

Welcome Class of 2030



Introductions



Principal: Mr. Chris Reiersgaard

High School Vice Principal/Athletic Director: Alan Stearns

Incoming Admin: Pat Jarman

High School Counselor: Clarrissa Anderson

Registrar: Michelle Michaelis

How to High School: The 9th Grade Roadmap

The Foundations of Success

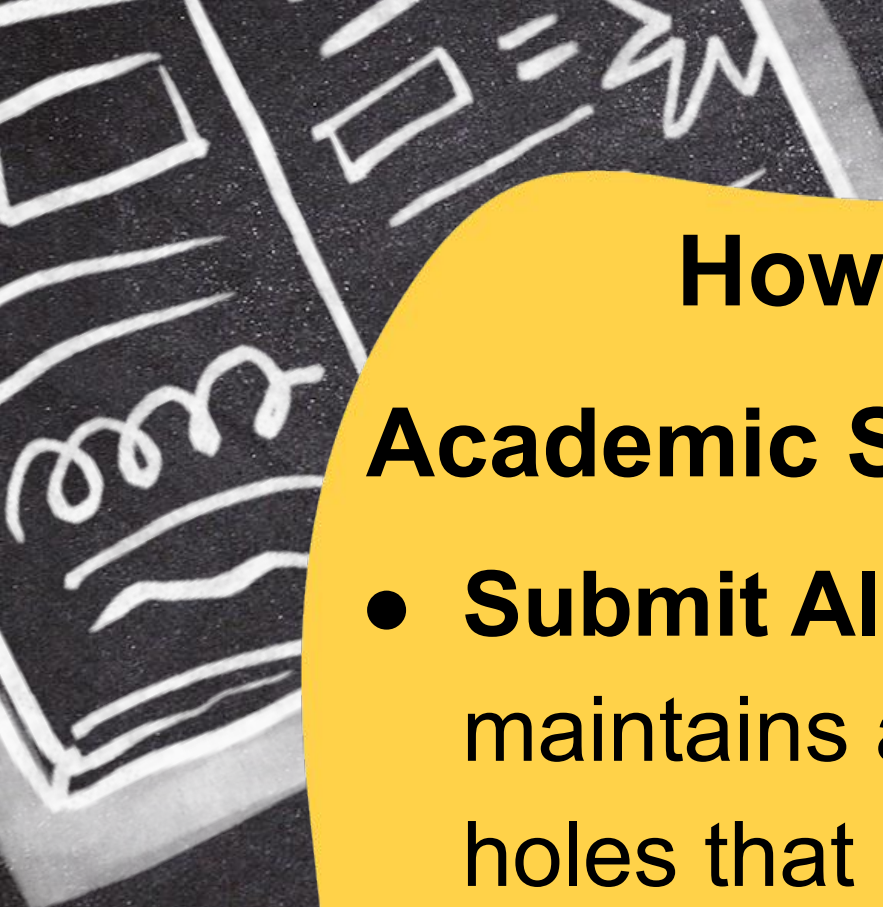
- **Show Up:** Attendance is the primary predictor of academic success. Consistency in the classroom is the first step toward excellence.
- **Be the Model Billie:** Respect others and follow school rules. A positive reputation with peers and staff creates a smoother four-year journey.
- **Build Your Support Network:** Proactively connect with teachers and counselors. Utilize school resources and learning centers before challenges become overwhelming.



How to High School: The 9th Grade Roadmap

Academic Strategy

- **Submit All Work:** Avoid the "0" at all costs. Partial credit maintains a GPA, while missing assignments create academic holes that are difficult to escape.
- **Master the Sunday Reset:** Spend time every Sunday evening reviewing the week ahead. Identifying "crunch points" early prevents last-minute stress.
- **Practice Self-Advocacy:** If a concept is unclear, ask for help immediately. Learning to communicate needs to instructors is a vital skill for high school and beyond.



