



Our Mission:

To create a community of learners...

in which students acquire the skills, knowledge,
and attitude necessary to function productively in
a changing world.

<http://www.sthelens.k12.or.us/shhs>

Dear SHHS Students and Families,

Creating a schedule that optimizes opportunities for learning is critical to our students' success. Our goal is that every student will leave St. Helens High School fully prepared for a career and higher education, providing each student the ultimate gifts of education – choice and opportunity. This requires careful planning and communication. The final courses that are built into the master schedule reflect necessary sections for graduation as well as student forecasting interests. Therefore, the requests made during this process directly impact our course schedule, teacher schedules, and additional staff hiring that we may need. Please make these selections carefully. Once our schedules are finalized during the summer, individual schedule change requests will not be possible.

Please take time to review the forecasting materials available and work with your student to build a full schedule tailored to your student's needs and interests.

What are the goals of a carefully planned schedule?

- Preparation for college and career
- Exposure to rigorous academic material
- Opportunity to explore a great variety of electives
- A transcript that is competitive for college applications
- The option to secure extra support in academic areas that are challenging
- Opportunity to earn college credit, reducing the cost of college
- Preparation for college admission tests (SATs and ACTs)

Oregon Administrative Rule 581-022-1620 requires most students to take a full load of courses. *Starting with the 2019-20 school year, all 9th through 11th graders will be enrolled in a full schedule.* This opportunity will prepare students to earn a high school diploma, become prepared for college material, and allow students to pursue career and extra-curricular interests. It is important to take the time now to create a schedule that best reflects your interests and aspirations.

Additionally, course selection will occur through an online process where families will have the opportunity to view students selected courses online. Please make sure you have an active ParentVue account to view these courses. Our office staff can assist you with access, if needed. Your student's counselor will be an excellent resource as you work through your planning guide and select courses.

I wish you the best for the new school year!

Sincerely,

Dr. Katy Wagner

Principal



2022-2023

St. Helens High School Course Guide

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Administration

Dr. Katy Wagner, Principal
Ron Hernley, Assistant Principal
Ted Hirning, Assistant Principal

Counselors

Hannah Davies
Myriah Day
Kimberly Ross

Special Thanks

Faculty of St. Helens High School
St. Helens High School Site Council



Using This Course Guide

This course guide is designed to help you select courses offered at St. Helens High School. As your student prepares to forecast for 2022-2023, you should review the St. Helens School District graduation requirements.

Please keep the following in mind:

- Budget constraints impact the level of service, course, and program options available at each grade level.
- All 9th, 10th and 11th grade students need to be enrolled in 8 classes.
- Forecasting will be used as an indicator of student interest in specific courses and programs. If an insufficient number of students request a course, it will not be taught.
- **Once you have forecasted, you may not make changes.**

Understanding a Course Description

Courses are organized by subject categories. Each course description provides the following information:

Grade level of students who may enroll in this course

Completed course(s) or grades required before a student may take this course

Course content and expectations

Course Title

BEGINNING ART

Grade: 9, 10, 11, 12

Credit: 0.5 or 1.0

Prerequisite: None

Suggested Donation: \$25

Beginning Art is an introductory course designed for the discovery and study of the elements and principles of art through four basic strands while exploring various art media. It is the foundation level for art study throughout high school designed for students with a variety of skill levels. Students will identify and understand the Elements of Art; line, shape, color, texture, form, space and value as the fundamentals of art in personal artworks. Students will identify and understand the Principles of Design; emphasis, repetition/pattern, movement/rhythm, contrast/variety, balance, proportion, and unity in personal artworks. Students will develop works of art using creative expression, historical and cultural relevance and critical evaluation and response throughout the course.

Course may be repeated for elective credit

Course offers a Dual Credit option

St. Helens High School Diploma Requirements

English	4
Math: Algebra 1 (or Integrated Math 1) and higher	3
Science: Scientific Inquiry (2 with lab experiences)	3
Social Studies: Civics (0.5), Economics (0.5), US History, Global Studies	3
Physical Education	1
Health Education	1
Career & Technical Education, Arts, and/or World Language (Entering class 2019-20 and beyond will be required to take 2 credit of CTE, 2 credits of Arts, AND 2 credits of World Language)	3
Electives (Entering class 2019-20 and beyond will need 3 credits of electives)	6
TOTAL CREDITS REQUIRED	24
Highly Recommended: World Languages (Entering class 2019-20 and beyond will be required to take 2 credits World Language)	2
Meet district proficiency for Oregon's Essential Skill (ES) standards:	Reading Writing Math
Meet Personalized Learning Requirements (PLRs) as defined below:	
¹ Develop a Personal Education Plan & Profile	✓
² Participate and reflect upon Career Related Learning Experiences (CRLEs)	2
³ Complete a Resume	✓
⁴ Complete an Extended Application (My Plan Essay)	✓

- ¹Personal Education Plan: Helps to guide students in pursuing their personal, academic and career interests, and post-high school goals; Documentation embedded in transcript
- ²Career Related Learning Experiences: Educational experiences that connect learning to the world beyond the classroom; Documentation in Naviance
- ³Complete a Resume: Include contact information, objective, education and two of the following: work experience volunteer service, skills, academic achievement, extracurricular activities, leadership, references awards, certificates, etc.; Documentation in Naviance
- ⁴Extended Application/My Plan Essay: The application of academic and specialized knowledge and skills within the context of a student's personal and career interests and post-high school goals; Documentation in Naviance

HONORS DIPLOMA REQUIREMENTS

- Meets Standard Diploma requirements with a 3.5 GPA or higher (weighted)
- 3 years World Language minimum
- 4 years Math minimum
- 27 minimum credits
- 3 credit minimum of AP or Dual-Credit Option courses

COUNSELING AND GUIDANCE

The counseling staff recognizes that all students have unique strengths and needs. Our goal is fourfold: 1) assist students, parents, and staff with educational planning; 2) assist students with post high school planning; 3) assist students and families toward a successful school experience; and 4) assist students with problems that interfere with their ability to succeed in school. Students and parents are encouraged to meet the counselors and to take advantage of their assistance.

- Transition from 8th grade to high school
- Four year high school planning
- Yearly forecasting/scheduling
- Grade-level classroom presentations
- Class scheduling
- Testing information – PSAT, SAT, ACT, credit by exam
- Post high school planning (vocational, college, financial aid, Naviance)
- Credit recovery options
- Help with educational issues (achievement, attendance, classroom behavior)
- Help with personal concerns which affect school performance (relationships, decision making, conflict resolution, health, personal crises, alcohol and drugs, depression)
- Suicide intervention
- Referral to school and community support services (health, drug and alcohol assessment and treatment, family counseling, and other services)

COURSE STANDARDS AND CREDITS

Students who receive a F or NG in courses may not be able to repeat those courses at SHHS during the regular school year. Priority will be given during forecasting to students who have not already made an attempt in that course. If the course is full, students who have made a previous unsuccessful attempt may need to take the class through our credit recovery program, Summer School (if offered), community college, or on-line.

Credits are the units we use to measure academic progress. All classes are 0.5 credits per semester. A semester class earns 0.5 credits; a full-year class is 1 credit. Students need at least 24 credits to graduate. Students may earn 8 credits per year, or up to 32 credits in four years. Students should plan to take a full load of classes all four years to prepare for study beyond high school.

CLASS STANDING

Sophomore, Junior, and Senior class standing are based on the total number of credits earned. A student must have a minimum of **5 credits** to be considered a sophomore, **10 credits** to be considered a junior, and **16 credits** to be considered a senior.

FORECASTING AND DROP/ADD CLASSES

Please choose classes carefully. **The schedule is built and hiring decisions are made based on the forecasts that students submit in the spring.** Classes may be eliminated if too few forecast for a particular class. **Students may move to a different class only if originally placed in the wrong level of that course. We cannot move students based on requests for a specific teacher.**

Students may drop classes without penalty during the first 10 school days of each semester. After that date, students shall NOT be allowed to drop a class without a transcript notation "W" (Withdraw) as a grade unless the building administrator grants an exception based on extreme and/or extenuating, documented circumstances. **Additionally, no course may be added for credit after the 10 school day deadline.**

9th – 11th grade students will not be allowed to drop classes that results in a partial schedule (less than 8 classes).

PASS/NO PASS

Core courses required for graduation are NOT subject to the Pass/No Pass option. For elective credit courses, students may request a P/NP within the first 15 school days of each semester. After this time, only a building administrator may initiate this option. To receive a Pass, students must meet minimum course requirements that would earn a credit in the course. Neither a Pass or No Pass grade is calculated in the student's GPA. **The request form (provided by the counselor) for Pass/No Pass must be presented to the teacher prior to the 15th school day of the semester.**

POST HIGH SCHOOL PLANNING

Numerous national studies indicate the most important decision a student can make to prepare for college success is to take rigorous courses for all four years of high school. College entrance requirements vary greatly and we encourage students to check requirements and recommendations on specific college websites. SHHS has many resources available to help students with post high school research and planning. Counselors are always available to help guide the process. The College and Career Center (CCC) has many helpful volunteers and materials. We also have information about community colleges, college transfer programs or vocational programs.

RANK ORDER AND GPA

St. Helens computes two separate class GPAs and rankings for seniors based the first six semesters of high school. *Unweighted rank* and GPA is calculated based on a four-point scale. *Weighted rank* and GPA is recalculated with a weighted differential based on a five-point scale for AP, Honors, and Dual-credit classes only.

VALEDICTORIAN ELIGIBILITY

Valedictorian qualification and eligibility is based on the highest academic standards through St. Helens School District. Determination of Valedictorians will be based on non-weighted GPA and grades through the first seven semesters of attendance. After that time no changes will be accepted to prior posted grades. Sustained academic achievement and excellence is expected through the eighth semester. Failure to maintain qualifying grades during the 8th semester may impact Valedictorian Status.

STUDENT FEES

Under Oregon law, students cannot be required to pay a fee for classes that are part of the regular school program. However, in some instances, students may be asked to make a contribution for certain classes where additional learning materials enable the school to expand and enrich those classes. Certain science lab expenses, art class supplies, woods, and culinary arts are examples of classes where a student's contribution can make a difference in the quality of the class. Students are not required to pay the requested contribution in order to enroll in the class. St. Helens High School is only able to offer these enhanced learning opportunities for students because of everyone's support and contributions. We appreciate this commitment to our instructional program and the success of our students.

In some instances, Oregon law does allow school districts to charge a required fee for deposit. For instance, fees can be required for optional field trips, extracurricular activities, the use of musical instruments, gym clothes when the student does not furnish his/her own, and other non-instructional expenses. The school may also require a deposit for a lock or locker. The Student Fee and Contribution Form available at registration in August provides more information about specific fees and contribution options for St. Helens High School.

TAG (TALENTED & GIFTED)

In Oregon, the TAG mandate states that students identified as Talented and Gifted receive instruction at their assessed rate and level of learning. Identification of students, methods for providing appropriate instruction in the classroom, communicating with students, staff and parents, and professional development for teachers are all a part of a school's TAG Plan. School TAG plans and course selection (forecasting) serve as a student's individual TAG plan in high school. There are not separate "TAG" courses or TAG tracking in high school. Parents and students are asked to make thoughtful decisions regarding elective course selection(s) as a part of their TAG plan.

NCAA REQUIREMENTS

Students who want to participate in National Collegiate Athletic Association (NCAA) Division I, II, III athletics should start the certification process by the end of their junior year. Visit www.eligibilitycenter.org for more information.

