



Welcome Class of 2028!



CHS Staff



CHS Admin Team:

Libby Duethman	Principal
Laurel Gast	Assistant Principal A-K
Ernesto Pacleb	Assistant Principal L-Z

Golden Anderson **Athletic Director**

INSTAGRAM: @carmelhighsports

TWITTER: @padresports

Aubrey Powers **Activities Director**

INSTAGRAM: @PadreBobCHS

TWITTER: @PadreBobCHS

Counseling Team:

Darren Johnston	A-Ga
Yesel Von Ruden	Ge-M
Jeff Rogers	N-Z
Chloe Kincaid	College & Career Coordinator
Linda Galuppo	Registrar

Wellness Team:

Lorena Cruz-Rodriguez	LMFT
Tara Pederson	LMFT
Stacey Profeta	Wellness Center Coordinator



Welcome to our Community

MISSION AND STUDENT OUTCOMES

Our mission is to help all students reach their full potential as human beings, lifelong learners, and citizens of a global society. To that end, we foster creativity, teach critical thinking, and promote social skills and mastery of the basic skills necessary to lead healthy, productive lives.

WE STRIVE FOR ALL OUR STUDENTS TO BE

Connected Citizens

High Level Thinkers

Successful Individuals



CHS Bell Schedule

(subject to change 24-25 school year)

Monday, Tuesday, Friday

PERIOD	MONDAY • TUESDAY • FRIDAY
1	7:45 am – 8:35 am
2	8:40 am – 9:30 am
3	9:35 am – 10:30 am
BREAK	10:30 am – 10:45 am
4	10:50 am – 11:40 am
5	11:45 am – 12:35 pm
LUNCH	12:35 pm – 1:10 pm
6	1:15 pm – 2:05 pm
7	2:10 pm – 3:00 pm

Wednesday (block)

PERIOD	WEDNESDAY
1	7:45 am – 9:20 am
BREAK	9:20 am – 9:35 am
3	9:40 am – 11:15 am
5	11:20 am – 12:55 pm
LUNCH	12:55 pm – 1:30 pm
7	1:35 pm – 3:10 pm

Thursday (block)

PERIOD	THURSDAY
OFFICE HOURS	7:45 am – 8:25 am
2	8:30 am – 10:05 am
BREAK	10:05 am – 10:20 am
4	10:25 am – 12:00 pm
LUNCH	12:00 pm – 12:35 pm
6	12:40 pm – 2:15 pm



CHS Activities

- Leadership Class
- Link Crew - Freshman Orientation Program
- CHS Student Center website: great resource for club info, forms, campus happenings, etc...
- Get Social TWITTER: *@PadreBobCHS*
 INSTAGRAM: *@PadreBobCHS*

Aubrey Powers
Activities Director
apowers@carmelunified.org

<https://sites.google.com/carmelunified.org/chsstudentcenter/home>



Link Crew

Freshmen Orientation Program

AUGUST: incoming freshmen assigned to small group lead by 2 upperclass Link Crew Leaders who provide orientation, tour, and follow-ups throughout first semester.

STAY UP TO DATE!!

Follow [@LinkCrewCarmel](#) on Instagram

[Link Crew website](#) (accessible from CHS website)

Link Crew



CHS Athletics



Get Involved

- 2022/2023: 557 students(65%) played at least 1 sport
- Don't Specialize
- Summer Opportunities

Eligibility

- Minimum GPA of 2.0 GPA
- Freshman Begin Eligible

Athletic Registration

- Registration Checklist on CHS website [link](#)

Athletic Director: Golden Anderson

ganderson@carmelunified.org

Programs by Season

Fall

Cheerleading
Cross Country
Field Hockey
Football
Golf (Girls)
Tennis (Girls)
Volleyball (Girls)
Water Polo

Winter

Basketball
Cheerleading
Soccer
Wrestling

Spring

Baseball
Golf (Boys)
Lacrosse
Softball
Swim & Dive
Tennis (Boys)
Track/Field
Volleyball (Boys)



CHS Wellness Center

Wellness Team:

Stacey Profeta	WC Coordinator
Tara Pedersen	LMFT
Lorena Cruz-Rodriguez	LMFT

- School-based mental health resource
- Education-centered therapeutic interventions for socio-emotional challenges, supporting personal growth, and promoting academic success
- Empowering students to take care of their mental health by:
 - Paying attention to their internal experiences (thoughts, feelings and body responses).
 - willingness to develop skills for self-regulation, increased confidence, and more effective ways to solve problems.
- Available during school hours
- Walk-ins, 1:1 support, school crisis assistance, case management and community resources.

<https://sites.google.com/carmelunified.org/chswellness/>



Wellness Survey

(9th grade students)

What have you enjoyed about CHS so far?

- Friendships: 86.5%
- Extracurricular activities: 51.2%
- School events: 42.9%
- Academics: 41.2%
- Other: 7.6%

Top 3 stressors identified:

- Academic workload: 91.8%
- Tests: 80%
- Sports / extracurriculars: 30%
- Relationships w/ Friends: 28.2%
- Relationship w/parents/caregiver: 19.4%
- Other: 24.1%



Counseling Department

Mr. Johnston

A - Ga

Mrs. Von Ruden

Ge - M

Mr. Rogers

N - Z

Support Staff

Chloe Kincaid **College & Career Coordinator**

Linda Galuppo **Counseling Secretary & Registrar**

Links:

[CHS Course Catalog \(2024-2025\)](#)

[College & Career Center](#)



