

Forest Hills High School



Registration Handbook **2025-2026**

MISSION

Educate, Empower and Challenge

Vision

We meet the educational needs of all students, both in and beyond the classroom. We challenge each other to continuously improve. We are life-long learners. As empowered citizens, we are responsible and respectful leaders in the world. We reach our full potential.

Core Beliefs

- We are unique learners.
- All individuals can learn, want to learn, and are most successful when it is meaningful and relevant.
- High expectations of performance are expected of all; mistakes are inherent in learning.
- Clear learning goals are essential for successful learning.
- We learn best in a safe, healthy environment.
- Positive role models are necessary for continuous improvement.
- To be successful, Forest Hills School relies on support from staff, students, families and community.

Academic Expectations

- To assess the cultural, environmental, economic and political impacts of humans and their behavior on the world
- To read and write effectively
- To speak and listen effectively
- To analyze and evaluate sources critically and objectively
- To apply math skills in practical and theoretical situations
- To use the scientific method to solve everyday problems
- To be proficient in the use of information technology
- To demonstrate artistic knowledge and techniques
- To be physically fit and aware of healthy lifestyles

Social and Civic Expectations

- To make responsible personal choices and set appropriate goals
- To demonstrate teamwork and leadership skills
- To be an aware, contributing, and responsible citizen • To demonstrate respect and honor diversity

A. PURPOSE OF THIS BOOKLET:

This booklet gives course descriptions and prerequisites so parents and students can have a clear and definite idea of the courses that are offered at Forest Hills High School.

B. COURSE SELECTION:

Students are asked to take full advantage of their high school years. We recommend that they not choose an assortment of easy courses that add up to the barest minimum or basic diploma requirements. We recommend that students select courses that challenge their abilities and are in the area of their interests.

Students should ask themselves what they want to be prepared to do when they graduate. Pertinent questions they should ask themselves are:

1. Do I want to prepare for a specific occupation?
2. Do I want to continue my education beyond high school?
3. What kind of career do I want?

When choosing a course, **note carefully the prerequisites**, the course descriptions, and the objectives of the course. Consult with your parents, your teachers, the Guidance Counselor, or the Principal before you make your final choice.

C. ADDING & DROPPING CLASSES/CHALLENGING COURSES:

Classes may be added or dropped for the first ten days of the school year. At that point, students should have their schedules established. If any student wants to change their classes after this, they MUST have permission from the principal and be carrying six credits.

D. GRADUATION REQUIREMENTS-BASED ON M.S.A.D. #12/R.S.U. #82 POLICY – IKF

Learners must meet the following requirements to receive a high school diploma:

Credits	Subject	Courses Required
4	English	Literature and Composition American Lit. and Comp. British Lit. and Comp. Senior English
4	Social Studies	Culture & Globalization, Gov't/Civics, Personal Finance, US History
3	Math	
2	Science	One lab science
1	Fine Art	
1	Computer Science	Microsoft Applications
1.5	Physical Education	
.5	Health	
1	Career and College Prep	
5	Electives	

*Students planning to gain admission to a 4-year college are urged to take at least 2 years of a foreign language.

**Foreign language courses are taken online and independently and are available for students in grades 10-12.

****Students** opting to participate in a minimum of 40 hours of approved community service will earn .5 of an elective credit, up to 1.0 credit for 80 hours of approved community service.

*****Students** receiving Special Services may be registered in equivalent courses to meet graduation requirements as identified in their Individual Education Program (IEP).

Transcripts of students that have been previously enrolled in a proficiency-based system of learning, students transferring to Forest Hills High School, students that have completed college level course work, previously home-schooled students and students that have completed other forms of alternative high school programming will be evaluated by the Principal to identify and verify equivalent courses that match R.S.U. #82/M.S.A.D. #12 required courses. Following the transcript review, the principal will award credit accordingly. If a student/parent does not agree with the Principal's credit determination, an appeal may be made to a three member review committee consisting of the Superintendent, the Guidance Counselor, and one high school faculty member. The finding of the review committee is final.

A student who has met the R.S.U. #82/M.S.A.D. #12 graduation requirements in fewer than four years of high school may be awarded a diploma. (See Policy IKFA)

Students are eligible for extended years of study to complete the requirements of a diploma if they have not yet reached the age of twenty (20) at the start of the school year. Extended study for students with disabilities shall be specified in the student's Individualized Education Plan (IEP).

