



Poland Central School

Program of Studies



This document is a description of courses which may be offered to the students in grades 9-12. It is presented to parents and students not only for information purposes, but also to assist them in the yearly scheduling process.

Prepared - Productive - Proud

General Guidance Information

Counselor for grades 6-12: Mrs. Janice Watrous

Phone: 315-826-0214

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Fax #: 315-826-5227

Guidance Services

The Guidance Department's functions are many. The Counselor's chief roles are in the areas of educational and career counseling. In order to accomplish this, the Counselor performs such tasks as pupil scheduling, monitoring student grades and courses, career and post-secondary planning, student and parent orientation programs, and maintaining pupil records. The Counselor also assists in personal/crisis counseling as needed (i.e. meeting with students, making referrals to appropriate outside agencies, meeting with outside agencies).

Progress reports, Report cards, Calculation of course averages

Students will be issued a report card at the end of each ten week marking period. Progress reports are issued at the five week interval in between the report cards. These reports will be sent home with students and they are also available through the Parent/Student Portal on the school website once you have set up an account.

<https://schooltool.polandcsd.org/schooltoolweb/>

Final averages for a course are calculated by averaging the four marking periods and the local final exam or Regents exam. Therefore, all local exams and Regents exams count for 20% of the final average in a course. For half year courses, the two marking periods count twice and the final exam counts for 20% of the final average for the course.

Parent Conferences

Parents are encouraged to make appointments for conferences with teachers first if possible. If this is not possible then appointments can be made by the Counselor by calling 826-0214.

How to be successful in High School

Have good attendance, develop good study skills, and be an active participant in your learning!

A successful student does the following:

1. Brings notebook/folder, pen and other materials necessary to class
2. Is an active participant in the classroom- listens and takes notes and participates
3. Asks questions if he/she doesn't understand the material, stays for extra help
4. Plans his/her time wisely making time for homework/studying each day
5. Uses what he/she learns and sees how it relates to the other subjects

6. Strives to do his/her best, takes pride in their grades instead of just enough to get by.

Homework is an important part of the learning process. It allows for extra practice on learned skills, provides further learning on areas covered in class, prepares you for success on exams, and provides an opportunity to practice good work habits.

Extended Absence Homework Request

If your child is going to be absent for an extended period of time you can submit a request in the MS/HS Main Office to get your child's assignments.

Transcripts, Class rank and GPA

A student's transcript begins when they earn their first credit of foreign language in 8th grade. A transcript is a permanent record that is kept at PCS and is used by individual's when applying to college, seeking employment, or transferring schools. Students who wish to have the school provide their transcripts to colleges or to employment offices must make that request in writing to the Guidance office. Transcript requests should be made a few days prior to when the transcript is needed. An official transcript will be in a signed sealed envelope.

Class rank and GPA are both *unweighted* (all courses and grades count the same). A student's cumulative GPA begins with that first credit earned and includes all courses *except physical education*.

Grade Level Placement

Grade level placement is based upon the number of academic credits previously earned. A student must have **22 credits to graduate**, which includes 20 academic credits and 2 physical education credits. A student must have earned a minimum of **five units to be ranked as a sophomore, ten units to be a junior and fifteen units to be ranked as a senior**. *A student will not automatically be placed with his/her class from grades 9-12. The number of units must be earned.*

Post-Secondary Planning

Post-Secondary planning should be done cooperatively with parents and the School Counselor. Students will be provided information and have experiences throughout high school to help assist them regarding college, military, and employment opportunities for after graduation. Information on financial aid and scholarships will also be available.

General Information about Course Offerings & Scheduling

All courses in which students enroll are approved by parents; however, the school administration reserves the right to assign the time, level and person who will instruct a course which a student elects. Actual enrollment will be a determining factor in the decision as to whether a particular course will be taught in any given year. Any questions concerning this bulletin or relating to the scheduling process may be directed to the Middle/High School School Counselor, Janice Watrous.

New York State Education Department Required Courses

Students must enroll in the required courses for graduation each year and may take additional electives. Students are reminded to select elective courses which are related to their individual career goals or interests. Students in grades 9-12 will be scheduled for a minimum number of academic credits plus physical education each year.

College Courses offered at Poland Central School

Students have the opportunity to take and earn credit for courses offered through Herkimer College. These courses are taught by Poland faculty that have been approved through the college as adjunct faculty. These courses are at NO COST to students. Students will have an official transcript from Herkimer College upon completion of coursework that will allow credits to be transferred to many other institutions. A course that is offered at Poland for college credit is noted by either "CN" or "CollegeNow".

Bridging for high school credit

Some students may choose to take college level courses at one of the local colleges to fulfill a high school required course or to supplement their high school course load. If your child would like to take a college level course off campus please discuss this with the counselor prior to registering your child for the course. Colleges charge tuition for students that wish to take classes on their college campus.

Independent Study

Certain courses may be able to be taken through an independent study program. This may be accomplished only with the permission of the teacher, the student's school counselor, and the principal. The Independent Study Contract must be completed by the instructor and student and then signed by the parent. An independent study course can be denied if it overloads a teacher's course load.

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Vocational education opportunities and all other educational opportunities will be offered without regard to sex, race, color, national origin or handicap. Mr. Chad Hess, Business Manager, Poland Central School, 74 Cold Brook Street, Poland, New York 13431, (315) 826-0205 is designated to coordinate Title IX and Section 504 compliance activities.

