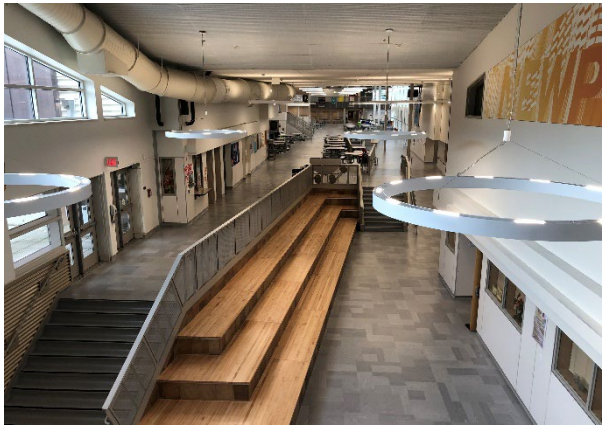








Newport High School
Registration for 2026-2027
11th Grade
(Current 10th graders/Class of 2028)

# NHS Counseling Team









| Chunneath Kravanh | Heather Erickson | Sierra Lee | Layne Barker | Tania Maxfield | Karen Schulz | Emilie Bosone |
|---|---|---|---|---|---|---|
| A-C | D-Hun | Hur-Liu | MHAT Counselor | Lo-P | Q-T | U-Z |

# Collaborative Student Support

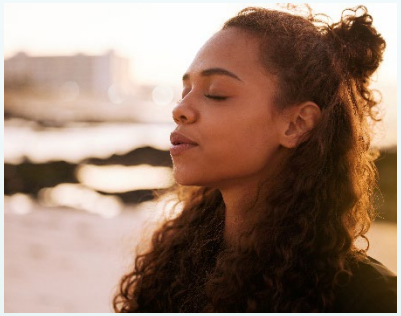
## Counseling & Wellness Center

The TEAM:

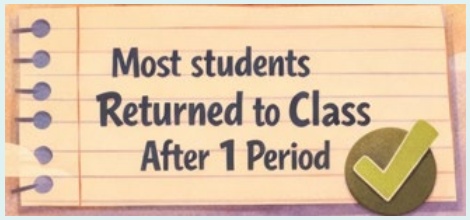
- School Counselors
- MHAT
- School Psychologists
- School Nurse
- YES

The PROGRAM

- Create a safe space for students to destress
- Students complete check in form and rate stress level
- Choose mindful activity to practice
- Check out ~ return to class or meet with counselor








A HUGE Thank you to the **NHS PTSA!!**

Your Grant has made this possible!

# AGENDA

- Balance Time and Priorities
- Graduation Requirements
- Academic Courses
- College Considerations
- Online Course Selection
- Resources

**This presentation is available on our website

# Packet

- NHS Cover Letter w/ Due Dates
- Balancing your day
- Course Selection form for 11th grade (due week of March 9)
- Elective offerings at Newport
- Course Catalog – on-line at BSD **website**

# Common Classroom Patterns Teachers Notice

### Academic Pressure and Focus on "A"s

Students often equate self-worth with grades and panic when grades fall below "A". They lose focus on learning and try to manipulate grades.

### Overloaded Schedules and Fatigue

Many student are so fully scheduled that their success and wellbeing are impacted. They juggle coursework, extracurriculars, jobs, and social life; leading to fatigue and difficulty focusing.

### Procrastination and Avoidance

Procrastination, avoiding daily work, and frequent tardies lead to work piling up; students rely on retakes and extensions to cope.

# HOW FAMILIES CAN SUPPORT STUDENTS

## Promote Balance and Well-being

- Encourage regular sleep at night, downtime, and play
- Prioritize wellbeing and mental health over grades and heavy course loads (big picture)

## Normalize Learning Challenges – Build a Growth Mindset

- Expect imperfection, embrace growth opportunities as essential to success
- Model your own growth – how feedback, curiosity, and failure have contributed to success
- Everyone is unique; avoid comparisons to help students feel seen/heard as individuals

## Encouraging Independence and Organizational Skills

- Foster confidence and autonomy by coaching students to communicate directly with teachers, allow space for them to problem solve without rescuing
- Structure homework time to complete daily tasks, make note of questions, and plan test review sessions
- Confront avoidance behavior including procrastination, skipping tests, and tardiness

Name _____ Anticipated Career Pathway _____

# Balancing Your Day

**Wellness is important - We need balance to be healthy - Use this tool to plan for a balanced course load next year**

(Note: plan for your hardest semester/day of the week)

| Activity | Amount of Time Required | Time Remaining |
|---|---|---|
| Hours in a day | ---- | 24 hours |
| **School, including Tutorial** (8:00 – 3:30) | 7.5 hours | 16.5 hours |
| **Sleep** (American Pediatric Guideline is 9 hours a night for teenagers) | | |
| **Extracurriculars** (sports, music, clubs, church, volunteering, work) | | |
| **College Planning for 11th & 12th gr** (applications, SAT/ACT prep, etc.) | | |
| **Personal & Social time:** (family, friends, recreation, computer use) | | |
| **Meals** (not including at school) | | |
| **Other** (Travel time, getting ready, etc.) | | |

