
CARMEL
C
HIGH SCHOOL
Welcome Class of 2030!

CHS Staff

CHS Admin Team:

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

Golden Anderson **Athletic Director**
INSTAGRAM: *@carmelhighsports*
TWITTER: *@padresports*

Aubrey Powers **Activities Director**
INSTAGRAM: *@PadreBobCHS*

Counseling Team:

Darren Johnston **A-Ga**
Yesel Von Ruden **Ge-M**
Jeff Rogers **N-Z**
Sarah Greco **1st Gen. Counselor**
Chloe Kincaid — College & Career Specialist
Linda Galuppo — Registrar

Wellness Team:

Lorena Cruz-Rodriguez — LMFT
Stacey Profeta — Wellness Center Coordinator

Welcome to our Community



Beginning of School Tidbits

First Day of School: Thursday, 8/6

- Academics will begin first day of school, along with classroom “get to know you” activities.
- Please look for the Back to School update (late July)
- In that communication you’ll find information about:
  - Freshmen Orientation (tentatively scheduled for 8/5, 1-3 PM)
  - First weeks of school schedule
  - Lockers
  - Supplies
  - Student schedules
  - Transportation
- Pictures scheduled TBD. You’ll be sent information to order pictures in summer as well.

Bell Schedule

Monday, Tuesday, Friday

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

Wednesday (block)

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

Thursday (block)

PERIOD	THURSDAY
2	7:45 am – 9:20 am
BREAK	9:20 am – 9:35 am
OFFICE HOURS	9:40 am – 10:20 am
4	10:25 am – 12:00 pm
LUNCH	12:00 pm – 12:35 pm
6	12:40 pm – 2:15 pm

CHS Activities

- Leadership Class - Application
- Clubs - 40+ active clubs
- CHS Student Center website: great resource for club info, forms, campus happenings, etc...
- Daily School Bulletin
- Get Social

TWITTER: *@PadreBobCHS*
INSTAGRAM: *@PadreBobCHS*

Aubrey Powers
Activities Director
apowers@carmelunified.org

Save the Dates

- **Shoe Week 8/24-8/28**
- **HOCO 10/24**

Ambassadors

Ambassadors is voluntary public relations organization of around 40 students who assist in the promotion of Carmel High School to prospective students, new students, alumni, and community members.

Interested in a family tour? Tours will be available this spring. Sign up here to be contacted.

Leigh Cambra
Ambassadors Coordinator
Lcambra@carmelunified.org

CHS Athletics

FOLLOW US: *X: @padresports* *IG: @carmelhighsports*

ATHLETIC DIRECTOR: Golden Anderson *ganderson@carmelunified.org*





Get Involved

- Approximately **65%** participated in at least 1 sport
- Don't Specialize
- Summer Opportunities

Eligibility

- Minimum GPA of 2.0 GPA
- Freshman Begin Eligible

Athletic Registration

- Registration Checklist on CHS website link

Programs by Season

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

Winter
Basketball
Cheerleading
Soccer
Wrestling

Spring
Baseball
Golf (Boys)
Lacrosse
Softball
Swim & Dive
Tennis (Boys)
Track/Field
Volleyball (Boys)
Comp. Cheer

CHS Wellness Center

Wellness Team:

Stacey Profeta	WC Coordinator
Lorena Cruz-Rodriguez	LMFT (Se habla español)

- We are a resource on campus and offer school-based mental health services to address socio-emotional challenges, support personal growth, and promote academic success.
- Empower students to take care of their mental health by:
  - Promote self-awareness (thoughts, feelings, behavior and body responses).
  - Develop skills for self-management, increased confidence, positive decision-making, and effective problem-solving across different areas (social, academic and emotional).
- Available during school hours
- Walk-ins, 1:1 support, school crisis assistance, case management and community resources.

Visit our website: CHS Wellness Center

Wellness Survey

(9th grade students, 25-26)
156 Responses

What have you enjoyed about CHS so far?

- Friendships: 77.8%
- Extracurricular activities: 48.7 %
- Academics: 43 %
- School events: 15.8 %
- Other: 14.6%

Top 3 stressors identified:

- Academic workload: 79.1 %
- Tests: 69.6 %
- Thinking about college/career 47.5%
- Relationships w/ Friends: 25.9%
- Sports / extracurriculars: 22.8 %
- Other: 22.2%
- Relationship w/parents/caregiver: 20.9%

Counseling Department

Mr. Johnston

A - Ga

djohnston@carmelunified.org

Mrs. Von Ruden

Ge - M

yvonruden@carmelunified.org

Mr. Rogers

N - Z

jrogers@carmelunified.org

Ms. Greco

1st Generation Counselor

sgreco@carmelunified.org

LINKS: Course Catalog Counseling Department College & Career Center

Graduation Requirements

A – G Requirements

4-Year College Eligibility

	Graduation Requirements	A – G Requirements	
A. History / Social Science	$3^{1/2}$ years	2 years	
B. English	4 years	4 years	
C. Mathematics	3 years	3 years	← *4 years recommended*
D. Science	2 years	2 years	← *3 years recommended*
E. Language Other Than English	1 year	2 years	← *3 years recommended*
F. Visual/Performing Arts	1 year	1 year	
G. Electives	6 - 7 classes	1 year	
Health	1 semester	–	
Technology	1 semester	–	
Physical Education	2 years	–	
Minimum grade for credit	**GRADE OF: D-**	**GRADE OF: C-**	

Additional Graduation Requirements:

240 CREDITS + **SWIM TEST** + **COMMUNITY SERVICE**

1 year = 10 credits | completed in Frosh PE | 60 hours

Community Service

- 60 hours required ← *15 per year recommended*
- Recommended to choose a field of service that aligns with your interests
- Opportunities frequently listed in CHS daily bulletin
- Information and forms available on website
- For additional opportunities or to submit hours:
  - Cynthia Padilla in ASB office (cpadilla1@carmelunified.org)

Begin completing hours this summer!!