A Forest Hills High School student who satisfactorily completes the freshman year in an accredited degree granting institution of higher learning is eligible to receive a diploma from R.S.U. #82/M.S.A.D. #12.

E. GRADE REPORTING:

The basis for grading student performance is the teacher's evaluation of the quality of student work in a given subject. A student must achieve at least a 70 in order to earn credit for a subject. Letter grades correspond to the following numerical grades, which are used for permanent records and transcripts.

A=93-100 B=85-92 C=77-84 D=70-76 F=0-69

Rank cards and progress reports are both sent home four times each year. In addition, parent-teacher conferences are held twice each year. Please note the dates for these reports listed on the school calendar. Parents and teachers should communicate with each other regularly to keep on top of what is going on in the classroom.

At the end of each ranking period, an honor roll is published recognizing those students who have done exceptional work during the previous quarter. The honor roll is divided into High Honors for those students earning 93 or better in all subjects and Honors for those earning 85 or better in all subjects.

Any student with an INC in any class is not eligible for either status for any quarter. Also, to be considered, a student should be carrying at least 5 regular courses. Anyone with more than 4 absences that are not excused are not eligible for the Honor Roll.

PL 1991, Chapter 248 of the Maine Revised Statutes states: "When grades are given for any course of instruction offered by a school, the grade awarded to a student is the grade determined by the teacher of the course and determination of a student's grade by that teacher, in the absence of clerical or mechanical mistake, fraud, bad faith, or incompetence, is final."

F. CLASS RANK:

Each student's rank in his/her class is widely used by colleges in making admission decisions.

Numerical values are assigned to final grades according to the schedule listed below. These are used to compute a student's class rank and are based on the relative difficulty of the courses taken. The total number of courses taken also affects class rank.

Course Level	93-100	89-92	85-88	81-84	77-80	70-76
General	4	3.5	3	2.5	2	1
College Prep/Honors	5	4.5	4	3.5	3	2.5
AP/College Course	6	5.5	5	4.5	4	3.5

Students who repeat a class for any reason will receive the higher of the two final grades calculated in their G.P.A. Both course attempts will appear on the student's transcript, however.

COURSE DESCRIPTIONS

*Not all courses offered every year

ENGLISH

Literature and Composition (9th) General 1 Credit

This course focuses on the study of literary genres and informational texts. Students develop an initial understanding of both the structure and the meaning of a literary work and explore the effect of the literary form in regard to interpretation. Students will also read across the curriculum to develop academic and personal interests in different subjects. In conjunction with reading skills, students will demonstrate competency in a variety of writing genres: argumentative, informational/expository, and narrative. They will also engage in research, timed writing, and the writing process. Instruction in language conventions will occur formally and within the context of reading, writing, and speaking, rather than in isolation. Students will also demonstrate an understanding of speaking and listening for a variety of purposes.

American Literature and Composition (10th) General 1 Credit

This course is a survey of American Literature from the Colonial Period to the Modern Era. It builds upon the 9th Grade Literature and Composition course through a focus on the acquisition of higher-level reading, writing, speaking, listening, and language skills. This course focuses on the study of American literature and informational texts, writing modes and genres, and essential conventions for reading, writing, and speaking. Students will read a variety of informational and literary texts in all genres and modes of discourse. In addition, students will read across the curriculum to develop their academic and personal interests in different subjects. While expository writing is the focus in American literature, students will also demonstrate competency in argumentative and narrative genres. They will also engage in research, timed writing, and the writing process. Instruction in language conventions will occur within the context of reading, writing, and speaking. Students will also demonstrate an understanding of speaking and listening for a variety of purposes.

