

WELCOME TO FREMONT HIGH SCHOOL



Meet Your School Counseling Team



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 she can
- Went to SFSU and loved living in the city
- Loves hiking, biking, and skateboarding



Mrs. Fazio
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

- Loves to try new restaurants
- Travel to new places
- Camping with the family
- Mom of a 4 year old & 1 year old



Mr. Amezquita
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



Mrs. Rocha
Assistant Principal

- Graduated from UC Davis
- Mom of 2 daughters and 3 cats
- Loves reading, traveling, exercising, musical theater and Hello Kitty



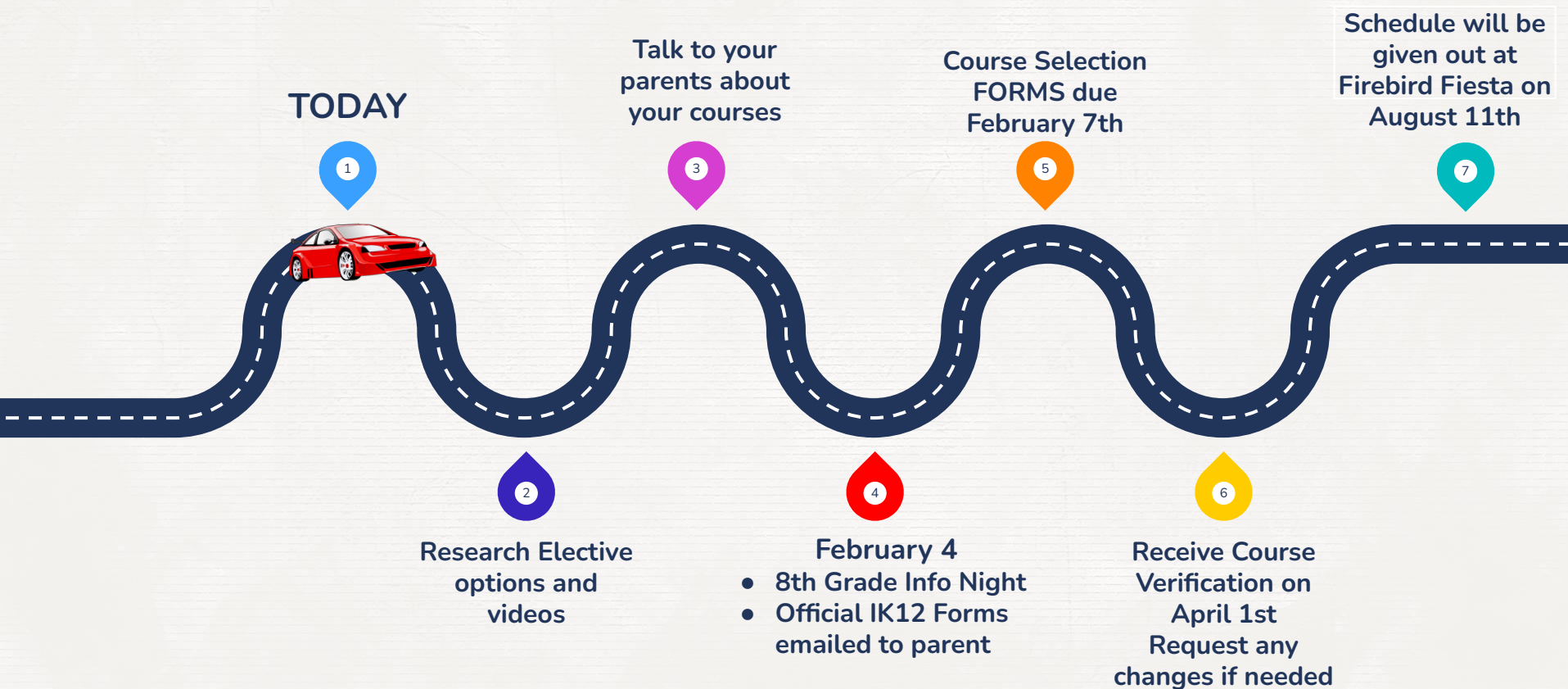
Welcome to Fremont video

Today we will cover...

