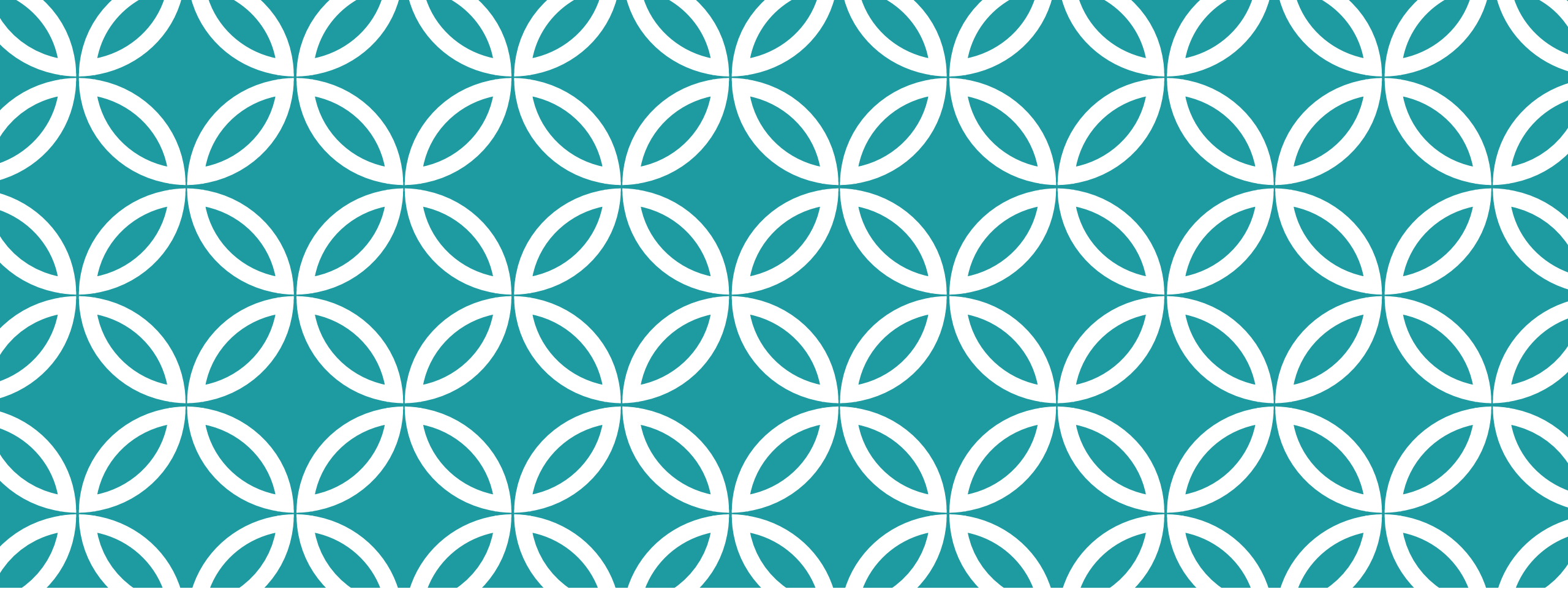




WELCOME NEW VIKINGS

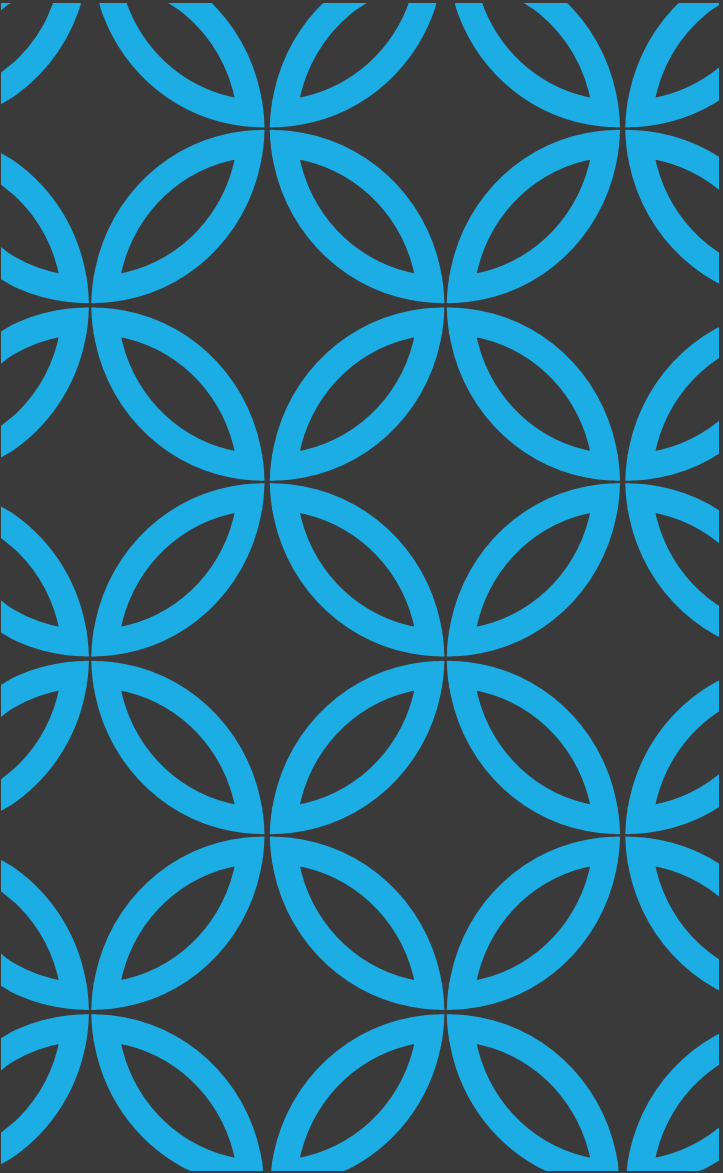
Class of 2030

Counselor Overview of the High School

- **ELHS Community**
- **High School Daily Schedule**
- **Graduation Requirements**
- **Extracurricular Activities**
- **Transition to High School**

Guided Tours with PRO Students