British Literature and Composition (11th) General 1 Credit

This course is a survey of British Literature from the Anglo-Saxon Period to the present. It builds upon the American Literature and Composition course and focuses on literature and informational texts, writing modes and genres, and essential conventions for reading, writing, and speaking. Students will develop an understanding of chronological context and the relevance of period structures in British literature. They will also develop an understanding of the ways the period of literature affects its structure and how the chronology of a work affects its meaning. Students will encounter a variety of informational and literary texts and read texts in all genres and modes of discourse. They will also read across the curriculum to develop their academic and personal interests in different subjects. While the continued focus is expository writing in British literature, students will also demonstrate competency in argumentative and narrative genres. Students will engage in research, timed writing, and the writing process as well as develop an understanding of the impact that technology has on writing. Instruction in language conventions will occur within the context of reading, writing, and speaking, rather than in isolation. Students will also demonstrate an understanding of speaking and listening skills for a variety of purposes

Senior English General 1 Credit

Senior English focuses on the study of literature through various genres of diverse times and places. Composition focuses on developing and extending writing for purposes that extend into post high school academics and life. The critical study of language emphasizes how context influences the structure, meaning, and use of language. The culmination of this course will be a portfolio demonstrating understanding the various aspects of the written and spoken language. ***Prerequisite: Student must have completed Literature, American Literature, and British Literature or have permission from instructor and administrator.**

Select Topics in English (11th and 12th) General (Elective) 1 Credit

This course allows students to explore various aspects of reading and writing and apply them to real-world experiences. Students choose a year-long project to study and development English Language Arts skills. Projects include, but are not limited to, blogging, podcasts, journalism for the local paper, or creative writing. ***Prerequisites: Must be a junior and have successfully completed Literature and Composition and American Literature and Composition; or with permission of the instructor and principal.**

SOCIAL STUDIES

Social Studies comprise that area of human knowledge and experience that pertains to man as a social being. It leads the student to a clearer understanding of how historical forces, environmental factors, political institutions and the accumulation of human experiences through the centuries is essential background for intelligent citizenship. As a consequence, the social sciences are critical to the survival of democracy. Courses are designed to assist all students in their development of self-identity toward the end of becoming contributing citizens.

Culture & Globalization General (Required) 1 Credit

This course is for incoming Freshmen and has been specifically designed for this group of students with the understanding that in addition to Content, heavy emphasis will also be placed on direct instruction of Forest Hills' *Habits of Mind* goal setting and introducing students to the use of *Complex Reasoning Processes*.

Curriculum for this course includes daily current event discussion, aspects of culture (with strong focus on the major world religions), cultural perspectives, contemporary conflict and impacts of globalization.

<u>United States History</u>	<u>General (Required)</u>	<u>1 Credit</u>
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In this course, the primary content will focus on the study of several time periods from Antebellum to the Cold War and explore the concepts of turning points, diplomacy and short and long term effects of war. Themes of US Reform and their impacts on both past and current day will also be addressed. This course will include a semester-long project on a topic of individual student choice. Opportunities will be provided throughout the course to develop inquiry skills by gathering and organizing information from primary source material and a variety of historical and contemporary sources, accounts, and documents.

<u>American Government</u>	<u>General (Required)</u>	<u>1 Credit</u>
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This course provides a framework for understanding the nature and importance of responsible civic participation and for learning the rights and responsibilities of individuals in a democracy. Constitutional principles, structure and the processes of the legislative, executive, and judicial branches are examined. In addition to the election process, students will also be drawing conclusions about the impact of political parties upon our system of government. Students will demonstrate an understanding of other major world systems of government and their impacts, as well as the relationship of American government to world affairs.

<u>Economic Systems (when offered)</u>	<u>General (Elective)</u>	<u>1 Credit</u>
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This course provides a study in which students learn the fundamental concepts of economics. Students will gain a general understanding of how economic systems work and the role they play in society. We will examine the 3 types of economic philosophy; however, our primary focus in class will be on America's free market system. Economic Systems includes lessons such as: allocation of scarce resources, satisfying consumer wants (supply & demand), entrepreneurship, boom & bust cycles and economic indicators.

<u>Personal Finance</u>	<u>General (Required)</u>	<u>.5 Credit</u>
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This course is taken during a student's Senior year and was specifically designed with the intention of providing graduating students with an understanding of money management skills. The class involves extensive lessons in the skill of budgeting and financial planning by examining multiple factors that contribute to decisions related to personal spending and saving. In addition to other assignments and tools of assessment, students will primarily be engaged in a semester-long simulation project.

<u>Public Speaking</u>	<u>General (Elective)</u>	<u>.5 Credit</u>
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Students will have an opportunity to gain skill, confidence and fluency in public speaking and learn how to structure informative, persuasive, and impromptu messages. Students will practice evaluation of speech content, delivery and style of speeches as well as prepare and deliver each of these 3 types of speeches. This elective is recommended for students who intend on attending college.

