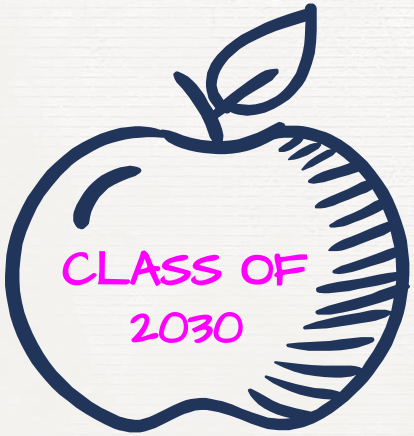
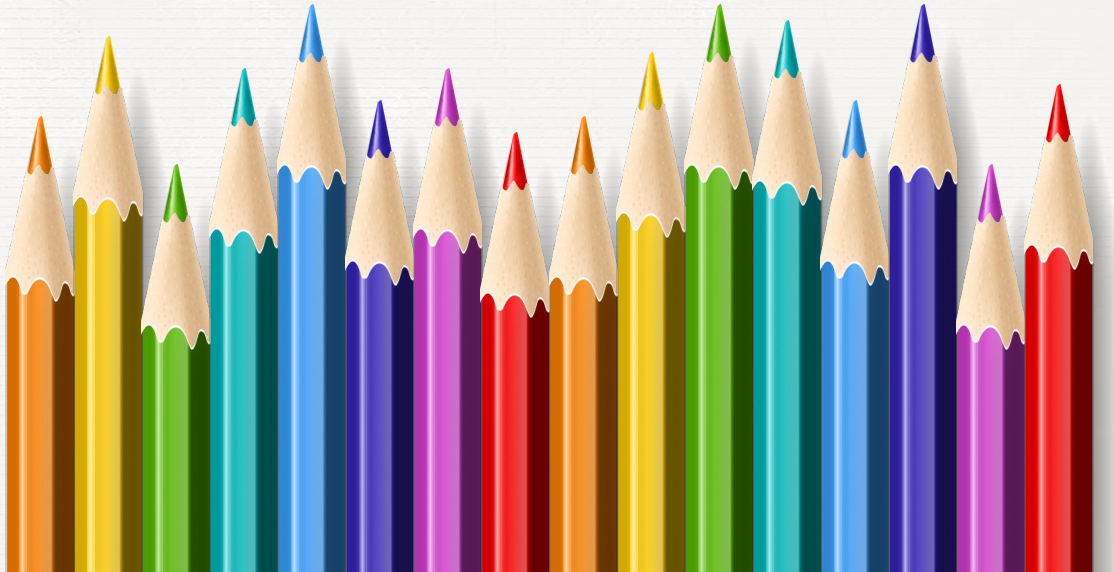
WELCOME TO FREMONT HIGH SCHOOL





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. 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