TONIGHT'S PROGRAM



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

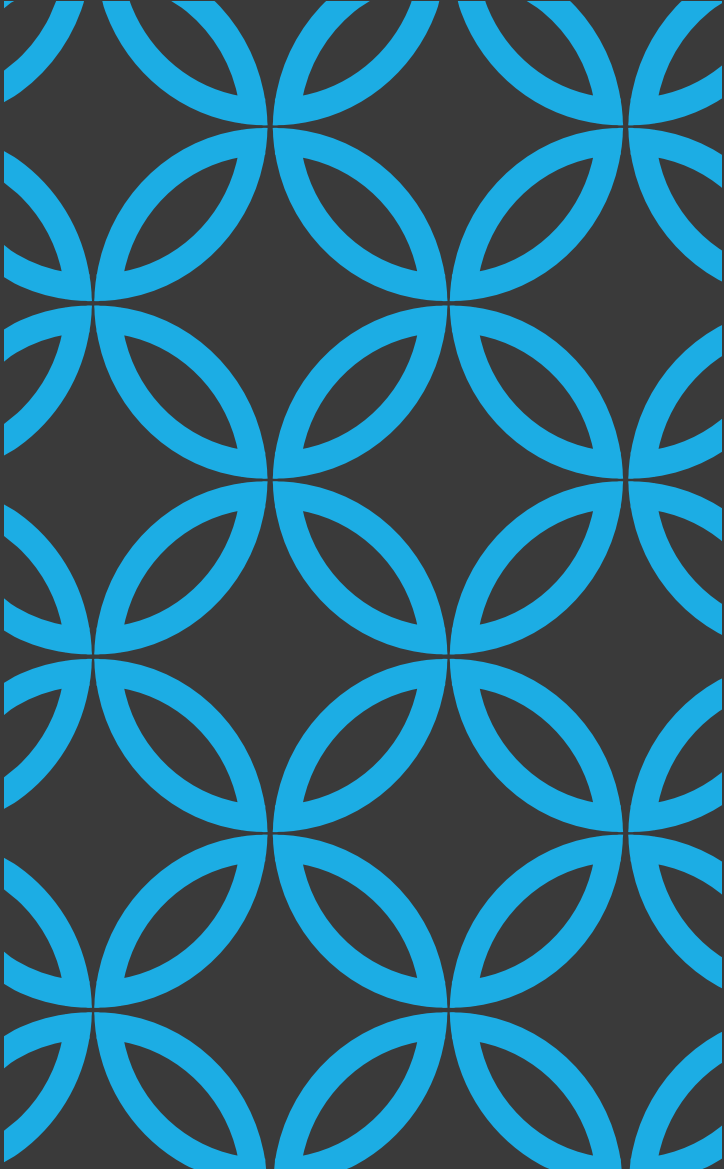
SUPPORT STAFF ROOM A200

School Counselor Alphabetic Breakdown:

- **Elizabeth Maiese A-BE**
- **David Willis: BO-DR**
- **Jaclyn Sullivan: DU-LEFF**
- **Christy Bryant: LEW-ROD**
- **Nadine Barnes: ROG-Z**

