

WELCOME RISING VIKINGS

Sign in using QR code!



Class of 2030

TONIGHT'S PROGRAM

Counselor Overview of the High School

Guided Tours with PRO Students

Open Forum in the Commons

- Speak with high school teachers about potential courses
- Chat with students about their extracurricular activities
- Talk to athletic representatives about sports

LET'S REVIEW TOGETHER:

- ELHS Community
- High School Daily Schedule
- Graduation Requirements
- Course Selection for next year
- Extracurricular Activities
- Transition to High School

ELHS COUNSELING OFFICE

Where Can You Find Information About The Counseling Office?

- Like and Follow us on Facebook:
 - "East Lyme High School Counseling Office"
- Updates in the Weekly Principal Newsletter
- [East Lyme High School Counseling Website](#)
- Class of 2030 School Counseling Google Classroom:
 - Code: r4bmmlg6

SCHOOL COUNSELING STAFF ROOM A200

In order of Alphabetic Breakdown:

- Elizabeth Maiese
- David Willis
- Jaclyn Sullivan
- Christy Bryant
- Haley Stites
- Nadine Barnes
- Administrative Assistant: Ellen Bellos

ADDITIONAL SUPPORT STAFF & ADMINISTRATION

SCHOOL PSYCHOLOGISTS (GR. 9)

- CHRISTOPHER MOUNTAIN
- SHERYL SHYLOSKI

SCHOOL SOCIAL WORKERS

- EMILY HANCOCK, LMSW
- JAQUELINE BYRNE, MSW

SUBSTANCE ABUSE COACH

- DAN REYNOLDS, CAC

PRINCIPAL

- HENRY KYDD

ASSISTANT PRINCIPALS

- LISA BELISLE- GRADES 9/12
- JULIE SHVETZ - GRADES 10/11

DISTRICT DIRECTOR OF CAMPUS SAFETY AND SECURITY

- DON HULL



THE DAILY BLOCK SCHEDULE

A Day	B Day
A1	B1
Advisory/Homeroom	Advisory/Homeroom
A2	B2
A3/Lunch	B3/Lunch
A4	B4

GRADUATION REQUIREMENTS



Graduation Requirements

Class of 2027 and beyond

Humanities (English, Social Studies, Fine Arts)	ELHS Credit Requirement	Credits that fulfill State Requirement (9.0 credits)
English	4.0	4.0
Social Studies	3.5	3.0 (including Civics)
Fine Art	1.0	1.0
Humanities Elective	0.5	1.0 (0.5 is Social Studies Elective)

STEM (Science, CTE, Math)	ELHS Credit Requirement	Credits that fulfill State Requirement (9.0 credits)
Science	3.0	3.0
CTE (including .5 Personal Finance)	1.0	1.0
Math	3.0	3.0
STEM Elective	2.0	2.0

World Language	2.0	1.0 (can be counted towards Humanities elective requirement)
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Health and Wellness	2.0 (1.0 Health, 1.0 PE)	2.0 (1.0 Health, 1.0 PE)
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Viking Voyage	1.0	1.0
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Electives	2.0	
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Total	25	25
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*Humanities electives include courses in English, Social Studies, or Fine Arts, 1.0 of the 2.0 World Language ELHS requirement can be used towards Humanities requirement

*STEM electives could include additional Math, Science, Business Education, Family Consumer Science, Technology Education and/or Career and Technical Education classes.

COURSE SELECTION

PROGRAM OF STUDIES:

ELECTRONIC PROGRAM OF STUDIES

Program of Studies Language:

- Course levels
- Pre-requisites
- Course credit

World Language:

- French
- Spanish
- German

Elective Courses:

- Fine Art
- Career/Technical Education

COURSE LEVELS

Advanced Placement (AP) & Early College Experience (ECE)	AP AND ECE CLASSES INTRODUCE STUDENTS TO COLLEGE-LEVEL COURSEWORK. ONLY AP MUSIC THEORY AND AP ENVIRONMENTAL SCIENCE OFFERED AT 9TH GRADE LEVEL
HONORS LEVEL	HONORS CLASSES PROVIDE AN OPPORTUNITY FOR STUDENTS WHO ARE WORKING ABOVE GRADE LEVEL, WHO WORK INDEPENDENTLY, AND WHO EXPECT A GREATER CHALLENGE. ONLY MATH AND WORLD LANGUAGE OFFERED AT THE 9TH GRADE LEVEL
ADVANCED COLLEGE & CAREER PREP	ADVANCED COLLEGE & CAREER PREP CLASSES ARE DELIVERED AT GRADE LEVEL BUT AT A GREATER DEPTH AND WITH MORE INDEPENDENT LEARNING EXPECTATIONS.
COLLEGE & CAREER PREP	COLLEGE & CAREER PREP CLASSES PROVIDE GRADE LEVEL CURRICULUM WITH THE ADDITION OF REMEDIATION, SCAFFOLDING, OR SUPPORT TO WORK TOWARD COURSE EXPECTATIONS.

