribute to the improvement of the school and the community.
- Teaching and learning prosper in a resource-rich environment characterized by respect, responsibility, and pride.
- Students thrive in a safe and secure school environment that honors diversity and tolerance.
- Team-work and collaboration are essential to the well-being of the school.
- Excellence in teaching and learning require ongoing and targeted professional development for the faculty, staff and administration.
- Students must engage actively in planning their education and make connections to the larger world.
- Student participation in school governance, through an active and engaged student government, is essential to the success of the school.
- Shared leadership and encouragement of teacher involvement are essential to the success of the school.
- Schools work well when they are supported by their community.

Smart Start: Smart Start is our orientation program for incoming ninth graders new to Colchester High School. It is a day for students to get to know teachers and systems of the school, as well as have an opportunity to explore the high school and ask questions about life at CHS.

Students go through a simulated school day to better understand block scheduling. In addition to meeting classroom teachers, students meet with guidance counselors, the administration and other pertinent educators. Lockers are assigned and students learn about clubs they can join and general rules at the school. The day serves to ease students' anxiety around their transition to high school and encourage enthusiasm for continued learning.

Colchester High School AT Program

High performing schools systematically ensure that all students are meaningfully connected with at least one adult in the school and that there is a unified focus on high performance. CHS is an accredited school through the New England Association of Schools and Colleges (NEASC). One of the NEASC required standards for accreditation is:

There is a formal, ongoing program through which each student has an adult in the school, in addition to the school counselor, who knows the student well and assists the student in achieving the school's 21st century learning expectations.

CHS has a very focused advisory structure we refer to as **AT**. The "A" represents Academic Acceleration, Access, and Advising. The "T" stands for Time. **AT** is designed to provide systematic opportunities for students to access academic acceleration, advising, interventions and supports. AT supports this by fostering focus on academics within a structure of community and mentoring. To further elaborate upon this purpose, the following definitions are provided:

- Community Building - Developing positive relationships that foster pride, responsibility, and a desire to become contributing citizens by performing service to the school and greater community.
- Mentoring - Providing guidance to students as they navigate transitions and challenges that they encounter at the various developmental stages of their high school career.
- Academic Enrichment and Support - Ensuring deeper understanding of concepts through targeted academic grouping.

HomeBase: Each week, students meet with their Academic Advisor in a consistent “permanent” location for HomeBase. Most weeks HomeBase will take place on Monday. The main purpose of HomeBase is for students to meet with their Academic Advisor in order to book (schedule) their locations for the AT Mods for that week. HomeBase is an integral part of AT as a credit bearing class.

AT: Each week, students are booked to meet with their teachers during AT mods (mod 2). AT locations are usually in rooms other than the HomeBase location unless there is a legitimate academic reason for the student to book a day with their Academic Advisor. While at their AT location, students are engaged in academic activity.

Personalized Learning Plan (PLP): Every CHS student will use a portion of their AT time to develop a personalized learning plan with guided assistance from their HomeBase teacher and guidance counselor. The PLP will guide students in the discovery of their post high school goals.

GRADUATION REQUIREMENTS

All students must earn a minimum of twenty-four and a half (24.5) credits in Grades 9 – 12, as awarded by the Colchester High School which shall accept credits received from other accredited secondary schools, including summer school. Students entering the Colchester High School from a non-accredited school and alternative programs of study may establish credits through an examination given by the Colchester High School or by other means as determined by the Principal.

Colchester High School will provide students the opportunity to experience learning through flexible pathways, including but not limited to, career and technical education, virtual learning, work-based learning, service learning, dual enrollment and early college. All learning must occur under the supervision of an appropriately licensed educator.

At Colchester High School academic credit is awarded upon demonstration of proficiency in learning experiences through courses and other non-traditional learning experiences. In courses, students have the opportunity to demonstrate the knowledge and skills for proficiency through a variety of learning experiences and assessments. Each department has delineated 2-8 discipline-specific proficiencies that a student is required to meet for graduation. The scope and sequence of required courses in each department are designed to help students reach the graduation proficiencies (the CHS Essential Expectations and the CHS Discipline Proficiencies). *Please refer to the department specific pages of this Program of Studies for each department’s proficiencies.*

When a student receives credit for a particular course that is an indication that the proficiencies have been met. Taken together, the proficiencies or credits gained will provide a cumulative

body of evidence that students have met overall school-wide and discipline-specific graduation expectations and are ready to graduate.