- 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



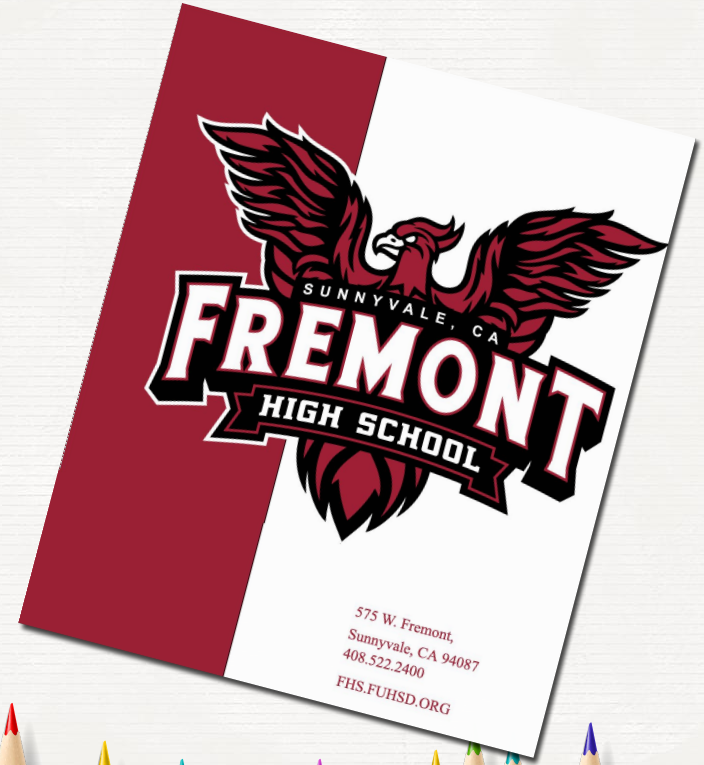
Mrs. Rocha
Assistant Principal

- 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

TODAY

1



2

Research Elective options and videos

Talk to your parents about your courses

3

4

February 3rd

- 8th Grade Info Night
- Official IK12 Forms emailed to parent

Course Selection FORMS due February 6th

5

6

Receive Course Verification on March 31st Request any changes if needed

Schedule will be given out at Firebird Fiesta on August 10th

7

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 (MUST COMPLETE IN 9TH 0R 12TH GRADE)

Mathematics Courses

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

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

ELECTIVES AT FHS



bit.ly/49d0xss

Ethnic Studies/Health

NEW CLASS → **REQUIRED for class of 2030**

- ✗ *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*
- ✘ ***MUST TAKE IN 9TH OR 12TH GRADE***



World Languages

- Spanish
- Chinese
- Japanese
- French (level 4H/AP only)



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
Tuesday, March 3: 4pm - 6pm
FHS Library

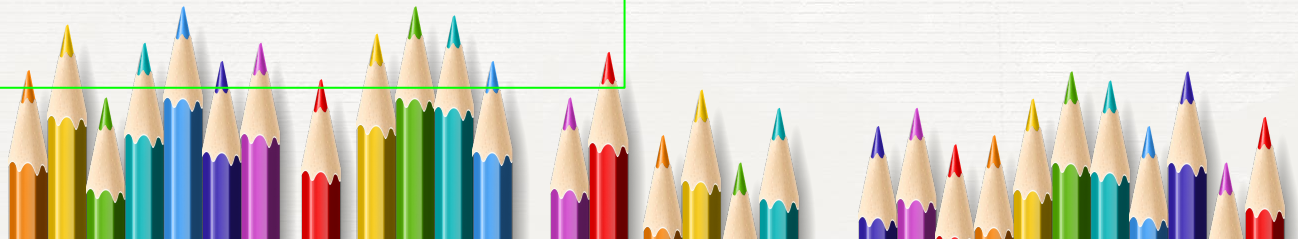
French
Contact teacher (Janene Rich) for an appointment: janene_rich@fuhsd.org

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

Spanish
Columbia MS - March 11th at Columbia
Sunnyvale MS - March 10th at SMS

All other feeder Middle schools or makeups
Monday, March 2: 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)

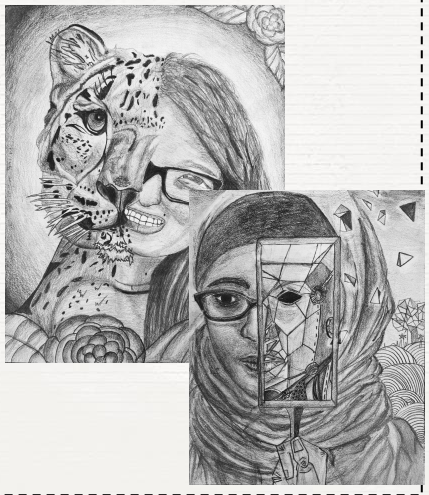




Fine Arts

- Art 1





Visual and Performing Arts

Music

- Orchestra
- Concert Band



Music

- Music Genesis





Music

- A Choir (Concert Choir)