ATHLETIC/ACTIVITY ELIGIBILITY


In addition to the academic program, students may develop important skills through sports, student government and a variety of clubs. Students are eligible for activities and athletics as long as they have

- Passed five courses the previous semester and are currently enrolled in at least five semester courses.
- Met the minimum satisfactory progress toward graduation and fulfilled credit requirements set by OSAA.
- Not been declared ineligible by administration.
- Not been dropped from the activity or sport by the Advisor or Head Coach.

CLASS ATTENDANCE

Attendance and punctuality are critical life-long skills. Performance in class through collaborative activities is essential to student learning and assessment, but students must be present to participate. For students to reach their full potential, it is crucial to avoid absences.

REPEATING A CLASS FOR CREDIT

Elective classes marked with  may be taken more than once for credit. Students may repeat a *required* class for credit if:

- The initial grade in the course is a NG, D or F.
- On the second attempt, the student must earn a "C" or better to get credit for the course.

The grade received the first time will remain on the transcript, along with the grade received the second time. Both grades will contribute to the student's GPA. The original grade would change to an elective credit from a required credit. Permission to retake a required class will depend on space available in that class.

HIGH SCHOOL CREDIT EARNED IN MIDDLE SCHOOL

Courses completed for high school credit taken prior to ninth grade will be recorded on the transcript and included in the cumulative grade point average. Courses must have been taught by a teacher with an appropriate subject area endorsement and the course must be aligned with high school standards. Syllabi may be required for review before credit is awarded. Courses will be shown in chronological order on the transcript. Once a middle school student receives high school credit they may not take the course again at the high school to improve their cumulative grade point average. Middle school staff will notify parents of the option for having the credit removed from the transcript. The removal form must be completed before the end of the first 12 weeks of the student's freshman year. Copies of the parent's request will be maintained in the student's cumulative file.

OFF-CAMPUS LEARNING GUIDELINES

St. Helens High School recognizes student involvement in worthwhile activities related to paid employment. Off-campus learning experiences will not be directly supervised by school personnel and therefore are not covered by District Liability or Worker's Compensation. The School-to-Work program credit is limited to two credits during the student's school career. A minimum of 130 hours of paid off-campus activity or volunteer work with evaluation is required for one work credit. See your counselor for more detailed information.

LATE ARRIVAL/EARLY RELEASE FOR OTHER CREDIT PROGRAMS

9th-11th grade students are required to take eight courses each semester. 12th grade students may be granted an early release or late arrival for the following reasons:

- Structured work experience for credit
- Completing a service learning project for credit
- Completing an internship in the community
- Accessing expanded options (off-campus college opportunities)
- Other reasons approved by administration

Students will only be granted early release/late arrival for the above reasons and under the following conditions:

- Student must have less than five unexcused absences the semester prior.
- An application form must be filled out and approved by parent, counselor and principal.

CREDIT BY PROFICIENCY

With approval of the administration and working with the relevant teacher, students may earn high school credits by successfully demonstrating knowledge and skills that meet or exceed defined levels of performance. Credit-by-proficiency is most often accomplished by producing work samples equivalent to regular coursework.

CREDIT BY EXAM

Students with significant experience in a language other than English may earn pass/NG credit in world language which can be used to meet graduation requirements. Please note, not all colleges and universities accept pass/NG credits for their world language requirements. The STAMP test (Standards-based Measurement of Proficiency) is a web-based test with four sections - reading, writing, listening and speaking. STAMP is available in:

- | | |
|--|------------|
| • Arabic | • Hebrew |
| • Chinese (Traditional and Simplified) | • Italian |
| • English | • Japanese |
| • French | • Spanish |
| • German | |

Students may also earn additional language credit with the FLATS test (Foreign Language Achievement Testing Service) through Brigham Young University. Please contact your counselor for more information.


COLLEGE CREDIT OPPORTUNITIES

Students have several options to earn college credit while still enrolled in high school. College credit opportunities are subject to change based on teacher certification.

Advanced Placement Classes

Students have the opportunity to receive college credit by scoring a 3 or higher on the Advanced Placement (AP) exam administered at the end of yearlong coursework. Colleges and universities reserve the right to issue credit for AP exam performance. Please check with the individual college or university for more information.

Dual Credit

Students enrolled in the following courses have the opportunity to earn college credit. Teachers will review specific requirements for each course. Courses marked with a  offer a dual credit option.

Portland State University

SHHS Course Title	PSU Course #	College Credit
College Writing	Writing 121	4 credits
Research Writing	Writing 222	4 credits
Calculus	Math 251 & Math 252	8 credits
Statistics	Stat 243 & Stat 244	8 credits

Willamette Promise (Western Oregon University)

SHHS Course Title	WP Course Title	College Credit
Chemistry	CHEM 104	4 credits
Spanish 1	SPN 101-103	8 credits
Spanish 2	SPN 201-203	8 credits

Mt. Hood Community College

SHHS Course Title	MHCC Course #	MHCC Course Title	College Credit
Automotive Technology 1	AMF 101	Automotive Theory – Ford ASSET	2 credits
Automotive Technology 2	AMF 110	Internal Combustion Engine Theory - Ford ASSET	3 credits
Automotive Technology 3/4	AMF 116	Fundamental Brakes and Suspension Theory - Ford ASSET	2 credits

Portland Community College

SHHS Course Title	PCC Course #	PCC Course Title	College Credit
Automotive Technology 1-4	AM 111	Unit 1: Engine Repair	4 credits
Automotive Technology 1-4	AM 161	Unit 2: Electrical Systems	4 credits
Automotive Technology 1-4	AM 100	Unit 3: Introduction to Automotive Systems	4 credits
Automotive Technology 1-4	AM 151	Unit 5: Brakes Systems	4 credits
Woodworking 2	BCT 106	Hand Tool/Power Tool Use and Safety	3 credits
Independent Carpentry	BCT 218	Woodworking Projects	2 credits
Independent Carpentry	BCT 103	Residential Materials and Methods	3 credits
Renovations & Remodeling	BCT 211	Remodeling	6 credits
Drafting Tech 2	CADD 160	Drafting Fundamentals	4 credits
Drafting Tech 3 and 4	CADD 126	Introduction to AutoCAD	3 credits
Drafting Tech 3 and 4	CADD 175	SolidWorks Fundamentals	3 credits
Early Childhood Education	ECE 120	Intro to Early Education & Family Studies	3 credits
Child Development 2	ECE 121	Observation & Guidance I	3 credits
Pre-Engineering	ENGR 100	Engineering 100	1 credit
Wind Ensemble	MUS 195 A/B	Symphonic Band	1 credit/sem
Chor Leonis	MUS 221	Advanced Chorus	1 credit
Music History	MUS 201/202	Intro to Music History	3 credits/sem

RECOMMENDED COURSE SEQUENCE

This is a sample recommended sequence.

Please consult with your school counselor to determine the most appropriate courses for your individual graduation plan.

Credits Required	Grade 9	Grade 10	Grade 11	Grade 12
Language Arts 4 credits	LA 9	LA 10	LA 11 (2 Selectives)	LA 12 (2 Selectives)
Mathematics 3 credits	Integrated Math 1	Integrated Math 2	(see recommended math sequence)	
Science 3 credits	Physical Science	Biology	(see science electives)	
Social Studies 3 credits	Global Studies		US History	Civics/Economics
Physical Education 1 credit	Fitness 101 (1 semester)	Life Sports (1 semester)		
Health 1 credit	Health 1 (1 semester)	Health 2 (1 semester)		
Arts, CTE, World Languages, Electives (3 credits)	World Language 1	World Language 2 (2 years of World Language required for class of 2023 and beyond)		
Arts, CTE, World Languages, Electives (3 credits)	Arts or CTE	Arts or CTE (2 years of Arts and 2 years of CTE required for class of 2023 and beyond)	Arts or CTE	Arts or CTE
Total 24 credits	7 credits	7 credits	7 credits	6-7 credits

ARTS

ART 1

Grade: 9, 10, 11, 12

Credit: 0.5

Suggested Donation: \$10.00

In this course you will have introductory experiences using various materials/media to produce artwork. Foundational art and composition skills will be taught. Additionally art criticism, history, and aesthetics will be used to enhance instruction.

ART 2

Grade: 9, 10, 11, 12

Credit: 0.5

Suggested Donation: \$10.00

This course is for students that wish to strengthen their art skills. Students will experience various materials/media to produce art work, focusing on areas expertise and interest. Project completion times will be longer and expectations higher than in Art 1. Emphasis placed on creating quality lasting works of art. Art criticism, history, and aesthetics will supplement instruction



ART ADVANCED

Grade: 10, 11, 12

Credit: 1.0

Prerequisite: Art 1 or Instructor's approval

Suggested Donation: \$10.00/semester for total of \$20

This course is designed for advanced students to develop an extensive portfolio. Instruction is based on portfolio requirements in the sections of quality, concentration, and breadth. Students may choose from a general portfolio or a drawing portfolio with either requiring upwards of 40 works. Art history, art criticism, and aesthetics will supplement instruction.

CERAMICS 1

Grade: 9, 10, 11, 12

Credit: 0.5 credit

Suggested Donation: \$20.00, incl. 1 bag of clay*

An introduction to clay and ceramics: clay and clay chemistry, sources and history; Native American traditions in pottery, firing stages and changes, construction and decoration techniques; glazing. Production will include hand built, wheel-thrown and molded pieces. Fee includes first bag of clay. * Additional clay available: \$10/new; \$5/recycled. Tool sets available for \$5, refunded at the end of the semester if all tools are turned in.

CERAMICS 2

Grade: 10, 11, 12

Credit: 0.5

Prerequisite: B or better in Ceramics 1

Suggested Donation: \$20.00, incl. 1 bag of clay*

Curriculum will include a brief review of construction and decoration methods. More emphasis given to applying decoration to their work; sculpting, carving, texturing, stenciling, and painting pottery surfaces. Assignments include wheel-thrown and hand-built work, with more emphasis on quality and craftsmanship. Oral critique, loading and unloading kilns, basic maintenance will also be included. Students have the opportunity to show and sell work. Repeatable for students who have passed Ceramics 2 - if advanced class isn't offered.

* Additional clay available: \$10/new; \$5/recycled. Tool sets available for \$5, refunded at the end of the semester if all tools are turned in.



CERAMICS ADVANCED

Grade: 10, 11, 12

Credit: 0.5

Prerequisite: 'B' or better in Ceramics 2

Suggested Donation: \$20.00, incl. 1 bag of clay*

Challenges will be made to work both larger and smaller while still developing aesthetic form. While assignments will be open to students' choice, expectations will be for continued growth in quality and detail. Achievement and needs will be established via oral critique. This class is for those students having a serious interest in continuing to develop their skill. * Additional clay available: \$10/new; \$5/ recycled. Tool sets available for \$5, refunded at the end of the semester if all tools are turned in.

COMPUTER DESIGN 1

Grade: 9, 10, 11, 12

Credit: 0.5

Prerequisite: Art 1

This course covers two areas: computer graphics and animation. Computer graphics work will be done almost entirely on the computer using PhotoShop and Illustrator. Students will gain a working knowledge of these programs. Emphasis is placed on the fundamentals of graphic design. Students will manipulate digital images as well as create drawings from scratch to create both commercial and fine art projects. Recommended/Not Required - Confidence in drawing skills.



Course may be repeated for elective credit



Course offers a Dual Credit option

**COMPUTER DESIGN 2**

Grade: 10, 11, 12

Credit: 0.5

Prerequisite: 'B' or better in Computer Design 1 or teacher recommendation

This course is an intensive study solely of 3-D animation. We are currently using the industry standard program; Maya. Due to limited licenses (2), this course is taught concurrently with other art courses. It therefore is almost an independent study course. Students will complete a series of tutorials to learn the basics of the program. The culmination of the course will be the students creating their own 30 second animation. Recommended/Not Required - Confidence in drawing skills.