In order for a student to participate in the graduation ceremony, they must have completed the twenty-four and a half (24.5) graduation requirements outlined in this policy.

English	4.0 (Essential Writings)
Social Studies	3.5 (American History, Senior Seminar)
Science	3.5 (Earth Systems Science, Biology, Chemistry, Physics)
Mathematics	3.5 (Algebra, Geometry)
Fine Arts	1.0
Health	0.5
Physical Education	1.5
Electives	<u>7.0</u>
Total	24.5

Recommended Course of Study for Admission to Four Year Colleges

4 Years of English
2-3 Years of Laboratory Science
4 Years of Mathematics (Including Algebra II)
3.5 Years of Social Studies
2 Years of the same World Language

Recommended Course of Study for Admission to Highly Competitive College

4 Years of English

3-4 Years of Laboratory Science

4 Years of Mathematics (beyond Algebra II)

4 Years of Social Studies

3-4 Years of the same World Language

Guidance

Katie Moran, School Counselor	264-5709
Robert Hall, School Counselor	264-5710
Julie Pastore, School Counselor	264-5712

Students are assigned to counselors by alphabet. Assignments for 2017-2018 will be complete by the end of the 2016-2017 school year.

Jean Shea, Director of Student Support Services	264-5714
Renee DeCelle, Guidance Administrative Assistant	264-5713

NOTE: The courses listed in the Program of Studies are proposed offerings. Enrollment and staffing may result in changes and deletions. We are committed to offering a broad range of courses that enable all students to meet the graduation requirements.

ACADEMIC COURSE OFFERINGS

Humanities Green House English and Social Studies

The Humanities offerings attend to the developmental differences between students in the Green and Blue houses. The freshmen curriculum focuses on world cultures and global studies; second year students complete a full year of American studies. In order to move on to the Blue House English offerings, students must pass their humanities Green House courses and complete their Green House essential writings to standard.

Upon successful completion of the Green House courses, students enter the Blue House, which offers some required courses in English and Social Studies, as well as a variety of semester-long courses that allow students to pursue their interests. With the exception of the Advanced Placement courses in the Blue House, there are no exclusively advanced level courses. Instead, students may choose to earn honors credit by committing to perform at an honors level, which requires them to complete an honors contract at the course's outset that indicates the students' willingness to work independently and meet raised standards, as well as their ability to demonstrate the habits of mind necessary for success.

Grade Nine

#314 Thinkers and Revolutionaries: ♦

Ninth grade humanities is a team-taught, two-credit course that integrates the study of English and social studies. All students will be challenged by a common, concept-based curriculum that asks them to explore how key historical events and literary achievements shaped the modern world. Students should expect to deepen their prior knowledge of ancient world cultures as they learn about the histories and cultures of the modern world — from approximately 1800 up until today – through the lenses of political systems, economic systems, religious traditions, philosophies, literature, and art. Students will be given ample opportunity to compare and contrast cultural developments among regions of the world, including *China, India, the Middle East, and South Africa*.

Students will be grouped with intention so that each class includes the diverse range of students present in the entire ninth grade class. The defining element of the course is the approach to instruction known as differentiated instruction. Teachers of *Thinkers and Revolutionaries* are skilled practitioners of this pedagogy, which adjusts the course's process, products, and content, according to students' readiness, interests, and learner profiles. Differentiated instruction requires that teachers know their students well so they can meet them where they are and take them as far as they can go. Parents, teachers and students work together to make sure that all students are actively engaged in their learning.

Prerequisite: Successful completion of CMS English and Social Studies requirements. Duration: Full Year. Credit: 2.0 (1 English & 1 Social Studies).

#334 Strategic Reader (Grade 9):

Strategic Reader is a year-long course committed to helping first-year students become more competent and comfortable readers. Students will practice and master a repertoire of strategies for recognizing and making sense of literary and informational texts. Additionally, students will be supported as they read core readings in their grade-nine humanities class, *Thinkers and Revolutionaries*. This course seeks students who struggle with reading who are also eager to take advantage of an extended learning opportunity designed to help them handle the increased reading expectations at the high school. Students are selected for this course based on data from the middle school.

Prerequisite: Teacher recommendation. **Duration:** Full Year. **Credit:** 1.0 Elective.