Theatre Arts

- Drama



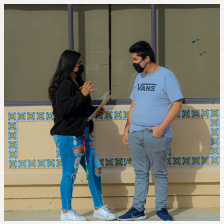




Applied Academics/Career Technical Education(CTE)/Elective

Applied Academics

➔ Yearbook







Applied Academics

➔ Stagecraft Tech

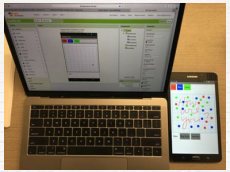




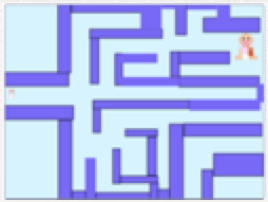


CTE

➔ Digital Innovation and Design





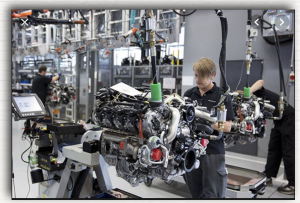


CTE

➔ Engineering Essentials

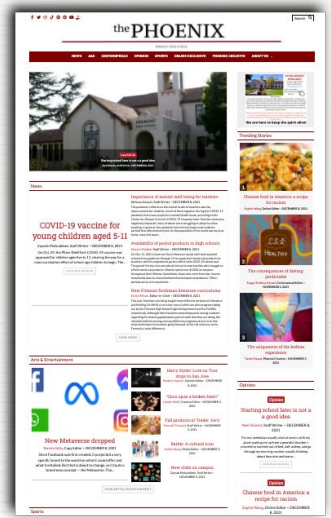






Elective

➔ Journalism

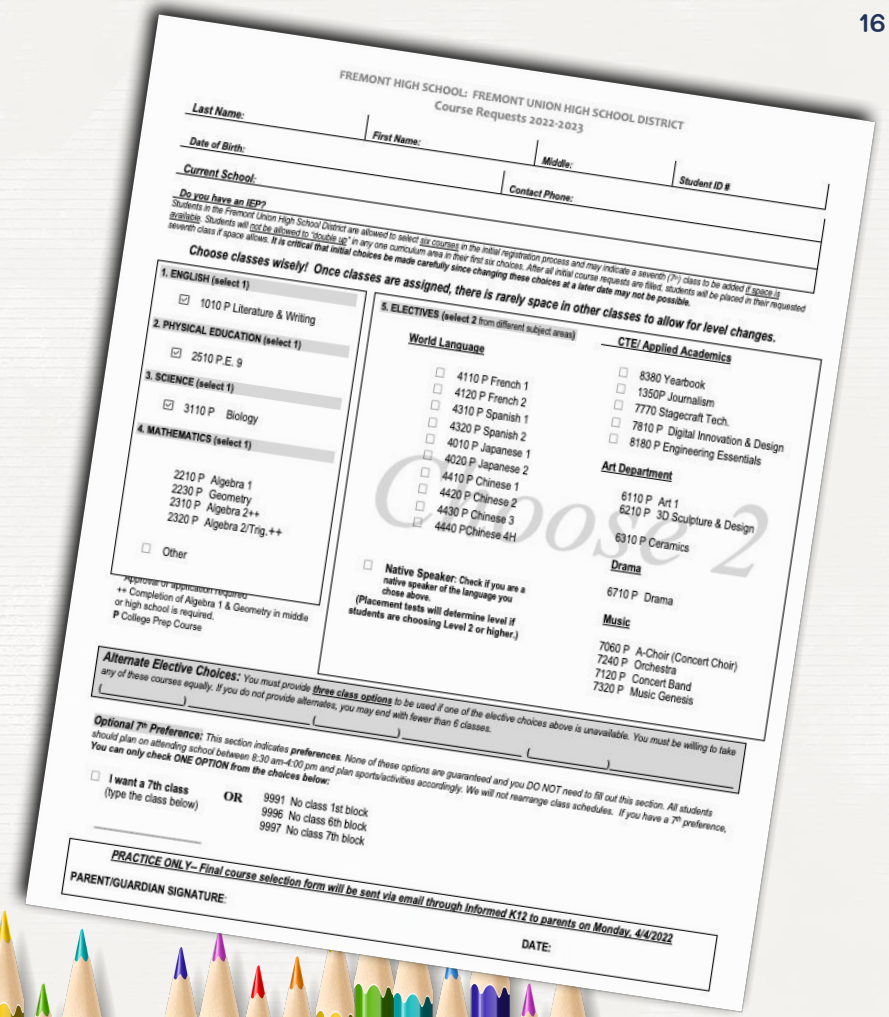


Course Selection Form

(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 3rd



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

Last Name: | First Name: | Middle: | Student ID #

Date of Birth: | Current School: | Contact Phone:

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 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.

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 PChinese 4H

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

Choose 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.)

