

TRANSITION TO HIGH SCHOOL

Topics include:

The Trimester Schedule, Transcripts, Graduation Requirements,
Progress Reports Options, Extracurricular Activities



Presented by the Spring Lake High School Counselors:
Ann Henke, Julia Smith, and Naomi Van Singel

Spring Lake High School
Counseling Department
16140 148th Avenue
Spring Lake, MI 49456
Phone: 616-846-5505
Fax: 616-847-5855

www.springlakeschools.org

TABLE OF CONTENTS

Student / Counselor Assignments.....	Page 1
Trimester Time Schedule.....	Page 2
Graduation Requirements.....	Page 3
Importance of the 4-Year Plan.....	Page 4
Student Course Selection and 4-Year Plan.....	Pages 5-6
Sample Transcript.....	Page 7
Progress Reports.....	Page 8
Sample Student Schedule.....	Page 9
Extracurricular Activities.....	Page 10
Athletics.....	Page 11
College Credit Opportunities.....	Page 12
FAQ.....	Page 13



STUDENT/COUNSELOR ASSIGNMENTS

Spring Lake High School
16140 148th Avenue
Spring Lake, Michigan 49456

Ms. Van Singel A - I
mvansingel@springlakeschools.org

Mrs. Smith J - R
jlsmith@springlakeschools.org

Ms. Henke..... S - Z
ahenke@springlakeschools.org

Mrs. Zacek.....Registrar
pzacek@springlakeschools.org

SLHS counselors are here to help all students plan, monitor, and manage their own learning as well as their personal and career development.

A counselor is available should a student experience difficulty in classes or wish to discuss issues of a social or personal nature. The counselor will work with students individually on any problems they might have adjusting to school situations.

Students and parents are encouraged to contact the Counseling Department for an appointment when situations arise which may affect school performance.



**SPRING LAKE HIGH SCHOOL TRIMESTER TIME SCHEDULE
REGULAR DAY**

First Hour	7:40 - 8:52	(72 Minutes)
Second Hour	8:58 - 10:11	(73 Minutes)
<i>Lunch 1</i>	10:11 - 10:41	(30 Minutes)
Third Hour A	10:17 - 11:29	(72 Minutes)
Third Hour B	10:47 - 11:59	(72 Minutes)
<i>Lunch 2</i>	11:29 - 11:59	(30 Minutes)
Fourth Hour	12:05 - 1:17	(72 Minutes)
Fifth Hour	1:23 - 2:35	(72 Minutes)

**SPRING LAKE HIGH SCHOOL TRIMESTER TIME SCHEDULE
SEMINAR DAY**

First Hour	7:40 – 8:43	(63 Minutes)
Second Hour	8:49 – 9:52	(63 Minutes)
Seminar	9:58 – 10:38	(40 Minutes)
Third Hour and Lunch		
A Lunch	10:38 – 11:08	Third Hour 11:14 – 12:17
B Third Hour	10:44 – 11:47	Lunch 11:47 – 12:17
Fourth Hour	12:23 – 1:26	(63 Minutes)
Fifth Hour	1:32 – 2:35	(63 Minutes)

SPRING LAKE HIGH SCHOOL GRADUATION REQUIREMENTS

CLASS OF 2029

English.....	4.0
Math.....	4.0
Science.....	3.0
Social Studies.....	3.0
Physical Education/Health.....	1.0
Personal Finance.....	0.5
Visual, Performing or Applied Art.....	1.0
World Language.....	2.0
Electives.....	9.0
Total Credits.....	27.5

Students have:

- 5 classes per day
- 15 classes per year

Students earn:

- 2.5 credits per 12 week term
- 0.25 credit for full year of Seminar
- 7.75 credits per year

RECOMMENDED COURSES FOR POST SECONDARY EDUCATION/TRAINING

English – 4 years
Science – 3-4 years
Math – 3-4 years
Social Studies – 3-4 years
Foreign Language – 2-3 years (of the same language)
Fine & Performing Arts – 2 years

A 4-year plan, sometimes called an Education Development Plan, is a tentative list of required and elective courses that a student plans to take in high school.

IMPORTANCE OF A 4-YEAR PLAN

- To be sure that you have all necessary credits to graduate.
- To ensure that all required courses will be taken.
- As a guide when planning and working toward a career goal.
- As a constant, written reminder of what you need to do each year to stay on track as you work toward your educational and career goals.
- Should include challenging core classes and courses from different content areas.
- Is not carved in stone! It will change as your interests and goals change.
- Will be revised and updated annually.

This form should be used as a worksheet before registering for classes online. It also must be completed and turned in to your guidance counselor.