#995 English Language Learners (ELL): ✓

Foreign exchange students and students new to this country are provided with support in learning the English language and adapting to American culture. ELL instruction is a special method for developing English proficiency for social and academic purposes. Beginning level students need to develop their socio-linguistic awareness. This means that they must internalize the sound and grammar systems of English. ELL students do this by using them in social, survival, or life skill situations. Students are provided meaningful learning experiences with the constant use of visual, phonetic, and oral instruction. ELL instruction for intermediate and advanced students emphasizes thinking skills and strategy-based activities that include gathering information, summarizing reading for information and content, and problem solving. Instruction also puts emphasis on oral reading, comprehension, verbal skills, and study skills necessary for successful participation in English language classrooms.

Duration: Full Year. **Credit:** 1.0 Elective. Up to 2 credits of ELL may be applied to the graduation requirement in English.

Mathematics

Students are required to complete three and a half credits of mathematics, including Algebra I and Geometry. Students are also strongly encouraged to continue their study of mathematics by taking Algebra II and Statistics. Most students transition from the middle school into Algebra I at the high school. Upon entering high school, students who have successfully completed Algebra I at the middle school should choose Geometry at the high school. Middle school students who successfully complete Algebra I, will be granted a total of one elective credit (pass) for the class upon entering the high school. All students, regardless of which math classes they completed at the middle school level, must complete three and a half credits of mathematics at the high school.

The Math Department recognizes that, in many cases, freshman and sophomores have different needs than juniors and seniors. The Math offerings attend to these differences. All students will be challenged in courses and by teachers that use differentiated instruction to teach their classes. Teachers are well trained in this approach which adjusts the course's content, process, and products according to student's different readiness levels, interests, and learning styles. It is the goal of every teacher in the math department to know each student well so that they can meet students where they are and then take them as far as they can go. The Math Department will continue to encourage students to pursue their interests through math electives and/or the advanced level offerings.

#245 Algebra I: ♦

This course introduces students to mathematical concepts that serve as the foundation for future high school courses and beyond. Major topics include: solving and graphing equations and inequalities, analyzing functions, exploring features of quadratic and exponential equations, and solving and graphing systems of equations. Considerable emphasis is placed on the process of problem solving in order for students to build mathematical meaning and draw connections between concepts.

Prerequisite: Open to grades 9-10. **Duration:** Full Year. **Credit:** 1.0 Math.

#260 Geometry: ♦

This course is the study of Euclidean Geometry using an investigative approach. Through these investigations students will define geometric terms and discover conjectures about geometric figures. Major topics covered include: similarity and congruence of figures, circles, solids, and an introduction to trigonometry. The use of technology, proof, and problem solving are used regularly to help students visualize and explore these geometric concepts.

Prerequisite: Passing grade in Algebra I or teacher recommendation. **Duration:** Full Year. **Credit:** 1.0 Math.

#203 Strategic Algebra:

This course is available to ninth grade students enrolled in Algebra I. This course gives students an elective credit and is designed for those students who may find they need more time and opportunities to master the algebra concepts and skills. Since it is taken concurrently with Algebra I, the skills and concepts taught in this course relate to those being taught in the Algebra I course. This course is adapted to the pace of each individual learner. Enrollment is by recommendation only.

Prerequisite: Teacher and guidance recommendation. **Duration:** Full Year. **Credit:** 1.0 Elective. Algebra enrolled students.

Science

Mission and Goals

The CHS Science Department cultivates an environment that fosters lifelong intellectual curiosity and enables students to become scientifically literate citizens. This is achieved through a variety of interconnected, rigorous and authentic learning experiences in which students model concepts, investigate questions, analyze data and evidence, problem solve and communicate findings. Through their science experience students employ and hone lifelong learning habits to achieve proficiency in these skills across science disciplines.

The primary goal of the Science Department is to facilitate the intellectual growth of students through scientific problem solving. An understanding of science, its purposes, principles, concepts and methods, must be an essential part of the science education of students. In order to live in a world of science and technology, students must attain a degree of scientific literacy. Consequently, each portion of the scientific program has a specific role to play appropriate to the academic level of instruction and related to other subjects in the curriculum. Students will practice the skills necessary to research scientific problems they encounter and come up with solutions on their own. The Science Department provides students with the necessary coursework for admittance to colleges and universities. The curriculum also provides scientific experiences for the work-ready student.

