

CLASS OF 2022



Preparing for Success

Part 1

Name: _____

BLOCK: _____

PE Teacher: _____



Freshman Presentation 2018-2019

High School Graduation and College Requirements

Subject Area	High School Graduation	University "a-g"
History		
English		
Math		
Science		
World Language*		
Fine Art*		
Applied Academics*		
Physical Education		
Electives		
Earn Credits	Must be a "D" or higher	Must be a "C" or higher
Tests	None	SAT or ACT
Total # of Credits Required for High School Graduation: _____		

***You must complete 2 out of the 3 categories**



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Fremont High School – Four Year Plan PE Class

Subject	Grade 9	HS CR	A-G	Grade 10	HS CR	A-G	Grade 11	HS CR	A-G	Grade 12	HS CR	A-G	Total Credits Earned
English (40)	Lit/Writ	10	Y	World Lit	10	Y		10	Y		10	Y	
Math (20+)													
Social Studies (30)				World History	10	Y	US History	10	Y	Gov't/Econ.	10	Y	
Science (20+)													
Physical Education (20)	PE 9	10	N	PE		N							
World Language (10+)*													
Fine Art (10+)*													
Applied Academics (10)*													
Other Electives													
Credits	Ideal credits = 60			Ideal credits = 60			Ideal credits = 60			Ideal credits = 60			Ideal credits = 60
				Ideal total = 120			Ideal total = 180			REQUIRED = 220			