**PAINTING**

Grade: 10, 11, 12

Credit: 0.5

Prerequisite: Art 1, Art 2, or Instructor's approval**Suggested Donation: \$10.00/semester**

This course is designed to give advanced students extensive training in painting with both transparent and opaque media. Art history, art criticism, and aesthetics will supplement instruction.

**SCULPTURE**

Grade: 9, 10, 11, 12

Credit: 0.5

Prerequisite: Art 1, Art 2, or Instructor's approval**Suggested Donation: \$10.00/semester**

This course is designed to give advanced students extensive training in sculpting using both additive and subtractive methods. Art history, art criticism, and aesthetics will supplement instruction.

PHOTOGRAPHY IN THE DIGITAL AGE

Grade: 10, 11, 12

Credit: 0.5

Suggested Donation: \$40.00 lab fee

This elective course looks at how photography has changed since the first permanent photo in 1826 to social media feeds today. Areas covered include aesthetic photographic composition, how to control a camera, how to knowledgeably evaluate photographs, basic digital manipulation, as well as other areas of photographic focus. Students should have access to their own digital camera.

**YEARBOOK**

Grade: 9, 10, 11, 12

Credit: 1.0

Prerequisite Strong writing skills & can meet deadlines

This is a full-year course involving the production of the school yearbook. Areas of focus include: coverage, graphic design, theme development, copy writing, photography, interviewing, and leadership skills. Students should be constantly working to improve their yearbook.

PERFORMING ARTS**INTRODUCTION TO THEATRE**

Grade: 9, 10, 11, 12

Credit: 0.5

This course is designed to introduce students to the many facets of the art of theatre, including theatre history, technical theatre, and performance. Students study one dramatic work (Greek, Restoration, or Shakespeare) and learn the technical basics of sets, costumes, lights, props, and business, as well as the performance basics of physical expression, control, directed creativity, and interpersonal relationships. Theatre games, warm-ups, pantomime, and performance are included.

**ACTORS WORKSHOP**

Grade: 9, 10, 11, 12

Credit: 0.5

Prerequisite: Introduction to Theatre (or its equivalent) or Instructor Approval.


Building on skills acquired in Introduction to Theatre, students will pursue an in-depth study of the art of performance. The course will include character analysis and scene study, with advanced scenes and monologues from various styles of theatre. Acting exercises (intended to train the actor's physical and vocal instrument), observation skills, and emotional understanding will be pursued.

**TECH THEATRE**

Grade: 9, 10, 11, 12

Credit: 0.5

Through hands-on work, students will continue to deepen their knowledge and experience of theatre production. Students will study design and building of sets, costume, lighting, makeup, as well as an introduction to the business aspects of theatre (posters, programs, publicity, and box-office).


 **CONCERT BAND**
Grade: 9, 10, 11, 12

Credit: 1.0

Prerequisite: Previous experience playing a wind or percussion instrument.

Concert band is a concert ensemble open to any students with previous experience playing a wind or percussion instrument. No audition is required for placement in this group. The Concert Band will perform at local concerts and band festivals around the state. Members of Concert Band participate in the marching band during the fall and will attend a 2-week band camp in the middle of August.


Note: Students participating in Marching Band will have additional fees.

 **JAZZ BAND**
Grade: 9, 10, 11, 12

Credit: 1.0


Prerequisite: Audition, previous experience & enrollment in Wind Ensemble or Concert Band

Jazz Band is an audition only ensemble that focuses on jazz style, techniques and improvisation. Auditions for Jazz Band take place in the Fall and the course is scheduled before the regular school day. To be in this group you must also be enrolled in Concert Band or Wind Ensemble. Members of this group are also required to participate in Basketball Band in the winter. The Jazz Band travels across the state for competitions and festivals and performs locally at many events.

 **WIND ENSEMBLE**
Grade: 9, 10, 11, 12
Credit: 1.0


Prerequisite: Audition, previous experience and director recommendation.

Wind Ensemble is the top concert ensemble at SHHS. Entrance into this group is by audition and director recommendation only. Auditions are held at the end of the school year. Members of Wind Ensemble are automatically in marching band during the fall and will attend a 2-week band camp in the middle of August. The Wind Ensemble will travel across the state and beyond performing at festivals, competitions, clinics and concerts. Note: Students participating in Wind Ensemble will have additional fees.

 **CANTANTE CHORALE**
Grade: 9, 10, 11, 12

Credit: 1.0


Cantante Chorale is a non-auditioned chorus where everyone is welcome. Students learn a love of music and singing, while working on the fundamentals of vocal production and music theory. Students are required to perform in all major concerts at SHHS, and will take part in 1-2 choral festivals annually.

 **CHORALIERS**
Grade: 9, 10, 11, 12

Credit: 1.0


Prerequisite: Audition or instructor approval

Intermediate Treble Chorus is a small, treble-voice ensemble, designed to provide a more advanced musical experience than Cantante Chorale. Students enrolled in this ensemble will be expected to participate in all concerts, as well as some limited local touring opportunities. This ensemble is by audition only. Students in this ensemble are selected through auditions each spring, as well as by individual appointment through special circumstances.

 **CHOR LEONIS**
Grade: 9, 10, 11, 12
Credit: 1.0

Prerequisite: Audition and previous experience

This is the main performing group of the vocal music department, comprised mostly of experienced singers, that endeavors to sing music of all types, styles, and time periods. As this is a performing group, special emphasis is placed on the development of performing skills rather than fundamental training skills. It is therefore, necessary that any student wishing to join this group already possess some working knowledge of these fundamentals. It must further be understood that if a student is accepted into this group, the student must be available to participate in all performances.

 **VOCÉ**
Grade: 9, 10, 11, 12
Credit: 1.0

Prerequisite: Audition

SHHS' premiere touring choral ensemble, this group specializes in a cappella performance, with music from all genres and eras. From plainchant to gospel, pop to chamber music, this ensemble devotes their time to performing a variety of music at a professional level. Students must also be a member of Chor Leonis, and must make themselves available for tours, performances, and other engagements as specified in the syllabus. Admittance is by audition only, and main auditions will be held in the Spring for the following year. Supplemental auditions will be held by appointment only.

 Course may be repeated for elective credit

 Course offers a Dual Credit option

MUSIC APPRECIATION**Grade: 9, 10, 11, 12****Credit: 0.5**

Music Appreciation is a semester-long course, offered twice each year. First semester focuses on the history of 20th century music that leads to rock and roll, while second semester focuses on the how pop music came to be. This is a writing-intensive course, as each student will be required to research and write a small paper by the end of the semester. Music listening will be required outside of class, in addition to in-class examples.

MUSIC THEORY**9, 10, 11, 12****Credit: 1.0**

Music theory prepared students to understand the mechanics of music in a way that prepared them for the next step, be it performance, college, composition, or simple enjoyment. Students taking this class must be prepared to work at a fast pace and must possess a deep love of music, as this class will put that to the test

**MUSIC HISTORY****Grade: 10, 11, 12****Credit: 1.0**

Western Civilization Music History is a course that covers the history of written music from approximately 600 A.D. to today. Meant as an overview course, this class traced the common threads that bind all music together, as well as looks at the major points in history that helped shape today's music. Starting in the Medieval era and moving forward through the Renaissance, Baroque, Classical, Romantic, and 20th Century, this class will explore how music came to be.

BUSINESS & COMPUTER SCIENCE

BUSINESS PRINCIPLES

Grade: 9, 10, 11, 12

Credit: 0.5

This course is designed to show what businesses are, how they operate, and how they are managed. Content will cover business, marketing, and entrepreneurship basics. Students will learn real-world business experiences through various hands-on activities.

BUSINESS TECHNOLOGY

Grade: 9, 10, 11, 12

Credit: 0.5

This class gives students a realistic view of the versatility of the computer as a tool in daily life. Students will learn how to use Microsoft Office (Word, Excel, Access, and PowerPoint) to complete documents, including both text and graphics. This class is hands-on in nature.

MARKETING

Grade: 9, 10, 11, 12

Credit: 0.5

Prerequisite: Business Principles

The focus of this course will be on selling, promotion, distribution, buying, and pricing merchandise, as well as market research and product planning. Students will directly apply these skills through a project completed either through a Lion Student Enterprises — or personal-based business project.

WEBSITE DESIGN

Grade: 9, 10, 11, 12

Credit: 0.5

Class material is set up for this to be a semester course in computer programming. Students will learn programming through practical applications in game making, web page design, business run applications, and a variety of other media in the world today. As new technological platforms develop they will be incorporated into the class accordingly.

COMPUTER SCIENCE

INTRO TO COMPUTER SCIENCE

Grade: 9, 10, 11, 12

Credit: 0.5

Introduction to Computer Science is adapted from UC Berkeley's CS course for a wide range of high school students from diverse backgrounds. The course explores a variety of basic computational thinking and programming concepts through a project-based learning environment. Every unit culminates in a comprehensive project and roughly 75% of student time is spent building projects and practicing the skills they are learning. This course uses Snap!, an approachable visual block-based programming language with a robust tool set, perfect for introducing students to coding for the first time.

INTRO TO COMPUTER SCIENCE 2

Grade: 9, 10, 11, 12

Credit: 1.0

Prerequisite: Intro to Computer Science 1

This course introduces students to a text based programming and coding in Python 3. Students use what they learn in this course to create and design console-based games and produce music by implementing various programming techniques and concepts through project-based learning. This course is designed to be a continuation of Introduction to Computer Science.

AP COMPUTER SCIENCE PRINCIPLES

Grade: 10, 11, 12

Credit: 1.0

Prerequisite: None

Instead of focusing on programming, this course outlines the "big ideas" of the computer science field. This includes how the Internet works, why big data is useful, and how computing has created global connections. CSP is an extremely friendly course for people who aren't tech enthusiasts but want a taste of what computer science is. AP Computer Science Principles course does not have a designated programming language and no previous programming experience is required.



CULINARY ARTS

CULINARY ARTS 1 (previously Teen Cuisine)

Grade: 9, 10, 11, 12

Credit: 0.5

Suggested Donation: \$40.00

This is an entry level class for students with little or no cooking experience up to those planning on a food related job or career. Join us in learning the importance of kitchen safety and food sanitation, preparation techniques, cooking terms, equipment use, and recipe math while preparing foods in your kitchen. Students prepare a variety of Quick Breads, Yeast Breads, Meats, Vegetables, Salads and Main Dish Entrees. This is a level 1 class in the Culinary Art & Hospitality Management Pathway. Students will also study to pass and hold the Oregon Food Handlers Card (\$10.00).

INTERNATIONAL CUISINE

Grade: 9, 10, 11, 12

Credit: 0.5

Prerequisite: Teen Cuisine

Suggested Donation: \$40.00

Enjoy the tastes and flavors of foods from Regions of the United States and from around the world. Students will prepare a variety of food from Latin America, Europe, Asia, Africa, Australia, Canada, and the United States. Learn about the culture, spices, flavors, and traditions that influence the foods common to each region. This is a part of the 1st year study in the Culinary Arts & Hospitality Management Pathway. This course may be taken at the same time as taking either Chef School Level I & II with Lion Catering. Students are required to hold a Food Handlers Card.

