

# WELCOME TO FREMONT HIGH SCHOOL



# Meet Your School Counseling Team



**Sandra Woosley**  
Last Names: A-C  
(408) 522-2459



**Vanessa Goulart**  
Last Names: A-C  
(408) 522-2430



**Sherry Fazzio**  
Last Names: D-HUR  
(408) 522-2480



**Ana Franco**  
Last Names: HUS-MEK  
(408) 522-2428



**Dan Amezcuita**  
Last Names: MEL-ROM  
(408) 522-2484



**Eric Medeiros**  
Last Names: RON-Z  
(408) 522-2423

## Mrs. Woosley

Last Names A-C

- Loves traveling and exploring!
- Mom of 2 boys and one dog
- 3-sport athlete in high school
- Went to UC Davis and took tractor-driving for one of my classes

## Mrs. Goulart

Last Names A-C

- Speaks Spanish and Portuguese, and loves to travel there when possible
- Went to SFSU and loved living in the city!
- Loves hiking, biking and skateboarding.

## Mrs. Fazzio

Last Names D-Hur

- Enjoys traveling & going to the beach as much as I can :)
- Lives in the Santa Cruz Mountains
- Mom to 3 kids so I spend lots of time at their sporting events!

## Mrs. Franco

Last Names HUS-Mek

- Graduated from FHS
- Mom to 2 little ones
- I enjoy camping with the family and visiting new places

## Mr. Amezcuita

Last Names Mel-Rom

- Graduated from San Diego State
- Played Baseball in college
- Coaches Baseball @ FHS
- Loves Bikes

## Mx. Medeiros

Last Names Ron-Z

- Graduated from SJSU
- Went to Fremont HS Class of 2006
- Loves traveling, movies, live theater, food, and dancing
- Favorite TV show: Stranger Things



Welcome to Fremont video



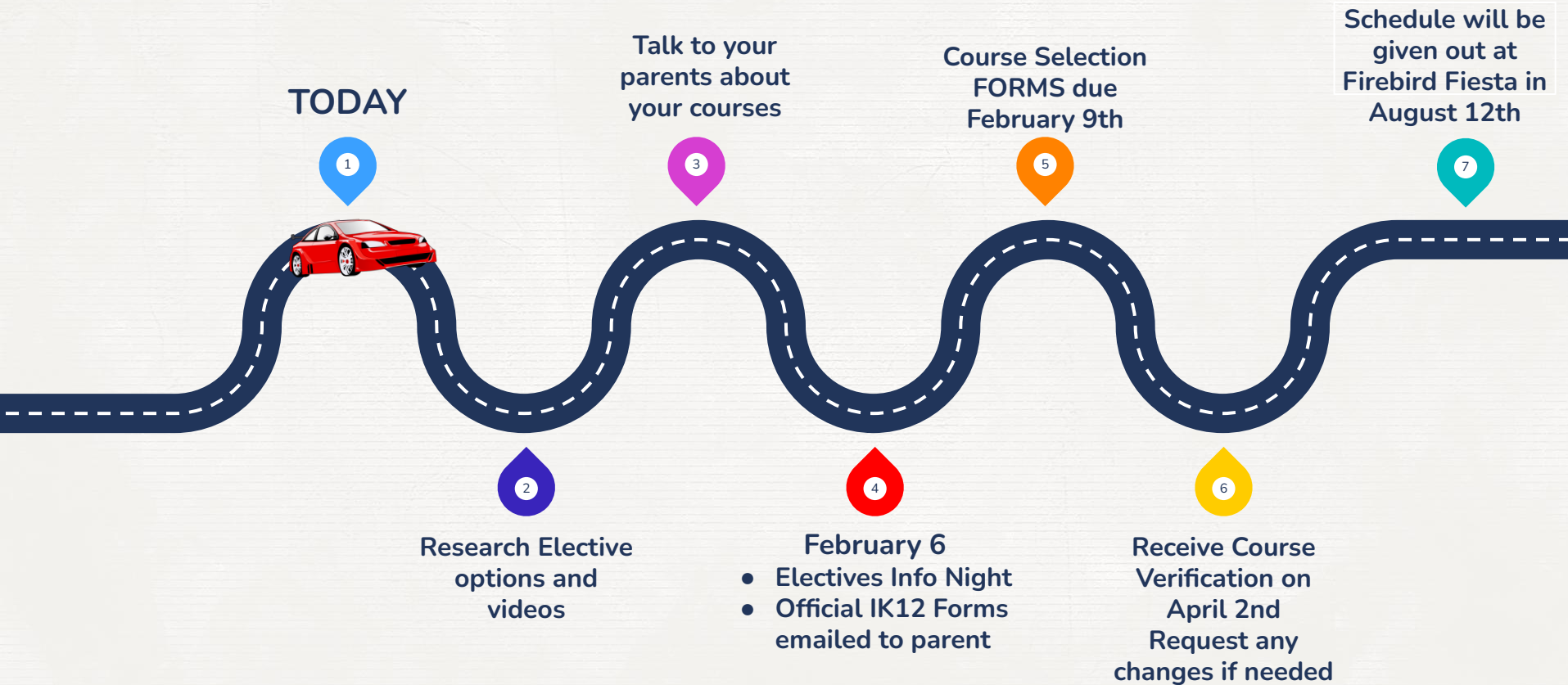
# Today we will cover...