Note: For students with a high interest in science, we are prepared to develop a four-year plan upon request. Please contact a guidance counselor or the science team leader for more information.

#110 Earth Systems Science: ♦

This course is designed to serve as an introduction to earth and environmental science. Students will explore the science of our Earth and the role that humans play in shaping the natural world through the following units of study: Natural Resources; Earth's Changing Climate; Geology: Earth's Changing Surface. Each of the topics taught in this course will help students to understand how science is being used to solve problems or improve the quality of life in the world today. The primary goals of this course are to increase scientific literacy, develop students' abilities to obtain and apply scientific inquiry skills and knowledge to real-life situations, and explore the naturally occurring and human-influenced changes taking place in our natural world. All students will be challenged by a common hands-on, inquiry-based curriculum that is differentiated by content, process, or product according to students' different readiness levels, interests, and learning styles. ESS is a heterogeneous class: students will be grouped with intention so that each class includes the diverse range of students present in the entire freshman class.

Prerequisite: None.

Duration: Full Year. Credit: 1.0 Science.

#111 Strategic Earth Systems Science:

This course is available to ninth grade students enrolled in Earth System Science. This course will give students an elective credit and is designed for those students who may find that they need more time and opportunities to master the ESS concepts and skills. It is a piggyback course which follows the same curriculum as the ESS course. This course is adapted to the pace of each individual learner. Enrollment is by recommendation only.

Prerequisite: Teacher and guidance recommendation.

Duration: Full Year. Credit: 1.0 Elective. Earth Systems Science enrolled students.

SCIENCE ELECTIVE

#118 Science of Survival:

If you got lost in the wilderness with minimal supplies, how long would you last? Would you know what to do? Would you know how to make a shelter, a fire, or navigate out? The Science of Survival course will teach you basic skills needed if you are ever put in this situation. Science topics embedded in this class include engineering, biology, and physics. By understanding these embedded topics, students will use the engineering process to design and build shelters and create fire multiple ways, learn basic first-aid, plant and animal identification, understand what to pack before heading out into the wilderness, and basic navigation techniques. Students who enroll in this one semester course are expected to have an affinity with the outdoors because this class will often be held outside the classroom in the woods behind CHS. Skills will be assessed through hands on demonstrations and a large culminating activity at the end of the semester. Students will also be required to read and report on a non-fiction survival book of their choice.

This course is offered annually, but will only be taught as enrollment and staffing allow.

Prerequisites: Open to Grades 9-10 (Green House).

Duration: Semester. Credit: 0.5 Elective.

World Languages

French

#500 French I: ♦

Students will practice expressing themselves in French in practical, real-life situations as outlined by the standards for foreign language learning (Communication, Cultures, Connections, Comparisons and Communities). They will develop their listening, speaking, reading, and writing skills through functional and proficiency based activities. Students will learn to understand and use the structures of the language necessary for basic communication. They will receive an overview of French culture and customs from around the world. Music, audio-visual resources and the Internet will support the curriculum.

Prerequisite: None. Duration: Full Year. Credit: 1.0. One credit may be granted for two years (C or better) at CMS.

#505 French II: ♦

Students will continue language study in the five areas as outlined by the standards for foreign language learning (Communication, Cultures, Connections, Comparisons and Communities). They will continue to develop their listening, speaking, reading, and writing skills begun in French I. They will become more proficient in spontaneous use of the language and will continue to make real-life and functional applications. Music, audio-visual materials, the Internet and magazines will support the curriculum. The students will study the culture of France, Québec and other francophone countries and will understand the role of Franco culture in the United States.

Prerequisite: C or better in French I. Duration: Full Year. Credit: 1.0.

Spanish

#525 Spanish I: ♦

Students will practice expressing themselves in Spanish in practical, real-life situations as outlined by the standards for foreign language learning (Communication, Cultures, Connections, Comparisons and Communities). They will develop their listening, speaking, reading, and writing skills through functional and proficiency based activities. Students will learn to understand and manipulate the structures of the language necessary for basic communication. They will receive an overview of Hispanic culture and customs.

Prerequisite: None. Duration: Full Year. Credit: 1.0. One credit may be granted for two years (C or better) at CMS.