WILD FOODS

Grade: 9, 10, 11, 12

Credit: 0.5

Prerequisite: Teen Cuisine

Suggested Donation: \$40

Learn the edible plants and animals of Oregon's diverse bioregions. We will explore local plant ID, medicinal foods, wildcrafting, food preservation, butchery, and more in this course. Field trips and hands-on labs make this class practical and adventurous. Learn the secrets of Oregon's forests, high deserts and ocean coastline. This is a part of the 1st year study in the Culinary Arts & Hospitality Management Pathway. This course may be taken at the same time as taking either Chef School Level I & II with Lion Catering. Students are required to hold a Food Handlers Card.

GLOBAL ETHNOGRAPHY THROUGH MUSIC AND FOOD

Grade: 10, 11, 12

Credit: 0.5

Prerequisite: Teen Cuisine

Suggested Donation: \$50 Travel the world without leaving St. Helens! Global Ethnography through Music and Food is a class

where students learn to interact with the greater world at large through the music and culinary tastes of each culture. Since these are some of the primary ways that people first experience a culture, this course will attempt to introduce students to a new region of the world by cooking, singing, dancing, and experiencing the culture in a hands-on way. Each semester will look at a different region, i.e., Southeast Asia, South America, the Baltic States, Africa, etc., and will immerse the students in the cultural experiences from those regions. Each semester will culminate in a "cultural fair", where the students share what they have learned through food and music with the school at large.



CHEF'S SCHOOL LEVEL 1 W/LION CATERING

Grade: 10, 11, 12

Credit: 1.0 credit (Taught every odd year)

Prerequisite: 'B' or better in Teen Cuisine or teacher recommendation

Requirement: Current Food Handler's Card

Suggested Donation: \$50.00 (covers chef jackets w/school logo & embroidered name & beanie, cost of food)

Students will cover units in Food Safety; Workplace Safety; Recipes; Cooking Methods; Stocks, Soups and Sauces; Management Skills; Fruits and Vegetables; Potatoes and Grains; Serving Your Guests and Building a Successful Career in this full year course. Students will also learn catering skills by preparing foods and while working within the school operating the Lion Café, giving students "hand on" experience in the restaurant industry. Students may also participate in the Skills USA competition. This is the 2nd year in the Culinary Arts & Hospitality Management Pathway. This course may be taken more than once and can be taken after Chef School Level II. Students are required to hold a Food Handlers Card.



CHEF'S SCHOOL LEVEL 2 W/LION CATERING

Grade: 11, 12

Credit: 1.0 (Taught every even year)

Prerequisite: "B" or better in Teen Cuisine and International Cuisine

Requirement: Current Food Handler's Card

Suggested Donation: 20.00 (extra \$30.00 covers chef jackets w/school logo & embroidered name/beanie)

Students will cover units in Breakfast and Sandwiches; Nutrition; Cost Control; Salads and Garnishing; Purchasing and Inventory; Meat, Poultry and Seafood; Menus; Desserts and Baked Goods; Global Cuisines; and Developing Your Career. Students work in the Lion Catering and with clients to plan and execute catering events. There is required time outside of class for this course (10+ hours a semester). This class is a full year course and is the 3rd year in the Culinary Arts & Hospitality Management Pathway. This course may be taken more than once and can be taken before Chef School Level I. Students are required to hold a Food Handlers Card.

EDUCATION & RELATED FIELDS



CHILD DEVELOPMENT 1

Grade: 9, 10, 11, 12

Credit: 0.5

Child Development 1 is an introductory class in Early Childhood Education. Students will explore topics such as roles and responsibilities of parenthood, positive discipline and guidance techniques prenatal development, pregnancy and child birth, risks and difficulties associated with teen parenting, pregnancy prevention, and the development across domains of physical, cognitive, social-emotional and moral in children from infancy through preschool age.



CHILD DEVELOPMENT 2

Grade: 9, 10, 11, 12

Credit: 0.5

Prerequisite: Child Development 1

Child Development 2 will introduce the foundations of early childhood education and family studies. Covers the history, scope, current issues and trends, focusing on programs and services for children, birth-5. Includes an emphasis on development, developmentally appropriate practices and observation of young children and professionals.



CHILD CARE TEACHER ASSISTANT

Grade: 9, 10, 11, 12

Credit: 0.5

Prerequisite: 'C' or better in Child Dev 1 and Application

Requirement: Food handler's card.

Students have the opportunity to work with infants, toddlers, and preschoolers in Cub's Corner Child Care Center/Little Lion's Day School for pass/NG credit. They will be expected to have good attendance and work appropriately with both children and adults. An application must be filled out to be accepted into this course each semester. This course is graded on a Pass/NG basis instead of receiving a letter grade. (All letter grades are used in determining grade point average [GPA]). Recommended: CPR/First aid card

CHILD CARE WORK EXPERIENCE (Off Campus)

Grade: 10, 11, 12

Credit: 0.5

Prerequisite: Full year of Early Childhood Education with a 'B' or better and Application

For the student who has previously taken Early Childhood Education and wants to work with preschoolers in another Child Care Center in order to expand your knowledge and skills when working with young children.



EARLY CHILDHOOD EDUCATION 1

Grade: 10, 11, 12

Credit: 0.5

Prerequisite: 'C' or better in Child Development 1 & 2 or teacher recommendation

Requirement: Food handler's card.

The goal of this course is to help students understand all aspects of quality childcare and early childhood education. Students will learn job skills as they work with young children and coworkers in the Cub's Corner Childcare Center and Preschool. Students can choose to receive dual-credit through PCC for this course.



EARLY CHILDHOOD EDUCATION 2

Grade: 10, 11, 12

Credit: 0.5

Prerequisite: 'C' or better in Child Development 1 & 2 and Early Childhood Education 1 or teacher recommendation

Requirement: Food handler's card.

This course includes a study of children's growth and development from birth to age five. Students will build on the general knowledge acquired in Child Development 1 and 2, with a more in-depth look at theories of development. Students can choose to receive dual credit through PCC.



Course may be repeated for elective credit



Course offers a Dual Credit option

CHILDHOOD PRACTICUM

Grade: 10, 11, 12

Credit: 0.5

Prerequisite: 'C' or better in Child Development and Application

Requirement: Taken concurrently with Early Childhood Education

This is highly recommended for the Early Childhood Concentrations. Students have the opportunity to work with infants, toddlers and preschooler in Cub's Corner Child Care Center/Little Lions Day School for a letter grade. They will be expected to have a good attendance and work appropriately with both children and adults. An application must be filled out to be accepted into this course each semester.

HUMAN DEVELOPMENT**Grade: 9, 10, 11, 12****Credit: 0.5**

This course covers topics relating to health and consumer issues, relationships to self and others, formation of lasting relationships, adult rights and responsibilities, single & married life-styles, parenting and facing individual and family crisis. Emphasized are units on human growth and development, stress management, relationship building and effective communication techniques.

**TEEN PARENTING****Grade: 9, 10, 11, 12****Credit: 0.5****Prerequisite: Pregnant or Parenting Teen**

This course is intended to meet the specific needs of those young people who have given birth or are currently awaiting the birth of a child. Development to age six will be emphasized while studying the specific structure of adult work and expectations with children of all ages. Students who have given birth in the past 12 months and those who are about to give birth are eligible. This class is an optional elective after first enrolling in one required semester. An intake interview is required to determine suitability for enrollment. Structure of the class will be a group or not more than 20 students. Individual projects and reading/discussion work is expected. Teaching staff includes multiple community resource persons.



Course may be repeated for elective credit



Course offers a Dual Credit option

INDUSTRIAL ARTS



AUTO TECH 1

Grade: 9, 10, 11, 12

Credit: 1.0

Suggested Donation: \$25.00 lab fee

This course provides an overview of the fields of Automotive and Industrial mechanics. Through a combination of classroom and hands-on activities, students will learn Automotive engine systems, electricity and electronics, power transmission, and braking systems. Students will gain experience in preventative maintenance, systems theory, and trouble-shooting techniques. This class provides a foundation for those interested in Automotive and related technologies and is a prerequisite for Automotive Technology 2.



AUTO TECH 2

Grade: 10, 11, 12

Credit: 1.0

Prerequisite: 'C' or better in Auto Tech 1 and instructor's approval

Suggested Donation: \$25.00 lab fee

This course offers 1 credit and meets daily. In a professional Automotive repair shop environment, students will learn preventative maintenance, systems theory, and trouble-shooting techniques. Through a combination of classroom and hands-on activities, students will learn advanced 4-stroke and alternative engine systems, electricity and electronics, power transmission, steering, suspension, and braking systems. In our student operated business, "Mike's Automotive", students will perform repairs on live automotive systems. This program features articulation with Portland Community college, and upon completion, students can apply for up to 8 college credits.



AUTO TECH 3/4

Grade: 11, 12

Credit: 1 year/2 credits/2 periods

Prerequisite: 'C' or better in Auto Tech 2 and instructor's approval

Suggested Donation: \$25.00 lab fee

This course offers 2 credits and meets daily, in a professional Automotive repair shop environment, students will gain experience in advanced theory and diagnostic strategies with an emphasis on electricity and electronics, computer controlled systems, repair techniques and shop operations. Through our student operated business, "Mike's Automotive", students perform repairs on live automotive systems. Fourth year students may apply for internship opportunities with local Automotive-related businesses. This program features articulation with Portland Community College, and upon completion, students can apply for 16 additional college credits.

METALS/MANUFACTURING 1

Grade: 9, 10, 11, 12

Credit: 1.0

Suggested Donation: \$30.00

Whether your lifelong goal is to be a welder, a machinist, or just the most gifted handyman on the block, a year of Manufacturing is your first step. You will be introduced to the basic skills in nearly every area of the metalworking field. You will learn basic welding shop skills such as basic blueprint reading, shield metal arc welding, SMAW, oxyfuel cutting, and hand-plasma cutting. You will also explore machine shop operations (drilling, lathe turning, and milling), sheet metal operations, and proper use of hand tools. Finally, you will create the most beautifully computer designed ornaments and signs on our CNC Plasma Cam. St. Helens Metals/Manufacturing is an official Program of Study aligned with Portland Community College.

METALS/MANUFACTURING 2

Grade: 10, 11, 12

Credit: 1 year/1 or 2 credits

Prerequisite: 'C' or better in Metals/Manufacturing 1

Suggested Donation: \$30.00

Manufacturing 1 was your foot in the door to the world of welding and machining but to keep you moving through that door you will need a deeper understanding of machining and welding processes. Manufacturing- 2 expands on those basic skills you learned and provides additional opportunities to hone your skills. You will expand you SMAW skills but also learn gas metal arc welding, GMAW, and flux core arc welding, FCAW. You will have an opportunity to participate in a fabrication division of the Lion Student Enterprise— St. Helens Metals/Manufacturing is an official Program of Study aligned with Portland Community College.

METALS/MANUFACTURING 3

Grade: 11, 12

Credit: 1 year/1 or 2 credits

Prerequisite: 'C' or better in Metals/Manufacturing 2

Suggested Donation: \$30.00

So you think you rocked those machining and welding skills from Manufacturing 1 and 2? It's time to put your knowledge and skills toward real world problems. As a staff member of the St Helens Manufacturing Lion Student Enterprise you will work in a variety of shop positions from designer to fabricator; there are even supervisory positions available. You may know some of our work: we have benches at McBride, Lewis and Clark, and St Helen's Middle School. We also have bike racks downtown, at the library, and the marina. Don't forget the horse in 4th Street Park: it was made in our shop by a fourth-year manufacturing student. Come put your mark on St. Helens.