<u>Select Topics in Social Studies</u>	<u>General (Elective)</u>	<u>.5 Credit</u>
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This course allows students to explore other areas of the Social Sciences. With the guidance of the instructor, students choose a plan of focus for the year and participate in various projects and activities to further develop the skills and knowledge of Social Science.

<u>History Through Art and Music</u>	<u>General (Elective) OR Art Requirement</u>	<u>1 Credit</u>
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This course examines world history through art and music in social studies. Students will work with their instructor to gain an understanding of various historical time periods using the art of those periods. Students will engage in class discussions and hands-on art projects to further their understanding of history and art.

***This course may be taken as an Elective or as a student's Art Credit requirement.**

MATHEMATICS

Courses offered in mathematics seek to develop skills and knowledge, which aid in analyzing and solving problems in a wide range of mathematical areas. Emphasis is placed on active student participation in all parts of the work. Other goals include the development of logical and critical thinking and precision in the use of language and symbols.

Students anticipating the study of science, mathematics, or engineering in college should include at least four credits in mathematics during their high school preparation. Four-year colleges of business typically require at least three credits in mathematics.

IN ALL MATHEMATICS CLASSES, THE FOLLOWING WILL APPLY:

Use of the computer and TI-83 or equivalent graphing calculators will be provided and will be incorporated into the course wherever possible. Considerable out-of-class preparation will be expected. **All students are expected to have their own scientific calculators.**

<u>Pre-Algebra</u>	<u>General</u>	<u>1 Credit</u>
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Pre-Algebra is an introduction to basic algebra concepts. This class will review the basic operations of arithmetic on whole numbers, fractions, percentages and decimals. Students will learn to recognize and generate equivalent expressions and solve single-variable equations and inequalities. Pre-Algebra also includes an introduction to Geometry and right triangles.

<u>Algebra I</u>	<u>General</u>	<u>1 Credit</u>
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Algebra 1 is the basic course necessary for future work in mathematics and the more rigorous science courses. This is a fast-paced course for highly motivated students who have mastered the basic skill areas in fractions, decimals, and signed numbers. The content of this course includes the study of sets, graphing, functions, the fundamental operations with algebraic numbers, factoring and techniques in the solution of word problems.

<u>Geometry</u>	<u>General</u>	<u>1 Credit</u>
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Geometry, while building a knowledge of the relationships among plane and solid figures, develops an understanding of the deductive method of reasoning. It also provides an opportunity to use and strengthen algebraic skills and to gain some knowledge of the way in which algebra and geometry complement each other. Geometric constructions with compass and straightedge, as well as mensuration formulas will be developed. A thorough knowledge of Algebra 1 is essential for success in this course.

<u>Algebra II</u>	<u>General</u>	<u>1 Credit</u>
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Algebra II will continue to develop the skills gained in Algebra 1 and Geometry. Included in this course is a review of factoring, inequalities, graphing and functions, linear and quadratic equations.

<u>Technical Math</u>	<u>General</u>	<u>1 Credit</u>
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The General Mathematics course introduces fundamental math concepts. The topics include whole numbers, operations on whole numbers, fractions, decimals, ratios, rates, and proportions. The focus is on learning the computational procedures and then applying the skills to problem solving in applications. These topics set the stage for the study of percents, measurement conversions, finding dimensions in geometry, computing statistics, and solving algebraic equations.

<u>Statistics</u>	<u>College Prep</u>	<u>1 Credit</u>
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Statistics reviews the use of graphs to display data including histograms, stem and leaf plots, box and whisker plots and calculating to describe data using mean, median, mode and standard deviation. Students will calculate the probability of simple and compound events. Statistics will use projects and hands-on activities as it applies. Students will learn to explore and evaluate the validity of published data and reports.

<u>Trigonometry</u>	<u>College Prep</u>	<u>.5 Credit</u>
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Only well-motivated students should choose this course. The content of this course will begin where we leave off in Algebra II and continue through quadratic equations and functions, systems of equations, analytic geometry, trigonometric functions, circular functions and their graphs, trigonometric identities and equations, solutions of triangles, vectors polar coordinates and logarithms.