#532 Spanish II: ♦

Students will continue language study in the five areas as outlined by the standards for foreign language learning (Communication, Cultures, Connections, Comparisons and Communities). They will continue to develop their listening, speaking, reading, and writing skills begun in Spanish I. They will become more proficient in spontaneous use of the language and will continue to make real-life and functional applications. Audio-visual materials, the Internet, magazines and newspapers will supplement regular classroom activities. The students will study the culture of Spain and Latin America and will understand the role of Hispanic customs and peoples in the United States.

Prerequisite: C or better in Spanish I. Duration: Full Year. Credit: 1.0.

Fine Arts

The arts are not only a means of expression, but have been proven to be a way to improve literacy, critical thinking skills and creative problem solving. Study of visual art or music is an important part of a student's complete educational experience at Colchester High School. Students must complete one fine arts credit for graduation, in either visual art or music.

Visual Art

Art 1 is the foundation course in the CHS Art Department, which is a prerequisite for all other classes. **Art 1** prepares students for taking all other art courses, such as **Pottery, Drawing, Painting, Design, 3D-Art,** and **Photography**. Photography is intended for Juniors and Seniors, but Sophomores may take it with instructor permission. All Art classes offered are one semester, earning ½ credit per class, with the exception of **Advanced Placement Studio Art**, which is a year-long class earning 1 full credit. Juniors and seniors can also sign up for **Advanced Placement Studio Art**, provided they have taken **Art 1**, and two other classes offered by the department.

#644 Art 1:

The CHS approach to art engages students in the creative process through learning the vocabulary and techniques of a variety of art media, thinking through a personal plan for each project which applies new skills and knowledge, then creating personally expressive works of art. Students will also learn about art historical sources and how artists incorporate influences from other artists and their own culture in their work. The essential Elements of Design and Principles of Composition used to create all works of art will be introduced and used in fun ways in a variety of 2-D and 3-D media.

Duration: Semester. Credit: 0.5 Fine Arts.

#601 Drawing:

The **Drawing** course explores how to capture value, texture, form, movement, pattern and more in both traditional and non-traditional drawing media and techniques. The subject areas of Still Life, Portrait, Landscape, Figure, and Abstract Art will be presented in a variety of ways, using dry and wet media. The art of **Drawing** is taken beyond pencil and paper to explore unexpected surfaces and materials.

Prerequisite: Art 1. Duration: Semester. Credit: 0.5 Fine Arts.

#602 Painting:

Discover the joy of painting in watercolor, acrylics, and tempera paints, as well as some non-traditional media. Anything that can be used as a brush and any material that can be applied to a surface is fair game for this exploration of the limits of color and design. Students will be challenged to apply their knowledge of the Elements of Design and the Principles of Composition in a variety of Still Life, Landscape, Portrait, Figure, or Abstract forms of art using historical and contemporary artists for inspiration in creating their own expressive statements.

Prerequisite: Art 1. Duration: Semester. Credit: 0.5 Fine Arts.

#603 Pottery 1:

Come on in and get down and dirty with clay (Seriously, you are going to get dirty!). Explore the many ways of creating works of art out in clay, including many hand building techniques, and the pottery wheel. Make decorative sculptures and functional vessels that you will want to keep forever. This course will guide you through many different units exploring many facets of the clay medium. Learn the process of this medium from raw clay to glazed works of art. You will use and enhance your knowledge of the Elements of Design and Principles of Composition by creating original works of Art in clay.

Prerequisite: Art 1. Duration: Semester. Credit: 0.5 Fine Arts.

#604 3D-Art:

Come and explore the 3rd dimension of Art in this exciting class that will teach you all about sculpture. Learn the Categories, types, and methods of sculpture while you use and enhance your knowledge of the Elements Design and Principles of composition. You will explore and use a variety of media including but not limited to clay, wood, metal, plaster, paper/cardboard, and glass. Learn the proper use and techniques of a variety of tools, including hand tools like chisels, rasps, brushes, and hammers etc. . . . , and power tools like drills, saws, grinders, and soldering irons etc...Get ready to roll up your sleeves and create things you never thought possible.

Prerequisite: Art 1. Duration: Semester. Credit: 0.5 Fine Arts.

#605 Design:

Communicating ideas visually in a dynamic, well-designed composition is a skill everyone can use, and is the focus of this course which explores the fields of Graphic Design and Printmaking. Create eye-catching posters, illustrations, websites, and prints to communicate a wide range of messages, products, services, and events to a target audience. We'll look at the history and contemporary uses of these forms of visual communication and analyze what makes a design effective, successful, and dynamic!