METALS/MANUFACTURING 4**Grade: 12****Credit: 1 year/1 or 2 credits****Prerequisite: 'C' or better in Metals/ Manufacturing 3****Suggested Donation: \$30.00**

Have you always wanted to make a big bumper for your truck? Or fix up your dad's old flatbed trailer for your quads? Or make a four-man duck blind for Sauvie Island Duck Club? These are just a few examples of what former Manufacturing-4 students have created for their Technical Skills Assessment/ Senior Projects. You will find yourself to be a valuable member of Lions Student Enterprise, yet you will still have plenty of time to get that one last project done before you graduate. Finally, you will want to show off all those radical skills you have been working for the past four years with as a competitor at the Oregon State-Skills USA competition.

RAPID MANUFACTURING 1**Grade: 9, 10, 11, 12****Credit: 1.0****Suggested Donation: \$30**

This course combines design, project management, production, and business management through creation and running of a small rapid manufacturing business. Students will learn basic skills in Solid Works, basic cam, and possible rhino. Students will create and run a small business. They will be in charge of everything from the creation of the product line through production and eventually final sales. Students will strive for proficiency using the vinyl cutter, the laser engraver, and the mini CNC mills. Product line will include but not be limited to stickers, sandblasting negatives, jewelry, and special order products.

RAPID MANUFACTURING 2**Grade: 9, 10, 11, 12****Credit: 0.5****Prerequisite: Rapid Manufacturing 1****Suggested Donation: \$15.00/Semester**

Rapid Manufacturing 2, 3, 4 is a continuation and expansion of the knowledge and skills learned in Rapid Manufacturing 1. This course combines design, production, project and business management through creation and running of a small rapid manufacturing business. Students will continue to learn InkScape and Autodesk's Fusion 360. Students will be in charge of everything from the creation of the product line through production and eventually final sales. Students will strive for proficiency using the vinyl cutter, the laser engraver, the 3D scanner and printers, and the mini CNC mills. Additional equipment include silicon mold making for pewter objects and 3D molds for silicone objects. Product line will include but not be limited to stickers, laser engraving in wood and other materials, jewelry, and special order products. Profits will return to the program to buy consumables and to support the

Manufacturing end of year BBQ. Year 2 students will focus more on the business aspects of rapid manufacturing.

BLUEPRINT READING**Grade: 9, 10, 11, 12****Credit: 0.5**

This course exactly follows the requirements of the same class offered through PCC. Students will learn how to read blueprints and how to interpret their meaning. Students will learn the language of blueprints including multi-view projection, sectional and auxiliary views, title block content, and drawing formats, formats which are the basis for most graphical communication about part attributes in industry today. Knowledge of blueprint reading is necessary in industry whenever descriptions of size, shape, and arrangement are used to produce a machined part.

WOODWORKING**Grade: 9, 10, 11, 12****Credit: 0.5****Suggested Donation: \$25.00/course**

This course introduces the beginning skills of woodworking, including cost analysis, measuring, a group project, and the safe use of hand tools and power equipment. Students will have four required projects for the semester with the option of substituting their own that comprises similar methods. Projects include a puzzle, a helicopter, a doghouse/henhouse (group project), and a personal project if time allows.

**WOODWORKING 2****Grade: 10, 11, 12****Credit: 1.0****Prerequisite: 'C' or better in Woodworking.****Suggested Donation: \$25.00/course**

This course is an introduction to more advanced skills necessary for cabinetry, joinery, and construction. It is designed to give students basic, entry-level skills in construction and related trades along with an overview of career opportunities available. Emphasis is placed on safety and the proper use of both hand and power tools. This course provides students the experience of participating in the building a group framing project along with various woodworking and skill building projects.



Course may be repeated for elective credit



Course offers a Dual Credit option

**RENOVATIONS & REMODELING****Grade: 11, 12****Credit: 1 year/ 2 periods/ 2 credits****Prerequisite: 'C' or better in Woodworking 1 & 2 and Application required.****Suggested Donation: \$25.00/course**

This opportunity enables high school construction students to restore and remodel foreclosed or dilapidated houses through which they can gain an invaluable training in an abundance of career fields. Students will be trained in the market analysis, the rationale of a house selection (largest return on investment), the purchasing, the work itself, and ongoing maintenance until the time of sale. Students will be transported to and from the jobsite during double period classes and work alongside local contractors while performing all other work that does not require a license. Most apprenticeships start around \$19/hr in these careers with a high school diploma or GED. 5 PCC dual credits available.

**INDEPENDENT CARPENTRY****Grade: 11, 12****Credit: 1.0****Prerequisite: 'C' or better in Woodworking 1 & 2****Suggested Donation: \$25.00/course**

Independent/directed carpentry project based course. Students will build personal, school related, or community needed projects for this course. Credit is also available for proficiency in senior project. 5 PCC dual credits available.

**PRE-ENGINEERING 1****Grade: 9,10,11,12****Credit: 1.0****Prerequisite: Strong academic background in math and science, and an interest in the field of Engineering.****Suggested Donation: \$10.00/Year**

This course is designed to give a basic understanding of the fundamentals of Engineering Drafting. Students will look into the basics of structural design, program robots with Lego Robotics, work with aerodynamics, hydraulics, build and understand electric motors, and basic electronics. Students use computer-aided drafting, overhead projectors, and Microsoft Word.

**PRE-ENGINEERING 2****Grade: 10, 11, 12****Credit: 1.0****Prerequisite: Pass Pre-Engineering 1****Suggested Donation: \$10.00/Year**

This course is designed to advance student knowledge in the fundamentals of Engineering. Areas covered will be the same as Pre-Engineering 1 but more in depth.

HEALTH & PHYSICAL EDUCATION

HEALTH 1

9, 10, 11, 12

Credit: 0.5 credit

Recommended for 9th grade

The purpose of this course is to provide activities and information so that students can make informative choices about their own health. Current health issues, including personality/self-esteem, stress management, suicide and violence prevention, as well as information on fitness, and nutrition. Self-responsibility for individual health will be stressed throughout the course.

HEALTH 2

Grade: 10, 11, 12

Credit: 0.5

Prerequisite: Health 1- Recommended for 10th grade

The purpose of this course is to give students an opportunity to develop wellness skills and to implement these skills into their present and future lives. The following areas will be included: human anatomy, physiology, physical fitness, human life-cycle, communicable diseases including AIDS and the immune system, environmental health, personal safety and first aid, prevention of teen pregnancy and sexually transmitted diseases, will be presented.

FITNESS 101 (formerly PE 100)

Grade: 9

Credit: 0.5

Fitness 101 is an introductory physical education course provides students the knowledge and support to live a happy and healthy life through exercise. Students will learn new movements that fit into the five components of physical fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility and mobility. Additionally, students will participate in lifelong games and sports that will aim to provide a sense of enjoyment and competition to our movement activities. And although competition will be a small piece of the class, our main objective is for students to focus on their own achievement and to not worry about comparisons with others. It is our belief that all students can find activities they enjoy, so that exercise can benefit them physically, mentally and spiritually for a lifetime.



LIFE SPORTS (formerly PE 200)

Grade: 10

Credit: 0.5

Life sports is a secondary physical education course that will help set students up for success later in life. This course is designed to teach students different sports and activities that they can participate in for life by themselves, or with friends to help improve their physical health. Some examples of activities that may be included are tennis, basketball, disc sports, orienteering, softball, and others. Although competition will be a small piece of the class, our main objective is for students to focus on their own achievement and to not worry about comparisons with others. It is our belief that all students can find activities they enjoy, so that exercise can benefit them physically, mentally and spiritually for a lifetime.



COMPETITIVE GAMES (formerly PE 300)

Grade: 11, 12

Credit: 0.5

Competitive Games is an advanced PE class that focuses on competition, teamwork, physical activity, and other skills you can learn while being a team player. Students will compete in sporting games, and physical assessments to earn their grade. If you like to treat PE as your own personal Olympics, and enjoy competing with others like you, THIS is the PE class for you.



AEROBICS AND DANCE

Grade: 9, 10, 11, 12

Credit: 0.5

The Aerobics and Dance class is a Physical Education class that focuses on body weight exercises and movement. Examples of the types of workout are: aerobic, HIIT, dance, kickboxing, cultural dances, and more. This class will focus on exercises that you can do with or without equipment that you can use for life.



Course may be repeated for elective credit



Course offers a Dual Credit option

**ADVANCED CONDITIONING**

Grade: 9, 10, 11, 12

Credit: 0.5

Prerequisite: see below

Suggested Donation: \$5.00 user fee

To be eligible for Advanced Conditioning:

- Must have passed the previous physical education or fitness classes with a grade of 'B' or better.
- Must not have been dropped from previous physical education or fitness classes because of attendance or failure to dress for classes.
- Must be able to meet physical demands of the class - no medical restrictions - unless temporary.

The St. Helens Fitness program is designed to optimize athletic performance and reduce potential for injury through a comprehensive training program that improves core strength and balance, increases explosive power, and enhances agility and speed in the sports of your choice. Students will be instructed in a variety of speed, agility, and plyometric drills throughout the semester. The weight training portion of the class will use both body weight resistance and free weight based lifting with a focus on ground based multi-joint movements (Olympic Style Lifts)

LANGUAGE ARTS

LANGUAGE ARTS 9

Grade: 9

Credit: 1.0

This course integrates literature and writing. The literature covers the major genres and specific themes in the student text. A variety of modes of writing is addressed, with special emphasis on mastery of the paragraph and development of the multi-paragraph composition. Grammar and usage are emphasized as they relate to the student's own writing.

LANGUAGE ARTS 9H (Honors)

Grade: 9

Credit: 1.0

This course is designed for students seeking greater depth, breadth, and challenge than is possible in a class with mixed ability levels. Class selections and independent reading are important aspects of the course, and critical reading and thinking skills are emphasized. A variety of modes of writing is addressed, with special emphasis on narrative and expository modes of writing.

LANGUAGE ARTS 10

Grade: 10

Credit: 1.0

This course integrates literature and writing. Essays and other assessments such as Socratic Seminars relate to the short stories, novels, and short pieces of non-fiction we read as part of this class. A variety of modes of writing are addressed, with special emphasis on development of the multi-paragraph expository composition and how it can be used to analyze rhetorical devices, characters, and themes.

LANGUAGE ARTS 10H (Honors)

Grade: 10

Credit: 1.0

This course is designed for students seeking greater depth, breadth, and challenge than is possible in a class with mixed ability levels. Students will be expected to do regular reading and homework outside of class, and will need to maintain high standards to remain in the class. The course integrates literature and writing. The literature covers the major genres in the student text, with a special emphasis on novels. A variety of modes of writing is addressed, with special emphasis on development of both the multi-paragraph expository composition. Summer reading is required for this course, and needs to complete before the first day of school.

11th GRADE LANGUAGE ARTS SELECTIVES (must select two)

WAR AND CONFLICT

Grade: 11

Credit: .5 LA credit

War affects so much than soldiers. The long lasting impacts of conflict are felt through generations. This course will focus on American Literature written during or using the context of war and conflict involving the United States. The communal and individual effects of war, historical significance of conflict, as well as strife and suffering are among some of the themes that will be tackled through the careful analysis of novels, poetry and short works.

LAW AND DISORDER

Grade: 11

Credit: .5 LA credit

What is justice? Why does crime occur? Does the punishment always--or ever--fit the crime? This course will use fictional texts to answer these questions. From the perspective of detectives, criminals, and the unjustly punished, the experiences of our narrators and characters will provide rich discussions of what it means to break the law or go against the code of society.

VOICES FROM AMERICAN WOMEN

Grade: 11

Credit: 0.5 LA credit

50% of the American population have fought the continuous struggle for equality and the right for their voices and experiences to be heard and valued. By reading short works by American women written over centuries and throughout various contexts, the topic of "The American Experience" will be explored through the voices of women.