GRADUATION REQUIREMENTS

The following credits must be earned in grades 9-12:

English . . .	4 Credits
Social Studies . . .	4 Credits
Math . . .	Minimum of 3 Credits
Science . . .	Minimum of 3 Credits
Health . . .	½ Credit
Art or Music...	1 Credit (Studio Art, DDP, Sr. Band, or Sr. Chorus)
Foreign Language . . .	1 Credit for Regents Diploma 3 Credits for Advanced Regents Diploma
Physical Education . . .	2 Credits (.5 credit per year)

Regents exams that must be passed (minimum of 5):

Math - 1 for Regents Diploma, 3 for Advanced Regents – Taken in 9th or 10th grade

Science - 1 for Regents Diploma, 2 for Advanced Regents – Taken in 9th grade

History - 1 for Regents Diploma, taken in 10th/11th grade

ELA - 1 exam required, taken in 11th grade

Additional Pathway Exam - 1 additional exam must be taken and passed. This exam could be an additional Math, Science, History, or approved pathway exam.

Grade for passing regents exams:

65 or better unless specified in a student's 504 plan or IEP

Grade for passing a course (4 Marking periods and final exam averaged):

65 or better

Diplomas with Honors:

Students can earn a Regents Diploma with Honors and Advanced Regents Diploma with Honors if they fulfill the examination requirements with an **AVERAGE of 90** or above on all the Regents exams.

Diplomas with Mastery in Math and/or Science:

Students can earn a diploma with a designation of Mastery in Math if they achieve a score of **85 or better** on all 3 of the Math Regents exams and a designation of Mastery in Science if they achieve a score of **85 or better** on 3 Science Regents exams.

Typical Course Loads for Students in Grades 9-12

9th Grade

English 9
Global Studies 9
Living Environment and Labs
Integrated Algebra **OR** Basic Algebra
Studio Art, DDP, Sr. Band or Sr. Chorus
Foreign Language II
Sr. High Health
Physical Education

10th Grade

English 10
Global Studies 10
Earth Science and Labs
Integrated Algebra **OR** Geometry
Foreign Language III
Physical Education
2 or more Electives

11th Grade

English 11
U. S. History and Government
Chemistry or another science course (1 cr)
Algebra 2 / Trigonometry
Physical Education
2 or more Electives

OR

English 11
US History and Government
Physical Education
Career Tech Program @ Herkimer BOCES

12th Grade

English 12 **OR** College English
Participation in Government
Economics
Math course (1 credit)
Science course (1 credit)
Physical Education
2 or more Electives

OR

English 12 **OR** College English
Participation in Gov't & Economics
Physical Education
Career Tech Program

English Department

ENGLISH 9

40 Weeks

1 Credit

Students will be exposed to a variety of genres including short stories, novels, poetry, and plays. Writing skills will be developed through persuasive, compare/contrast, expository, and narrative essays. Literary techniques will be reviewed, expanded upon, and applied to all the literature read. Students will also be responsible for completing a research paper and other projects

ENGLISH 10

40 Weeks

1 Credit

Curriculum emphasis is on vocabulary, writing, reading, and listening skills. Students read various types of literature to develop skills to become competent readers/thinkers. All 10th graders must complete a project on a career of their choice. The project, which is comprised of a paper and a variety of work-related tasks, has a major impact on the final average and must be completed and turned in by a specified date. No extensions or exceptions will be made.

ENGLISH 11

40 Weeks

1 Credit

Curriculum includes vocabulary expansion by studying word families, related words, and meaning through context. American literature is surveyed and analyzed, focusing on American literary movements, major themes, and literature as it mirrors personal, intellectual, and social issues and values. In writing, students concentrate on audience, subject, and purpose through topics from literature and experience.

ENGLISH 12

40 Weeks

1 Credit

At the beginning of the semester, the instructor and students decide on the curriculum. Topics offered may include but are not limited to: Children's Literature, Roaring Twenties, Greek Mythology,

Introduction to the Theater, Film Appreciation, Arthurian Legend, Thematic Portfolio, Creative Writing, Real World Reading and Writing, Short Story, Film and Fiction, Autobiography Project, and Fairy Tale Project.

COLLEGE WRITING

Herkimer College EN 111

20 Weeks **½ Credit and/or 3 College Credits**

College NOW I College Writing is a college course offered in conjunction with Herkimer County Community College. This course is designed as an intensive writing course that covers the following stages of writing: preliminary thought and discussion, research, organization, writing, revising and editing. Students produce at least ten pages of formal prose intended for a critical reader as well as at least 15 pages of informal work such as personal journal. Students work in traditional rhetorical forms and write a research paper.

INTRODUCTION TO LITERATURE

Herkimer College EN 112

20 Weeks **½ Credit and/or 3 College Credits**

College NOW II, Introduction to Literature is a college course offered the second semester. This course is designed as an introduction to literary genres leading to a greater appreciation of fiction, poetry, and drama.

PUBLIC SPEAKING

Herkimer College EN 225

20 Weeks **½ Credit and/or 3 College Credits**

Public speaking is a college course offered in conjunction with Herkimer County Community College. This course is designed to develop the student's skill and confidence in public speaking. Emphasis is on research, organization, and presentation of speeches that inform and persuade. Delivery, style, and audience analysis are stressed. Extemporaneous speeches are evaluated by the group.