<u>Pre-Calculus</u>	<u>College Prep</u>	<u>.5 Credit</u>
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This course is designed to provide the student exposure and foundational skills in calculus in sciences, social sciences and business applications. Topics to be introduced include limits and derivatives of functions, definite and indefinite integrals, simple differential equations, and applications of these techniques in solving related rates of change, optimization, volumes of revolution, and exponential growth. Students are required to have a graphing calculator for this course.

<u>Calculus</u>	<u>College Prep</u>	<u>1 Credit</u>
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This calculus course is designed to give the student the skills to use calculus in sciences, social sciences and business applications. It provides an excellent foundation for further work in calculus. Topics to be studied include limits and derivatives of functions, definite and indefinite integrals, simple differential equations, and applications of these techniques in solving related rates of change, optimization, volumes of revolution, and exponential growth. Students are required to have a graphing calculator for this course. **By permission of Instructor.**

<u>Business Math</u>	<u>General</u>	<u>1 Credit</u>
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This course will cover managing your money, spending wisely, making money grow, and general business mathematics skills. This course is developed to students make informed business and financial decisions upon graduation from high school.

SCIENCE

Science is the study of everything around us as well as the inner workings of ourselves. Throughout high school, students will learn to solve problems with scientific inquiry and the scientific method as well as gain insight into problems affecting our health and the world around us. Skills learned in the core science courses can be applied to daily life and our behaviors outside of school. Problem solving and investigation are key skills learned throughout the science curriculum.

Most college courses require two to three units of laboratory science courses whereas some colleges require specific science courses. The courses below are listed as general science (required for graduation) and beyond graduation (not required for graduation). It's suggested that students thinking of attending college for any major should take Chemistry as a beyond graduation course. If students are specifically interested in a science career it's suggested that at least one science investigations course is taken in addition to chemistry.

Biology (Laboratory Science): **General** **1.5 Credit**

Biology is the study of living things, beginning with their interrelationships in ecosystems and the progressing to cell structure, function, and utilization of energy. Students will also focus on the study of heredity and genes. Evolutionary Relationships follow and are explored through adaptation, classification, and the study of microorganisms. Life functions of Organisms combine all the previous studies and knowledge of Biology with studies of systems developing from simple animals to complex animals.

Earth Science **(when offered)** **General** **1 Credit**

Students will gain a basic understanding of earth and outer space. Topics will range from the formation of our universe, galaxies and solar systems, to the formation of Earth and its geologic processes. Students will also learn techniques used to study earth (paleoecology, geology, and archeology) and the universe (astronomy).

Environmental Science **General** **1 Credit**

Students will cover topics dealing with environmental issues including but not limited to invasive species, pollution, climate change, genetic engineering, and agriculture). Information from both biology and earth science will be applied in this course.

Physics **College Prep** **1 Credit**

(Prerequisite: Algebra 1) Students will investigate laws governing our daily lives and apply math skills. Topics covered will range from velocity and acceleration to electricity and magnetism.

Chemistry (Laboratory Science): **General** **1.5 Credit**

(Prerequisite: Algebra 1) Students explore the fundamental principles of chemistry which characterize the properties of matter and how it reacts. Computer-based and traditional laboratory techniques are used to obtain, organize, and analyze data. Conclusions are developed using both qualitative and quantitative procedures. Topics include, but are not limited to: measurement, atomic structure, electron configuration, the periodic table bonding, gas laws, properties of liquids and solids, solutions, stoichiometry, reactions, kinetics, equilibrium, acids and bases, and nuclear chemistry.

Science Investigations (when offered): **General (Elective)** **1 Credit**

(Prerequisite: 3 General Science Courses or permission of instructor) Students will apply targets covered in previous science courses by investigating a science topic of their choice. Students can decide to investigate targets previously covered or use the targets covered in the science curriculum to investigate a new topic further. By the end of the course

students will produce a written report (research paper), poster to be presented to the school/town, and possibly (depending on the desired project) a tangible product. Targets from other courses such as Art, English, Microsoft Applications, Math, and History can be applied in in this class. Example topics of investigation:

- Agriculture/Horticulture
- Botanical/Organism illustration • Ornithology, entomology, botany, etc.
- Nutrition and the human body
- Natural history
- Personal Fitness

<u>General Science</u>	<u>General</u>	<u>1 Credit</u>
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In this course, foundational skills in biology, chemistry, earth science, environmental science and physics topics will be explored. Students completing this course will gain the foundational skills necessary to enroll in all other science courses. This course is recommended for students with a desire to learn more about how science impacts their daily life.