RACE IN AMERICA

Grade: 11

Credit: 0.5 LA credit

It is no secret that our country continues to struggle with issues surrounding race. The central texts in this course examine the interactions of characters with different ethnic and racial backgrounds and expose some of the underlying causes of racism in this country. By tackling American literature through the lens of race and equity, students can gain a greater understanding of their own identity.



Course may be repeated for elective credit



Course offers a Dual Credit option

HONORS AMERICAN LITERATURE (HAmLit)**Grade: 11****Credit: 1.0**

Prerequisite: Must have earned either a "C" or better in LA10 Honors or a "B" or better in LA 10, or have teacher recommendation

This course engages students in the careful reading and critical analysis of a variety of genres and themes in American Literature. Students will explore a variety of modes of writing and develop the skills necessary to participate in the American literary tradition. Statistics show that students who take honors level classes do better in college. This class is aligned to also prepare students to take the AP Lit and Comp exam with a passing score of 3, 4, or 5, which can earn students college credit.

JOURNALISM**Grade: 11, 12 (11th or 12th grade Selective)****Credit: 0.5 LA credit**

Do you like creating content? Do you care about the news? Are you interested in what's happening around SHHS? In this semester-long course, students will learn writing style and technique as well as organization. This course will introduce students to the concepts of journalism and develop students' skills in writing and editing. Students will explore a variety of types of journalism including broadcast journalism, music journalism, sports journalism, photojournalism and more. This course is worth LA credit and is a prerequisite for Journalism 2.

**JOURNALISM 2****Grade: 11, 12 (11th or 12th grade Selective)****Credit: 1.0 LA credit**

Prerequisite: Grade of 'C' or better in Journalism 1

In this year-long course, students will cover local news topics. Students may produce weekly video news segments, commentate on sports games, report on local topics, interview sources, and other activities outside of school hours. Journalism selective is required in order to enroll.

12th GRADE LANGUAGE ARTS SELECTIVES (must select two)**DYSTOPIAN AND APOCALYPTIC LITERATURE****Grade: 12****Credit: 0.5**

This semester course will focus on the wonderful world of societies-gone-wrong, and what happens after it all comes crashing down. Dystopian and post-apocalyptic literature takes a hard look at human nature in situations of extreme oppression or extreme chaos, and strives to reveal the inspiring and crushing truths about the human condition, the human psyche, and the human heart.

HOLOCAUST AND GENOCIDE LITERATURE**Grade: 12****Credit: 0.5 LA credit**

In this interdisciplinary course, students will examine the Holocaust in an intense study of literature related to the time period and supplemented by primary sources, photographic images, newspapers, film, music and art. Students will explore the underlying causes of the Holocaust, view clips of and read personal memoirs and testimonies of those who experienced this period in history, and research topics ranging from prewar Jewish life to liberation. They will also study other genocides of the 20th Century such as Darfur, Cambodia, Bosnia and Rwanda in order to evaluate genocide in its larger context. This course may not be repeated.

MONSTER AND VILLAIN LITERATURE**Grade: 12****Credit: 0.5 LA credit**

This semester course focuses on the bad guys. During this course, we will look closely at ways villains and monsters are portrayed and the purposes they serve for humanity. Through novels, short stories, and essays, we will develop a deeper appreciation, and perhaps some empathy for those monsters and villains that take a bashing, story after story, millennia after millennia, for the sake of our heroes.

POST-9/11 LITERATURE**Grade: 12****Credit: 0.5**

September 11th, 2001 is unquestionably one of the most influential dates in recent American history. Out of the tragedy of that day came a new America and literature along with it. In this course, we will study the history of 9/11 with nonfiction texts, then look at some of the most powerful novels based on (or loosely associated with) 9/11 and its consequences for not only America, but the world.

GRAPHIC NOVELS**Grade: 12****Credit: 0.5**

Marvel or DC? This course moves beyond this basic understanding of comic book universes and examines comic books' big brother: graphic novels. Graphic novels are stories (often as long as a conventional novel) written in the format of a comic book, but dive deeper in to theme and heavy topics. We will study the beautiful art of graphic novels through careful analysis and understand how a lot can be said with very little space.

SCIENCE FICTION AND FANTASY LITERATURE**Grade: 12****Credit: 0.5**

This semester course covers the literature genre of science fiction and fantasy. Through short stories and novels, the

themes of alienation, humanity, and society will be explored. Texts will also include supernatural and steam punk genres.

WORLD MYTHOLOGY

Grade: 12

Credit: 0.5 LA credit

In this interdisciplinary course, students will read and analyze mythology from around the world to understand patterns of cultural human development and thought. Students will undergo a comparative analysis of myths from various cultures, with special emphasis being placed on ancient Greek, Norse, Native American, and Egyptian mythologies. Creation myths, hero stories, trickster tales, Pacific Northwest myths, and epics from several world mythologies are included. Students will also be exposed to modern adaptations of myths in music, art, literature, film, etc. to evaluate how each version compares to the original myth. This course may only be taken by 12th grade students and may not be repeated.

PODCASTS: RADIO ON DEMAND

Grade: 12

Credit: 0.5 LA credit

This course will examine the popular medium of podcasts through listening, reviewing, critiquing, and creating. Students will actively examine a wide variety of podcasts designed to inform, persuade, educate, and entertain.



COLLEGE WRITING (WR 121)

Grade: 12

Credit: 0.5 ELA credit

Prerequisite: 3.0 GPA

College Writing 121 is the first quarter in the composition sequence offered by Oregon colleges and universities. This course is offered with a dual-credit option through St. Helens High School and Portland State University. High school students who successfully complete the course will earn .5 high school elective credit which may be applied toward graduation requirements. In addition, after completing assignments, students who pass the course and pay the low PSU fee will be granted four quarter credits through PSU, and credits transfer to many universities across the United States. This course emphasizes the development of critical thinking and reading in addition to writing. All essays will be completed using accepted practices in invention, revision, and editing. Students will investigate the elements of the rhetorical situation as they deal with purpose, audience, message and text as well as working with structure, style, and other non-fiction writing elements.



RESEARCH WRITING (WR 222)

Grade: 12

Credit: 2nd semester only/.5 LA credit

Prerequisite: 3.0 GPA

Research Writing (WR222) is a dual-credit class offered through the PSU Challenge program that focuses on the

preparation and writing of research essays, as well as an extensive culminating research paper. This implies close attention to the associated processes of analytical reading of selected source materials, research and documentation strategies, and the varied writing activities and drafts that precede the composing of the required stylistically sophisticated final papers. Students explore and formulate topics for shorter research essays in fields of interest representative of various disciplines, as suggested by the instructor, and choose their own fields of study for the extensive research paper. The course offers students the opportunity to enhance their rhetorical and composition competence, but is focused on developing students' ability to become active participants in the social construction of knowledge.

SPEECH

Grade: 9, 10, 11, 12

Credit: 0.5 LA credit by approval

This course will cover the fundamentals of public speaking. Students will develop skills in research, organization, and speech delivery. Students will give informative, persuasive, and unrehearsed speeches on a variety of topics of their choice.

CREATIVE WRITING I

Grade: 9, 10, 11, 12

Credit: 0.5 elective

This is a workshop style course in the sense that students will be crafting writing much like the carpenter crafts woodwork - students work as apprentices on their own writing, receiving feedback and suggestions from the teachers. Students in this course will write on topics of their choice in mediums of their choice including short stories, essays, poetry, screenplays, micro-fiction, novellas, novels, and others.

CREATIVE WRITING 2

Grade: 9, 10, 11, 12

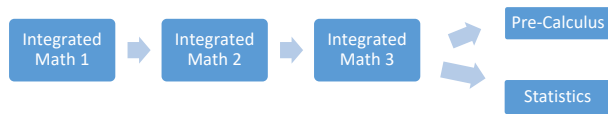
Credit: 0.5 elective

Prerequisite: Creative Writing I

Do you have a writing project inside of you that craves your attention? Creative Writing II is a course designed for writers to expand and explore their writing voice through focused writing projects in a genre of choice. Students will workshop original material and contribute to peer workshops as well as read a variety of mentor texts to help enhance and inform their writing. The course is an opportunity for students to hone the skills gained in Creative Writing I and expand their personal vault of writing.

ELA INTERVENTION**Grade: 12****Credit: 0.5 elective**

This course provides students in grade 12 the opportunity to demonstrate their mastery of the essential skills of reading and writing required for graduation. As part of the course, students will complete secure reading and writing work samples that will be scored using state-approved scoring guides and to state guidelines. Students will earn a Pass/NG grade in the class and receive elective credit.

**INTEGRATED MATH 1****Grade: 9, 10****Credit: 1.0**

Students will learn how to skillfully manipulate and simplify algebraic expressions, solve and graph linear equations and inequalities, become more adept at problem solving, and understand how to apply these algebraic concepts to new situations. They will also be introduced to quadratic and exponential functions. This course is the first year of a two-year integrated Algebra/Geometry sequence aligned with the new Oregon Mathways Initiative.

INTEGRATED MATH 2**Grade: 9, 10, 11****Credit: 1.0**

This course is a continuation of the two year integrated mathematics program. The following topics will be covered: right triangle properties including sine, cosine, and tangent, surface area and volume formulas for 3-dimensional objects, deductive logic including congruence of triangles, coordinate transformation geometry, probability and statistics, exponential functions, systems of linear equations, and polynomials.

INTEGRATED MATH 3**Grade: 9, 10, 11, 12****Credit: 1.0****Prerequisite: Integrated Math 2 or Geometry**

Integrated math 3 is a continuation of the integrated math sequence. The course will center around problem solving, real world contexts, and the appropriate use of technology. Topics will include: linear equations with modeling, linear systems of equations including matrices, solving linear inequalities, the concept of a function (polynomial, logarithmic, exponential, absolute value, and rational) and characteristics of their graphs, and manipulating radicals.

PRE-CALCULUS**Grade: 11, 12****Credit: 1.0****Recommended 'C' or better in Int Math 3/Algebra 2, or instructor's approval**

This class will enhance and develop mathematical topics from previous math courses, including polynomials, rationals, exponential, logarithmic, and other functions. Problem solving and modeling will be emphasized along with the use of technology designed to help the talented student perceive the unity of mathematics, appreciate its applications, understand the manipulative techniques, and acquire skill in applying these techniques. Trigonometry will be heavily emphasized along with other Pre-Calculus topics. This course is recommended for students wishing to pursue mathematic/sciences at the college level.

**STATISTICS****Grade: 11, 12****Credit: 1.0****Prerequisite: 'C' or better in Algebra 2, or instructor's approval. Students need a 3.0 or better cumulative GPA.**

A basic course in statistical analysis, including presentation of data, probability, and probability distributions, sampling distributions, estimation, tests of significance, experimental design and analysis of variance, regression and correlation, non-parametric statistics, selected topics, applications, and use of statistical computer packages. A broad non-technical survey designed primarily for non-math students who need to utilize the subject in their own fields. This course also offers high school students the opportunity to complete two terms of college statistics (Math 243) through Portland State University.

**CALCULUS****Grade: 12****Credit: 1.0****Prerequisite: 'C' or better in Pre-Calculus or instructor's approval. Students need a 3.0 or better cumulative GPA.**

The main topics covered are differential and integral calculus of functions of a single variable, analytic geometry and applications. This course also offers high school students the opportunity to complete two terms of college statistics (Math 251 & 252).