- Welcome to Fremont
- Course selection timeline
- Freshman schedule
- Electives
- Practice selecting courses
- Next Steps





# Course Selection Roadmap



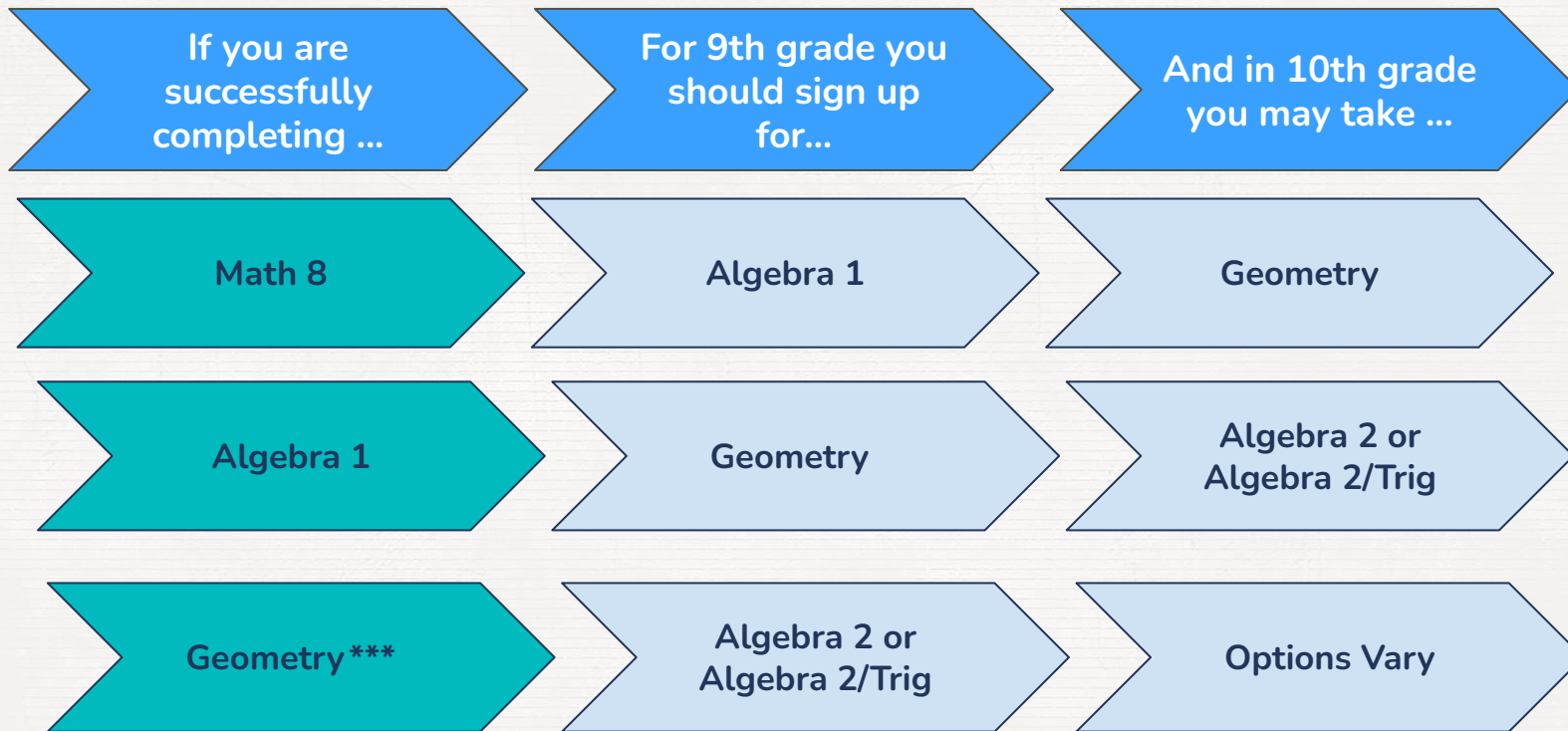


# Freshman Schedule

ALL students are guaranteed 6 classes:

1. English (required)
2. Biology (required)
3. Mathematics (required)
4. PE 9 (required)
5. Elective 1: World Language (recommended)
6. Elective 2: Fine art or applied academic
7. Ethnic Studies/Health (optional this year, space is limited)

# Mathematics Courses



**\*\*\*UC/CSUs require all students MUST take Geometry in 7th grade or later**



# ELECTIVES AT FHS

# World Languages

- Chinese
- Japanese
- Spanish
- French  
(level 2 and above)



# World Language Placement

[FHS World Language Website](#)



No world  
language  
experience

Level 1

Successful  
completion of  
Level 1 in  
middle school

Level 2

→ Placement test will be administered, more information to follow

Home  
language  
experience

Sign up for Level 2 AND check off the  
Native Speaker box on the form