ADMINISTRATIVE/ CAREER/ TECHNOLOGY EDUCATION

<u>Business Management</u>	<u>General (Elective)</u>	<u>1 Credit</u>
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This course is designed for a student planning to own a small business or be a business administration major in college. Using a realistic framework, all aspects of owning your own business are examined in detail including academic skills, management concepts and practices, and personal traits of entrepreneurs. Students learn to identify, develop, and apply their attitudes, abilities, skills, and goals in the most effective way. Topics covered in the course are planning a new enterprise, budgets, sales, marketing plans, financing, and accounting for small businesses. Each student will use word processing and spreadsheet software to complete a detailed business plan project. A business simulation will also be completed during the year.

<u>Microsoft Applications – 9th Grade</u>	<u>General (Required)</u>	<u>1 Credit</u>
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Students will first be introduced to the basic background and history of computers, followed by an overview of the basic features of MS WINDOWS and/or an updated version. The major components of MS OFFICE will be taught; namely WORD, POWERPOINT, and EXCEL. Students will work within a structured, supervised program in a computer lab environment, where each computer user will learn, practice, apply, demonstrate and produce numerous challenging exercises, activities and projects with the classroom teacher assuming the role as program facilitator and guide.

<u>Coaching Principles & Athletic Safety</u>	<u>General (Elective)</u>	<u>1 Credit</u>
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Description: All units of study offered through this course are authorized by the National Federation of State High Schools Association (NFHS) and include: First Aid, CPR, Fundamentals of Coaching, Sportsmanship and Concussions in Sports. After successful completion of Coaching Principles & Athletic Safety. (Students will have the opportunity to earn national certifications issued by NFHS.)

In this course, students will focus on the following topics:

1. Heat illness prevention
2. Sportsmanship
3. Concussion management
4. Cardiac arrest

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| Athletic Management (Part 1) | General (Elective) | 1 Credit |
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Athletic Management (Part 2) PRE-REQUISITE, Part 1 **General (Elective)** **1 Credit**

After successful completion of Athletic Management, Parts 1 AND 2, students will have the opportunity to earn National Certifications.

Accounting I	General (Elective)	1 Credit
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1. Beginning vocational preparation for careers in accounting
2. Accounting knowledge and skill needed for careers in related business fields
3. A foundation on which to continue studying business and accounting at the collegiate level.

Criminal Justice College (Elective) Dual Credit Course 1 Credit (FHS/CMCC)

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the three primary components which comprise the criminal justice system: law enforcement, adjudication, and corrections. Juvenile justice and its purposes and goals will also be discussed.

Forensics **College (Elective) Dual Credit Course** **1 Credit (FHS/CMCC)**

Description: This course introduces students to the field of forensic science. The scientific techniques utilized by forensic scientists, forensic technicians and law enforcement personnel will be discussed and examined. Students will be introduced to the concept of how forensic science applies to the larger criminal justice field and what potential areas of employment and public service are available.

Sociology **College (Elective) Dual Credit Course** **1 Credit (FHS/CMCC)**

Description: This course is an introduction to the study of the influences of social and cultural factors on human behavior. Among topics discussed are: culture; conformity/non-conformity; equality/inequality of different races, sexes, and ages; social institutions; group processes; and how change occurs in society.

Careers **General (Required)** **1 Credit**

This course is required for all 2nd year students.

This course will offer students greater self-knowledge, enabling them to make their own best decisions about their future. Key components of this class will include learning the basic goals of goal setting and decision making, recognizing and using mentors, dealing with rejection and overcoming irrational fears about the future. This class will prepare students for life beyond high school.

Teacher's Aide **General (Elective)** **1 Credit**

This one-credit course enables students wishing to enter the field of education the opportunity to work directly in our elementary school. Daily responsibilities will be under the direction of a classroom teacher. This course is PASS/FAIL and may be taken once during a student's junior or senior year for credit. *Course Instructor Principal

Food Service Aide **General (Elective)** **1 Credit**

This one-credit course enables students wishing to enter the field of food service the opportunity to work directly in our kitchen. Daily responsibilities will be under the direction of the food service director. This course is PASS/FAIL and may be taken once during a student's junior or senior year for credit. (Students must be 17 years of age) *Course Instructor Principal

PHYSICAL EDUCATION/HEALTH

Physical Education **General (Required)** **1 Credit**

Students will participate in many different games and activities to enhance their learning of the importance of lifelong fitness. They will engage in activities requiring teamwork along with games requiring individual skill and effort. Areas of focus will be: Life-Long Fitness as well as Skill related Fitness, which includes catching, striking, throwing, dodging, fleeing and kicking games. Students will participate in games such as Soccer, Basketball, Baseball/Softball, Ultimate Football, Ultimate Frisbee, Handball, Volleyball and many more.