How much time is left??

| | | |
|---|---|---|
| **Homework** Note: every student is different. (Guideline: 2 hours per day plus incremental 30 minutes per AP class) | | |

In choosing which classes to take, consider what subjects you enjoy the most and have a passion for studying. Keep in mind that the majority of college freshman take three college classes per quarter. This is equal to three AP classes here (in addition to the other classes you will take).

| Subject Area | Course Name | Difficulty (easy, medium, hard) | Homework time (average daily amt) |
|---|---|---|---|
| **English** | | | |
| **Math** | | | |
| **Social Studies** | | | |
| **World Language** | | | |
| **Science** | | | |
| **Electives** | | | |
| **Electives** | | | |
| | Total Average | Daily Homework | |

# Minimum Graduation Requirements

## Credit Requirements:

| Subject | Credits | Semesters |
|---|---|---|
| English | 4 | 8 |
| Social Studies | 3.5 | 7 |
| Math | 3 | 6 |
| Science | 3 | 6 |
| Physical Education | 1.5 | 3 |
| Fine Arts | 2 | 4 |
| Career and Tech. | 1 | 2 |
| Health | .5 | 1 |
| Electives | 3.5 | 7 |
| World Language | 2 | 4 |
| Total Credits/Sem | 24 | 48 |

## Additional Requirements:

- **Graduation Pathway**
  - ✓ 2 credits of CTE sequence in same path
  - ✓ ASVAB (score = 31)

  Or, ELA & Math – (may combine):
  - ✓ SBA ELA &/or Math – most use this option
  - ✓ Dual Credit ELA or Math classes (RS, CiHS, AP with C+)
  - ✓ SAT/ACT scores
  - ✓ AP test scores
- **High School & Beyond Plan**
  - ✓ Tasks in SchooLinks
- **Community Service - 40 hours**
- **GPA - 2.0 GPA required**

# Unofficial Transcript
## in Document Section of Synergy

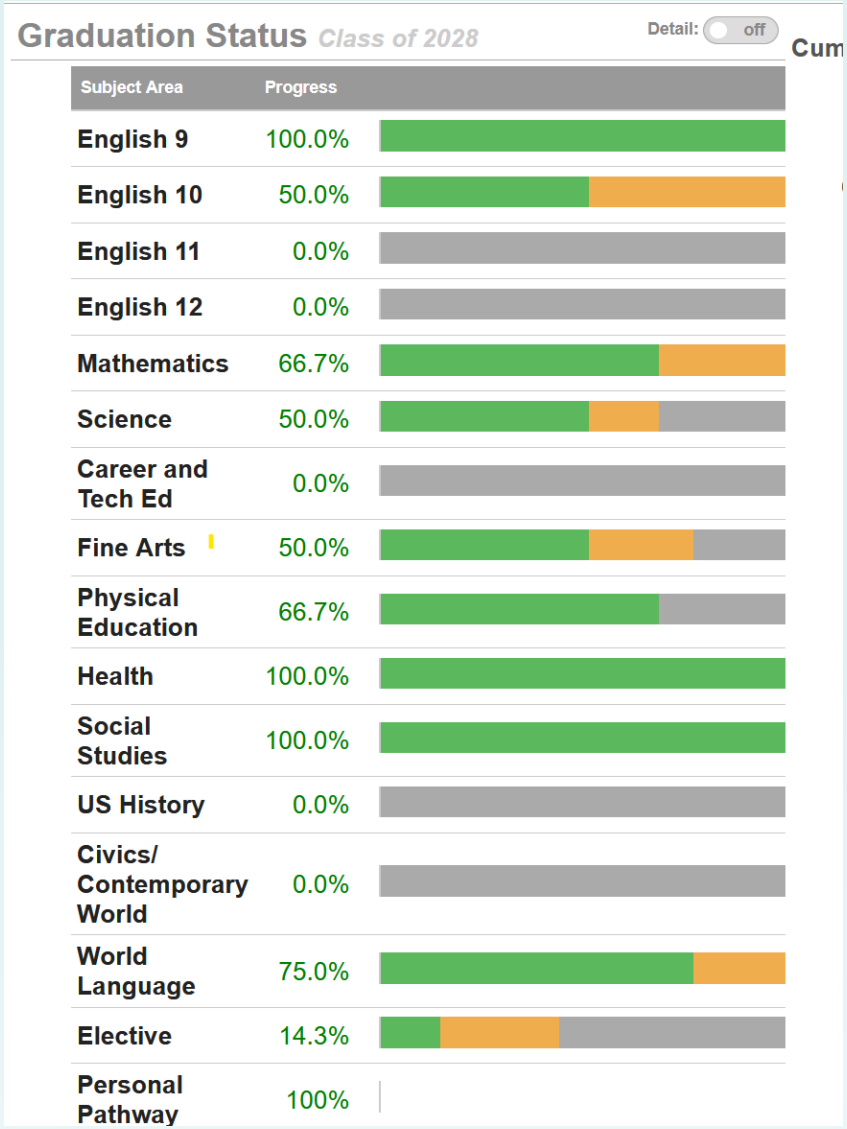
| Graduation Requirements - Credit Summary | | | | |
|---|---|---|---|---|
| Subject Area | Req'd | Comp | WIP | Need |
| English 9 | 1.00 | 1.00 | | |
| English 10 | 1.00 | 0.50 | 0.50 | |
| English 11 | 1.00 | 0.00 | | 1.00 |
| English 12 | 1.00 | 0.00 | | 1.00 |
| Mathematics | 3.00 | 2.50 | 0.50 | |
| Science | 3.00 | 1.50 | 0.50 | 1.00 |
| Career and Tech Ed | 1.00 | 1.00 | | |
| Fine Arts | 2.00 | 1.00 | | 1.00 |
| Physical Education | 1.50 | 1.00 | | 0.50 |
| Continued on next column... | | | | |