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

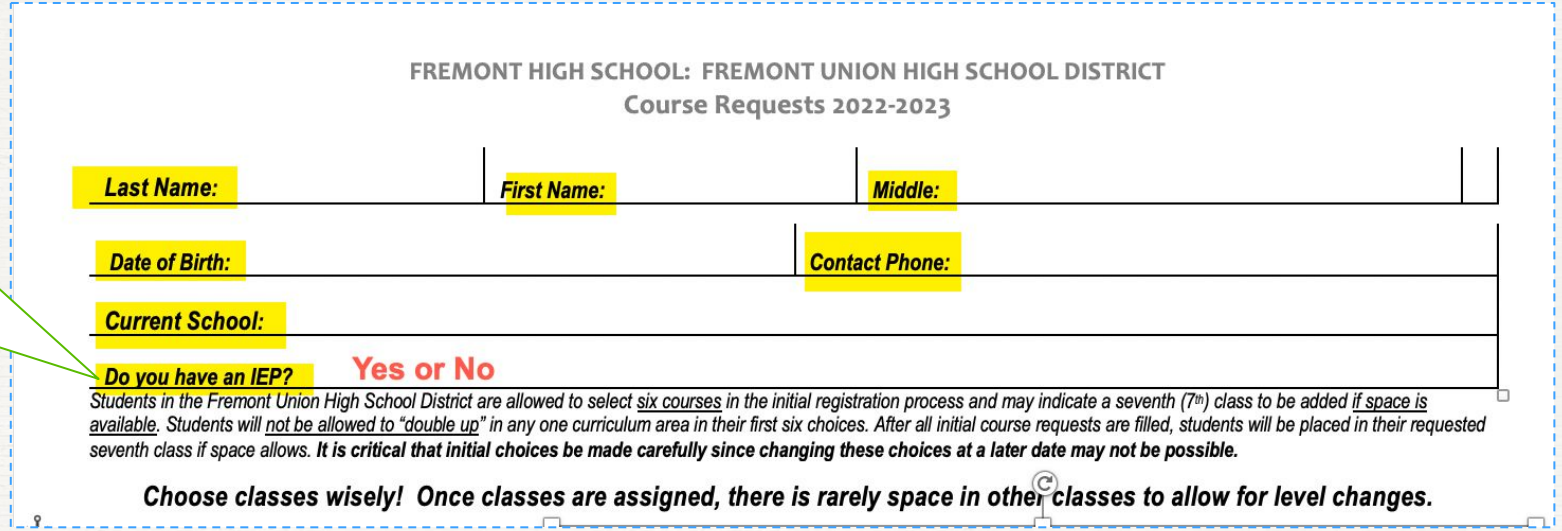
9991 No class 1st block
9996 No class 6th block
9997 No class 7th block

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:**

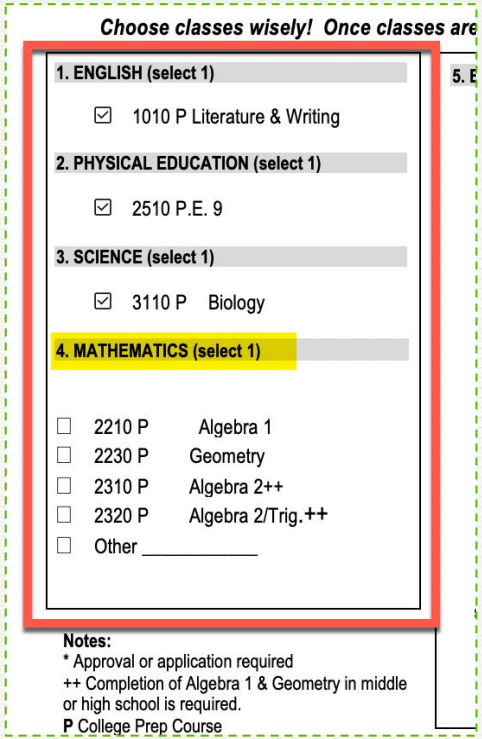
Current School:

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 _____

5. E

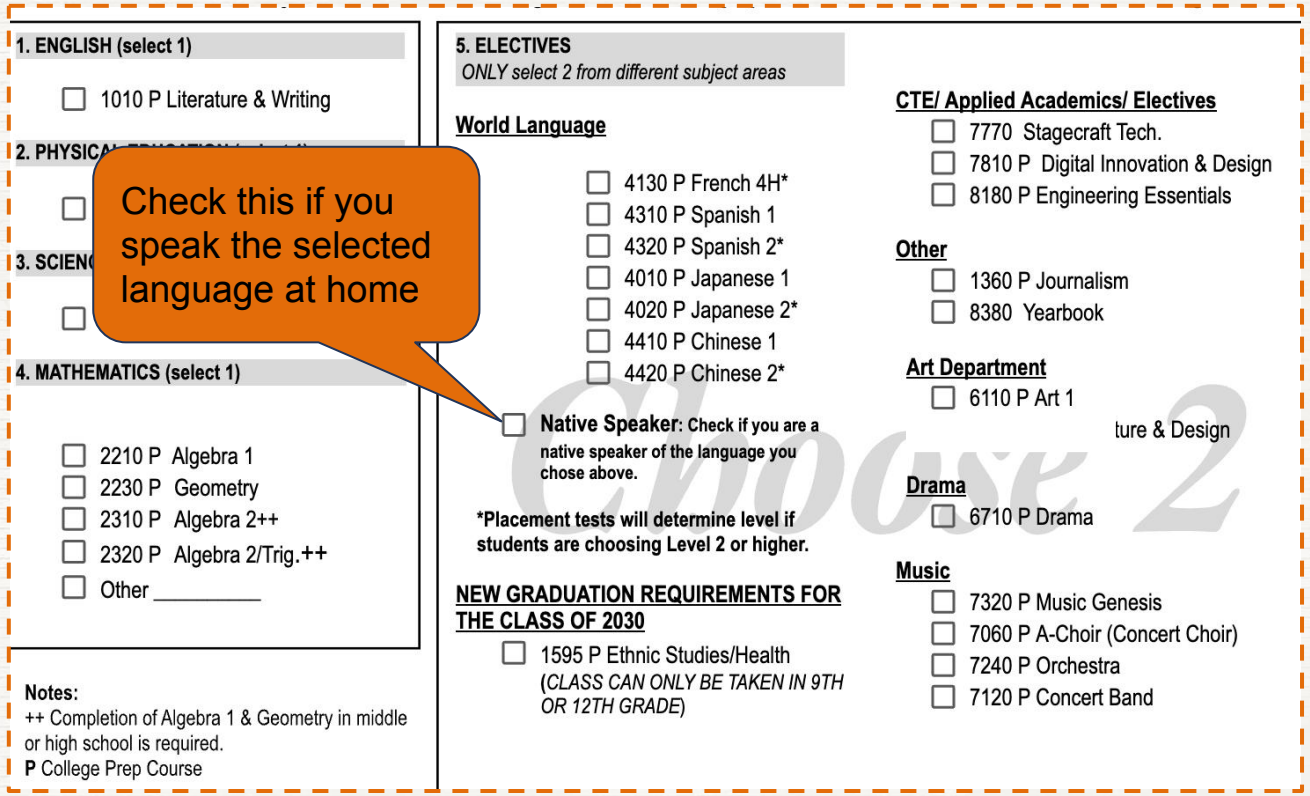
Notes:
* Approval or application required
++ Completion of Algebra 1 & Geometry in middle or high school is required.
P College Prep Course

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

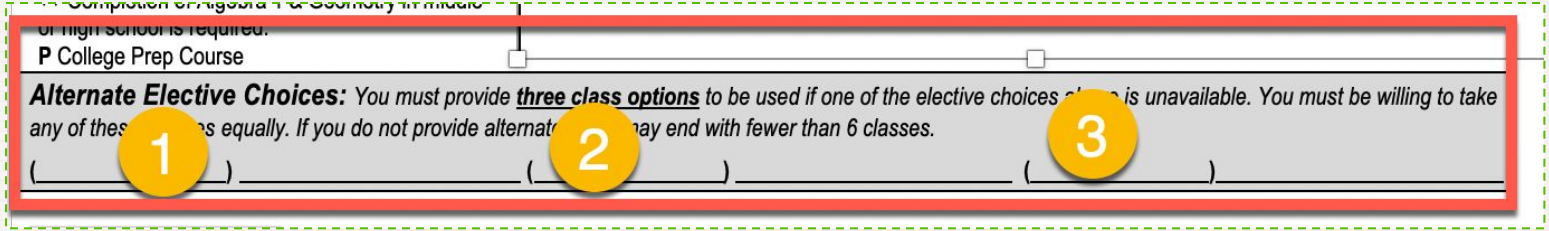
1. Must select **2 electives**

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"



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



bit.ly/49d0xss

Do you want 7 classes next year?