INTRODUCTION TO VIDEO

20 Weeks**½ Credit**

Intro to Video will take a comprehensive look at the historical context of the use of video/film, and the role it plays in American society and culture. Students will examine the 'language' of film/video as a text, identifying the ways in which films are constructed by the cast and crew. Students would have the opportunity to shoot and edit video of school events and share the news worthy happenings within their own school community.

Media Awareness

20 Weeks**½ Credit**

This course is a half year survey course in which students study various forms of communication and examine the influence of media on American culture. Students will learn about the development of language. They will also learn to think more critically about the media they are exposed to in their daily lives. A look at the history of mass media is included, but emphasis is on current trends.

Social Studies Department

GLOBAL HISTORY AND GEOGRAPHY I

40 Weeks**1 Credit**

This course is a mandatory NYS course. It is taught chronologically from prehistory thru 1750 with the ninth grade portion focused on geographic terms, maps and Afro-Asian studies. We will start with a week of introductory material on latitude, longitude and economic systems. We will define and explore what culture is and what it means to you as a student. We will then be working thru history and events in time as part of that major world religions will be reviewed and discussed. This course is designed to make the student more geographically and culturally aware of other nations in the world. Power point, notes, quizzes, exams and discussion are all part of this class. This course culminates with a local final exam that is patterned after regents format.

GLOBAL HISTORY AND GEOGRAPHY II

40 Weeks**1 Credit**

This course is a mandatory NYS course. It's taught chronologically beginning with 1750 and continuing to present day. Focus is on Latin America, Europe and Russia and the C.I.S. We'll start with Middle East and work our way through the histories of Europe and the former Soviet Union and its republics. We'll continue geographic and cultural awareness of other nations. PowerPoint notes, quizzes, exams, discussion and Regents review are all part of this class. This course culminates with the Regents Exam which is based upon both Global History I and Global History II topics of study. There is no local final.

**UNITED STATES HISTORY AND GOVERNMENT
Herkimer College SS 121 and SS 122**

40 Weeks 1 Credit and/or 6 College Credits

This course has been developed to provide the student with an opportunity to develop knowledge and values rooted in historical tradition as well as contemporary society. The State Syllabus is organized into the following units: (1) Constitutional Foundations for the US Democratic Republic, (2) Industrialization of the US, (3) Progressive Movement, responses to the challenges brought

about by industrialization and urbanization, (4) At home and abroad; prosperity and depression 1917-40, (5) The US in an Age of Global Crisis; responsibility and cooperation, (6) A world in uncertain times. Emphasis in the course is placed on US Constitutional Foundations and the development of US social, political, economic, and cultural institutions from the Post Civil War Era to the present.

PARTICIPATION IN GOVERNMENT ECONOMICS

20 Weeks each ½ Credit each

These are separate half unit courses developed by the NYS Education Department to meet the 12th grade social studies requirement.

The "Participation in Government" (12A) course examines the structure of local, state, and federal government, emphasizing the interaction between citizens and government at all levels, the relationship between media and government, and its impact on the operation of governments.

The "Economics" (12B) course promotes an awareness of the basic economic concepts and understandings which all persons need to function effectively and intelligently as citizens and participants in the economy of the US. Topics include economics systems, elements of economy, bringing economic systems together, Personal finance, insurance, basics of investing, and "modern economics" and fiscal policy, including the development of a budget.

INTRODUCTION TO PSYCHOLOGY

Herkimer College SS 161

20 Weeks ½ Credit and/or 3 College Credits

This elective has been created to expose students to another realm of social studies, as well as college level material. Offered in cooperation with Herkimer County Community College. This course is designed to familiarize students with the major divisions of psychology including: physiology, learning, perception, motivation, emotion, personality, adjustment, and abnormal behavior. Attention is focused on mastery of basic concepts

and theories, along with supporting research and applications.

INTRODUCTORY SOCIOLOGY

Herkimer College SS 151

20 Weeks ½ Credit and/or 3 College Credits

This elective has been created to expose students to another realm of social studies, as well as college level material. It is offered in cooperation with Herkimer County Community College. This course is designed to

Math Department

The regents math program at Poland Central School is the three-year sequence for high schools proposed by the State Education Department. The course outlines follow NYS Standards. Since this is a sequential program and the work of each year is based on the work of the previous year, it is required that a student pass each course before taking the subsequent course. Every student must pass at least one regents exam with a 65 in order to meet graduation requirements.

BASIC ALGEBRA

40 Weeks **1 Credit**

This course covers solving equations, problem solving, logic and geometry concepts such as perimeter, area, parallel lines and angle relationships. Much time is spent developing algebra skills needed for the remainder of the math sequence.

ALGEBRA I – Regents Exam

40 Weeks **1 Credit**

This is the first of a three-year regents sequence in math. Topics covered include logic, problem solving, linear and quadratic equations, basic geometry, probability and statistics.

GEOMETRY– Regents Exam

40 Weeks **1 Credit**

Topics studied are logic, mathematical systems, Euclidean geometry, analytic geometry, transformational geometry and quadratics.

NON-REGENTS GEOMETRY

40 Weeks **1 Credit**

Topics studied are logic, mathematical systems, Euclidean geometry, analytic geometry, transformational geometry and quadratics. No regents exam is taken at conclusion of course.