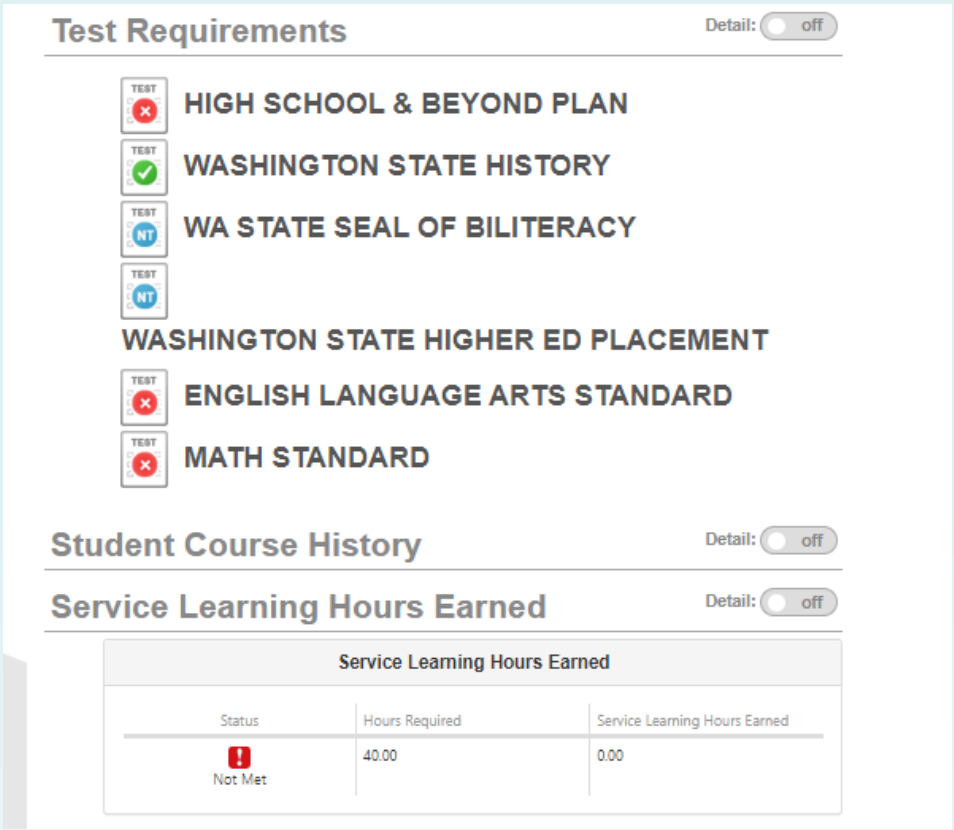
Can use Personal Pathway form for 1.0 Art Credit

Personal Pathway form will only show credit if used for Art or World Language.

| Graduation Requirements - Credit Summary | | | | |
|---|---|---|---|---|
| Subject Area | Req'd | Comp | WIP | Need |
| Health | 0.50 | 0.00 | 0.50 | |
| Social Studies | 1.50 | 1.50 | | |
| US History | 1.00 | 0.00 | | 1.00 |
| Civics/Contemporary World | 1.00 | 0.00 | | 1.00 |
| World Language | 2.00 | 2.00 | | |
| Elective | 3.50 | 1.50 | 1.50 | 0.50 |
| Personal Pathway | 0.00 | 0.00 | | |
| **TOTALS** | 24.00 | 13.50 | 3.50 | 7.00 |

# Grad Requirements: Course History



# Request for Removal of Credit and/or Grade

Students who completed high school courses in middle school - those grades & credits were automatically added to your NHS transcript. Go to document tab in Synergy to view transcript.

REQUEST FOR REMOVAL OF CREDIT and/or GRADE: the form (2410P link below) must be submitted by the end of a student's junior year.

Removing grades and/or credit is permanent. They will not be added back to the transcript if the student or parent changes their mind.