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



Course Selection Roadmap



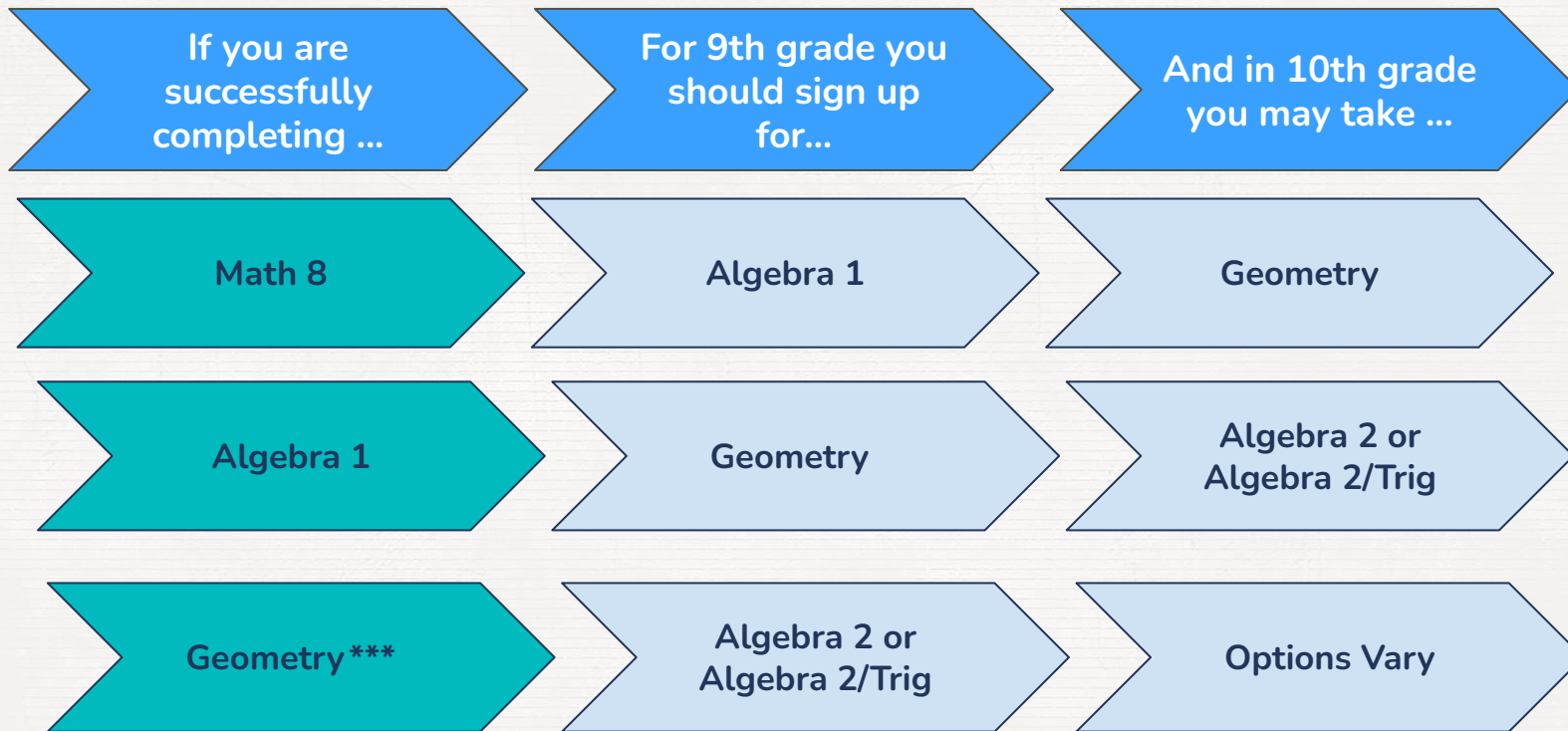


Freshman Schedule

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)

Mathematics Courses



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

ELECTIVES AT FHS



World Languages

- Chinese
- French 3 or higher
- Japanese
- Spanish



World Language Placement



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

Wednesday, March 5, 4pm-6pm

Location – Library @ FHS

French

Contact teacher (Janene Rich) for an appointment: janene_rich@fuhsd.org

Japanese

Contact teacher (Erik Duus) for an appointment: erik_duus@fuhsd.org

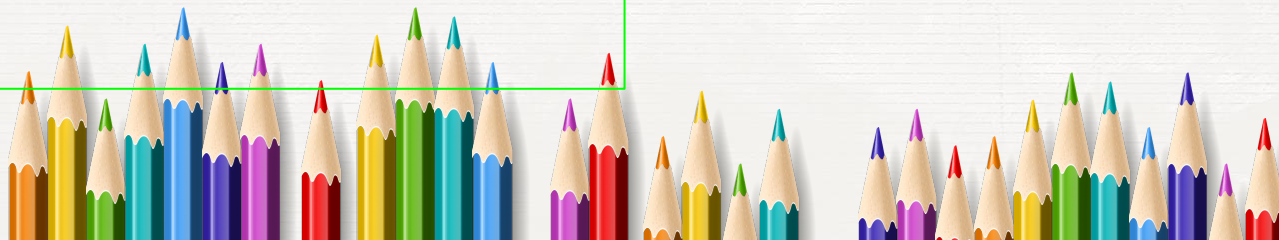
Spanish

Tuesday, March 4, 4pm - 6pm

Location - Room C-108 @ FHS

Contact teacher (Israel Gonzalez) for Spanish questions:

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

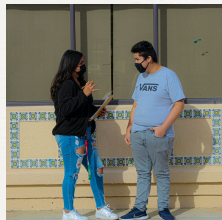
- Drama



Applied Academics/Career Technical Education(CTE)/Elective

Applied Academics

→ Yearbook



Applied Academics

→ Stagecraft Tech

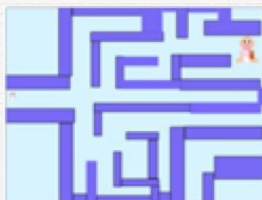


Prop CREATION: PHOTOS 6th Block



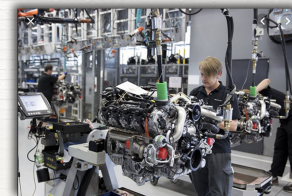
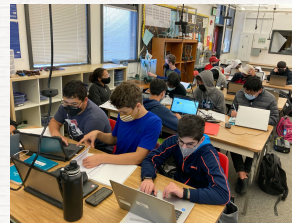
CTE

→ Digital Innovation and Design



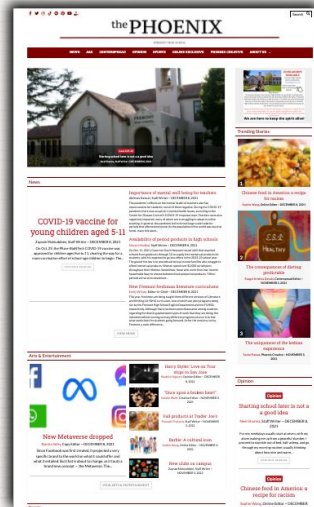
CTE

→ Engineering Essentials



Elective

→ Journalism



Ethnic Studies/Health

NEW CLASS → **Optional for class of 2029**

- ✗ *The goal of Ethnic Studies is for students to develop the ability to analyze systems and structures of power with a particular focus on the experiences, cultures, and histories of historically excluded and marginalized groups*



To learn more about the elective options
scan the QR code below



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 4th

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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	CTE/ Applied Academics
<input type="checkbox"/> 4110 P French 1 <input type="checkbox"/> 4120 P French 2 <input type="checkbox"/> 4310 P Spanish 1 <input type="checkbox"/> 4320 P Spanish 2 <input type="checkbox"/> 4010 P Japanese 1 <input type="checkbox"/> 4020 P Japanese 2 <input type="checkbox"/> 4410 P Chinese 1 <input type="checkbox"/> 4420 P Chinese 2 <input type="checkbox"/> 4430 P Chinese 3 <input type="checkbox"/> 4440 P Chinese 4H	<input type="checkbox"/> 8380 Yearbook <input type="checkbox"/> 1350P Journalism <input type="checkbox"/> 7770 Stagecraft Tech. <input type="checkbox"/> 7810 P Digital Innovation & Design <input type="checkbox"/> 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

☐ **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.)

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 (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 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. PHYSICS

3. SCIENCE

4. MATHEMATICS (select 1)

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

Notes:

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

P College Prep Course

5. ELECTIVES

ONLY select 2 from different subject areas

World Language

- ☐ 4130 P French 3*
☐ 4310 P Spanish 1
☐ 4320 P Spanish 2*
☐ 4010 P Japanese 1
☐ 4020 P Japanese 2*
☐ 4410 P Chinese 1
☐ 4420 P Chinese 2*

☐ **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.)

CTE/ Applied Academics/ Electives

- ☐ 7770 Stagecraft Tech.
☐ 7810 P Digital Innovation & Design
☐ 8180 P Engineering Essentials

Other

- ☐ 1360 P Journalism
☐ 1595 P Ethnic Studies/Health
☐ 8380 Yearbook

Art Department

- ☐ 6210 P 3D Sculpture & Design

Drama

- ☐ 6710 P Drama

Music

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

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 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-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 this 7th class: _____
- ☐ 9997 No class 7th block

Current Bell Schedule

Monday Blocks 1-7	Tuesday A	Wednesday B	Thursday A	Friday 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 10:05 95
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**.
- Wants to learn and apply **organization** and **study habits/skills**.
- **Must apply** in order to be considered.