ALGEBRA II – Regents Exam

40 Weeks **1 Credit**

This course is the third in the new NYS high school mathematics sequence. Topics of study include Radicals, Irrational Numbers & Absolute Value, Relations and Functions, Rational Expressions & Equations, Quadratic Equations & Inequalities, Complex Numbers, Coordinate Geometry & Systems, Exponential Expressions & Equations, Logarithms, Sequences and Series, Trigonometry, Trig Graphs, Trig Equations & Identities, Trig Applications, Statistics, Regression, Probability & Binomials. A *non-regents option of this course may be offered to students based on student need.*

PRE-CALCULUS

Herkimer College MA 141

40 Weeks **1 Credit and/or 3 College Credits**

This course can be taken for both high school and HCCC Credit. Topics of student include polynomial, rational, trigonometric, logarithmic and exponential functions, as well as the algebra and the curve sketching techniques involved with these functions. This course prepares students to enter Calculus.

CALCULUS

Herkimer College MA 245

40 Weeks **1 Credit and/or 4 College Credits**

Calculus is a full year course in elementary functions and introductory calculus. The course is intended for students who have already studied college-preparatory mathematics: algebra, geometry, trigonometry, and analytic geometry (rectangular and polar coordinates, equations and graphs, lines and conics).

STATISTICS

Herkimer College MA 127

40 Weeks **1 Credit and/or 3 College Credits**

This course is designed to explore topics from descriptive and inferential statistics: graphing, measure of central tendency and variation, probability, Central Limit Theorem, estimation, the binomial distribution, the normal distribution and hypothesis testing. The laboratory element provides hands-on technology experience using statistical software package. Skill in elementary algebra is required.

Science Department

manner, as potentially dangerous materials are being used. A calculator will be provided.

LIVING ENVIRONMENT – Regents Exam

40 Weeks

1 Credit

Recommended for grade 9. This is a concentrated course in biology intended to provide the student an opportunity to master certain fundamental concepts. The course begins with molecular and cellular biology, then considers evolution, classification of organisms, and genetics. A general description of organisms in various phylum of the six kingdoms and their life processes is included with a concentration on human physiology and anatomy. Reproduction and development is studied in depth. The concluding chapters are centered on ecology and the role humans play in the environment. A minimum of 1,200 minutes of lab exercises must be completed. A science fair project is required.

EARTH SCIENCE – Regents Exam

40 Weeks

1 Credit

Recommended for grade 10. Earth Science is the scientific study of the Earth. In this course, students will study topics ranging from the beginning of the universe to the human impact on Earth's future climate. The branches of Earth Science include Geology, Meteorology and Astronomy. During the year, students will begin to think about earth in terms of systems, cycles, and continual processes. Students will also work on problem solving and reasoning skills. A minimum of 1,200 minutes of hands on laboratory time are required. A science fair project is required.

CHEMISTRY – Regents Exam

40 Weeks

1 Credit

This course deals with the study of matter, its structure, properties, and composition, and the changes that matter undergoes. A science fair project is required. The project is worth 20% of the student's average during the marking period it is viewed. Laboratory experiments must be completed. Students must act in a responsible

NON-REGENTS CHEMISTRY

40 Weeks

1 Credit

Students taking this course will be taking it along side those taking Regents Chemistry. The course deals with the study of matter, its structure, composition, properties and the changes that matter undergoes. A science fair project is required and will count 20% of the grade for the marking period in which it is judged. The subject matter as well as the homework and tests will be that of the Regents Chemistry class. There are no labs associated with this class. A calculator will be provided.

PHYSICS – Regents Exam

40 Weeks

1 Credit

This involves the study of mechanics, wave phenomena, electricity, magnetism, and nuclear physics. A good working knowledge of Algebra and Trigonometry is helpful. Science fair is optional for students that have completed three regents science courses. Laboratory work is required. Graphing calculators will be provided. *A non-regents option of this course may be offered to students based on student need.*

PHYSICAL GEOLOGY

Herkimer College SC 161

40 Weeks 1 Credit and/or 4 College Credits

This course in physical geology covers minerals, rocks, erosion, deposition, earthquakes, volcanoes, plate tectonics and other areas of geology. The accompanying laboratory will include exercises in related topics including topographic maps and identification of rocks and minerals.

Prerequisite recommendation - Successful completion of Living Environment & Earth Science

FORENSIC SCIENCE

20 Weeks ½ Credit

This course is an introductory course in criminalistics. Its primary focus is on practicing forensic science and analyzing physical evidence found at crime scenes. The objective is to teach the basic processes of scientific thinking so they can be applied to solving problems not only in the science but to all disciplines. An in depth study of chemistry and biology are needed to cover areas such as: the crime scene, evidence (fingerprints, hair fibers, etc.), drugs and poisons as well as trace evidence (blood and DNA). Lecture as well as lab setting will be used.

FUNDAMENTALS OF HUMAN ANATOMY & PHYSIOLOGY

Herkimer College SC 118

40 Weeks 1 Credit and/or 3 College Credits

This course provides a basic understanding of the human body with regard to anatomy and physiology and addresses the human body systems as they function in health and disease states, and explores medical and technical applications.

FIELD BIOLOGY

40 Weeks 1 Credit

This course will focus on the management of nature and of Earth's biodiversity by learning how to protect species, their habitats, and ecosystems from excessive rates of extinction and the erosion of biotic interactions. Topics and activities may include, but are not limited to, the following: Forestry, Aquaculture, Orienteering, and Wildlife Conservation. This is a hands on course and students will have class outdoors at times.