**Procedure 2410P Exhibit J**

# Junior English

- American Literature & Composition
- AP Language & Composition
- Senior English or AP Literature (Accelerated Students)

Special Programs – students will be placed in correct class based on level

- English Language Learners
- Individual Education Plan (Learning Disability Support)

# Junior Social Studies

Options:

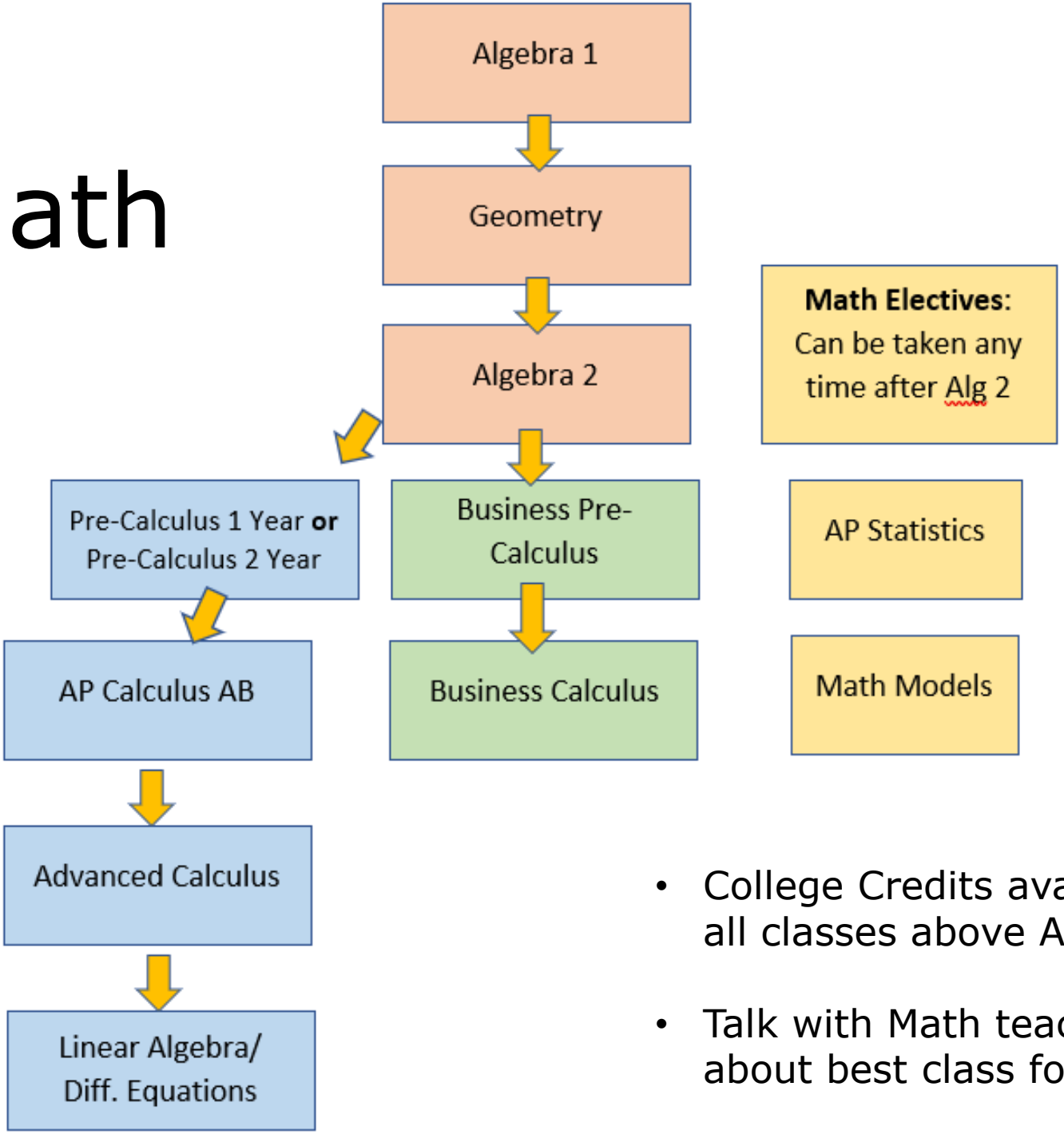
- United States History
- AP United States History
- Accelerated students choose AP Government

Students select level based on:

- ✓ Interest in subject
- ✓ Balance of overall course load
- ✓ Strength of reading writing ability

✓ Washington State History completed?

# Math




- College Credits available for all classes above Alg. 2
- Talk with Math teacher about best class for you

# Science

**Biology→ Chemistry → Physics**

**Additional Course Options (pre-reqs)**

- **AP Biology** (Biology, Chemistry)
- **AP Chemistry** (Chemistry, concurrent Pre-Calc recommended)
- **AP Physics 1** (Chemistry, Algebra II)
- **AP Physics 2** (AP Phys 1)
- **AP Physics C Mechanics** (Concurrent AP Calc)
- **AP Physics Electricity & Magnetism** (Phys C Mech; Concurrent AP Calculus)
- **AP Environmental Science** (Chemistry)
- **Marine Science** (Chemistry)
- **Anatomy and Physiology** (Chemistry)*
- **Biotechnology** (Biology, Chemistry)*
- **Brain & Addiction - 1 semester** (Biology, Chemistry)