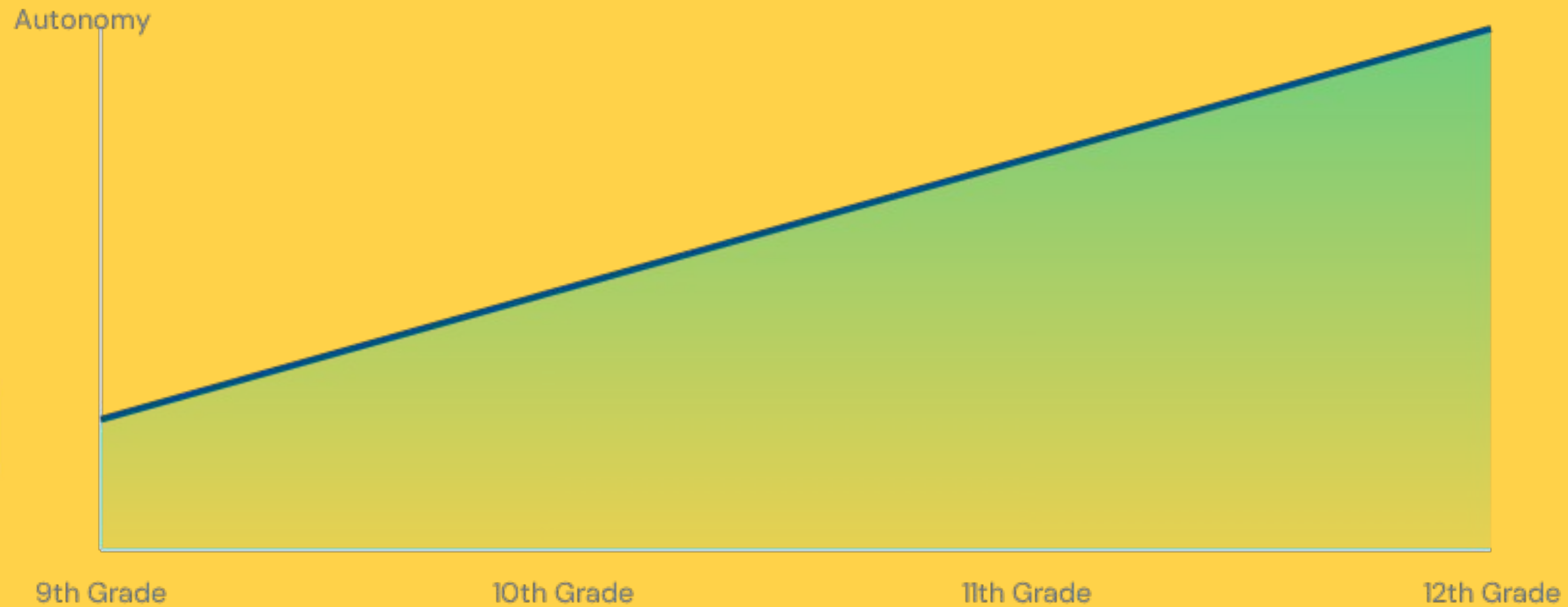
How to High School: The 9th Grade Roadmap

Balance & Wellness

- **The Rule of Two:** Prioritize quality over quantity in extracurriculars. Focus on two main activities—one for personal growth and one for community or passion.
- **The Digital Footprint:** Practice the "Grandmother Rule" for social media and texting. If it isn't appropriate for a mentor or relative to see, it shouldn't be sent or posted.
- **Prioritize Sleep:** Academic performance is tied to physical health. Keep devices out of the bedroom to ensure the brain has the rest required to process new information. Turn off the device



The Path to Independence



Advice for Parents

- **Shift to Consultant:** Transition from managing daily tasks to providing high-level guidance. Allowing students to navigate small setbacks now builds the resilience needed for adulthood.
- **Establish the "Thursday Check-In"** Check grades and tardies together every Thursday night and make action plans as needed. Weekly routines establish success and reinforce the school-to-home partnership.
- **Focus on the Step, Not the Horizon:** Keep long-term goals in mind, but emphasize daily habits. High school is a marathon that is won one day at a time.



Athletics

- To register for high school sports go to the athletics page at:
<https://phhs.pleasanthill.k12.or.us/athletics>
- You must have a current physical on file with the office (dated within the past 2 years.)
- You need to be taking and passing 5 classes during the season and have no more than one failing class.