Prerequisite: Art 1. Duration: Semester. Credit: 0.5 Fine Arts.

Music

#639 Chorus:

Students enrolled in CHS Chorus will rehearse and perform music from many cultures, time periods and styles. Students will learn music fundamentals (rhythm, music notation, vocabulary), improve their understanding and control of basic vocal production (breath support, vowels, technique, etc.), and the art and skill of performing individually and in an ensemble. This class allows the opportunity for involvement in such activities as the CHS Concert Choir, CHS Chamber Singers, District III Choral Festival, All-State Music Festival and the New England Music Festival.

Prerequisite: None. Duration: Full Year. Credit: 1.0 Fine Arts.

#622 Concert Choir:

This class will offer intermediate to advanced level singers the opportunity to learn and perform choral music of various time periods, styles and cultures. Students will *continue* to learn music fundamentals (rhythm, music notation, vocabulary), improve their basic understanding and control of **excellent** vocal production (breath support, vowels, technique, etc.), and the art and skill of performing in an ensemble of more experienced singers, and individually. This class allows the opportunity for involvement in such activities as the CHS Chamber Singers, District III Choral Festival and All State Music Festival. **Prerequisite: B or better in high school chorus, and ability to match pitch and hold harmony, or teacher's recommendation. Duration: Full Year. Credit: 1.0 Fine Arts.**

#618 Chamber Singers:

This ensemble is made up of advanced singers who have successfully **auditioned**. The group meets outside of the regular school day to rehearse and learn challenging repertoire, most of it performed a cappella. A diversity of choral styles ranging from tight jazz harmonies to traditional Renaissance madrigals will be performed several times per year. A strong commitment to learning assigned parts, working in a small group and reading music are requirements for this class.

Prerequisite: Successful audition. Duration: Full Year. Credit: 1.0 Fine Arts. This class meets after school.

#922 Beginner Guitar:

Beginner Guitar is a semester course geared towards first-time and beginning level guitar players. Students will become familiar with guitar vocabulary, building and playing basic chords, strumming patterns and tuning. They will also learn a small amount of popular music history, and how to describe music they listen to. Student-directed projects will be used to apply the fundamentals learned in class. No previous experience necessary. Guitars provided by the school. *This course is not offered annually. It will be offered as enrollment and staffing allow.*

Prerequisites: None. Duration: Semester. Credit: 0.5 Fine Arts.

#620 Music Technology:

Music Technology is a course designed as an introduction to modern music software. Through the Mixcraft software, students will have the opportunity to create and record music through use of digital loops, MIDI input, and live instrument recording. Students will explore many different styles of music, such as blues, techno, commercial jingles, and film scoring.

Prerequisites: None. Duration: Semester. Credit: 0.5 Fine Arts.

#624 Introduction to Music Theory:

If you are interested in learning more about how music is constructed, then this is the course for you! Students will learn about the elements of rhythm, melody, harmony, chord structure and form. Students will listen and analyze music from many different genres and styles. Not only will students learn to read various musical elements, such as scales, chords, pitch notations, and time signatures, they will also learn to construct these elements themselves and compose their own music.

Prerequisites: Beginner Piano, Basic Guitar or one of the performing ensembles. Duration: Semester. Credit: 0.5 Fine Arts.

#621 Beginner Piano:

This class will offer students the opportunity to learn how to play the piano. Students will learn the basics of music fundamentals (rhythm, music notation, vocabulary), master one and two handed playing, the skill of performing in an ensemble (with other students), and individual performance. Students will play many different styles of music including folk, pop, and classical. If you've always wanted to learn how to play the piano, this is the class for you!

Prerequisite: None Duration: Semester. Credit: 0.5 Fine Arts.

#635 Colchester Concert Band:

The Colchester High School Concert Band builds on the foundation students have developed in the middle school program. Students will have the opportunity to perform in various settings, including solo and chamber group performances, honors festivals, concerts (both within and outside of the school district) and travel experiences. Band students are also eligible to perform with the CHS Pep Band and audition for the CHS Jazz Ensemble. Students without instruments can contact the director for information regarding the use of a school-owned instrument.

Prerequisite: Previous band experience or instructor approval. Duration: Full Year. Credit: 1.0 Fine Arts.