*** CTE credit option -** Some science courses offer CTE credit

# World Language

2 credits required for graduation

**College Pathway**:

- Two years of same world language required, 3-4 recommended
- Some colleges prefer three years *(check college websites)*

**Personal Pathway option:**

- Students can use a Personal Pathway for up to 2 WL credits

**World Language Competency Test**:

- Receive up to four World Language credits
- Register online
- More details on BSD website: World Language Competency Test info

**Program Courses**

- **Spanish Immersion:** Honors Spanish Academy
- **Chinese Dual Language:** Public Speech & Debate or Voices of Chinese Youth
- **Online Classes**: Arabic, Korean

# Bellevue Digital Discovery Language Classes

Students can take the following language classes **online**, during the school day at NHS, with Digital Discovery teachers.

**Arabic**
**Korean**

**About the Programs:**

Class is 5 days a week, online

Live teaching via Teams in NHS Library or classroom

Teachers visit each school multiple times to build in-person connections with the students

No background in the language is needed

Select class on the NHS registration form

For More Information, Please Email Your Future Teachers:



Ms.Lee
leejie@bsd405.org
Korean



Ms. Shim
shimw@bsd405.org
Korean



Ms.Chaaban
leejie@bsd405.org
Arabic

BELLEVUE DIGITAL DISCOVERY

# Physical Education

1.5 credits required for graduation

Fun PE Electives!

see course catalog

Sport for PE Credit

**Must finish by 1st semester of 12th**

- **Practice Log** for school or community-based sport
- **Written exam** – Offered monthly (complete same year as sport)

Sport PE credit Process

NCAA: Contact the Athletic and Activities Director, Mr. Brakke at brakkeb@bsd405.org for more information

# Electives

**Course Descriptions:**

website

**New Courses:**

- Asian American Studies (semester)
- AP African American Studies (year)
- AP Business w/ Personal Finance (Intro to Marketing pre-req, year)
- Entrepreneurship (semester)
- AP Research (AP Seminar pre-requisite)
- Mandarin Dual Language classes

**Application Courses:**

- Link Crew – see Mr. Nonis or Mr. Soetrisno
- Knightlife Journalism – see Mr. Glowacki
- Yearbook - see Mr. Hamada
- ASPEN - see Ms. Feder (pre-req = BSD Health)
- Leadership – See Ms. Landau. **Required** class for ASB Officers

**Elective Fair:**

February 27th – 8am – 9:40am – 5 rotations

# Who Am I?
# Explore Your Interests

BSD offers hands-on CTE courses & career pathways that span an array of interests and career goals.

- Architecture, Maritime Welding, Construction
- Automotive
- Business
- Catering/Culinary Arts
- Education
- Health Sciences




- Horticulture
- Human Services
- Information Technology
- Marketing
- Media
- Visual Arts
- Work Site Learning

https://www.bsd405.org/academics/career-and-technical-education/career-and-technical-education-courses

# WANIC Courses: In BSD

- ✓ Choose AM or PM course in StudentVue
- ✓ No separate application required
- ✓ Travel period required

**11th – 12th grades only



Automotive Technology 1 & 2 (Bellevue) **



Building Industry Technologies – Core Plus Construction 1 & 2 (Interlake) **



Cisco Networking Academy (Newport)



Culinary Arts (Newport)



Health Science Careers – Nursing (Sammamish) **



Maritime Welding – Core Plus (Interlake) **

# WANIC Courses: **Outside** BSD

- ✓ Separate application required
- ✓ Choose Out of District WANIC AM or PM in StudentVue
- ✓ Travel period required

Aerospace Manufacturing – Core Plus (Liberty)

Automotive Technology (Bothell)

Aviation Technology (LWTech)

Baking & Pastry (Bothell)

Building Industry Technologies – Core Plus Construction (Bothell)

Dental Careers (LWTech)

DigiPen AI & Predictive Analytics

DigiPen Art and Animation

DigiPen Game Design

DigiPen Music & Sound Design

DigiPen Video Game Programming

Fire & EMS (LWTech)

Health Science Careers – Nursing (LWTech, Woodinville)

Medical Careers (LWTech)

Restoration Ecology & Sust. Forestry (Duvall)

Sports Medicine (Issaquah)

# Running Start

Dual Enrollment – Earn both High School and College Credit

- Attend full-time or part-time at any two-year college**
- Possibility of earning an Associate's Degree in two years

Running Start page with steps and links are detailed on the NHS website: https://newporthigh.bsd405.org/academics/running-start

**You may attend any Washington State Running Start program

# Running Start

## Part Time or Full Time??

Example: (depends on state funding)

| Newport classes | RS Classes |
|---|---|
| 6 or 7 | 1 |
| 5 | 1+ |
| 4 | 2 |
| 3 | 2+ |
| 1 or 2 | 3 |

NOTE:

Counselors will help students determine the exact number of **college credits allowed**.

# Running Start

A few IMPORTANT details:

- **Newport Campus** – only during a class
- **Yearlong Commitment** – NHS classes may not be moved
- **Grad Required Classes** - must be finished by Winter Quarter senior year
- **College Issues** – contact college directly for questions, problems, fees, etc.