4-YEAR PLAN (EDP) - COURSE SELECTIONS 2025 – 2026

Name _____ Grad Year _____

Date _____

REQUIREMENTS	
English4.0
Math4.0
Science3.0
Social Studies3.0
Personal Finance.....	0.5
Physical Education/Health.....	1.0
Visual/Perform/Applied Arts.....	1.0
World Language2.0
Electives 9.0
TOTAL CREDITS.....	27.5

9TH GRADE	10TH GRADE
1. English 9 (A)	1. English 10 (A)
2. English 9 (B)	2. English 10 (B)
3. _____Algebra I (A) or _____Geometry (A)	3. English 10 (C)
4. _____Algebra I (B) or _____Geometry (B)	4. . _____Algebra II (A) or _____Geometry (A)
5. _____Algebra I (C) or Elective _____	5. _____Algebra II (B) or _____Geometry (B)
6. Biology (A)	6. Earth Science _____
7. Biology (B)	7. Economics _____
8. Foundations of Chemistry/Physics	8. Government /Civics
9. US History (A)	9. Health
10. US History (B)	10. World Language _____
11. World Language _____	11. World Language _____
12. World Language _____	12. _____
13. _____	13. _____
14. _____	14. _____
15. _____	15. _____
Alt _____	Alt _____
Alt _____	Alt _____
If 1st year World Language was taken in 8th grade, schedule 2 nd year as a freshman. (MUST BE SAME LANGUAGE)	If 1st year World Language was taken as a freshman, schedule 2 nd year as a sophomore. (MUST BE SAME LANGUAGE)

NOTE: All typed classes are required for graduation.

This form should be used as a worksheet before registering for classes online. It also must be completed and turned in to your guidance counselor

4-YEAR PLAN (EDP) - COURSE SELECTIONS 2025 – 2026

Name _____ Grad Year _____
 Date _____

REQUIREMENTS	
English4.0
Math4.0
Science3.0
Social Studies3.0
Personal Finance.....	0.5
Physical Education/Health.....	1.0
Visual/Perform/Applied Arts.....	1.0
World Language2.0
Electives 9.0
TOTAL CREDITS.....	27.5

11th GRADE	12TH GRADE
1. _____ English 11 A or _____ AP English Lang A*	1. _____ Lecture Contemporary History or _____ Contemporary History
2. _____ English 11 B or _____ AP English Lang B*	2. ___ Eng 12 A* or ___ AP Lit A* or ___ AP Lang A
3. _____ Algebra II (A) or _____	3. ___ Eng 12 B* or ___ AP Lit B* or ___ AP Lang B
4. _____ Algebra II (B) or _____	4. Math** _____
5. World History	5. Math** _____
6. Personal Finance (take once junior OR senior yr)	6. Personal Finance (take once junior OR senior yr)
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____
11. _____	11. _____
12. _____	12. _____
13. _____	13. _____
14. _____	14. _____
15. _____	15. _____
Alt _____	Alt _____
Alt _____	Alt _____

*If you are signing up for AP English, add C section to the next available slot.
 **If you are signing up for AP Calculus or AP Statistics, add C section to next available slot.
 ***Take English 11 if you are planning on taking AP English Lang as a senior.