*Need 2 out of the 3





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FREMONT HIGH SCHOOL

Sample Four-Year Plan

	UC/ Highly Selective College	CSU	Community College	Vocational/ Technical School	
9th Grade	<input type="checkbox"/> Lit/Writ	<input type="checkbox"/> Lit/Writ	<input type="checkbox"/> Lit/Writ	<input type="checkbox"/> Lit/Writ	
	<input type="checkbox"/> Algebra 1 or higher	<input type="checkbox"/> Algebra 1 or higher	<input type="checkbox"/> Algebra 1 or higher	<input type="checkbox"/> Algebra 1 or higher	
	<input type="checkbox"/> Biology	<input type="checkbox"/> Biology	<input type="checkbox"/> Biology <input type="checkbox"/> Environmental Science	<input type="checkbox"/> Biology <input type="checkbox"/> Environmental Science	
	<input type="checkbox"/> PE 9	<input type="checkbox"/> PE 9	<input type="checkbox"/> PE 9	<input type="checkbox"/> PE 9	
	<input type="checkbox"/> Language – Level 1	<input type="checkbox"/> Language – Level 1	<input type="checkbox"/> Language – Level 1	<input type="checkbox"/> Elective Class	
	<input type="checkbox"/> Fine Art elective	<input type="checkbox"/> Fine Art elective	<input type="checkbox"/> Fine Art or Applied Academic elective	<input type="checkbox"/> Fine Art or Applied Academic elective	
10th Grade	<input type="checkbox"/> World Lit/Writ	<input type="checkbox"/> World Lit/Writ	<input type="checkbox"/> World Lit/Writ	<input type="checkbox"/> World Lit/Writ	
	<input type="checkbox"/> Algebra 2 or higher	<input type="checkbox"/> Geometry or higher	<input type="checkbox"/> Geometry or higher	<input type="checkbox"/> Geometry or higher	
	<input type="checkbox"/> World History	<input type="checkbox"/> World History	<input type="checkbox"/> World History	<input type="checkbox"/> World History	
	<input type="checkbox"/> Chemistry (H)	<input type="checkbox"/> Chemistry <input type="checkbox"/> Physics	<input type="checkbox"/> Biology <input type="checkbox"/> Chemistry <input type="checkbox"/> Physics	<input type="checkbox"/> Biology <input type="checkbox"/> Chemistry <input type="checkbox"/> Physics	
	<input type="checkbox"/> PE 10--12, Basketball, Soccer, Weight Training, Dance, or Team Sport	<input type="checkbox"/> PE 10--12, Basketball, Soccer, Weight Training, Dance, or Team Sport	<input type="checkbox"/> PE 10--12, Basketball, Soccer, Weight Training, Dance, or Team Sport	<input type="checkbox"/> PE 10--12, Basketball, Soccer, Weight Training, Dance, or Team Sport	
	<input type="checkbox"/> Language – Level 2	<input type="checkbox"/> Language – Level 2	<input type="checkbox"/> Language – Level 2	<input type="checkbox"/> Elective	
11th Grade	<input type="checkbox"/> Am. Lit Honors <input type="checkbox"/> AP Eng Lang & Comp	<input type="checkbox"/> Am. Lit Honors <input type="checkbox"/> Am. Lit	<input type="checkbox"/> Am. Lit	<input type="checkbox"/> Am. Lit	
	<input type="checkbox"/> Math Analysis or higher	<input type="checkbox"/> Algebra 2 or higher	<input type="checkbox"/> Algebra 2 or higher	<input type="checkbox"/> Algebra 2 or higher	
	<input type="checkbox"/> AP US History <input type="checkbox"/> US History	<input type="checkbox"/> AP US History <input type="checkbox"/> US History	<input type="checkbox"/> US History	<input type="checkbox"/> US History	
	<input type="checkbox"/> Physics H <input type="checkbox"/> Physiology <input type="checkbox"/> AP Chemistry <input type="checkbox"/> AP Biology	<input type="checkbox"/> Physics H <input type="checkbox"/> Physics <input type="checkbox"/> Physiology	<input type="checkbox"/> Physics <input type="checkbox"/> Physiology <input type="checkbox"/> Environmental Science	<input type="checkbox"/> Physics <input type="checkbox"/> Physiology <input type="checkbox"/> Environmental Science	
	<input type="checkbox"/> Language Level – 3	<input type="checkbox"/> Language Level – 3	<input type="checkbox"/> Language Level – 3	<input type="checkbox"/> Elective	
	<input type="checkbox"/> Elective	<input type="checkbox"/> Elective	<input type="checkbox"/> Elective	<input type="checkbox"/> CTE Elective	
	12th Grade	<input type="checkbox"/> AP Eng Lit & Comp	<input type="checkbox"/> AP Eng Lit & Comp <input type="checkbox"/> Expository Read/Writ <input type="checkbox"/> Story & Style	<input type="checkbox"/> Expository Read/Writ <input type="checkbox"/> Story & Style	<input type="checkbox"/> Expository Read/Writ <input type="checkbox"/> Story & Style
		<input type="checkbox"/> Pre-- - Calculus or higher	<input type="checkbox"/> Math Analysis or higher	<input type="checkbox"/> Math Analysis or higher	<input type="checkbox"/> Algebra 2 or higher
<input type="checkbox"/> AP US Gov/ Econ <input type="checkbox"/> AP Microecon/US Gov <input type="checkbox"/> US Gov/Econ		<input type="checkbox"/> AP US Gov/ Econ <input type="checkbox"/> AP Microecon/US Gov <input type="checkbox"/> US Gov/Econ	<input type="checkbox"/> US Gov/Econ	<input type="checkbox"/> US Gov/Econ	
<input type="checkbox"/> AP Biology <input type="checkbox"/> AP Chemistry <input type="checkbox"/> AP Physics		<input type="checkbox"/> Physics Honors <input type="checkbox"/> AP Biology <input type="checkbox"/> AP Chemistry <input type="checkbox"/> AP Physics	<input type="checkbox"/> Physics <input type="checkbox"/> Physiology <input type="checkbox"/> Environmental Science	<input type="checkbox"/> Physics <input type="checkbox"/> Physiology <input type="checkbox"/> Environmental Science	
<input type="checkbox"/> Language – Level 4 H <input type="checkbox"/> AP Language		<input type="checkbox"/> Language – Level 4 H	<input type="checkbox"/> Elective	<input type="checkbox"/> CTE Elective	

This is a sample of courses students can take. It should be used as a guide only. Please contact your Guidance Counselor with any questions or concerns about your 4-- - year plan.



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Sunnyvale's
FREMONT
HIGH SCHOOL

SFS
HOMework
Center

7th Block in Room 76

After-school until 5:00 in the
Library

Peer Tutors
Math and English/Lit Teachers
Computer Access
Text Books
Study Help & Tips

For Everyone!



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Getting Involved at FHS

Leadership	
ASB & Class Cabinet	Students must be elected to these positions. Incoming freshman will do this in August.
Commissioners	Students apply and interview for these positions after they have completed their freshman year at FHS.

Athletics		
Fall	Winter	Spring
Cheer	Basketball	Badminton
Color Guard	Soccer	Baseball (Boys)
Cross Country	Wrestling	Golf
Featherettes		Softball (Girls)
Football		Swimming/Diving
Tennis (Girls)		Tennis (Boys)
Volleyball (Girls)		Track & Field
Water Polo		Volleyball (Boy)

Publications	
<i>The Phoenix</i> Newspaper	If you would like to become part of the staff on <i>The Phoenix</i> , sign up for the Journalism class.
<i>The Pathfinder</i> Yearbook	To become a member of the yearbook staff, sign up for the Technical Writing class.

Performing Arts	
Band	FHS offers Concert Band and Orchestra for those students that would like to participate in our band program.
Choir	If you would like to become a member of the FHS Choir, sign up for the Choir class.
Drama	If you would like to participate in our drama productions, sign up for the Drama class or the Stagecraft class.