# New RS Student Steps to Follow

## Steps **BEFORE** meeting with your counselor:

1. Attend **BOTH** RS Information Sessions
   - BSD Running Start presentation
   - Bellevue College Info Session (on BC Website)
   - Visit Running Start page for more information and forms
2. Apply to BC (or other college). Follow each step up to signing EVF

## Next Steps:

- Discuss your plans and questions at your 1-1 meeting
- Complete the Steps to Enroll on our website

See Mr. Rios with questions or come to our tutorials

# College Considerations

- Colleges want to see **Rigor, Balance, and Commitment**
- 4 Years Math and Science (ideal)
- World Language (2-3 years of same language)
- Try something new or pursue a passion
- Get involved and build leadership skills
- University of California:
  - 1.0 credit **Fine Art** class in same discipline
  - **No "D"** grades
- College & Career Counselor – Fabian Rios (Riosf@bsd405.org)
- Many NHS courses offer optional college credit (dual credit)

# Online Course Selections

- Submit online in StudentVue by the time you meet with your counselor.
- Meet with Counselor starting week of March 9th in History class; turn in paper reg form
- Complete directions on NHS website
- Students should discuss courses with their families; consider balance and time
- If you make a mistake, no need to panic, counselors will fix problems ☺

# Reminders!

**Choose carefully**! You are committing to take the courses you choose

**Alternates** are considered requests when your first selection is not available

Aim for balance & choose what is ***best for you*** – resist social pressure

**Consult with current teachers** about which courses to take (i.e. AP, Math, Science, etc.)

**Turn in paper Course Registration** forms to counselors, **week of March 9-13**

## Need to retake a class?

Consult with your Counselor for options

- ✓ Summer School - BSD website
- ✓ Outside district online options – Requests approved quarterly

## Questions?

Counselors will meet with students **individually** to answer questions starting **March 9th**

**Tutorials – dates on next slide**

# Resources

| | |
|---|---|
| Where to go to register: | • Registration website: On-line course selection detailed instructions<br>• YouTube step by step directions for registration |
| Additional course info: | • **Elective Fair February 27**<br>• Course Catalog – Bellevue School District (bsd405.org) |
| Registration Tutorial Q&A | • Feb 26th<br>• March 3rd, 5th, 10th |

# Additional Online Resources

**Additional Course information**

BSD Course Catalog

**Where to go to register:**

Registration website: On-line course selection detailed instructions

**Sports for PE Credit**

https://bsd405.org/departments/athletics-activities/earn-pe-credit/

**Advanced Placement**

https://bsd405.org/departments/curriculum/advanced-level-courses/

**Running Start**

https://www.bellevuecollege.edu/runningstart/

https://www.lwtech.edu/academics/high-school/running-start/running-start-information-sessions/