→ Placement test will be administered, more information to follow



# Language Placement Test Dates and Times

## Chinese

Tuesday, March 5, 4-6pm

Location – Library @ FHS

## French 2 or higher

Contact teacher (Janene Rich) for an appointment: [janene\\_rich@fuhsd.org](mailto:janene_rich@fuhsd.org)

## Japanese

Contact teacher (Erik Duus) for an appointment: [erik\\_duus@fuhsd.org](mailto:erik_duus@fuhsd.org)

## Spanish

Assessments will be given at middle schools the week of Feb. 26th, make up tests will be given:

Tuesday, March 5, 4:00pm

Location - Library @ FHS

Contact teacher (Israel Gonzalez) for Spanish questions:

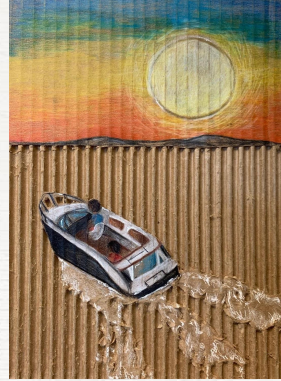
[israel\\_gonzalez@fuhsd.org](mailto:israel_gonzalez@fuhsd.org)



# Visual and Performing Arts

## Fine Arts

→ 3-D Structure and Design  
(NOT computer based)



## Fine Arts

→ Art 1



# Visual and Performing Arts

## Music

- [Orchestra](#)
- [Concert Band](#)



## Music

- [Music Genesis](#)



## Music

- [A Choir \(Concert Choir\)](#)



## Theatre Arts

- [Drama](#)
- [Student's perspective](#)