The Foundation is Built

- 7th in OSAA Cup (3rd amongst public schools) out of 47 schools
- 9 of 11 programs qualified for OSAA postseason this Fall/Winter
- 10 of 18 programs earned Academic All-State (top 10)
 - Shout out to Boys Soccer & Baseball for earning the #1 spots
- Awards
 - Football Co- League Champions
 - Wrestling League Champions,
 - Wrestling team 8th at State. 5 individual placers
 - Boys Basketball League Champions
 - 6th place Boys Basketball
 - Cheerleading 5th Place at State



Sports Offerings

Fall Sports

Football

Volleyball

Cross Country

Boys Soccer

Girls Soccer

Sideline Cheer



Winter Sports

Boys Wrestling

Girls Wrestling

Boys Basketball

Girls Basketball

Competitive Cheer

Spring Sports

Baseball

Softball

Track & Field

Golf (club sport)

Girls Flag Football (club sport)

Boys Volleyball (club sport)



Pleasant Hill Education Foundation



Mission Statement:

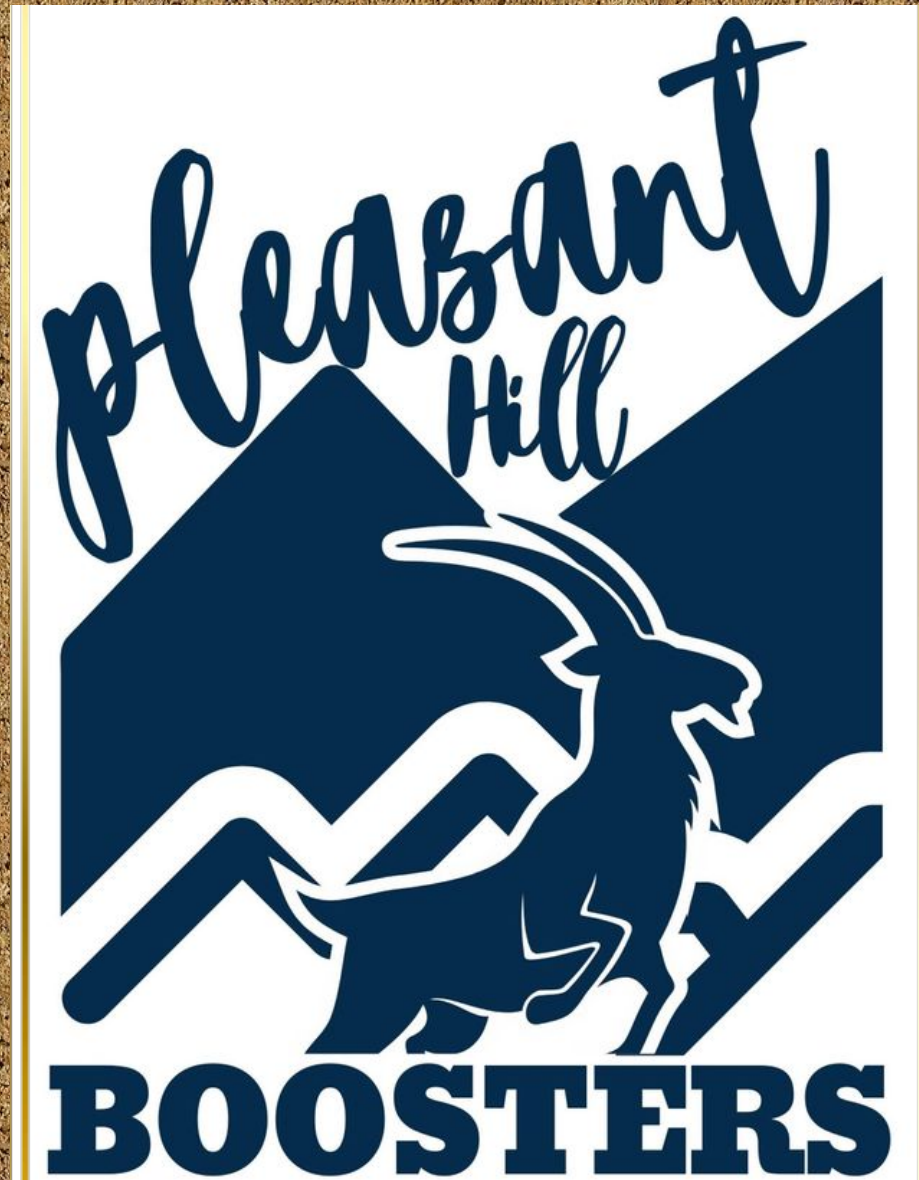
The Pleasant Hill Education Foundation, in partnership with our community and alumni, provides funds to inspire learning, enhance teaching, and create opportunities for every student.