HOW TO FILL HUMANITIES AND STEM REQUIREMENTS

Humanities

- Students can select additional electives in English, Social Studies, World Language and Fine Art

STEM

- Students can select additional electives in Science, Math, and Career/Technical Education

SAMPLE FRESHMAN SCHEDULE

- 1.0 English 9
- 1.0 Ancient World History or Modern World History
- 1.0 Integrated Science
- 1.0 Math
- 1.0 World Language
- .5 Freshman Wellness/Health
- .5 Freshman PE
- 1.0 Elective Credit
- Study Hall
- Advisory

CAREER CONCENTRATIONS:

CAREER CONCENTRATIONS

BROCHURE

What are Career Concentrations?

- Career Concentrations at East Lyme High School allow students who are interested in a particular career path to receive a certificate of accomplishment for successfully completing courses that help prepare them for a related career field. Successful completion of a Career Concentration is also recorded on the student's official transcript.
- Why Career Concentrations?
 - ★ Learn more about an area to see if you like it!
 - ★ Build your resume and help potential employers or admissions representatives understand the depth of your interest.
 - ★ Be better prepared to enter a career.
 - ★ Be better prepared for courses at a technical school or college.
- Students must: ✓ Take the correct sequence of courses.
- Earn a 'C' or better in each concentration class.



COURSE SELECTION TIMELINE

- February: MS received the electronic Program of Studies
- February: MS Teacher recommendation conversations started with students - continue through March 3rd.
- 3/23-3/24 High School Counselors visit Middle Schools and walk students through choosing their electives on Infinite Campus
- [Elective Choices](#)

EXTRACURRICULAR ACTIVITIES

- SENATE & CLASS OFFICERS
- NATIONAL HONOR SOCIETY
- DRAMA CLUB
- SIGN LANGUAGE CLUB
- PRO (PEERS REACHING OUT)
- GSA
- KEY CLUB

JAZZ BAND

BEST BUDDIES

CULTURAL AWARENESS CLUB

MATH TEAM

PING PONG CLUB

AND MANY MORE!



ATHLETICS

- WIDE VARIETY OF SPORTS OFFERED EACH SEASON
- STUDENTS MUST BE REGISTERED THROUGH FAMILY ID - ON SCHOOL WEBSITE
- [FINAL FORMS - ATHLETIC REGISTRATION LINK](#)
- FOLLOW OUR PROGRAMS ON SOCIAL MEDIA!
- FACEBOOK: [ELPS ATHLETICS](#)
- INSTAGRAM: [EASTLYMEATHLETICS](#)
- TWITTER: [@ELPSATHLETICS](#)
- SHOP VIKING GEAR ON-LINE YEAR ROUND - [EAST LYME HIGH SCHOOL SIDELINE STORE](#)

TRANSITION TO HIGH SCHOOL: THINGS TO KNOW

FRESHMAN WELLNESS: FIRST SEMESTER GRADE 9,
HEALTH AND WELLNESS CURRICULUM INCLUDING
THE TRANSITION TO HIGH SCHOOL AND
SCHOOL SUPPORTS

ADVISORY/HOMEROOM: DAILY HOMEROOM,
ADVISORY LESSONS ON WEDNESDAYS WHICH COVER
A WIDE RANGE OF TOPICS

ATTENDANCE: ATTENDANCE LETTERS ARE
AUTOMATICALLY GENERATED ONCE A STUDENT
REACHES 6 OR 12 ABSENCES, REGARDLESS OF
WHETHER THE ABSENCE IS EXCUSED OR UNEXCUSED.
A MEETING WITH AN ELHS ADMINISTRATOR MAY
BE REQUIRED AND LOSS OF CREDIT CAN OCCUR.

HOMEWORK: PART OF THE STUDENT'S GRADE

NAVIANCE: COLLEGE AND CAREER PLANNING

INFINITE CAMPUS: STUDENT INFORMATION SYSTEM,
LIVE GRADES

TRANSITION TIMELINE FOR CLASS OF 2030

- October 2025: Counselors visited MS for an open forum school choice session with students
- February: Letter sent to all grade 8 families regarding course selection
- February 19, 2026: Rising Vikings Night
- February - March 2nd: Course Recommendations with MS teachers
- March 23, 24: High School Counselors visit MS to help complete course selection/choose electives with students
- March 24-27: Course selections and recommendations distributed to MS students with a signature sheet for parents.
- Spring 2026: Athletic Department visit to MS
- Spring 2026: Music Department visit to MS - combined concert
- August 2026: Freshman Welcome Night
- August 2026: Freshman Orientation



THANK YOU FOR COMING!

QUESTIONS?