INTRODUCTION TO METEOROLOGY

40 Weeks 1 Credit

This course provides insight into the fundamentals of weather forecasting, understanding how the atmosphere works, collecting weather data, and learning to make more informed weather

forecasts. Course will focus on general weather forecasting, understanding the atmosphere and how to prepare and reduce the impact of severe weather. Study of our local weather and the effects on our region will also be a focus. Current climate factors to be studied include global warming, and El Nino and La Nina. The conclusion of the course will focus on how the weather can influence personal, societal, and governmental decisions.

INTRODUCTION TO ORGANIC CHEMISTRY

40 Weeks 1 Credit

This course is for those students who are interested in Chemistry and already have a basic understanding of chemical principles. This course is designed to provide a fundamental overview of organic chemistry to students interested in pursuing a career in the sciences. Upon successful completion of this class, students will understand the relationship between structure and function of molecules, the major classes of reactions, reaction energetics and mechanisms, synthesis of organic compounds, and how to determine structure via various spectroscopic techniques. Students interested in a career in chemistry, nursing, medicine, dentistry, pharmacy, medical technology, science laboratory work or related sciences should definitely consider this class.

Foreign Language Department

AMERICAN SIGN LANGUAGE I

40 Weeks

1 Credit

ASL I is the first of a series of four sequential courses that will teach students introductory level vocabulary, basic grammar structure, Deaf history, and the cultural background needed to communicate with Deaf individuals.

AMERICAN SIGN LANGUAGE II

40 Weeks

1 Credit

An intermediate course, to follow ASL I. Emphasis is placed on the language functions, asking for and giving information, making requests, giving directions, agreeing and disagreeing, expressing likes and dislikes, introducing classifiers and facial expressions as important components of ASL grammar, as well as many other skills required to communicate on a novice-high level.

AMERICAN SIGN LANGUAGE III

40 Weeks

1 Credit

An advanced course, following ASL II. Students will learn how to use various types of classifiers with complex grammar structures, learn to narrate compound situations that occur in everyday life, use advanced grammar structures and sentence types, and gain the confidence to interact in the Deaf community. ASL 3 is largely project based and centers around the interests and curiosities of students through a series of personalized projects.

AMERICAN SIGN LANGUAGE IV

Herkimer College HU 100 and HU 101

40 Weeks

1 Credit and/or 6 College Credits

After students have completed the first three years of ASL, they may choose to further their abilities in ASL IV. Students will further develop previously learned skills as well as learn new skills in American Sign Language. Students will use presentational & expressive and receptive language skills to meet

expectations. This course is derived from the New York State Learning Standards for Languages Other than English. The course is also aligned to the national proficiency guidelines published by the American Council on the Teaching of Foreign Languages (ACTFL).

SPANISH I

40 Weeks

1 Credit

An introductory course in basic reading, writing, and oral skills. Emphasis is on the ability to communicate using vocabulary and grammatical structure. Students also experience new cultures.

SPANISH II

40 Weeks

1 Credit

An intermediate course to follow Spanish I. Emphasis is placed on advanced grammatical structures, an introduction to short stories, directed composition, and speaking skills.

SPANISH III

40 Weeks

1 Credit

An advanced course to follow Spanish II. Emphasis is placed on reading, writing, and speaking Spanish. Advanced grammatical structures are studied. Students continue exploring cultural topics.

SPANISH IV

Herkimer College FL 101 and FL 102

40 Weeks

1 Credit and/or 6 College Credits

After students have completed the first three years of Spanish, they may choose to further their abilities in Spanish IV. Students will “travel” to several Spanish speaking countries experiencing culture, cuisine, music, art, pastimes, famous landmarks, and discover the countries unique characteristics. Grammatical structures will be introduced covering multiple verb tenses. Several units will be explored through short films, full length films and short stories.

Physical Education and Health Department

PHYSICAL EDUCATION

40 Weeks

½ Credit

All pupils in grades 9-12 are required to participate in the physical education program to meet the New York State Education regulations. The program will include instruction of individual and team sports, lifetime sports, dance and a wellness component which includes the development of personal fitness.

Students are responsible for providing their own gym uniform and sneakers and must be dressed to participate in class. Clothes and valuables left in the lockers are the student's responsibility. For safety reasons, no jewelry of any kind may be worn in physical education class. Showers are available after each class for students' use.

Students will be given an opportunity to make up classes they did not attend or were not prepared for. It is the student's responsibility to see their physical education teacher to make arrangements for class make-ups. The teacher will determine the time frame for making up classes or assignments.

Upon commencement from Poland Central School, students will have earned two credits for their Physical Education requirement (1/2 unit per year). Students will have the knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. They will have acquired the knowledge and ability necessary to create and maintain a safe and healthy environment, as well as, understand and manage their personal and community resources.

SENIOR HIGH HEALTH

20 Weeks

½ Credit

This is a required course for graduation and is designed to provide the students with information on the physical, mental, and social aspects of health. Topics include basic information regarding communicable diseases (HIV/AIDS), non-communicable diseases, drugs, alcohol, tobacco, human sexuality, physical fitness, nutrition, mental health, first-aid and illness, and stress control. The student will also be exposed to the most current health issues and research through the various media sources.