https://newporthigh.bsd405.org/academics/running-start

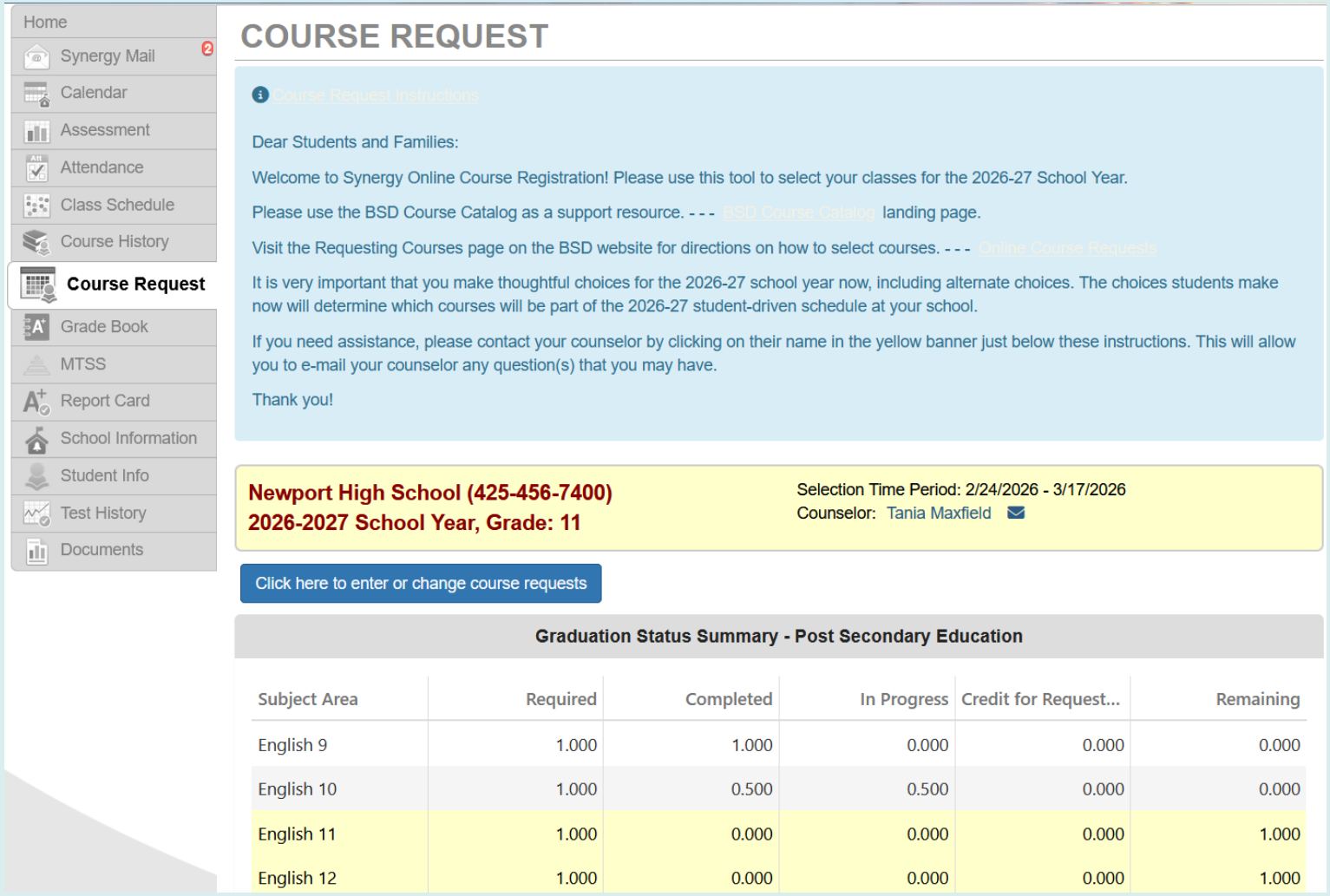
**World Language Competency Program**

https://www.bsd405.org/academics/language-programs/world-language/world-language-competency-credits