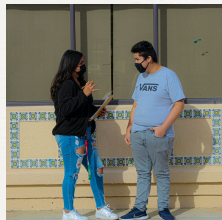




# Applied Academics/Career Technical Education(CTE)/Elective

## Applied Academics

→ Yearbook



## Applied Academics

→ Stagecraft Tech  
→ Student perspective

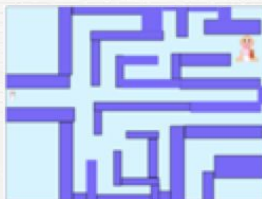


Prop CREATION PHOTOS 6th Block



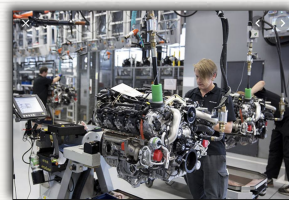
## CTE

→ Digital Innovation and Design



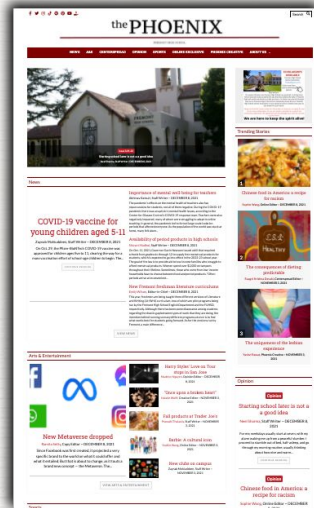
## CTE

→ Engineering Essentials



## Elective

→ Journalism



# Ethnic Studies/Health

**NEW CLASS** → \*\*Optional for class of 2028\*\*

- ✗ Allows students to have a guaranteed 7th class (if desired)
- ✗ Only 60 spots available



# Ethnic Studies/Health

## (New Class / Optional / A-G Elective Credit)

---

What are the topics covered in health?

- Personal and Community Health
- Mental, Emotional, and Social Health
- Nutrition and Physical Activity
- Injury Prevention and Safety
- Alcohol, Tobacco, and other Drugs

What about Ethnic Studies?

### **Unit 1: Identity**

- Who am I? How do others see me?

### **Unit 2: Community**

- What is a community? How do they change over time?

### **Unit 3: Power, agency, and resistance**

- How do individuals and communities impact systems of power?

### **Unit 4: Social Change**

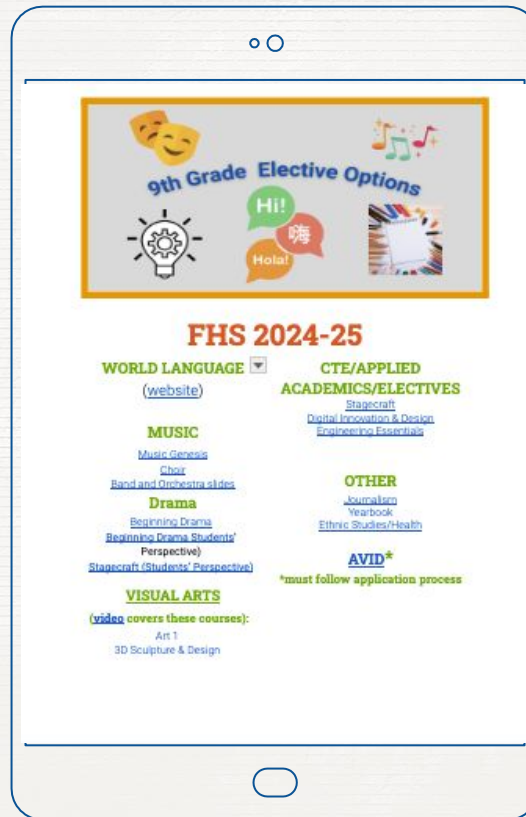
- What is power? How can we analyze and use power to make the world better?