- **Administrative Assistant: Ellen Bellos**

- **Social Workers:**
- **Jackie Byrne Grades: 10/12**
- **Emily Hancock: Grades 9/11**



PEOPLE YOU SHOULD KNOW

Building Principal:

Henry Kydd

Assistant Principals:

Lisa Belisle: Grades 9 & 12

Julie Shvetz: Grades 10 & 11

Dave Fasulo: Pathways/Internships

School Psychologists:

Krissy Konesky: Grades 10 & 12

Chris Mountain: Grades 9 & 11

Sheryl Shyloski: All

DAILY SCHEDULE

2026-2027 DISTRICT CALENDAR

ELHS Daily Block Schedule	
<u>Block</u>	<u>Time</u>
A1/B1	7:30-8:50
Homeroom/Advisory	8:55-9:15
A2/B2	9:20-10:45
A3/B3	10:50-12:45
<i>Lunch Wave #1</i>	Lunch 10:50-11:20
	Class 11:25-12:45
<i>Lunch Wave #2</i>	Class 10:50-12:10
	Lunch 12:15-12:45
A4/B4	12:50-2:10

FIRST 2 DAYS OF SCHOOL...

8/26 8/27

ELHS First Day of School Block Schedule (A Day)	
<u>Block</u>	<u>Time</u>
A1	7:30-8:40
Grades 9 & 10 -> Auditorium Grades 11 & 12 -> Advisory	8:45-9:25
A2 with Morning Show	9:30-10:45
A3	10:50-12:45
Lunch Wave #1	Lunch 10:50-11:20
	Class 11:25-12:45
Lunch Wave #2	Class 10:50-12:10
	Lunch 12:15-12:45
A4	12:50-2:10

ELHS Second Day of School Block Schedule (B Day)	
<u>Block</u>	<u>Time</u>
B1	7:30-8:40
Grades 9 & 10 -> Advisory Grades 11 & 12 -> Auditorium	8:45-9:25
B2 with Morning Show	9:30-10:45
B3	10:50-12:45
Lunch Wave #1	Lunch 10:50-11:20
	Class 11:25-12:45
Lunch Wave #2	Class 10:50-12:10
	Lunch 12:15-12:45
B4	12:50-2:10

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	1.0	1.0
Math	3.0	3.0
Personal Finance	0.5	0.5
STEM Elective	1.5	1.5

World Language	2.0	1.0 (can be counted towards Humanities elective requirement)
Health and Wellness	2.0	2.0 (1.0 Health, 1.0 PE)
Viking Voyage	1.0	1.0
Electives	2.0	TBD
Total	25	Minimum of 25

*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.