Founded in 1991 by a group of caring parents in our district, the goal of PHF from the beginning has been to help our schools maintain the standard of excellence they are known for by providing funds for academics, arts, and enrichment programs.

<https://www.phillfoundation.org/>



Pleasant Hill Booster Club

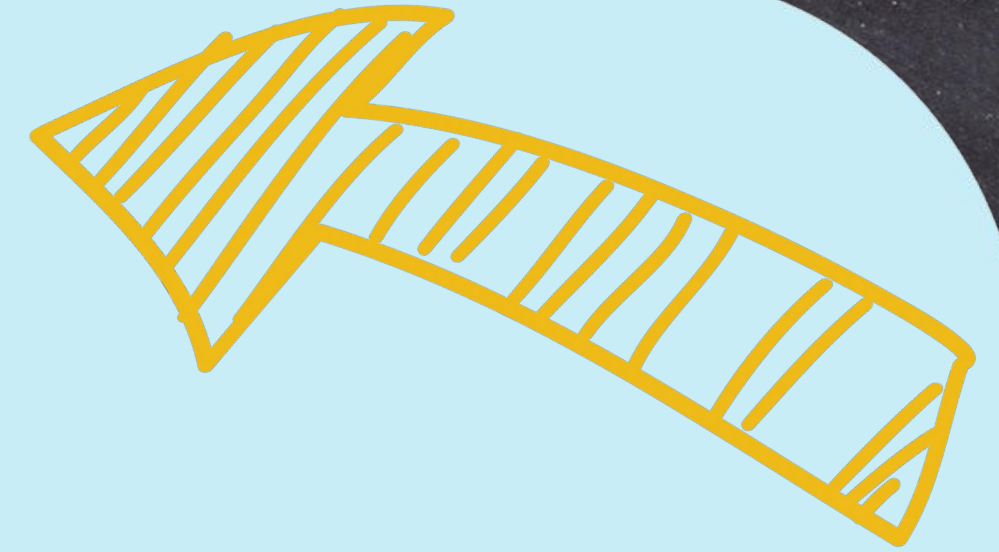



- *Supporting athletics and extracurricular activities for students of the Pleasant Hill School District.*
- *Providing opportunities for teams, clubs and school sponsored extracurriculars.*
- *Helping maintain and improve athletic facilities at Pleasant Hill Schools.*
- *Awarding merit based college scholarships to senior students.*
- *Fostering team unity, school spirit, and community pride .*
- [Pleasant Hill Booster Club](#)



CLUBS AND ACTIVITIES

- High School Student Council
 - FFA
 - HOSA
 - GSA
- Lunch Buddies
 - Bible Club
 - OBOB
 - Gaming Club
 - Reach
- Pleasant Hill Honor Society
 - Leadership
- Landscape Club
 - OHSET
 - Trap Shooting
 - Chess Club
 - Pep Band
- Destination Imagination




- 
- ★ Don't see a club you would like to join?
 - ★ Have an idea for a new club?
 - ★ Complete a New Club Application!



2029 Graduation requirements:

-Language Art	4 credits
-Mathematics	3 credits
-Science	3 credits
-Social Studies	3 credits
-Personal Finance	.50 credits
-College & Career Readiness	.50 credits
-Health	1 credits
-PE	1 credits
-World Language, Art, CTE	3 credits
<u>-Electives</u>	<u>5 credits</u>
Total credits required:	24 credits





Sample 9th grade schedule:

1. English 9/Honors English
2. Physical Science
3. PE/ Health
4. Math (Algebra 1)
5. Current Events
6. Elective
7. Elective



Language Arts

English 9/Honors English (1.0)

AP Seminar (1.0)

Short Fiction (.50)

Principles of Writing (.50)

Genre: True Crime (.50)

Genre: Horror (.50)

The Western (.50)/ The Western 2 (.50)

Literature of War (.50)

Adventure and Survival (.50)/ Adventure and Survival 2 (.50)

World Lit 1 (.50)/World Lit 2 (.50)

Argument 1 (.50)/Argument II (.50)

Creative Writing 1 (.50)/Creative Writing II (.50)

College Writing I (1.0)*

AP Literature (1.0)*

Journalism (1.0)

Courses that can be used as English for 1 credit:

Ag Business Leadership

Social Studies

Current Events (.5)

World History (1.0)

US History (1.0)

Government (.5)

AP Human Geography (1.0)*

AP US History (1.0)*

AP Government (1.0)*

Electives:

Psychology (.5)

Mathematics

Algebra (1.0)

Geometry (1.0)

*Applied Geometry for Technicians (1.0)

MTH 85

*Math in Society (1.0)

MTH 105Z & 106Z

*Precalculus (1.0)

MTH 111Z & 112Z

*Statistics and Probability (1.0)

STAT 243Z

*Ap Calculus (1.0)

MTH 251 & MTH 252

Science

Standard Path:

Physical Science

Biology

Chemistry

Physics

AP Biology*

CTE Path:

Intro to Agriculture

Horticulture*

Animal Science

Human Body Systems 1 & 2

Health/PE

Health (1.0 Credits)

Health 1 (9th)

Health 2 (10th)

PE (1.0 Credits)

PE 1 (9th)

Fitness for Life

Yoga

Court Games

Intro to Weights

Speed and Strength

Career Tech Ed
(CTE)

AGRICULTURE PATHWAY:

Introduction to Agriculture

*Horticulture

Animal Science

Metals

Adv Metals 1 and 2

Construction

Advanced Construction 1 and 2

CAD/CNC I/CAD/CNC II

Natural Resources and Fire Science

Ag Business Leadership

HEALTH OCCUPATIONS PATHWAY:

Intro to Health Occupations 1 and 2

*Human Body Systems 1 and 2

Nutrition

Medical Terminology

Emergency Medical Responder

World Language

- Spanish 1
- Spanish 2
- Spanish 3*
- Spanish 4*

***College Credit Available**

Performing Arts

Band

- **Wind Ensemble (9-12)**
- **Solar Jazz (11th and 12th grade Jazz)**
- **Second Gen. (9th/10th grade Jazz)**

Choir

- **Concert Choir**
- **Chansonaires**
- **Assencions**

Visual Arts

- **Art**
- **Advanced Art**
- **Ceramics**
- **Sculpture**
- **Crafts**
- **Design and Visual Arts**

Electives

- **Child Development 1 and 2**
- **Yearbook**
- **Leadership**
- **Structures and Mechanisms**
- **Psychology**
- **Lane Career Academy Opportunities (10-12th grade)**
 - **HOPE Factory - Construction**
 - **EMS & Wildland Firefighting**
 - **Behavioral Health Pathway**
- **School Aide Positions (available for 10th-12th graders)**

AP & COLLEGE NOW COURSE OFFERINGS RECAP

Test Required

AP Lit:

Earn 3+ for college credit

AP US History

Earn 3+ for college credit

Spanish 3 or 4

Credit through Willamette Promise

AP Seminar

Test optional, no college credit -
AP Prep Course

AP Geography

Earn 3+ for college credit

Dual Credit Options

AP Calculus

Test score 3+ OR request LCC
credit

AP Government

Test score 3+ OR request LCC
credit

AP Biology

Test score 3+ OR Willamette
Promise

Direct Credit

College Writing (WR 121 and WR 122)

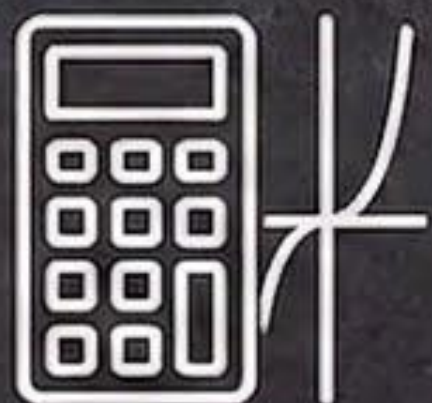
Request credit through Willamette
Promise

*Note: Always check specific
university transfer policies for credit
acceptance.*

High School Coursework for University Admissions Requirements



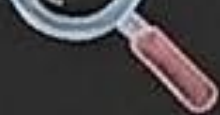



- 2 years of a second language
- Chemistry
- Pre-Calculus or higher



- Specific GPA and testing requirements are listed on each school's admissions page on their website. I encourage you to do some exploring!

STUDENT COURSE REQUESTS & SCHEDULING

KEY CONSIDERATIONS:

- Review course requests carefully. 
- Course requests are not guaranteed as final schedules. 
- Changes in August are limited to essential needs like repeating a course or meeting graduation requirements. 
- Returning Students : Must complete registration to receive a schedule in the fall. 

Questions?

Please feel free to contact us:



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Thank you for coming!

GO BILLIES!