AVID Application due Wed, March 5th

Application Process

- Student application + parent signature / acknowledgement
- Teacher letter of recommendation
- Interview

You will have two options for submitting your application:

1. We have a paper version that includes the student application and teacher letter of recommendation. These can be turned in to the red box marked "FHS AVID" at the front desk of your middle school office.

OR

2. The student application and recommendation forms can also be found online on the FHS AVID website or you can use the QR code on this slide or the link: **bit.ly/FHSAVID29**

For more information contact onette_zabinski@fuhisd.org



The AVID team will be visiting Columbia and Sunnyvale Middle School for informational meetings with food/snacks provided! Stay tuned for dates!

Next Steps

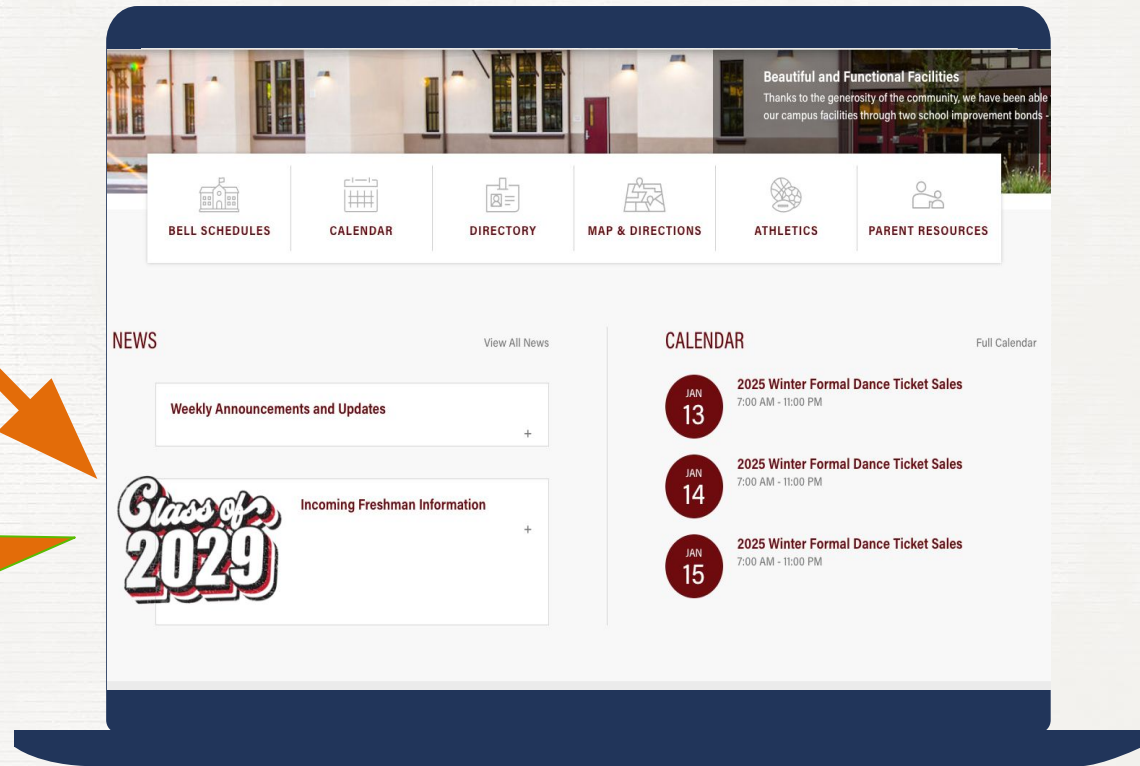
1. Your parents will receive an email from Informed K-12 titled “OFFICIAL Course Selection Form 2025-26” on **February 4th**
2. Attend our **8th grade Electives and Course Selection Informational Night** (Highly Encouraged to attend) on **February 4** at 6:00pm at Fremont to learn more about our elective classes and to meet the teachers.
3. Final course selection form is due **February 7th** via electronic submission
4. **April 1st**, 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

Questions? Join us at
our Virtual Chat
with the Counselors
on Feb 5th 9-10am
via Zoom





Thanks!

See you all on August 11
during Firebird Fiesta



First Day of
School
August 18