Clubs	
	Please see FHS Club Description handout for all the clubs available at FHS.



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FHS Club Descriptions

Club	Description
Badminton Club	For those who would like to learn more about badminton.
Best Buddies	A club that pairs students with those who have disabilities. Students plan events to attend with students who have disabilities.
Brothers and Sisters in Christ (B.A.S.I.C.)	A club that discusses Christianity.
California Scholarship Federation (CSF)	The CSF is a national organization for 10 th – 12 th graders who have a specific gpa. Students in this club focus on community service & if they remain eligible during their years in high school, students earn a special cord to wear during graduation.
Chinese Club	To learn about the Chinese language & culture.
Culinary Club	A club for those who are interested in cooking & good food.
D.E.C.A.	A club that couples social responsibility with a thorough grounding in business. We, as a club, look beyond just ourselves to try to help others in our community, and focus on giving members training in business that will go beyond just high school and into college and real-life experiences.
ECO	We love to get our hands dirty participating in local events, habitat restoration, promoting bike-to-school initiatives, fundraising, and so much more. If you want to save the world and have fun doing it, you should join!
FBLA	The purpose of Future Business Leaders of America is to bring business and education together in a positive working relationship through innovative leadership and career development programs.
FHS Sol	A club that focuses on tutoring at Columbia Middle School.
Filipino Youth Organization (FYO)	A club that celebrates Filipino culture.
Future Athletes of America	
Gamers Club	To discuss upcoming video games, play video games, and hear everyone's ideas about video games.
Gay Straight Alliance (G.S.A.)	The Gay-Straight Alliance is a high-school club that aims to: <ul style="list-style-type: none"> • create a safe environment at Fremont High School for students to support each other and learn about homophobia and other oppressions, • educate the school community about homophobia, gender identity, and sexual orientation issues, and... • fight discrimination, harassment, and violence on campus.
Glee Club	To sing recreational harmony.
Hip-Hop Club	A club that promotes hip hop culture through dance, media, art, and expression.
Interact Club	A club that works with the Sunnyvale Rotary to provide service to the community.
Japanese Club	A club made up of students who want to learn more about Japanese language & culture.
Key Club	A national club that provides service to the community.
Lacrosse Club	To Play and learn girls lacrosse and to spread lacrosse and allow more people to play and experience the sport.
Latino Student Union (L.S.U.)	A club that celebrates Latino culture.



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Club	Description
License 2 Speak	License 2 Speak is your avenue to self expression. Express your thoughts, feelings, ideas in any number of way. Write a song, a poem, a rant, a rap, beatbox, play an instrument, dance. If you have something to say, we have the place for you to say it and we will LISTEN.
Manga and Anime Club	To discuss manga and anime with other students and to experience parts of the Japanese culture.
Martial Arts Club	To learn about different types of martial arts, practice, and perform in rallies.
Math Club	To meet and have fun solving fun and challenging math problems.
National Honors Society	A club for students who apply and meet certain academic standards. Students provide service to the school by tutoring in Students for Success.
Octagon	A community service club.
Page Turner	Page Turner's Purpose: To encourage students to have a love of literature, through activities such as reading a variety of genres, book talks and reviews, reading to others, contributing to the FHS website, putting together library displays, etc.
Peer Counseling	Students who help other students resolve conflicts. They also take trips to the middle schools to help incoming freshmen learn more about FHS.
Photography Club	A club to celebrate and practice photography.
Robotics	For students who are interested in learning more about robots and how they work. Options for participating in national competitions with the Grinders, our robotics team.
Rock Climbing Appreciation Club	To discuss and appreciate rock climbing.
Science Olympiads	To compete in the Science Olympiad competition.
Soccer Club	To promote the social, educational, health and character development of the students.
Societe Honoraire de Francais	The French Honors Society is an international organization overseen by the American Association of Teachers of French (AATF). Its purpose is to celebrate the French language and culture. Students with high academic success in both their French classes and other classes can qualify to become a member of SHF. It is a great honor to be invited into this club. At Fremont High School, we are the leaders of the French Club and plan many fun parties and events to showcase the Francophone culture. Past events have included a French cinema night, an Iron Chef France cook-off and a crepe-making party. At the end of the year, we will hold a banquet to honor our successes and say farewell to our Seniors.
South Asian Club	To celebrate South Asian culture.
Speech and Debate Club	To encourage healthy competition while gaining communication, acting, leadership, and debate skills.
Spirit Leaders	School spirit club to raise attendance to games and school events. To bring students together and boost school spirit.
Tea Club	A club that promotes the appreciation and enjoyment of tea and the culture of tea.
Thespians	The International Thespian Society honors theater students.



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