# Want to watch the elective videos again?

[Click here: to watch the elective videos](#)



# Course Selection Form

## (Practice ONLY)

We want you to use this form to:

1. Talk to your parents about the classes you're interested in
2. Help you fill out the final course request form that will be emailed to you on February 6th

FREMONT HIGH SCHOOL: FREMONT UNION HIGH SCHOOL DISTRICT  
Course Requests 2022-2023

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle: \_\_\_\_\_ Student ID #: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

Current School: \_\_\_\_\_

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

**Choose classes wisely! Once classes are assigned, there is rarely space in other classes to allow for level changes.**

**1. ENGLISH (select 1)**

☐ 1010 P Literature & Writing

**2. PHYSICAL EDUCATION (select 1)**

☐ 2510 P.E. 9

**3. SCIENCE (select 1)**

☐ 3110 P Biology

**4. MATHEMATICS (select 1)**

☐ 2210 P Algebra 1  
☐ 2230 P Geometry  
☐ 2310 P Algebra 2++  
☐ 2320 P Algebra 2/Trig. ++  
☐ Other

Approval or application required.  
++ Completion of Algebra 1 & Geometry in middle or high school is required.  
P College Prep Course

**5. ELECTIVES (select 2 from different subject areas)**

**World Language**

☐ 4110 P French 1  
☐ 4120 P French 2  
☐ 4310 P Spanish 1  
☐ 4320 P Spanish 2  
☐ 4010 P Japanese 1  
☐ 4020 P Japanese 2  
☐ 4410 P Chinese 1  
☐ 4420 P Chinese 2  
☐ 4430 P Chinese 3  
☐ 4440 P Chinese 4H

☐ **Native Speaker:** Check if you are a native speaker of the language you choose above.  
(Placement tests will determine level if students are choosing Level 2 or higher.)

**CTE/ Applied Academics**

☐ 8380 Yearbook  
☐ 1350P Journalism  
☐ 7770 Stagecraft Tech.  
☐ 7810 P Digital Innovation & Design  
☐ 8180 P Engineering Essentials

**Art Department**

☐ 6110 P Art 1  
☐ 6210 P 3D Sculpture & Design  
☐ 6310 P Ceramics  
☐ **Drama**  
☐ 6710 P Drama  
☐ **Music**  
☐ 7060 P A-Choir (Concert Choir)  
☐ 7240 P Orchestra  
☐ 7120 P Concert Band  
☐ 7320 P Music Genesis

**Alternate Elective Choices:** You must provide three class options to be used if one of the elective choices above is unavailable. You must be willing to take any of these courses equally. If you do not provide alternates, you may end with fewer than 6 classes.

**Optional 7th Preference:** This section indicates preferences. None of these options are guaranteed and you DO NOT need to fill out this section. All students should plan on attending school between 8:30 am-4:00 pm and plan sports/activities accordingly. We will not rearrange class schedules. If you have a 7th preference, you can only check ONE OPTION from the choices below:

☐ I want a 7th class (type the class below) OR ☐ 9991 No class 1st block  
☐ 9996 No class 6th block  
☐ 9997 No class 7th block

**PRACTICE ONLY - Final course selection form will be sent via email through Informed K12 to parents on Monday, 4/4/2022**

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

# START HERE: Fill out all required information

If you are receiving any services at school outside of your regular classes

## FREMONT HIGH SCHOOL: FREMONT UNION HIGH SCHOOL DISTRICT Course Requests 2022-2023

**Last Name:**

**First Name:**

**Middle:**

**Date of Birth:**

**Contact Phone:**

**Current School:**

**Do you have an IEP?**

**Yes or No**

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

**Choose classes wisely! Once classes are assigned, there is rarely space in other classes to allow for level changes.**

# Selecting your core 4 classes

Choose classes wisely! Once classes are

## 1. ENGLISH (select 1)

- ☒ 1010 P Literature & Writing

## 2. PHYSICAL EDUCATION (select 1)

- ☒ 2510 P.E. 9

## 3. SCIENCE (select 1)

- ☒ 3110 P Biology

## 4. MATHEMATICS (select 1)

- ☐ 2210 P Algebra 1  
☐ 2230 P Geometry  
☐ 2310 P Algebra 2++  
☐ 2320 P Algebra 2/Trig.++  
☐ Other \_\_\_\_\_

### Notes:

\* Approval or application required

++ Completion of Algebra 1 & Geometry in middle or high school is required.