#619 Colchester Jazz Band:

The Colchester High School Jazz Band strives to replicate the big band sound through the rehearsal and performance of traditional and contemporary jazz ensemble literature. Improvisation is a key element to this course, however no prior improv experience is necessary. This ensemble performs at all school instrumental concerts, and is regularly asked to perform outside of the school setting. The CJB rehearses Monday evenings from 6:30-8:30 pm.

Prerequisite: Previous band experience or instructor approval. Duration: Full Year. Credit: 1.0 Fine Arts.

Health

Students are required to complete one semester of health for graduation. Normally students enroll in *Human Ecology* in the Green House. Students may fulfill the health requirement in the Blue House through *Life 101*. In addition, *Life 101* is a very valuable elective to take in addition to Health. *Food! From Soil to Stomach* class focuses on sustainability and creating change, important themes to explore and experience for living in the 21st century. The other electives listed below represent our expanded vision for meeting the needs of all students. These courses will be incorporated into our Pathways in the future and may become part of the Personal Learning Plan.

#750 Human Ecology:

The purpose of this course is to give students an introduction to the information necessary in making educated decisions concerning their physical, mental, emotional, and social well-being. Topics covered will include personal health, stress management, communication and refusal skills, disease prevention, human sexuality and tobacco/alcohol/drug education.

Prerequisite: Grades 9-10. Duration: Semester. Credit: 0.5 Health.

#717 Food! From Soil to Stomach:

Do you like to eat? But wait, what are you eating? Where did it come from? What's in it? This course is for the student who wants to explore the many facets of food including growing, cooking, and EATING. Topics to be covered include nutrition, conventional versus organic agriculture, and food miles. This class focuses on sustainability and creating change, important themes to explore and experience for global citizenship in the 21st century.

Prerequisites: Hunger (for knowledge and food). Grades 9-12. Duration: Semester. Credit: 0.5 Elective.

Physical Education

#735/740 Physical Education:

The major emphasis of the physical education department is to promote lifetime fitness through basic instruction in a broad range of physical activities. The department offers 25 different activities (units), with the majority being in the areas of individual sports and outdoor recreation. Units last approximately three weeks, or six to eight classes. In order to earn 1.5 credits students must successfully complete the equivalent of 18 units or, 3 semesters. Listed below is a complete listing of the activities offered throughout the year:

Lifetime Sports: Students must take at least four different units

Aerobics	Floor Tennis
Archery	In-line Skating
Badminton	Racquetball
Dance	Table Tennis
Fencing	

Outdoor Recreation Activities: Students must take at least two different units

Canoeing	Mountain Biking
Climbing Wall	Orienteering
Cross Country	Skiing/Snowshoeing
Ropes Course	

Teambuilding Unit:

All students must take the 3-week *Team Building* unit which focuses on the elements of teamwork, self confidence, trust, and cooperation.

Fitness Programs: (All students must take the *Personal Fitness* unit)

Personal Fitness and Nutrition (required 5 week program)
CORE Training
Strength Training and Conditioning

Team Sports: Students need to take two different team sports

Softball
Mini Unit of Team Sports (Basketball, Indoor Soccer, and European Team Handball)
Volleyball

Alternative Credit Options: Students may earn partial credit for participation in one of the following programs during the semester in which they are enrolled in PE:

Interscholastic Sports (2 units per sport)
Independent Study (2 units per activity taught by an instructor)
Prerequisite: None. Duration: Semester. Credit: 0.5 Physical Education.

Co-Curricular Activities

ANDROS ADVENTURE: A bi-annual research trip of a lifetime to The Forfar Research Station on Andros Island in the Bahamas. Students have the opportunity to complete original research in a field of their choosing while earning 0.5 elective credits at CHS. The trip is open to students in the 11th and 12th grade though students apply in the spring of the year before as 10th and 11th graders so plan ahead if you are interested!

CHS CARES: A volunteer organization that meets regularly throughout the school year in support of various service projects. CHS Cares works within the school and community to create a caring environment. Projects they have been involved in are the Alzheimer's Walk, the Making Strides for Breast Cancer Walk, giving thanksgiving baskets to needy Colchester families, as well as Valentines for Veterans and an annual Blood Drive. This organization is an opportunity for students to make a difference in the community in which they live.

COLCHESTER THEATER COMPANY: The award-winning Colchester High School Theater Company is a yearlong activity for students interested in theatre arts. A student can choose from several main stage plays or various technical job opportunities. Students learn the rewards that come from hard work, ensemble participation and a strong sense of commitment.