ART DEPARTMENT

STUDIO IN ART

40 Weeks

1 Credit

Students learn how to express themselves as well as build upon the basic technical skills they already possess. They will be exposed to various materials. Students will be exposed to master works to help enrich their knowledge and understanding of art. They will also have to recall what they have learned about the Elements of Art and Principles of Design. A sketchbook must be kept. Assignments will be given that should be completed in this book as well as thought and ideas which the student wants to convey visually. **This course meets the graduation requirement for art/music.**

DRAWING AND PAINTING I

Herkimer College HU 113

20 Weeks

1/2 Credit and/or 3 College Credits

This class is geared towards teaching students how to be more adept at the elements of art specifically in drawing and painting. College bound students may use pieces that are created in the class for their portfolios. Students will be asked to call upon the previous knowledge learned in Studio Art.

DRAWING AND PAINTING II

Herkimer College HU 114

20 Weeks

1/2 Credit and/or 3 College Credits

This course is an extension of Drawing/Painting I.

SCULPTURE

20 Weeks

1/2 Credit

Students will learn how to problem-solve and create in the 3-dimensional form. Cardboard, wire and glass are among some of the many materials students will encounter in this course. The projects that are produced may be included in their individual portfolios to gain college acceptance.

CERAMICS

Herkimer College HU 129

20 Weeks

1/2 Credit and/or 3 College Credits

Students will learn potter's wheel techniques of centering and throwing a variety of shapes, attaching handles and spouts, and fitting lids. Cylinders, ovoids, mugs, pitchers, and multiple piece pots are some of the items that students will create and take home with them. Ideas and imagination become a reality in this class as you hand build and mold your thoughts out of clay. Ideas and basic techniques are explored through clay as an art material via the pinch, coil, slab, additive and subtractive methods of construction. Introduction to glaze techniques, kiln loading, firing, and basic concepts of three-dimensional design will also be explored.

DIGITAL PHOTOGRAPHY & ADOBE PHOTOSHOP

20 Weeks each

1/2 Credit each

This course integrates electronic imaging into the advanced photography student's visual repertoire. Combining creative studio/camera practices with computer technology, the course concentrates on the production and processing of images with current electronic photographic tools and the application of electronic media to all areas of commercial photography. Included are techniques for lighting background control, selection and manipulation, digitization, image capture and processing.

AP STUDIO ART

40 Weeks

1 Credit

The AP Art and Design program consists of three different courses and AP Portfolio Exam options: AP 2-D Art and Design, AP 3-D Art and Design, and AP Drawing. These courses correspond to college and university foundations courses. Students may choose to submit any or all of the AP Portfolio Exams. Students create a portfolio of work to demonstrate inquiry through art and design and development of materials, processes, and ideas over the course of a year.

Music Department

SENIOR BAND

40 Weeks

1 Credit

For grades 9-12. The Music Education Department at the high school level consists of students who have expressed a desire to participate in the Concert Band Instrumental Program. The main function of the program is to support, promote, and provide an opportunity to develop musical aptitudes through the avenue of performance. The criteria for being a member is as follows: a student should display aptitude of musical comprehension and competency on the chosen musical instrument (normally completion of Lesson Book 2) and a student should have had experience in prior instrumental performing groups, i.e. elementary band, junior band for at least 2 years. This is minimal and extremely necessary. There are some exceptions: a student entering the district can enroll into band if he/she meets the necessary musical requirements proposed by the director, a student displays a level of musicianship, which is of a higher degree than the groups least competent player, or the student is taking private lessons in order to rise to this level. Grades are based on attendance, participation, and effort.

Students are also required to practice on a daily basis to maintain a level of proficiency. The high school band meets as an ensemble every other day, and it provides a rotating lesson schedule, with one lesson per week. This enables students to perform in concerts, NYSSMA, All county, Area All-State, and Conference All State Auditions. Jazz Ensemble is an extra activity available when there is sufficient interest. Other activities such as trips, festivals, etc. are also available, pending Board of Education approval.

SENIOR CHORUS

40 Weeks

1 Credit

The function of the high school choral program is to support, promote, and provide choral experiences that will help to develop vocal aptitudes through performance and continue a student's opportunity to sing throughout the high school years. Rehearsals are scheduled every other day, but special rehearsals may be necessary occasionally. Students are expected to attend all rehearsals. Marks are based on attitude, effort, and participation in class as well as at concerts. Senior Chorus may be used to meet the high school art/music graduation requirement.

MUSIC THEORY

20 Weeks

½ Credit

This course is offered for those students pursuing music beyond the high school level. The course is required for those planning to major in music in college as it prepares them for college entrance exams in music. Concepts covered include scales, notation, key signatures, intervals, chords, transpositions, eartraining, and basic analyzing skills. A final project relating to the student's specific area of interest will serve as the final exam. Prerequisites include proficiency in instrumental, vocal or compositional music (usually 4 years of participation in a performing group).

Online Course Electives

ACCELERATEU.ORG

Online Learning Courses for New York State Students

BUSINESS 1 CREDIT

ACCOUNTING
ADVERTISING AND SALES PROMOTION
CAREER EXPLORATION IN FINANCE
CAREER AND FINANCIAL MANAGEMENT CTE
ENTREPRENEURSHIP AND SMALL BUSINESS
INTERNATIONAL BUSINESS
MARKETING 1, 2
QUICKBOOKS ACCOUNTING
SPORTS AND ENTERTAINMENT MARKETING