Physical Education/Health General (Required) .5 PE/.5 Health

In addition to participating in many different games and activities to enhance learning the importance of lifelong fitness, students will be introduced to many health and wellness topics such as Nutritional Health, Mental Health, Healthy Relationships, Food Preparation and Safety, and Prevention of Tobacco and Drug use. They will learn about the effects of Alcohol, especially during pregnancy. Topics will be covered regarding Reproductive Health and the prevention of both Communicable and Non-Communicable disease. In addition, students will learn about how diet and exercise promote lifelong fitness.

ART

American School Online Art Courses General (Elective) 1 Credit

Forest Hills schools offers various online art courses through *American School*. Our school counselor will work with you to select the best course to fit your needs. All online art courses are paid for by the school and monitored and reported quarterly as are all in-person classes. **Students taking American School Art courses will be provided with a guideline of what considers a student as being “on pace” in the course. Students determined “behind pace” or are failing at the close of a grading period will be considered ineligible for extracurricular participation purposes.**

Digital and Print Media General (Elective) OR Art Requirement 1 Credit

Through the exploration of digital and print media, students will work to develop various projects using writing, graphic arts, and journalism. In addition to creative arts, students will produce the school yearbook cover, design and print various fliers and advertisements, and create news articles for publication in various digital and print settings.

***This course may be taken as an Elective or as a student’s Art Credit requirement.**

Artistic Expression Thru Film (I & II) General (Elective) OR Art Requirement 1 Credit

This course will teach students the basics of photography, camera functions, video editing, media analysis, and filmmaking. Students will work individually and in groups to write, shoot, and edit their own projects. Sample student projects during the semester include PSA’s, commercials, short films, music video, and news stories. Selected videos are screened during class throughout the semester to enhance the critique process. ***This course may be taken as an Elective or as a student’s Art Credit requirement.**

WORLD LANGUAGE

Two or more years of a World Language is highly recommended for college applications. World Language classes are counted as beyond graduation requirements.

If the District does not offer French or Spanish, the District will fund up to three years of the same language for a student to take said language course per MRSA 20-A 5204 Insufficient courses: time limitations. If the secondary school does not offer 2 approved foreign language courses, then its students

may attend another secondary school approved for tuition purposes to take the language courses provided that:

- The receiving school accepts tuition students;
- The students meet the qualifications for attending their own secondary school; and
- The students have notified **their own school administrative unit by April 1st, before the start of each school year**, that they wish to take the foreign language not being offered by their school administrative unit. **Their school administrative unit shall notify them on or before July 15th** of that year when the language course will be offered in the next school year.

These courses will be offered through the American Schools online program at the district's expense. If a student wishes to study any language other than French or Spanish, it will be at their own expense. More information can be found at <http://www.americanschoolofcorr.com/rosetta-stone>

<u>French I</u>	<u>General (Elective)</u>	<u>1 Credit</u>
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As an introductory language course, students can expect to learn basic vocabulary and grammar structures. Students will be required to perform skills such as reading, speaking and writing in the French language. Also, students will be exposed to other aspects of the Francophone world such as components of culture and geography in this course. Students will be engaged in various individual and group activities throughout the year.

LIBRARY SERVICES

<u>Library Services</u>	<u>General (Elective)</u>	<u>1 Credit</u>
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There are dual purposes in offering the Library Services Class. One purpose is to expand library services by creating a well-trained staff. The second is to expand the knowledge and library experience for participating individuals.

Class Requirements and Grading

Participants will learn circulation: Sign-out, carding and shelving, audio/visual, Destiny, and online searching. Training starts first quarter and will be maintained all four quarters.

Participants may also assist with the elementary library class (one period per day) by helping the students find and check out book as well as assistant in any activities led by the librarian. The time commitment of this class amounts to one period per day.