DEBATE & SPEECH TEAMS: While in the same league, Debate and Speech, are two separate teams. On the Debate Team, students investigate and argue the pros and cons of solutions to current issues against other teams and using the art of rhetoric to persuade impartial judges to support their side of the argument. Unlike the two-way discourse of debate, speech offers students the opportunity to craft speeches on a variety of topics. There are a number of categories in which students can compete, from Impromptu (making up a short speech on the spot), to Poetry (delivering and interpreting a poem written by an established poet), to Radio (creating and delivering a radio broadcast), to many more. Students compete against other schools and are judged on their content and delivery. Both Debate and Speech teams have a successful history in state competition. The skills learned in Debate and Speech will serve you well in school, college and life.

GREEN TEAM: In the spring of 2013 a group of students created an in-class sustainability project to redistribute and reduce the waste at CHS. In the fall of 2014, together with their teacher they created a student club, The Green Team. The focus of The Green Team is to increase environmental awareness and reduce waste throughout CHS. The Green Team has successfully implemented waste sorting and composting during lunches and continues to work on successfully implementing initiatives to support environmental responsibility.

GSA (Gay-Straight Alliance): Gay, Bi-sexual and questioning youth, along with their straight allies, meet twice each month to socialize and provide support to each other. Each meeting begins with a brief check-in, followed by discussions or small group activities. The GSA is a place for students to find answers to questions, become involved in social action projects and receive support from peers and CHS Staff. Our overall goal is to help make Colchester High School a safe fun environment for all students.

MATH LEAGUE: The Greater Burlington Math League consists of students from thirteen area high schools who get together five times during the school year to compete individually and as a team in solving a variety of math problems in various areas: Arithmetic, Geometry, Algebra, advanced math and team. All students are welcome. Math Team provides an opportunity for students to represent their school in an academic setting, to meet other students with similar interests and abilities and to explore math topics beyond those normally studied in traditional courses.

NATIONAL HONOR SOCIETY: Membership in the NHS is one of the highest honors that can be awarded to a high school student. Our main goal is to create honest and honorable students who give back to the community. NHS expects its students to illustrate character, scholarship, leadership, and service.

ART CLUB / OPEN STUDIO: The CHS Art Department opens its doors to students weekly to come in and use the studio space for a variety of extracurricular and academic purposes. Students can get assistance with art projects and assignments, explore a wide range of media and techniques of personal interest, or take part in creating artwork that will leave a lasting impression at CHS, such as murals or public sculpture projects! **Get creative and come to ART CLUB / OPEN STUDIO!**

SKI and BOARD: Colchester High School partners with Bolton Valley Resort to offer the Ski and Board program. Students can travel with their classmates and CHS chaperones to ski and board the trails at Bolton Valley Resort. Ski and Board travels to Bolton on Thursdays and runs for 5 weeks.

STUDENT COMMITTEES: There are several different faculty/student committees for students to join. A few of the committees currently in place are the School Climate Committee, the Nutrition Committee, and Teacher Hiring Committees. These committees serve as a form of student empowerment.

STUDENT GOVERNMENT: Student Government is a student leadership organization that includes the elected representatives (4) from each class at CHS. Student government works to promote school spirit and reflect the will of the student body in school initiatives and changes. Annually, Student Government sponsors and organizes Spirit Week, Winter Ball and an intramural volleyball tournament. Student government provides an opportunity for students to exercise leadership skills and play an active role in improving our school community.

YEARBOOK: Being a part of the yearbook club is a great chance for you to be creative, meet lots of new people, and help to remember your time here at CHS. Students can sign up to participate in the creation of the school yearbook for credit as a course. All students are welcome to contribute photos and artwork to the yearbook.

ATHLETICS

Fall

Football
Girls' Soccer
Boys' Soccer
Field Hockey
Girls' Cross Country
Boys' Cross Country

Winter

Girls' Basketball
Boys' Basketball
Girls' Ice Hockey
Boys' Ice Hockey
Girls' Cross Alpine Skiing
Boys' Cross Alpine Skiing
Girls' Nordic Skiing
Boys' Nordic Skiing
Dance

Spring

Baseball
Girls' Golf
Boys' Golf
Softball
Girls' Tennis
Boys' Tennis
Girls' Track & Field
Boys' Track & Field
Girls' Lacrosse
Boys' Lacrosse
Ultimate Frisbee