ADVANCED PLACEMENT 1 CREDIT AP ART HISTORY

AP BIOLOGY
AP CALCULUS AB
AP CALCULUS BC
AP COMPUTER SCIENCE A
AP COMPUTER SCIENCE PRINCIPLES AP ENGLISH
LANGUAGE
AP ENGLISH LITERATURE
AP ENVIRONMENTAL SCIENCE
AP MACROECONOMICS
AP MICROECONOMICS
AP PHYSICS
AP PSYCHOLOGY
AP SPANISH
AP STATISTICS
AP US GOVERNMENT & POLITICS AP US HISTORY

COMPUTER SCIENCE 1 CREDIT

COMPUTER MAINTENANCE
COMPUTER & NETWORK SECURITY FUND. COMPUTER
NETWORKING
CYBERSECURITY
OPERATIONAL CYBERSECURITY
PRINCIPLES OF INFORMATION TECH PROCEDURAL
PROGRAMMING

COMPUTER SCIENCE .5 CREDIT

CYBERSECURITY
FOUNDATIONS OF PROGRAMMING GAME DESIGN 1A, 1B,
2A, 2B
JAVA SE8
JAVA PROGRAMMING
JAVASCRIPT TOWER DEFENSE
NETWORKING
PYTHON MULTIPLAYER
SWIFT APP DEVELOPMENT
SPANISH 1
US HISTORY

SOCIAL STUDIES .5 CREDIT

AFRICAN AMERICAN HISTORY

PHYSICAL FITNESS/HEALTH

AEROBICS
CYCLING
FAMILY AND CONSUMER SCIENCE
FITNESS BASICS 1, 2
FLEXIBILITY TRAINING
FOOD AND NUTRITION 1
GROUP SPORTS
INDIVIDUAL SPORTS
JOGGING

LIFETIME AND LEISURE SPORTS
LIFETIME WEIGHT CONTROL
NUTRITION
OUTDOOR SPORTS
PERSONAL TRAINING CAREER PREP
PERSONAL TRAINING
RUNNING
STRENGTH TRAINING
WALKING FITNESS
WEIGHT TRAINING

SCIENCE 1 CREDIT

ANTHROPOLOGY
ENVIRONMENTAL SCIENCE
LIVING ENVIRONMENT
MARINE SCIENCE

MATHEMATICS 1 CREDIT

CONSUMER MATH

ELECTIVES 1 CREDIT (CAN BE TAKEN AS .5)

ANIMATION
ANTHROPOLOGY
ARCHITECTURAL DESIGN
ASTRONOMY
BIOTECHNOLOGY
BUILDING MAINT. TECHNOLOGIES
BUSINESS LAW
BUSINESS OWNERSHIP
CAREERS IN CRIMINAL JUSTICE
CHILD DEVELOPMENT
CREATIVE WRITING
CRIMINAL JUSTICE OPERATIONS
CULINARY ARTS
DIGITAL PHOTOGRAPHY 1
EARLY CHILDHOOD EDUCATION
EKG TECHNICIAN
EMERGENCY MEDICAL RESPONDER
FORENSIC SCIENCE
GUITAR
HEALTH SCIENCE FOUNDATIONS
HEALTH SCIENCE THEORY/HEALTH SKILLS
HUMAN GROWTH AND DEVELOPMENT
HUMAN RESOURCES MANAGEMENT
INFORMATION TECHNOLOGY PRINCIPLES
LEGAL ADMIN SPECIALIST
MARINE SCIENCE
MEDICAL ASSISTANT
MEDICAL DIAGNOSTIC TECHNOLOGY
MEDICAL LAB ASSISTING
MEDICAL OFFICE ADMINISTRATION
MEDICAL TERMINOLOGY
NURSING INTRODUCTION
PHARMACOLOGY
PIANO INTRODUCTION
PROFESSIONAL SALES AND PROMOTION
PSYCHOLOGY
ROBOTICS 1
ROBOTICS 2
SPORTS MEDICINE 1
SPORTS MEDICINE 2
TEACHING PROFESSIONS INTRODUCTION
TECHNOLOGY FOR HOSPITALITY AND TOURISM