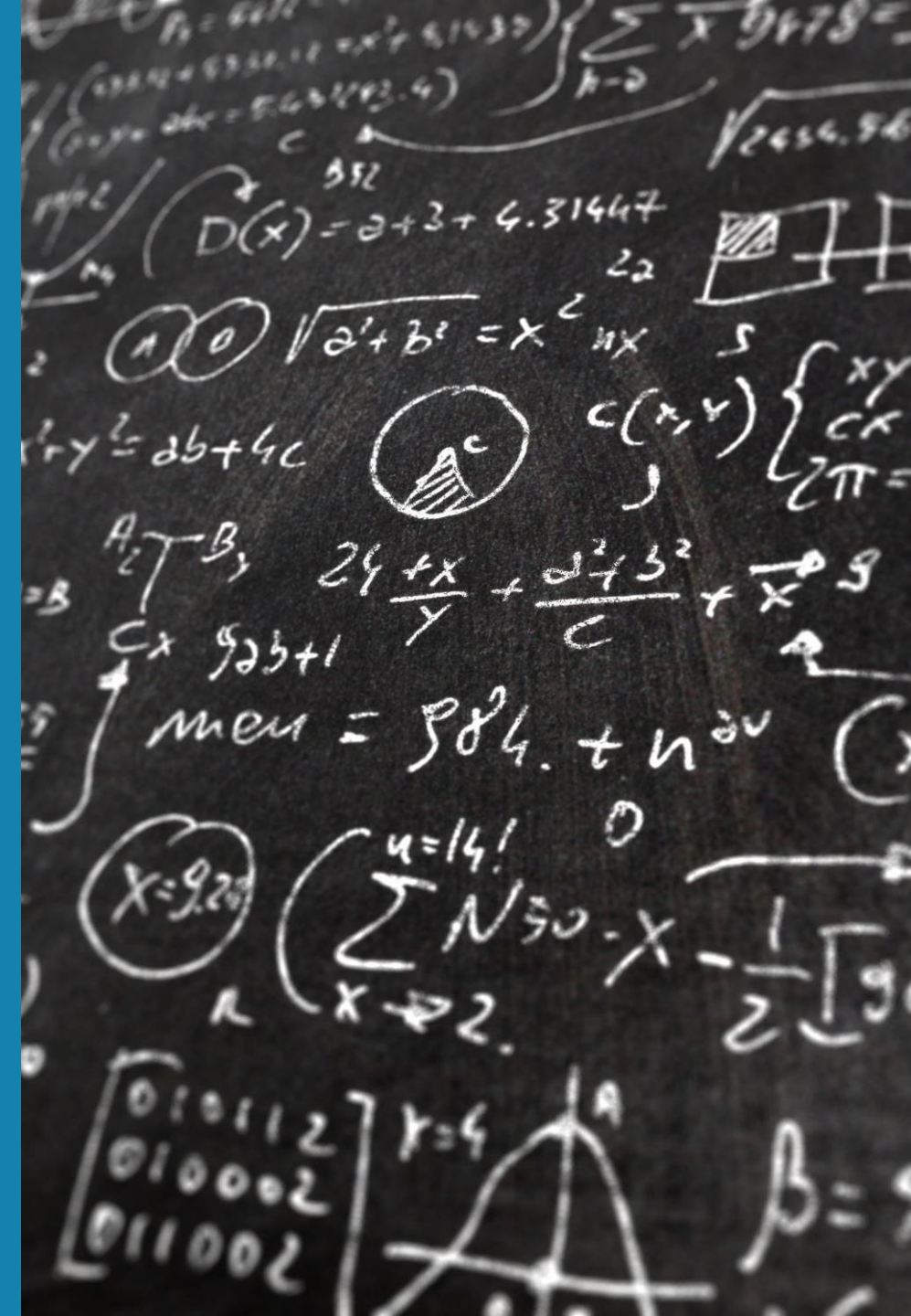
HOW TO FILL HUMANITIES AND STEM REQUIREMENTS

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

EXTRACURRICULAR ACTIVITIES

Clubs

SENATE & CLASS OFFICERS

NATIONAL HONOR SOCIETY

DRAMA CLUB

SIGN LANGUAGE CLUB

PRO (PEERS REACHING OUT)

GSA

KEY CLUB

DECA

ACAPPELLA CLUB

BEST BUDDIES

DIVERSITY CLUB

MATH TEAM

PING PONG CLUB

MANY MORE!

Athletics

WIDE VARIETY OF SPORTS OFFERED EACH SEASON

STUDENTS MUST BE REGISTERED THROUGH FINAL FORMS- ON SCHOOL WEBSITE

ATHLETICS NEWSLETTER- HELPFUL INFORMATION

[ATHLETICS REGISTRATION](#)

Food Scrap Collection at ELHS



Student led effort to sort
trash at lunch



Kitchen staff and culinary
classes to sort food scraps



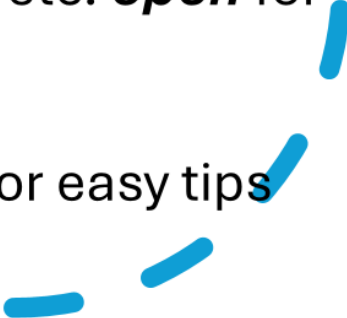
Food scraps collected
weekly by Blue Earth

Four Food Sorting Areas at Lunch





How YOU can help!

- Suggest to your student to volunteer at lunch
 - Great for the “Contributing Citizen” piece of their Viking Voyage!
 - Encourage your student to bring trash to a sorting station as soon as they finish eating (reduces end-of-lunch bottleneck)
 - Bring reusable utensils/bags from home
 - Encourage students to “self sort”
 - Place leftover food onto their trays
 - Separate out plastic items
 - Keep plastic containers, bags, etc. **open** for easy dumping
 - Start composting at home!
 - Narciss.greene@elpsk12.org for easy tips (and less smelly trash)
- 

To determine eligibility for Free/Reduced Lunch:
[Complete the application forms found on the school website.](#)

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

WHAT YOUR STUDENTS CAN EXPECT AT ORIENTATION

01

- Students will enter the commons through the main entrance according to their designated time

02

- During check in, students will be taken to their designated classroom by our PRO ambassadors

03

- Counselors will provide a presentation about high school procedures and expectations

04

- After counselor presentations students will be handed their schedules

05

- PRO ambassadors will take students on tours of the building

06

- Tours will end at the library so students can get their school issued device

THANK YOU FOR
COMING

Questions?