MATH TUTORIAL**Grade: 9, 10, 11****Credit: 0.5 elective**

This class is for students who are identified as needing more support to succeed in their concurrently enrolled math class (Integrated Math 1 – Integrated Math 2). They will be bringing questions from their specific math course and working through problems with teacher, student tutors, and peers using the AVID Tutorial framework.

MATH INTERVENTION**Grade: 12****Credit: 0.5 elective**

Provides seniors with an opportunity to meet the math essential skill requirement needed for graduation through work samples. Students will become familiar with the Oregon State Scoring Guide and format of work samples to maximize their success on the assessment. This is a semester long course offers students .5 elective credit.



Course may be repeated for elective credit



Course offers a Dual Credit option

SCIENCE

PHYSICAL SCIENCE**Grade: 9****Credit: 1.0**

The student will establish a foundation for further study in the sciences. Semester one covers introductory physics topics: science fundamentals, motion, force and energy, sound and light waves and electricity and magnetism. Semester two covers introductory chemistry topics: classification of matter, atomic structure and the periodic table, chemical bonds and reaction, solutions, and acids and bases. This course will also emphasize scientific inquiry and engineering design.

BIOLOGY**Grade: 10****Credit: 1.0****Prerequisite: Physical Science**

This course is designed to introduce students to the principles of biological science, including basic biological principles in the classroom and laboratory environment. Some areas of study include: scientific method, chemistry of life, the cell, osmosis, diffusion, photosynthesis, cellular, respiration, mitosis, meiosis, heredity, evolution, viruses, bacteria, ecology, the use of the microscope, and the classification and characteristics of plants and animals (vertebrate).

AP BIOLOGY**Grade: 11, 12****Credit: 1.0****Prerequisite: 'B' or better in Chemistry or Instructor's approval**

This is a cooperative educational endeavor of the College Entrance Examination Board. Students may be able to receive college credit for biology, based on outcome of the advanced placement examination in biological science given in May of each year. Major areas of study will include the chemical and cellular basis of life, the biology of organisms (tissues or organ systems), the perpetuation of life (cellular reproduction, development, and genetics), populations and communities, the diversity of organisms (natural selection, taxonomy). For each subject area studied, students will perform appropriate laboratory experiments in order to gain hands-on experience in biology.

**CHEMISTRY****Grade: 10, 11, 12****Credit: 1.0****Prerequisite: Completion of 1 year of HS science and completion or concurrently enrolled in third year of HS-level math**

This course acquaints students with a fundamental background in the field of chemistry and prepares them for further study in the sciences by strongly emphasizing lab work using proper scientific methods, emphasis on knowledge and language of chemistry and related sciences, and studying some of the underlying principles of the structure of matter and chemical reactions. A prior background in chemistry taught in Physical Science is presumed. Many concepts taught in Algebra 2 are applied in this course through chemical calculations and problem-solving. Students have the opportunity to earn 4 university credits through Willamette Promise and Western Oregon University.

AP CHEMISTRY**Grade: 11, 12****Credit: 1.0****Prerequisite: 'B' or better in Chemistry or Instructor's approval****Suggested Donation: \$40.00/Year**

The AP Chemistry course is designed to be the equivalent of the general chemistry course usually taken during the first college year. Students will attain a depth of understanding of fundamentals and a reasonable competence in dealing with chemical problems. The course will contribute to the development of the students' abilities to think clearly and to express their ideas, orally and in writing, with clarity and logic. Topics include: structure and states of matter, reactions, stoichiometry, equilibrium, kinetics, thermodynamics, and descriptive chemistry. The course also includes a laboratory component where students will keep a detailed lab notebook and complete comprehensive lab reports. All students enrolled in AP Chemistry are expected to take the AP Exam in May; students who take the AP Exam will be exempt from the course final exam.



Course may be repeated for elective credit



Course offers a Dual Credit option

PHYSICS**Grade: 11, 12****Credit: 1.0**

Prerequisite: Completion of Physical Science and Algebra 2. Concurrent enrollment in Pre-Calculus, strongly recommended. Many concepts taught in Pre-Calculus are reinforced in Physics at the same time.

This course is strongly recommended for college-bound students needing a background in sciences. The course will include laboratory projects oriented with a strong emphasis on individual student work. Emphasis will be on proper use of scientific equipment, procedure, and language; and lectures will cover mechanics, electricity and magnetism, light, sound, and a section on modern physics.

NATURAL RESOURCES**Grade: 9, 10, 11, 12****Cred: 1.0**

The purpose of Natural Resources is to increase awareness of our local community and the impact of humans on its ecology through the study of watersheds and forests. An emphasis will be placed upon practical field and lab experiences and teaching younger students. Working together with our local watershed council, students will be asked to monitor the health of nearby streams and forests using a variety of tests. Mentoring 7th grade students at the middle school are also part of the curriculum and an expectation. Students must be willing to do field work in all types of weather.

ADVANCED NATURAL RESOURCES**Grade: 10, 11, 12****Credit: 1.0**

Prerequisite: Natural Resources and Instructor's approval

While continuing to work with and mentor 7th grade science students in our wetland restoration project, students will also learn more about environmental impacts related to natural resources. Students will also work on independent research projects. Students must be willing to do field work in all types of weather.

**NATURAL RESOURCES INTERNSHIP****Grade: 11, 12****Credit: 1.0**

Prerequisite: Natural Resources and Advanced Natural Resources

Students who have taken both Natural Resources and Advanced Natural Resources can elect to be an Intern for Natural Resources. They would have knowledge of courses and content and assist with things like teaching material to both underclassmen and 7th grade science students, lab/field trip prep, grant writing and special projects as assigned. Students must be willing to do field work in all types of weather.

ANATOMY & PHYSIOLOGY**Grade: 11, 12****Credit: 0.5**

Prerequisite: Biology 1 with a "B" or better or the first semester of AP Biology

Human anatomy and physiology is the study of the body systems (integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, respiratory, urinary, and reproductive). Course format will include reading, discussion, and lab work (including cat dissection). If possible, a field trip may be taken. Recommended for students interested in health and medical careers. This course is required in the new Health Occupations Career Technical Education program of study.

INTRODUCTION TO GEOLOGY (NOT OFFERED 2022-23)**Grade: 10, 11, 12****Credit: 0.5 credit**

Study of geological materials and processes that shape our earth and environment are explored with an emphasis on regional/local Oregon geology. Topics include: global tectonics, earthquakes, river and coastal processes, mineral identifications, mineral and energy resources, GIS, data collection and interpretation.

HORTICULTURE**Grade: 10, 11, 12****Credit: 0.5**

This class is designed for students who are interested in the natural/environmental sciences or who simply would like to develop a green thumb! Students will learn about a wide variety of topics about growing plants including: basic plant identification, anatomy, irrigation, pruning, and diseases. Students will practice several propagation techniques like growing plants from seeds and cuttings. Class will revolve around the high school's newly renovated greenhouse and students will spend some of their time growing Oregon native plants to supply the Columbia County Soil and Water Conservation District with material for community restoration efforts.

MARINE BIOLOGY (NOT OFFERED 2023-24)**Grade: 11, 12****Credit: 0.5**

This course is derived from two distinct scientific disciplines: oceanography and marine biology. Oceanography is the study of the physical properties that make up the ocean, including plate tectonics, the formation of the ocean floor, tides and lunar phase, interpretation of the tide table, tsunamis, and the processes that generate currents and waves. The second part, marine biology, is the relationship between biological organisms and their environment. Students may have the opportunity to visit the Hatfield Science Center and tide pools to learn about various environmental issues affecting our marine ecosystems.

INTRODUCTION TO ASTRONOMY (NOT OFFERED 2023-24)**Grade: 9, 10, 11, 12****Credit: 0.5**

A general survey of astronomy, including the moon, planets, solar system, stars, galaxies, and cosmology with a non-mathematical approach. Topics include: historical contributions, celestial sphere, explanation of lunar phases, Einstein's general and special relativity, astronomical measurements, explain evidence of the big bang, and the search for extra-terrestrial intelligence.

SOCIAL STUDIES

GLOBAL STUDIES

Grade: 9

Credit: 1.0

Global Studies is a cross-disciplinary course that highlights physical geography (e.g., climate, earth processes, etc.) and human geography (e.g., world cultures, religions, beliefs, customs, economics development, etc.). Significant importance is placed on cultural understanding, map skills, critical thinking, research, and problem solving skills.

US HISTORY

Grade: 11

Credit: 1.0

Students in this course will study major events and developments in US History from the beginning of the 20th century to present. Students will analyze the complexity and investigate causes and effects of significant events in United States history and explain their consequences, evaluate historical sources for point of view and historical context, and construct and defend written historical arguments using relevant primary and secondary sources as evidence.

AP US HISTORY

Grade: 11

Credit: 1.0

This course is designed for students seeking a more rigorous and challenging course of study in United States history. We will examine American history on a broader and deeper level compared to a regular U.S. History class. College preparatory skills including reading, writing, and critical thinking skills. This course will provide students with an in-depth study of United States history of the twentieth century through an understanding of the causes, characteristics, and impact of political, economic, and social developments in our nation's past. AP US History prepares students for the advanced placement exam in United States History taken in May. Students will have the opportunity to receive college credit by scoring a 3 or higher on the College Board exam..

CIVICS

Grade: 12

Credit: 0.5

This course introduces the student to the concerns of our local, state, and federal government's structure, origin, growth, organization, powers, and functional character with emphasis on constitutional principles and applications. The class provides the student with those basic principles which are essential to becoming a more effective citizen.

ECONOMICS

Grade: 12

Credit: 0.5

This course will be an introduction to the study of economics. Students will pursue four major units of study throughout this course; basic economics concepts, microeconomics, macroeconomics, and personal finance. This course will give students a foundation to participate responsibly in the American economy and/or continue the study of economics in post-secondary education.

AP EUROPEAN HISTORY

Grade: 10, 12

Credit: 1.0

This course examines European civilization since the 1300's and introduces students to cultural, economic, political, and social developments. In addition to providing a basic narrative of events and movements, the goals of the AP program in European History are to develop

- an understanding of some of the principal themes in modern European history,
- an ability to analyze historical evidence, and
- an ability to express that understanding and analysis in writing.

AP European History prepares students for the Advanced Placement exam in European History. Students will have the opportunity to receive college credit by scoring a 3 or higher on a national exam.

PSYCHOLOGY

Grade: 10, 11, 12

Credit: 0.5 elective

This semester-long course introduces students to the study of psychology. Students will study the foundations of psychology, anatomy of the brain, personality traits, human development, and behavioral theories, and will gather data about psychological studies. Students will engage in assignments to improve critical thinking skills, writing, reading, and be involved with guest speakers to the class.

STREET LAW

Grade: 10, 11, 12

Credit: 0.5 elective

This course will examine the laws that govern American society; the systems for making and applying laws in local, state and nationwide settings. It will introduce students to the ways laws are developed and applied; help them understand their civic responsibilities. A major focus of this class will be participating in and performing mock trials

WORLD LANGUAGES

*We currently only offer Spanish in our World Language department.
Depending on staffing, we will be adding additional World Language options later in the Spring.*

SPANISH 1
9, 10, 11, 12
Credit: 1.0

This is an introductory course aimed at developing skills in speaking, understanding, reading, and writing Spanish. Students will build a basic vocabulary for self-expression and will begin the study of Hispanic customs.



SPANISH 2
Grade: 10, 11, 12
Credit: 1.0

Prerequisite: Spanish 1

Grammar and syntax will continue to play an important role in this course, with the student being required to use the language more on his own by speaking and writing. Students will continue vocabulary development and study of the Hispanic culture. Students will have the opportunity to earn between 4 and 8 university credits.