(NOT GUARANTEED)

Optional 7th Class Request (Not Guaranteed)

- **If possible I would like the following 7th class:_____**

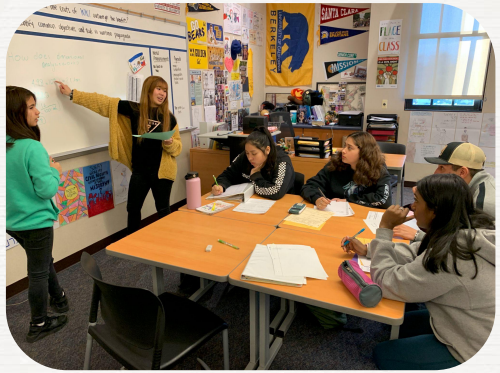
Current Bell Schedule

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	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 (parents/family wants you to succeed but they cannot provide more help or resources)
- Earns **good grades** but wants to get even better grades (not straight A's *yet*)
- 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**









AVID Application due Wed, February 25

Application Process

- Student application + parent signature / acknowledgement
- Teacher recommendation form
- Interview with FHS AVID teachers

You will have two options for submitting your application:

1. We have a paper version that includes the student application and teacher recommendation form. 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/FHSAVID2030**

For more information contact onette_zabinski@fuhsd.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

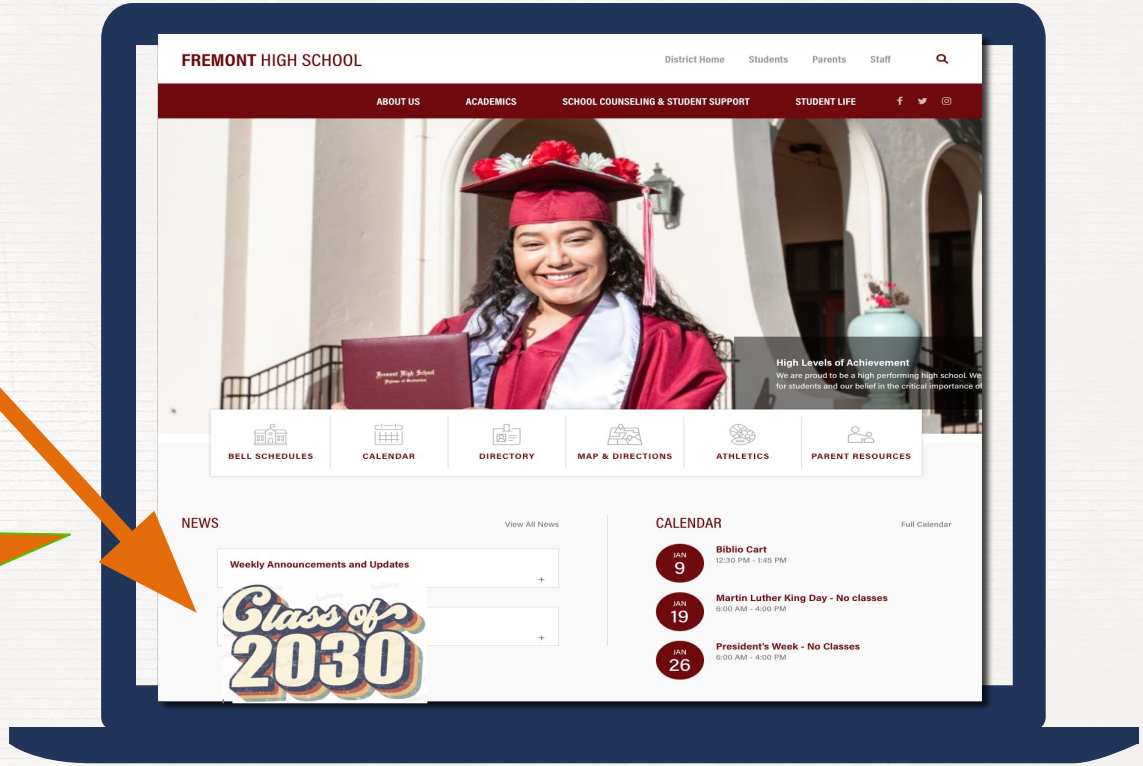
1. Your parents will receive an email from Informed K-12 titled “OFFICIAL Course Selection Form 2025-26” on February 3rd
2. Attend our **8th grade Electives and Course Selection Informational Night** (Highly Encouraged to attend) on February 3rd at 6:00pm at Fremont to learn more about our elective classes and to meet the teachers.
3. Final course selection form is due February 6th via electronic submission
4. March 31st, 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.fuhsd.org

Questions? Join us at our Virtual Chat with the Counselors on Feb 4th 9-10am via Zoom



Thanks!

See you all on August 10 during Firebird Fiesta



First Day of School
August 17