College & Career Coordinator

Chloe Kincaid

- Financial Aid
- Scholarships
- College Fair
- College Rep visits
- NEW College & Career Platform → californiacolleges.edu
- Summer Programs, Internships, Gap Year
- College & Career Google Classroom Class of 2028



Graduation Requirements

- History / Social Science
- English
- Mathematics
- Science
- Languages Other than English
- Visual/Performing Arts
- Health
- Technology
- Physical Education
- Electives

3.5 years

4 years

3 years

2 years

1 year

1 year

1 semester

1 semester

2 years

6 - 7 classes

4-Year College Requirements

2 years

4 years

3 years

2 years

2 years

1 year

—

—

—

1 year

Additional Graduation Requirements:

240 CREDITS

SWIM TEST

60 SERVICE HOURS

(1 year = 10 credits)



Class Types

College Prep Classes:

Standard high school curriculum based on state standards and approved by 4-year colleges

Estimated Daily Homework: **15-30 min** (*varies by class*)

Honors Classes:

Same curriculum & content as “college prep” classes, but covered in greater depth and often at an accelerated pace.

Estimated Daily Homework: **30 min** (*varies by class*)

Advanced Placement Classes:

College-level curriculum & textbook covering breadth of information and material.

Potential to earn college credit by scoring a qualifying score with articulated “AP Exam” in May

Estimated Daily Homework: **45-90 min** (*varies by class*)

Monterey Peninsula College (MPC)

Dual Enrollment & Concurrent Enrollment

Dual Enrollment

- MPC courses taught @ CHS
- taught by CHS faculty
- high school and college credit

Available Courses:

- MPC Business (BUS 20 & BUS 50) *Grades 9-12*
- MPC Sports Medicine (KINS 41) *Grades 10-12*
- MPC US History (HIST 17 & HIST 18) *Grade 11*
- MPC Statistics (MATH 16) *Grade 12*

**enrollment forms submitted directly through the class*

Concurrent Enrollment

- MPC courses taught @ MPC
- taught by MPC faculty
- college credit

Available Courses:

- course list and schedule available @ MPC website

**enrollment forms available in College & Career Center*



Sample Freshman Schedule

1. English I

OR

Honors English I

2. World Geog. + Health

OR

AP Human Geog. + Online Health

← semester each →

← year-long classes →

3. Math: Integ 1, 2, 3

4. Biology

OR

Honors Biology

5. PE

6. Foreign Language

OR

Elective

(Chinese, French, Sign Language, Spanish)

7. Elective



Elective Options

for complete course descriptions visit the [CHS Course Catalog \(24-25\)](#)

- **Art 1**
- **AP Comp. Sci. Principles**
- **Automotives 1**
- **AVID I**
- **Beginning Guitar**
- **Concert Band**
- **Concert Choir**
- **Dance I**
- **Drama I**
- **Business I & 2** (MPC Dual Enrollment)
- **Intro to Engineering Design**
- **Intro to Industrial Arts**
- **Jazz Workshop** ← *audition required with Mr. Handley*
- **Languages:**
 - French I, II, III
 - Spanish I, II, III
 - Spanish Heritage Speakers I, II
 - American Sign Language I
 - Chinese III
- **Leadership**
- **Math Tutorial** ← support with Int Math I/II
- **Orchestra**
- **Strategies for Success** ← support class
- **Video Production 1**
- **Writing Strategies** ← support with English 1



Career Pathways

Benefits

- **Career Exploration**
- **Specialized Vocational Training**
- **Skill Development (Entry-Level to Advanced)**

Pathways

- Automotive
- Business
- Dance
- Drama
- Engineering
- Graphic Design
- Photography
- Sports Medicine
- Video Production

Course Selection Worksheet

Course Area	CHS	A - G	9th Grade Course Options	Your Selection
English	4 years	4 years	English I / Honors English I	
Social Studies	3.5 years	2 years	World Geography / AP Human Geography	
Math	3 years	3 years <i>4 years recommended</i>	Integrated Math 1, 2, and 3	
Science	2 years	2 years <i>3 years recommended</i>	Biology / Honors Biology	
P.E.	2 years	None	PE	
World Language	1 year	2 years <i>3 years recommended</i>	Spanish, French, American Sign Language, Chinese	
VAPA	1 year	1 year	Art, Dance, Drama, Choir, Orchestra, etc.	
*Health	.5 year	None	Health / online Health for AP Hug	
Technology	.5 year	None	Intro to Engineering, Engineering Principles, AP Comp. Science Principles	



Shifts in College Admissions

- **“TEST OPTIONAL”:** ACT/SAT NOT Required majority of both PUBLIC and PRIVATE colleges/universities no longer require ACT or SAT
- **“TEST FREE” ADMISSIONS:** ACT / SAT no longer required @ UC's and CSU's
- **INCREASED EMPHASIS ON EXTRACURRICULARS:**
the arts, athletics, clubs, contributions to school & community, leadership roles, pursuit of academic interest(s) outside of classroom, service/volunteer work, etc
- **BREADTH and DEPTH:** ACTIVE participation x 4 years (+ summer)
DEPTH of involvement



Next Steps...

February 27 - March 1

- CHS Counselors meet with CMS students (@ CMS)
- Makeup appointments available

Students Provided With

- Rising 9th grade Handout
- Course Selection Worksheet

Freshman Orientation

August 7, 2024
(first day of school)

***Final placement in courses depends on teacher recommendations, class availability, master schedule, and grades in 8th grade courses. When selecting courses, consider involvement in activities, athletics, family responsibilities, and mental health.*

***to request changes to freshman schedule, please complete the online form by March 31**



Questions...?

This presentation will be available on the front page of the
CHS website.