ELECTIVES .5 CREDIT

3D MODELING
 ADOBE AFTER EFFECTS
 ADOBE PHOTOSHOP CERTIFICATION COURSE
 ADOBE ILLUSTRATOR CERTIFICATION COURSE
 ADOBE INDESIGN CERTIFICATION COURSE
 ADOBE PREMIER PRO
 ADVANCED DRAWING
 AEROBICS
 AERONAUTICS, SPACE TRAVEL
 AFRICAN AMERICAN HISTORY
 AGRICULTURE, FOOD, NATURAL RESOURCES
 ARCHAEOLOGY
 ARCHITECTURE PRINCIPLES
 ART APPRECIATION
 ART HISTORY
 ARTIFICIAL INTELLIGENCE
 AUGMENTED, VIRTUAL REALITY
 AUTOMOTIVE BASICS
 BASIC WEB DESIGN, ONE SEMESTER
 BIOTECHNICIAN: THE FUTURE OF BIOTECHNOLOGY
 BITCOIN AND CRYPTOCURRENCY
 BLOCKCHAIN & CRYPTOGRAPHY
 BOWLING
 BUSINESS INTRODUCTION
 CALLIGRAPHY
 CAREERS IN DENTISTRY
 CAREERS IN FINANCE
 CAREERS IN HEALTHCARE
 CHILD DEVELOPMENT
 CLOTHING CONSTRUCTION
 CLOTHING FASHION
 CLOUD TECHNOLOGIES
 COACHING SPORTS
 COMPUTER MAINTENANCE
 CONSTRUCTION FUNDAMENTALS
 CONTEMPORARY NOVELS
 COSMETOLOGY 1: STYLES
 COSMETOLOGY 2: SKIN, NAILS
 COSMETOLOGY 3A: HAIR SKILLS
 COSMETOLOGY 3B: WAVING, COLORING
 CREATIVE WRITING
 CRIMINOLOGY
 CULINARY ARTS 2: BAKING
 CURRENT EVENTS
 CYCLING
 DIGITAL MEDIA
 DIGITAL PHOTOGRAPHY 2
 DRAWING BASICS
 DRONES: PILOT CERTIFICATION COURSE
 DRUG AND ALCOHOL AWARENESS
 EATING DISORDERS AND BASIC NUTRITION
 EDUCATION AND TEACHING
 ENGINEERING AND TECHNOLOGY
 ENTREPRENEURSHIP AND SMALL BUSINESS
 CERT. ETHNIC STUDIES
 EXERCISE SCIENCE
 FAMILY LIVING
 FASHION DESIGN
 FILMMAKING (WINDOWS/MAC, ADOBE PREMIERE)
 FIRST AID AND SAFETY
 FORESTRY AND NATURAL RESOURCES
 GAMING AND E-SPORTS HISTORY
 GOLF
 HEALTHCARE MANAGEMENT AND INFORMATION SYSTEMS
 HEALTH OCCUPATIONS PREP
 HISTORY OF THE HOLOCAUST
 HOSPITALITY & TOURISM 1, 2A, 2B
 HUMAN AND SOCIAL SERVICES
 HUMAN GEOGRAPHY
 JOURNALISM
 INTERIOR DESIGN
 LEED GREEN CERTIFICATION COURSE
 LEGAL STUDIES
 LIFE MANAGEMENT SKILLS

ELECTIVES .5 CREDIT CONTINUED

LIFESKILLS
 LORD OF THE RINGS FILM EXPLORATION
 MANUFACTURING
 MARINE SCIENCE
 MEDICAL TERMINOLOGY
 METEOROLOGY
 MILITARY CAREERS
 MUSIC APPRECIATION
 MUSIC INTRODUCTION
 MYTHOLOGY AND FOLKLORE
 NATIONAL SECURITY
 PAINTING INTRODUCTION
 PALEONTOLOGY
 PEER COUNSELING
 PERSONAL FINANCE
 PERSONAL FINANCIAL LITERACY
 PERSONAL TRAINING CONCEPTS
 PIANO INTRODUCTION
 POETRY WRITING
 PROJECT MANAGEMENT
 PUBLIC SERVICE
 PUBLIC SPEAKING
 RENEWABLE TECHNOLOGIES
 RESPONSIBLE PARENTHOOD
 RESTAURANT MANAGEMENT
 ROBOTICS: APPLICATIONS, CAREERS
 SALES AND PROMOTION
 SCIENCE FICTION LITERATURE
 SMALL ENGINE REPAIR
 SMART CITIES: TECHNOLOGY
 SOCIAL MEDIA BUSINESS MANAGEMENT
 SOCIOLOGY
 SPORTS OFFICIATING
 STARTUPS AND INNOVATION
 TEACHING AS A PROFESSION
 TECHNICAL WRITING
 THEATER, CINEMA & FILM PRODUCTION
 TOUCH SYSTEMS DATA ENTRY; KEYBOARD LIKE A PRO
 TRANSPORTATION TECHNOLOGIES
 UKULELE
 VETERINARY SCIENCE
 WEARABLE TECHNOLOGY
 WOMEN'S STUDIES - FILM
 WORKPLACE, INTERNSHIP READINESS

Career Tech Programs

Herkimer BOCES

The Board of Cooperative Education Services (BOCES) offers a wide range of vocational courses as listed below. The courses meet for one half day for a full year. The other half of the day is spent in the home school. Four credits are earned each year, for a total of 8 credits at the completion of two years. The BOCES courses are primarily for high school juniors and seniors. Some sophomores and freshmen are permitted to attend these programs provided they are 16 years of age.

Advanced Manufacturing
Automotive Technology
Building Construction
Child and Family Services
Conservation
Cosmetology
Criminal Justice
Culinary Hospitality
Health Science Careers
Heavy Equipment
Information Technology: Network Administration
Outdoor Power Equipment
Visual Communications Media Arts
Welding and Metal Fabrication
ReadiTEC

A typical Junior Year schedule with Career Tech consists of:

Period 1 Physical Education/Study Hall
Period 2 American History
Period 3 English 11
Period 4 Study Hall or Elective course

Lunch and Leave for the Career Tech Center at 11:10 and return at 3:00

A typical Senior Year schedule with Career Tech consists of:

Leave for the Career Tech Center at 8:00 and return 12:15

Lunch

Period 7 English 12
Period 8 Government and Economics
Period 9 Physical Education/Study Hall

MISCELLANEOUS PROGRAMS

REGIONAL PROGRAM OF EXCELLENCE INTERNSHIP

Internship program where students are able to leave one day a week for 3-5 hours to gain hands-on experience in a work setting related to their career choice.

Seniors only (Based on GPA & recommendation)

DRIVER EDUCATION

Offered over the summer – student must be 16 as of July 1st and have a valid driver's permit to enroll.

This unit looks at the highway transportation system and scientific laws governing car control. It focuses on driving skills and strategies that result from a positive attitude towards being a responsible driver. A DMV-285 is issued after completion of the course.