SPANISH 3
Grade: 11, 12
Credit: 1.0

Prerequisite: Spanish 2

The study of grammar and syntax will not take a major role in this course, although it will still be studied. More time will be spent in refining speaking and writing skills for self-expression. Students will have the opportunity to earn between 4 and 8 university credits.



SPANISH 4
Grade: 12
Credit: 1.0

Prerequisite: Spanish 3

This course is a continuation of Spanish 3 with an ever increasing emphasis placed on communication. Students will have the opportunity to earn between 4 and 8 university credits.

ENGLISH LANGUAGE DEVELOPMENT

The program of studies for English Language Learners (ELL's)/Emergent Bilinguals (EB's) provides intensive instruction in reading, writing, listening and speaking English. The language instruction seeks to enable learners to successfully use language to communicate with others socially and academically. Students will participate in courses emphasizing reading, writing, and communication skills taught by an ESOL (English to Speakers of Other Languages) teacher.

ELD 1– Emerging

Grades: 9-12

Credit: 1.0 Elective

Prerequisite: None

This course will develop speaking, listening, reading and writing skills at the beginning level of English. Basic grammatical structures and content-area vocabulary are presented in dialogues, conversations, games, chants and a variety of texts (including visuals). There is an emphasis on oral language development. Students acquire speaking, listening, reading and writing, as well as critical thinking skills in context through thematic units.

ELD 2- Emerging

Grades: 9-12

Credit: 1.0 Elective

Prerequisite: ELD 1 or assessment

This course is designed for the early intermediate student of English. Students are immersed daily in speaking, listening, reading and writing tasks developed around thematic units to develop social and academic language fluency, as well as critical thinking skills. Students review and master skills introduced in ELD 1, and more complex grammatical structures are introduced. Students practice reading strategies, practice supporting ideas and arguments with evidence, engage in journal, paragraph and essay writing, as well as make oral presentations in order to develop English language proficiency.

ELD 3- Progressing

Grades: 9-12

Credit: 1.0 Elective

Prerequisite: ELD 2 or assessment

This course is for the intermediate ELL student. Students will continue language acquisition and skill development in reading, writing, speaking, and listening/understanding English, as well as develop a solid foundation needed to fully engage in academic and real life situations. Students will construct meaning from oral presentations and literary and informational texts, participate in exchanges of information, speak and write about complex literary and informational texts/topics, and learn to construct oral and written claims and

support them with evidence. Reading comprehension strategies, the writing process, academic vocabulary, and grammar instruction is embedded throughout. Language is taught in context exploring a variety of themes.

ELD 4- Progressing

Grades: 9-12

Credit: 1.0 Elective

Prerequisite: ELD 3 or assessment

ELD 4 is a class for the early-advanced student, building off the skills developed in ELD 3. Students will continue advancing their language acquisition and skill development in reading, writing, speaking, and listening/understanding English, as well as develop a foundation needed to fully engage in academic and real life situations. Students will construct meaning from oral presentations and literary and informational texts, participate in oral and written exchanges of information, speak and write about complex literary and informational texts/topics, and learn to construct oral & written claims and support them with evidence. Students will engage in research, and evaluate and communicate results. Reading comprehension strategies, the writing process, academic vocabulary, and grammar instruction is embedded throughout. Language is taught in context exploring a variety of themes.

ELD Support

Grades: 9-12

Credit: 1.0 Elective

Prerequisite: Concurrent enrollment in ELD 1, ELD 2 or teacher recommendation.

This is a language support class for students currently enrolled in ELD. The course is designed to improve reading comprehension, academic vocabulary, writing, oral communication, listening, as well as organizational and study skills needed to participate in core content classes.

GENERAL ELECTIVES

AVID 9, 10, 11, 12

Grade: 9, 10, 11,12

Credit: 1.0 Elective

Prerequisite: Application process

AVID (Advancement Via Individual Determination) is an elective course that prepares students for college readiness and success. In this year-long course, students receive instruction utilizing a rigorous college preparatory curriculum, tutor-facilitated study groups, motivational activities, and academic success skills. In AVID, students participate in activities that incorporate strategies focused on writing, inquiry, collaboration, organization, and reading to support academic growth.



YOGA

Grade: 9, 10, 11,12

Credit: 0.5 Elective

“Yoga is not about being able to touch your toes. It is what you learn on the way down.” Jigar Gor

The Yoga Elective offers students the opportunity to study yoga as a subject in its own right. It is designed to introduce students, safely, to the basic postures (asanas), breathing techniques (pranayama), and relaxation methods of yoga. It will also introduce students to the historical roots of yoga and its philosophical tenets. Students will develop an enhanced appreciation of their own body, and an acceptance of its uniqueness. They will have improved spinal mobility, increased flexibility of movement, increased strength, and improved posture and sitting habits. Their focus and concentration will improve, as will their functional breathing. They will learn to be more in touch with their own needs, and those of others. Students will learn to identify the precursors of stress and release them more easily. They will learn how to relax at will. They will experience the health benefits of yoga, and learn coping skills that will enable them to get more out of everyday life. The emphasis of the class will be on asanas (poses) and vinyasa (flow) for increased flexibility, improved health, relaxation, and reduced stress in daily living as well as incorporating and recognizing the yogic philosophy into daily life. A typical class will include breathing techniques, meditation, and asana practice, including standing, balancing, and inverted poses.



LEADERSHIP

9, 10, 11, 12

Credit: 1.0 Elective

Prerequisite: Elected/Selected ASB & Class Officers.

Leadership is a required class for all current class and ASB officers. The course focuses on the application and development of leadership skills. These skills will be put to use to create a positive climate and inclusive culture on the SHHS campus. The course is designed to foster collaborative planning and teamwork.

As part of their coursework, leadership students organize and direct the Student Council, hold class meetings, and act as liaisons between the students, staff, and administration, and the general public when dealing with SHHS related issues. They are responsible for planning and facilitating a variety of events and activities including elections, assemblies, class competitions, dances, fundraisers, community service and charitable events. There is a substantial amount of required commitment outside of the school day with this course. Students are expected to attend all required scheduled events.



EXCEPTIONAL CHILD 1

Grade: 10, 11, 12

Credit: 0.5 Elective

Prerequisite: Application and good attendance

Students will learn various categories of special education and apply that information in a practicum setting. Students will meet with consultants such as Special Education Teachers, Occupational Therapists, Psychologists, and Speech Pathologists to discuss what supports they contribute to special education. This semester long course offers students .5 elective credit and is P/NP.

PERSONAL FINANCE

Grade: 11, 12

Credit: 0.5 credit Elective

This class examines the sole consumer in our economy: problems of financing individual needs including budgeting, banking, charge accounts, installments, buying insurance, real estate, investing and personal taxes as well as college/career - post-secondary literacy.

**INTERNSHIPS****Grade: 11, 12****Credit: Variable****Prerequisite: Application and good attendance**

The student will be allowed to explore career options at a work site. In this program students will gain an understanding of the connection between curriculum and real life. This may include but is not limited to observation, taking on individual job related tasks, holding down an actual position. With approved curriculum student may receive a letter grade. Responsible school attendance is necessary.

**TEACHER ASSISTANT****Grade: 11, 12****Credit: 0.5 credit/semester maximum (2 credits total)****Prerequisite: Application and good attendance**

The student will be aiding the teachers in daily duties. This may include but is not limited to use of copy machine, organizing files, typing, or designing bulletin boards. This course is graded on a Pass/NG basis instead of receiving a letter grade. (All letter grades are used in determining grade point average [GPA]).

**TEACHER ASSISTANT (Off Campus)****Grade: 11, 12****Credit: 0.5/semester maximum (2 credits total)****Prerequisite: Application and good attendance**

The student will be aiding the teachers in daily duties. This may include but is not limited to use of copy machine, organizing files, typing, or designing bulletin boards. This course is graded on a Pass/NG basis instead of receiving a letter grade. (All letter grades are used in determining grade point average [GPA]).

**MEDIA ASSISTANT****Grade: 11, 12****Credit: 0.5****Prerequisite: Application and good attendance**

Students will learn about and participate in the daily operations of the library media center in a hands-on format. Circulation of materials, organization in the facility, production work, as well as working with students and staff are some of the tasks that students will learn. The course serves as an excellent springboard to work- study programs in libraries at the college/university level, or for various jobs in academic or public libraries. This course is graded on a Pass/NG basis instead of receiving a letter grade.

**OFFICE ASSISTANT****Grade: 11, 12****Credit: 0.5 credit****Prerequisite: Application and good attendance**

This program is designed to give selected students practical experience in the daily operations of any office. A student who is selected as office secretary will obtain experience in typing, copying, collating, recording, filing, and general office procedures. Typing skills are desirable. Students work under the direct supervision of the office secretaries. Application for student secretary are available in the counseling office and must be filled out correctly and completely. This course is graded on a Pass/NG basis instead of receiving a letter grade.

**SCHOOL-TO-WORK PROGRAM****Grade: 11, 12****Credit: Varies****Prerequisite: Application**

The School to Work Program is an opportunity for a St Helens High School Junior or Senior student to earn high school credits while being employed at a job. A student may earn a 0.5 EL or CTE credit for every 65 hours of documented work, up to 2 credits total.

**ACADEMIC PEER TUTOR****Grade: 11, 12****Credit: 0.5 credit****Prerequisite: Application and good attendance**

The student will be working one-on-one with individuals who need extra help in core academic areas. AVID tutorial experience is a plus! With approved curriculum student may receive a letter grade.

**CREDIT RECOVERY****9, 10, 11, 12****Length: Variable**

Students may sign up to recover credit from previous unsuccessfully attempted courses. Limited spaces are available and counselor and administrative approval are required. Orientation and supervision will be provided upon acceptance.

SPECIAL EDUCATION

A variety of special education programs are available in order to meet a student's individual academic needs. Students are identified for these programs by formal testing and observation by an evaluation team. If a student is deemed eligible according to Federal guidelines, an Individual Education Plan is developed by the parents and staff in order to meet the unique needs of the student. The program offerings are designed to help identified students by developing basic skills, teaching learning strategies, and instruction in basic skills for daily living. Special education teachers will assist students in developing an appropriate schedule of classes.

Special Requirements:

1. Recommendation by teacher, counselor, or parent.
2. Parental permission to test.
3. Placement testing.
4. Determination of eligibility.
5. Parent conference, development of Individual Education Plan.
6. Placement in appropriate classes.

INDEPENDENT SKILLS CENTER

Students are taught functional life skills with a focus on vocational skills, community skills, social skills and recreational skills. All our students have individual instruction which is decided on by their IEP team. The following courses are offered through this program:

- Life Skills
- Vocational Skills
- Social Skills
- Community Skills

RESOURCE PROGRAM

The Resource Program offers classes/ services designed to help meet the needs of identified students through counseling, by developing basic skills, teaching language skills and learning strategies, providing opportunities for work exploration/experience, and instruction in basic skills necessary for daily living. An important component of the program is transition from high school to another appropriate setting for further education or work.

SOCIAL LEARNING CENTER

The Social Learning Center program is designed to meet the needs of students with IEP's for emotional and behavioral concerns. Students are provided assistance and instruction in coping, social, and interpersonal skills. This program works closely with general education to maximize inclusion in the regular education setting. Plans are tailored to meet individual student needs to support increased success in school.

STRUCTURED LEARNING CENTER

The Structured Learning Center program is designed to meet the needs of students with developmental disabilities. The program provides instruction in basic literacy and math, language, daily living skills, community and social interaction, and job skills. An IEP is developed with each student and his/her family to facilitate a smooth transition from the public school setting to the adult service system.