ALTERNATIVE COURSE OFFERINGS

Currently Forest Hills Consolidated School offers the following sources for course content, education and credit. These alternative sources range from long distance mail-in supervised coursework, Adult Education and computer/internet-based curriculum. These resources are identified as follows:

1. **Advanced Placement for All--** Offered by the Maine Department of Education, AP4ALL provides online Advanced Placement courses free of charge. Students who participate in AP4ALL are taught by Maine certified teachers having had their courses approved by the College Board. The 34 subjects available are:
English
Language, English Literature, U. S. History, World History, Government and Politics, Comparative,

Government and Politics United States, European History, Human Geography, Macroeconomics, Microeconomics, Statistics, Art History, Studio Art 2-D Design, Studio Art 3-D Design, Studio Art Drawing, Biology, Environmental Science, Chemistry, Physics B, Physics C Electricity and Magnetism, Physics D Mechanics, Calculus AB, Calculus CD, Computer Science A, French Language and Culture, Chinese, German, Italian, Japanese, Latin, Spanish, Music Theory, Psychology. Please go to <http://www.ap4all.org/courses/> for full course descriptions.

There is also a Dual Enrollment Program with UMFK which allows a student to take Advanced Placement courses and earn college credit. For more information go to http://maine.gov/doe/ap4all/dual_enrollment/index.html

2. **Early college opportunities--** Students in the state of Maine are allowed to take up to 12 credits of college courses during their junior and senior years. The Maine Department of Education funds many of these opportunities. Some programs available include:

The University of Maine, Orono's Early College For ME program which offers college courses online and free of charge except the cost of books

OnCourse for College – early college programs at Maine's Community Colleges and Universities

- **Kennebec Valley Community College** offers a tuition-waiver program where students only pay a minimal fee for online or live courses plus the cost of books
- **UMPI, UMM and UMFK** all offer online classes for students through the tuition waiver program at reduced cost plus the cost of books.
- **UMF, USM and UMA** all offer students live college courses through the tuition waiver program at reduced costs plus the cost of books

3. **Embark-** The State of Maine Community College system sponsors the **Embark** program which offers high school seniors opportunities for college support through the financial aid and enrollment process. Students participating in the program are eligible for a scholarship through the community college system. There are a limited amount of slots available.

*College courses are taken online and independently.

*College courses may not be substituted for Forest Hills required coursework

*College courses may count as elective credits and will be factored into class rank and GPA

4. **Correspondence Courses-** **The American School** offers traditional long-distance mail-in courses which the student pre-pays for. See principal or student data coordinator for details.

UNIVERSITY OF MAINE SYSTEM **STATEMENT OF COLLEGE READINESS**

Parents and Students,

The University of Maine System is committed to ensuring that every student who aspires to attend one of Maine's public universities graduates from high school is prepared to meet the challenges of college level work.

To that end, the Chief Academic Officers of the System have identified the high school course of study that best prepares graduates for success in college. While the seven campuses have different criteria for admission and placement, they all share a common understanding of what comprises an optimal, college-ready high school transcript. Students who succeed in college and graduate on time usually have the following high school preparation in the core academic areas:

- Four years of English courses that incorporate a variety of texts (fiction, non-fiction, essays, memoirs, journalism) and that emphasize expository and analytic writing skills.
- Four math courses that include at least Algebra 1 and 2, Geometry, Trigonometry or Pre-Calculus taken as separate courses or as an integrated sequence of courses, and a 12th. grade college preparatory math course that provides a solid foundation in quantitative and algebraic reasoning. For those students planning to major in mathematics, science, or a technical or professional field that requires advanced math skills, a pre-calculus or calculus course is strongly recommended.
- At least three years of laboratory science—offered as either separate courses or as integrated core classes—that include the study of biology, chemistry, and physics. Science courses should emphasize the writing of technical reports and the quantitative representations and analyses of data.
- At least three years of history and social science courses that emphasize the reading of primary and secondary texts, the writing of analytic and expository essays, and the use of quantitative data and research findings.
- At least two years of study in a language other than English.

Forest Hills High School
2025-2026 Course Registration Form

Student Name: _____ Grade Entering: _____

<u>Period</u>	<u>Course</u>	Teacher Initials
Period 1		
Period 2		
Period 3		
Period 4		
Period 5		
Period 6		
Period 7		

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Principal Signature: _____ Date: _____