**SPRING LAKE HIGH SCHOOL
TRANSCRIPT**

16140 148th Avenue
Spring Lake, MI 49456

Laker Student 2025

BIRTH DATE: 02/29/2004
345 Hammond St
Spring Lake, MI 49456
PHONE: 616-402-2465

	T1	T2	T3	UIC:	1234567891
24-25 Spring Lake High School				Parents/Guardians:	Laker, Mom Laker, Dad
Accounting I A	B 0.50			Credits Earned:	25.25
AP Psychology A	B 0.50			GPA:	3.288
Band A	A 0.50			Class Rank:	161 of 201
English 12 A	B+ 0.50			Graduation Date:	May 28, 2025
Human Anatomy & Physiology A	C 0.50				
Seminar	CR 0.00				
23-24 Spring Lake High School					
Algebra II A	C+ 0.50		C 0.50		
Algebra II B					
Band A	A 0.50				
Band B		A 0.50			
Band C			A 0.50		
Coding A		A 0.50			
Coding B			CR 0.50		
English 11 A	C+ 0.50				
English 11 B			B- 0.50		
Forensic Science			B+ 0.50		
Intro to Foods	A 0.50				
Personal Finance		B+ 0.50			
Psychology		A 0.50			
SAT		A 0.50			
Seminar	CR 0.00	CR 0.00	CR 0.25		
World History	C+ 0.50				
22-23 Spring Lake High School				CODES	
Spanish II A	A- 0.50			Early College=(EC)	
Spanish II B	A 0.50	B+ 0.50		Dual Enrollment=(DE)	
Band A		A 0.50		Independent Study=(IS)	
Band B			A 0.50	MI Virtual HS=(MVHS)	
Band C	C 0.50		C 0.50	Tested Out = (T)	
Chemistry I A				TRANSFER INFORMATION District	
Chemistry I B	B- 0.50			Entry Date: 09/04/2012	
Earth Science		B- 0.50		Entry Comment:	
Economics		B+ 0.50		Exit Comment:	
English 10 A			C 0.50		
English 10 B		B- 0.50			
Geometry A			C- 0.50		
Geometry B			B+ 0.50		
Government/Civics	A 0.50				
Women's Health & Fitness	B 0.50				
21-22 Spring Lake High School					
Algebra I A		B+ 0.50			
Algebra I B	B+ 0.50		B 0.50		
Algebra I C					
Spanish I A	A 0.50	A 0.50			
Spanish I B		A 0.50			
Band A		B 0.50			
Band B			A 0.50		
Band C			A- 0.50		
Biology A	A 0.50				
Biology B			A 0.50		
English 9 A		B+ 0.50			
English 9 B	B+ 0.50				
Foundations of Chemistry/Physics			B+ 0.50		
US History A					
US History B					

Authorized Signature, Title



PROGRESS REPORTS

Most parents are already receiving or are accessing progress reports via PowerSchool. If your student is new to the district or you aren't receiving reports, please contact Mrs. Zacek in the Counseling Office at 846-5505 or pzacek@springlakeschools.org to receive instructions and your Access ID and Password to create a parent account on PowerSchool.

The parent account allows you to monitor your student's progress at your own convenience by accessing our website and logging into your parent account. With this access you will have the ability to check on your student's grades and attendance and contact teachers via email. You can also select the frequency of having reports and announcements emailed to you.

Spring Lake High School

2024-25 9th Grade Schedule

<p>Laker Student</p> <p>Student ID: 222222</p> <p>Address: 345 Hammond Spring Lake MI, 49456</p>	<p>Graduation Year: 2028</p> <p>Locker: 1000</p> <p>Locker Combination: 00-00-00</p> <p>Email Address: 222222@springlakestudents.org</p> <p>Password: fpG6rc23</p> <p>Your email account works with your school assigned Chromebook, Schoology, and PowerSchool</p>
---	---

Period	Term	Course	Teacher	Room
1	T1	Intro to Foods	Sharp, Jessica	640
2	T1	Spanish II A	Valencia, Erika	550
3	T1	US History A	Ryan, Michael	520
4	T1	Biology A	Anderson, Seth	210
5	T1	Algebra I A	Hyde, Richard	430
6	24-25	Seminar	Zuelke, Aaron	620

Period	Term	Course	Teacher	Room
1	T2	US History B	Warren, James	500
2	T2	Spanish II B	Westhoff, Laura	490
3	T2	Algebra I B	Hyde, Richard	430
4	T2	Advanced Strength Training	Hoonhorst, Seth	Gym
5	T2	English 9 A	Crawford, Jessie	400
6	24-25	Seminar	Zuelke, Aaron	620

Period	Term	Course	Teacher	Room
1	T3	Intro to Business	Heavilin, Kelli	410
2	T3	Algebra I C	Pepin, Amanda	440
3	T3	English 9 B	Crawford, Jessie	400
4	T3	Foundations of Chemistry/Physics	Reinhard, Jonathan	220
5	T3	Biology B	Anderson, Seth	210
6	24-25	Seminar	Zuelke, Aaron	620

Please contact your counselor if you are missing a class or have been incorrectly placed in a class. We do not accommodate class changes based on teacher requests or lunch schedules.

LUNCH: Please refer to postings in the Counseling and High School Office windows. You are assigned the same lunch as your third hour teacher.