P College Prep Course

If you are  
successfully  
completing  
...

For 9th  
grade you  
should sign  
up for...

And in 10th  
grade you  
may take ...

Math 8

Algebra 1

Geometry

Algebra 1

Geometry

Algebra 2 or  
Algebra 2/Trig

Geometry

Algebra 2 or  
Algebra 2/Trig

Options Vary



# Choosing your elective courses: Choose 2

1. Must select 2 electives
2. If you selected a language, and you're a Native speaker of the language or speak the language at home, please select the box "Native Speaker"

**Choose classes wisely! Once classes are assigned, there is rarely space in other classes to allow for level changes.**

## 1. ENGLISH (select 1)

- ☒ 1010 P Literature & Writing

## 2. PHYSICAL EDUCATION (select 1)

- ☒ 2510 P.E. 9

## 3. SCIENCE (select 1)

## 4. MATH (select 1)

- ☐ 2230 P Geometry  
☐ 2310 P Algebra 2++  
☐ 2320 P Algebra 2/Trig.++  
☐ Other \_\_\_\_\_

Check this if you speak the selected language at home

### Notes:

\* Approval or application required  
 ++ Completion of Algebra 1 & Geometry in middle or high school is required.  
 P College Prep Course

## 5. ELECTIVES (select 2 from different subject areas)

### World Language

- ☒ 4110 P French 1  
☐ 4120 P French 2  
☐ 4310 P Spanish 1  
☐ 4320 P Spanish 2  
☐ 4010 P Japanese 1  
☐ 4020 P Japanese 2  
☐ 4410 P Chinese 1  
☐ 4420 P Chinese 2  
☐ 4430 P Chinese 3  
☐ 4440 P Chinese 4H

- ☐ **Native Speaker:** Check if you are a native speaker of the language you chose above.

(Placement tests will determine level if students are choosing Level 2 or higher.)

☒ **New course: Ethnic Studies/Health**

### CTE/ Applied Academics

- ☐ 8380 Yearbook  
☐ 1350P Journalism  
☐ 7770 Stagecraft Tech.  
☐ 7810 P Digital Innovation & Design  
☐ 8180 P Engineering Essentials

### Art Department

- ☐ 6110 P Art I  
☐ 6210 P 3D Sculpture & Design

### Drama

- ☐ 6710 P Drama

### Music

- ☐ 7060 P A-Choir (Concert Choir)  
☐ 7240 P Orchestra  
☐ 7120 P Concert Band  
☐ 7320 P Music Genesis

# Backup Elective Choices: Choose 3

What other ELECTIVE classes would you like if we can't give you your first choice? Write down the name of the class

Completion of Algebra 1 & Geometry 1 in middle school or high school is required.

P College Prep Course

**Alternate Elective Choices:** You must provide three class options to be used if one of the elective choices chosen is unavailable. You must be willing to take any of these classes equally. If you do not provide alternate choices, you may end with fewer than 6 classes.

(1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

- \*You may see electives that are not listed in the electives category such as Java and Ceramics. We're doing this to create a list in the possibility that space becomes available. NO GUARANTEES

# Backup Elective Choices: Choose 3

What other ELECTIVE classes would you like if we can't give you your first choice? Write down the name of the class

Completion of Algebra 1 & Geometry II required.  
or high school is required.

P College Prep Course ☐ ☐

**Alternate Elective Choices:** You must provide three class options to be used if one of the elective choices above is unavailable. You must be willing to take any of these classes equally. If you do not provide alternate choices, you may end with fewer than 6 classes.

( **1** ) ( **2** ) ( **3** )

**CHOOSE ONLY ONE OPTION!**  
(YOU CANNOT PICK BOTH)

**Optional 7<sup>th</sup> Preference:** This section indicates **preferences**. None of these options are guaranteed and you **DO NOT** need to fill out this section. All students should plan on attending school between 8:30 am-3:50 pm and plan sports/activities accordingly. We will not rearrange class schedules.