**Summer WANIC**

https://wanic.lwsd.org/academics/summer-courses

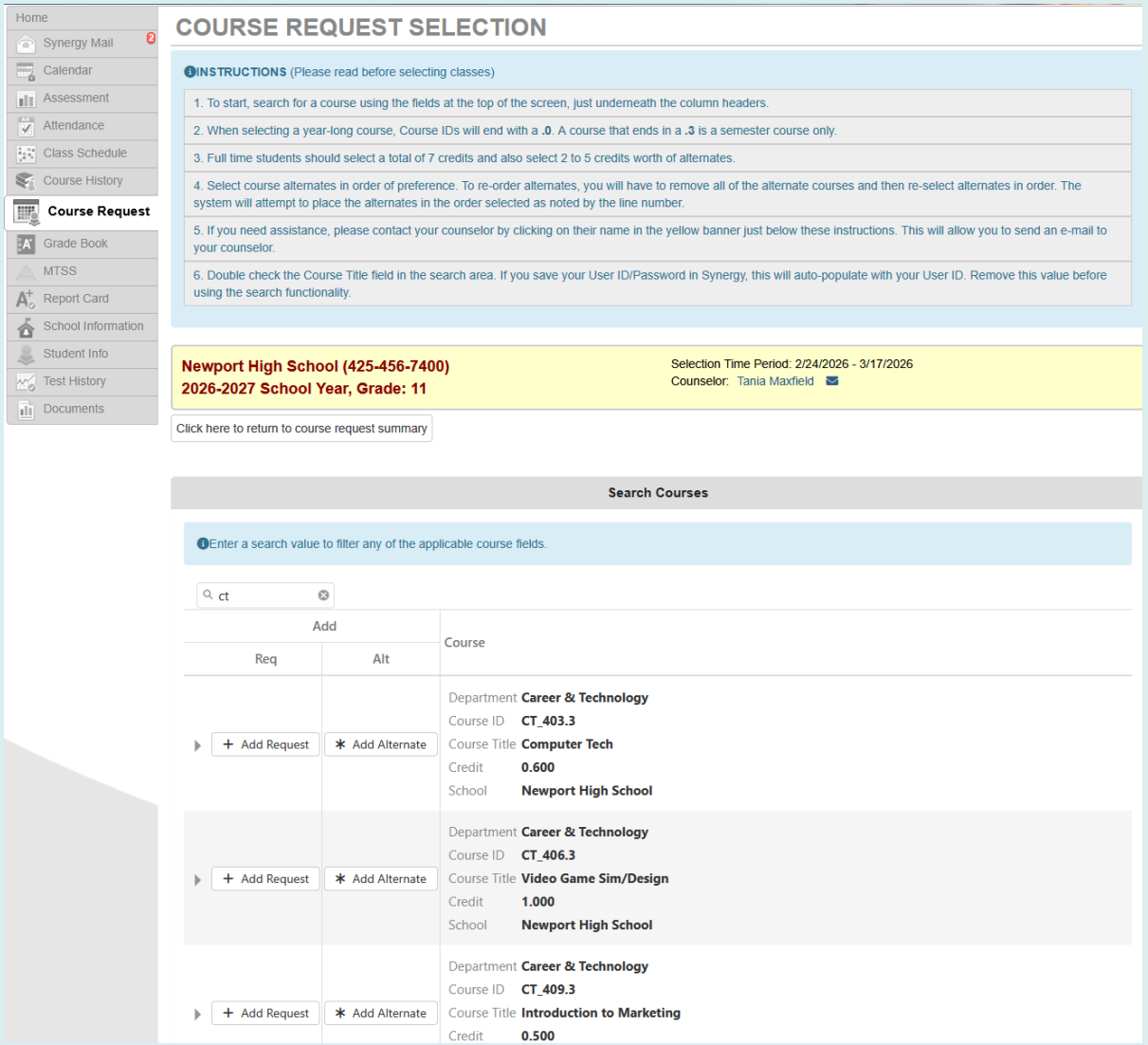
# Online Course Selection



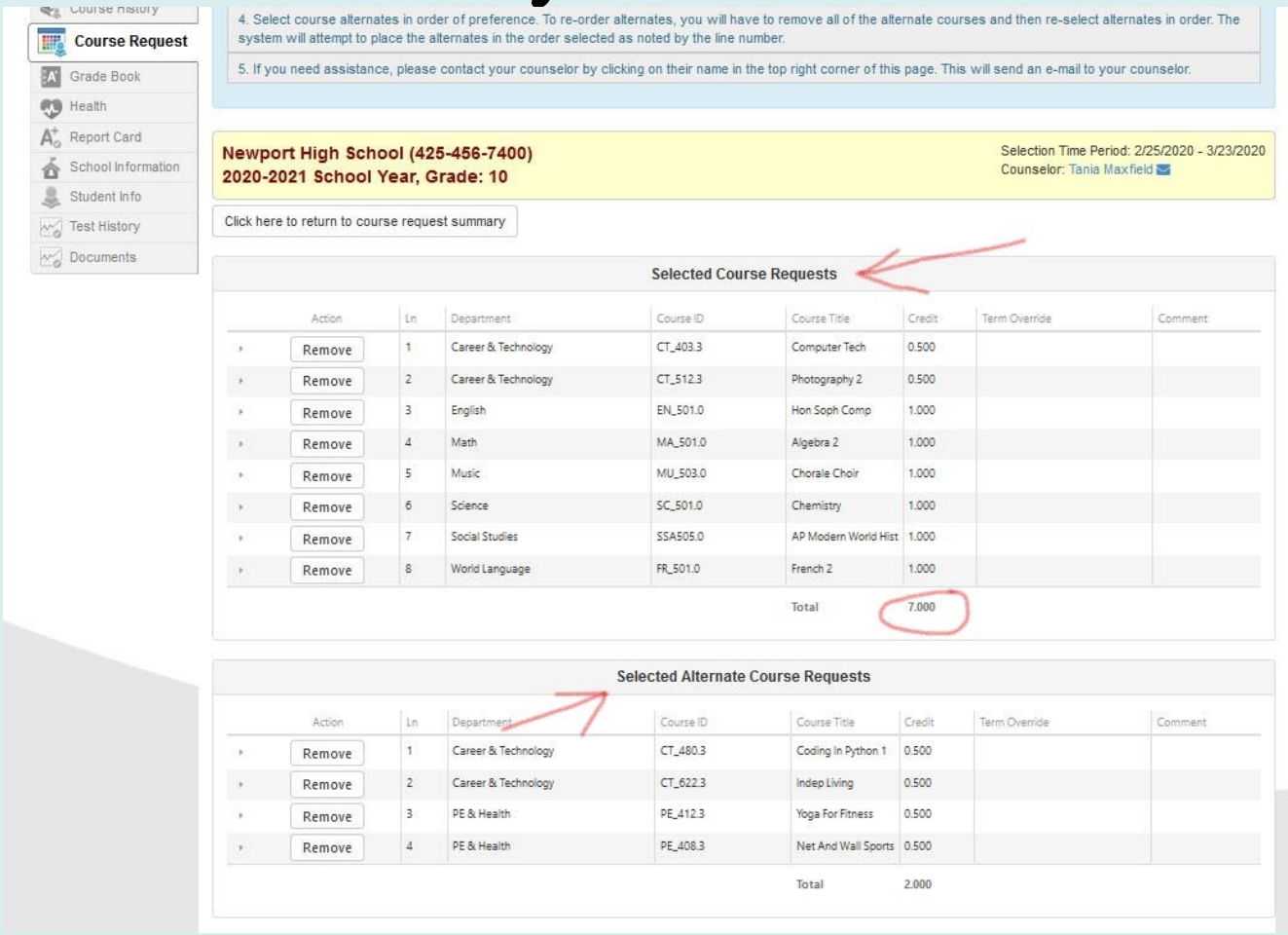
# Choosing Your Classes

1. Search for courses by department
2. Choose request or alternate
3. Check comments in red for pre-requisite information and messages

(.5 = semester-only class)



# Review your selections




- Make sure you have enough periods scheduled
- 7.0 credits minimum
- 2 periods worth of Alternate classes (2 credits minimum)
- Alternate requests are prioritized


Questions