Date Printed: March 5, 2025

SPRING LAKE HIGH SCHOOL EXTRACURRICULAR ACTIVITIES

Art Club	Mr. Zuelke
Astronomy Club	Mr. Reinhard
Bass Fishing	Ms. Crow
Book Club	Mrs. Beebe
Bowling Club	Mr. Vasquez
Boys Volleyball	Mrs. Bulthuis
BPA (Business Pros)	Mrs. Heavilin/Ms. Henke
Card Game Club	Mr. Reed
Chess Club	Mr. Baker
Coyotes	Mr. Zuelke
Crew/Rowing	Mr. Winter
Current Events	Mrs. Crawford
DnD	Mrs. Thompson
Drama Club	Mrs. Chalupa
First Priority	Mrs. Gutierrez
Future Health Leaders	Ms. Gannon
Gaming Club	Mr. Reed
Girl-up	Mrs. Baker
Interact	Mrs. Gutierrez/Ms. Nieboer
LGBTQ+	Ms. Gannon
Lifting Club	Mr. Rosema
Nature Club	Mr. Sineath
NHS	Mrs. Beebe/Mrs. Peppin
Peer Up	Mr. Sineath
Quiz Bowl	Mr. Ryan
Sailing Team	Mr. Hogan
Ski Club	Mrs. Thompson
Travel Club	Mr. Ryan/Mr. Sinn
World Language Club	Mrs. Peterson

ATHLETICS Spring Lake High School

MHSAA Fall Sports		Non-MHSAA Fall Sports
Girls	Boys	
Cross Country	Cross Country	Dance Team (B/G)
Golf	Football	Field Hockey (G)
Swim & Dive	Soccer	Rowing (B/G)
Volleyball	Tennis	Sailing (B/G)
		Sideline Cheer (B/G)
MHSAA Winter Sports		Non-MHSAA Winter Sports
Girls	Boys	
Basketball	Basketball	Dance Team (B/G)
Bowling	Bowling	Power Lifting (B/G)
Competitive Cheer	Competitive Ski	
Competitive Ski	Hockey	
Wrestling	Swim & Dive	
	Wrestling	
MHSAA Spring Sports		Non-MHSAA Spring Sports
Girls	Boys	
Lacrosse	Baseball	Rowing (B/G)
Softball	Golf	Volleyball (B)
Soccer	Lacrosse	
Tennis	Track	
Track		

***Fall sports try-outs begin on Monday, August 11. More information at SLPSAthletics.com.**

Summer camps, clinics and other opportunities for improvement occur for many high school sports. Following spring break, contact the high school athletic office for a complete list of summer opportunities.

FINAL FORMS

All students who plan to participate in a sport must be compliant in the online platform Final Forms before practices start. This includes completing a sports physical. Physical forms may be picked up the Athletic Office, High School Office, Middle School Office and Superintendent's Office.

Note: Physicals after April 15 are good for the next year. Also, there is a one time \$75 player fee that covers the entire school year.

College Credit Opportunities

- **Early College (11th – 12th grade) + a 13th year at MCC**
- **Careerline Technical Center (11th – 12th grade)**
- **Advanced Placement (AP) Courses (9th – 12th grade)**
- **Dual Enrollment**

Detailed information for each opportunity is available on the Spring Lake High School Website under “Counseling Department”.

QUESTIONS AND ANSWERS

How do you know students will choose the correct classes?

Students will receive scheduling material at their meeting Monday, March 17th. They should complete a four-year plan with the assistance of parents. Current SL 8th grade students should bring these forms to school on March 20th. On March 20th, counselors will help students enter their requests into PowerSchool. Those not currently attending SLMS and are Spring Lake School District residents need to complete the online enrollment application and return their form to the high school by March 21st. Please note that these are requests only. Requests will determine a master schedule, after which student schedules will be created.

What if my child is advanced in a particular subject? Can he/she sign up for a higher level class?

Mastery of specific content must be demonstrated before 9th grade students are permitted to advance. Testing out of a course is also required. Please make an appointment with a high school counselor to make this determination.

What if my child has a different teacher for the second part of a class? For example: Smith for English 9A and Moore for English 9B?

Occasionally, factors like class availability, section numbers, and class sizes do not allow teacher consistency.

Will my student get everything on his/her schedule that is requested? What if he/she doesn't?

Students will get the required classes for each grade. Some students will not get all of their elective choices.

How will students know which lunch they are assigned?

Your child's third hour teacher will be assigned either lunch 1 or lunch 2. This will be your child's lunch time as well.

What if I want to request a teacher for my child?

We do not accept teacher requests at the high school.

My child is coming from a small private school and is very nervous about the transition. Will there be an opportunity for her/him to meet with a counselor and tour the school prior to August (besides Smart Start)?

Call the Counseling Office at 846-5505 to have a conversation or set up an appointment.

When will my child receive his/her schedule for next year?

Your student will receive his/her 9th grade schedule at the student orientation, Smart Start, in August.

Do I need to do anything in order to continue receiving email progress reports once my child begins 9th grade?

If your child is currently an 8th grade student at SLMS, the student's information remains the same and you will begin receiving reports probably a couple weeks after school begins. Please call the high school counseling office if you need to make changes. If your child is new to our district, please contact the counseling office to receive the parent access information to set up an account on PowerSchool.