**You can only check ONE OPTION from the choices below:**

- ☐ \_\_\_\_\_ I want a 7th class
- ☐ 9997 No class 7th block

## Current Bell Schedule

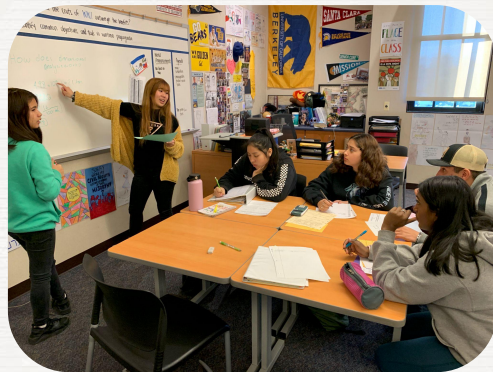
Weekly Bell Schedule - 2022-2023																			
Monday				Tuesday				Wednesday				Thursday				Friday			
Blocks 1-7				A				B				A				B			
1	8:30	9:15	45	1	8:30	10:00	90	Collaboration (No Students)	7:35	8:25	50	1	8:30	10:00	90	Collaboration (No Students)	7:35	8:25	50
2	9:20	10:05	45	2	10:05	11:35	90		4	8:30	10:05	95	2	10:05	11:35		90	4	8:30
Tutorial	10:10	10:35	25	Brunch	11:35	11:50	15	Tutorial	10:10	10:50	40	Brunch	11:35	11:50	15	Tutorial	10:10	10:50	40
3	10:40	11:25	45	3	12:00	1:30	90	Brunch	10:50	11:05	15	3	12:00	1:30	90	Brunch	10:50	11:05	15
Brunch	11:25	11:40	15	Lunch	1:30	2:10	45	5	11:15	12:45	90	Lunch	1:30	2:10	45	5	11:15	12:45	90
4	11:50	12:35	45	7	2:20	3:50	90	Lunch	12:45	1:25	45	7	2:20	3:50	90	Lunch	12:45	1:25	45
5	12:40	1:25	45					6	1:35	3:05	90					6	1:35	3:05	90
Lunch	1:25	2:05	40																
6	2:15	3:00	45																
7	3:05	3:50	45																



# AVID at Fremont High School

For a student who (not all, but some of these below):

- Will be **first** in their family to attend a 4-year college, or first generation to attend a 4-year college
- Doesn't have traditional **support at home** to focus on school
- Earns **good grades** (not all A's – mostly B's/C's)
- Is a **hard worker** and want to succeed in school, but might not always know how.
- Wants to learn more about the **college process**.
- **Must apply** in order to be considered.



# AVID Application Due Fri, March 1st

## Application Process

- Student application + parent signature / acknowledgement
- Teacher recommendation (Google form)
- Interview (conducted *after* application/teach rec have been turned in)

You will have two options for submitting your application:

1. We have a paper version for the student application. These can be turned in to the red box marked "FHS AVID" at the front desk of your middle school office. The teach rec must be done through Google forms, even if the student application is turned in on paper.

**OR**

2. The student application and recommendation forms can also be found online on the FHS AVID website ([bit.ly/FremontAVID](http://bit.ly/FremontAVID)).

For more information contact Ms. Zabinski at [onette\\_zabinski@fuhsd.org](mailto:onette_zabinski@fuhsd.org)