Course Types

College Prep Courses:

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

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

Honors Courses:

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

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

Dual Enrollment Courses:

MPC classes taught at CHS during the school day.....college level class. Earn college credit by passing the class.

Estimated daily homework: **45-90 min** (*varies by class*)

Advanced Placement Courses:

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

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

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

Sample Freshman Schedule

1. English 1 **OR** Honors English 1
2. World Geog. + Health **OR** AP Human Geog. + Online Health

   ↖ semester each ↗ ↖ year-long classes ↗
3. Math: Integ 1, 2, 3
4. Biology **OR** Honors Biology
5. PE **OR** PE - Dance Emphasis
6. World Language **OR** Elective
   (French, Sign Language, Spanish)
7. Elective

7 CLASSES TOTAL

Math Pathways

Grade	Traditional Sequence		Accelerated Sequence*
Middle School (8th)	Math 8 (*or equivalent*)	Integrated Math 1 (*or equivalent*)	Integrated Math 1 (*or equivalent*)
Freshman (9th)	Integrated Math 1	Integrated Math 2	Accelerated Integ 2
Sophomore (10th)	Integrated Math 2	Integrated Math 3	Accelerated Integ 3
Junior (11th)	Integrated Math 3	Advanced Math (AMDM) AP Statistics Pre-Calculus	AP Calculus AB
Senior (12th)	Advanced Math (AMDM) MPC Statistics Pre-Calculus	Advanced Math (AMDM) MPC Statistics Pre-Calculus AP Calculus AB	Advanced Math (AMDM) MPC Statistics Pre-Calculus AP Calculus BC

Freshman Elective Options

complete course descriptions available in CHS Course Catalog (26-27) ←*linked*

- **Art 1**
- **AP Computer Science Principles**
- **Automotives 1**
- **AVID 1** ← *link to online application*
- **Beginning Guitar**
- **Concert Band**
- **Concert Choir**
- **Dance 2**
- **Drama 1**
- **Intro to Engineering Design**
- **Intro to Industrial Arts**
- **Jazz Workshop** ←*audition required with Mrs. Wadsworth*
- **Languages:**
  - French 1, 2, 3
  - Spanish 1, 2, 3
  - Spanish Heritage Speakers 1, 2
  - American Sign Language 1
- **Leadership** ←*link to online application*
- **Math Tutorial** ←support for Int Math ½
- **MPC Technical Theater** ←Dual Enrollment, 8th period only
- **Orchestra**
- **Strategies for Success** ←support class
- **Video Production 1**
- **Writing Strategies** ←support for English 1

Classes that Improve Success

- **Math Tutorial class**
  - D/F grades in Math in Middle School
- **Writing Strategies class**
  - D/F grades in English in Middle School
- **Strategies for Success class**
  - In Thrive program at CMS
  - Multiple C,D,F grades
  - Attendance issues
  - 504 plans for executive functioning needs
  - History of late or missing assignments



REMEMBER: support classes WILL NOT hold you back, but help you find success to achieve your goals!!!

Course Selection Worksheet

CHS COURSE SELECTION - 9th GRADE

REQUIRED COURSES - Select 1 class in each subject matter

English
- ☐ English I
- ☐ Honors English I

Health
- ☐ Heath
- ☐ Online Health*

History
- ☐ World Geography
- ☐ AP Human Geography*

Math
- ☐ Integrated Math I
- ☐ Integrated Math II
- ☐ Integrated Math III
- ☐ OTHER:_____

Physical Education
- ☐ Frosh PE
- ☐ Frosh PE - Dance Emphasis

Science
- ☐ Biology
- ☐ Honors Biology

If a student selects AP Human Geography, they are required to take an online health class, year long, to meet the Health graduation requirement.

AP Human Geography is recommended for students with strong English, writing, and time management skills.

ELECTIVE CLASSES - Select a total of 3 classes, Rank your choices 1-3

General Electives
- ☐ Auto Services I
- ☐ AVID 9
- ☐ Introduction to Engineering Design
- ☐ *Introduction to Industrial Arts*
- ☐ *Leadership*
- ☐ MPC Technical Theater **(Dual Enrollment)** 8th period class
- ☐ Principles of Engineering
- ☐ *Strategies for Success*
- ☐ Video Production I
- ☐ *Writing Strategies*

Science
- ☐ AP Computer Science Principles

Visual & Performing Arts
- ☐ Art I
- ☐ *Beginning Guitar*
- ☐ Chamber Singers
- ☐ Concert Band
- ☐ Concert Choir
- ☐ Dance II
- ☐ Drama I
- ☐ Jazz Workshop
- ☐ Orchestra
- ☐ Video Production I**

World Language
- ☐ American Sign Language I
- ☐ French I
- ☐ French II
- ☐ French III
- ☐ Spanish I
- ☐ Spanish II
- ☐ Spanish III
- ☐ Spanish for Heritage Speakers I
- ☐ Spanish for Heritage Speakers II

****meets both CUSD VAPA and Technology graduation requirements**

Non A-G courses listed in italics

Next Steps...

February 9 - February 13

- Individual Counselor Meetings @ CMS
  (*makeup appointments available*)

Freshman Orientation: Tentatively 8/5/26 1 - 3pm

Students Provided With

- Rising 9th Grade Handout
- Course Selection Worksheet

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

**** to request changes to freshman course requests, please complete the online form by March 6 ****

Questions...?

(presentation available on the CHS website)