**SMS: Thursday, Feb 8th during AST period**

**Columbia: Friday, Feb 9th during Lunch**



## Next Steps

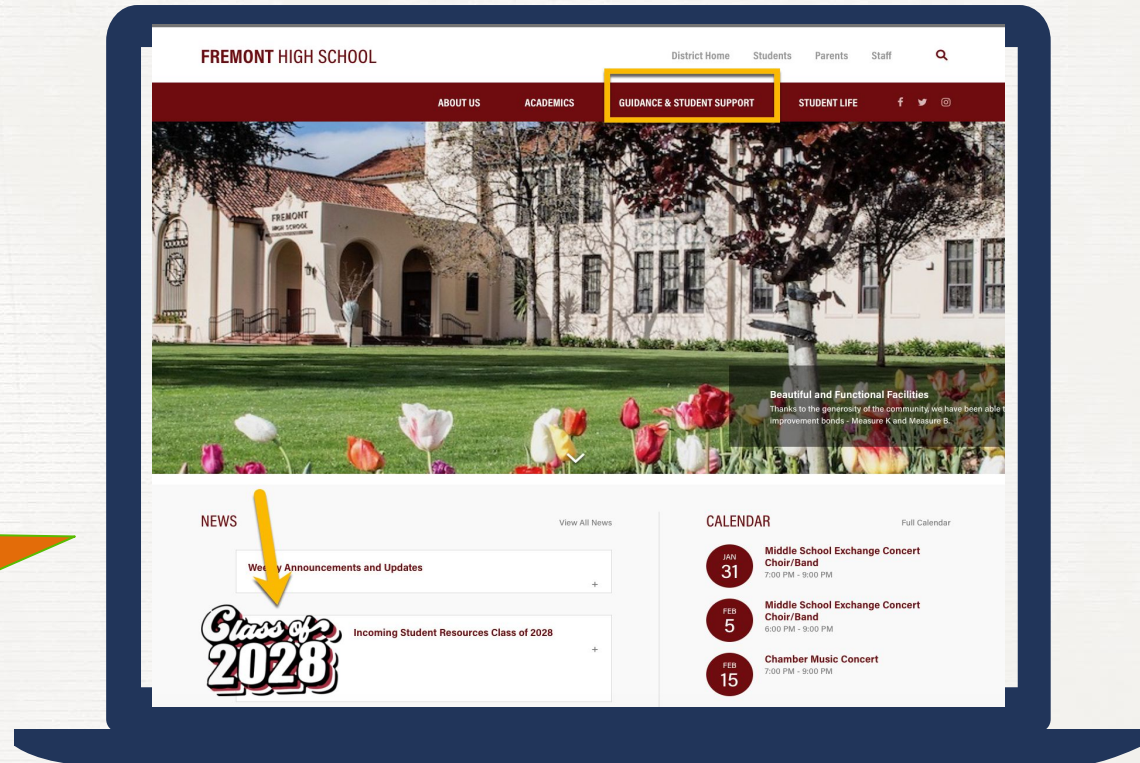
1. Your parents will receive an email from Informed K-12 titled "OFFICIAL Course Selection Form 2024-25" on **February 6th**
2. Attend our **8th grade Electives and Course Selection Informational Night** (Highly Encouraged to attend) on **February 6** at 6:00pm at Fremont to learn more about our elective classes and to meet the teachers.
3. Final course selection form is due **February 9th** via electronic submission
4. **April 2nd**, you'll get an email with a copy of what you requested and will be given one last chance to request a change





For up to date  
information check  
out our  
FHS website  
[www.fhs.fuhisd.org](http://www.fhs.fuhisd.org)

Questions? Join us at  
Coffee with the  
Counselors on Feb 7  
9-10am via Zoom







# Thanks!

See you all on August 12th  
during Firebird Fiesta



First Day of  
School  
August 19th

ABOUT US

ACADEMICS

GUIDANCE & STUDENT SUPPORT

STUDENT LIFE



## Athletics

Cheer

Featherettes Dance Team

### Fall Sports

Cross Country

Field Hockey

Football

Girls Tennis

Girls Volleyball

Boys Water Polo

Girls Water Polo

## ATHLETICS

### ATHLETIC SUPPORT

To purchase spirit wear go to [www.fhsathleticsboosters.org](http://www.fhsathleticsboosters.org). You can also support Athletics through Amazon Smile.

### GENERAL ATHLETIC INFORMATION

### CONTACT INFORMATION

Jason Townsend  
Athletic Director  
(408) 522-2431

Questions about sports? Contact our Athletic Director