

LCHS COURSE GUIDE 2022-2023

La Center High School
P.O. Box 1780
La Center, WA 98629
Phone: 360-263-1700
Fax: 360-263-1705



Carol Patton, Principal
Daniel Ruiz, Associate Principal
Matt Cooke, Dir. of Athletics &
Extra-Curricular Activities
www.lacenterschools.org/lchs_homepage

<i>Course Requirements</i>	<i>LCHS Graduation Requirements</i>
English (9 English, 10 English, 2 credits English elective)	4
Mathematics (Algebra, Geometry, 1 credit Math elective)	3
Social Studies (US History, World History-Civics, CWP)	3
Science (Freshman Physics, Biology, 1 credit Science elective)	3
Career & Technical Education (Occupational)	1
Fitness/PE	1.5
Health	.5
World Language or Personalized Pathway	2
Fine Art (1 credit can be Personalized Pathway)	2
Elective	4
<i>Total Credits</i>	24

Class Changes

Student-initiated class changes will be confined to a period of five days after the beginning of each semester. A detailed process involving the signature of the parent, the teacher to be dropped, and the teacher to be added, as well as the principal and counselor's approval must be followed. Students who drop or withdraw from a class after the twelfth day that it is in session will be subject to a failing grade in that class.

Rules and Considerations

Students, in consultation with their parents and school counselor, are responsible for knowing and completing graduation requirements. Questions concerning requirements may be directed to the school counselor.

Report Cards/Progress Reports

Students and parents may access grades through Skyward. Please contact the high school office at 360-263-1700 for your login information.

Note:

Acceptance into most 4-year universities requires two or more years of a World Language.

Students seeking to participate in band, choir, or drama all four years of high school may be required to take on-line courses to create credit capacity. Please see a counselor for details.

***Those classes marked with an asterisk may also receive a Career & Technical Education/Occupational credit if connected to the High School and Beyond Plan.**



ENGLISH



Ninth Grade English

Open to Grades: 9

Length of Course: Full Year

Grad. Requirement: English

Prerequisite: None

Goals/Skills Developed: 9th grade English is a required course of all ninth graders (unless otherwise stated on an IEP). Students will acquire skills in the areas of: literary analysis, short stories, poetry, drama, novels, myth and legend, composition, vocabulary, studying, spelling, short story writing, thinking, nonfiction, reading, test-taking, writing research papers, letter writing, public speaking, and listening.

Assignments: Worksheets, quizzes, exams, composition, speeches, group projects.

Pre-AP Ninth Grade English

Open to Grades: 9

Length of Course: Full Year

Grad. Requirement: English

Prerequisite: 8th grade middle school English teacher's recommendation

Goals/Skills Developed: This course is strongly recommended for college-bound students who wish to expand their knowledge of literature and further develop their communication skills through literary analysis, discussion, and presentation. Although the curriculum will be essentially the same as that used for all ninth grade English classes, the depth and breadth of accompanying assignments and projects will be more independent as well as a project related to each. Independent reading (including summer reading) is also a part of the class.

Tenth Grade English

Open to Grades: 10

Length of Course: Full Year

Grad. Requirement: English

Prerequisite: 9th Grade English

Goals/Skills Developed: In 10th grade English, which is required of all sophomores (unless otherwise stated on an IEP), students will further refine the skills acquired in Ninth Grade English. In addition, students will expand their skills in critical thinking and further develop a variety of writing modes.

Assignments: Worksheets, quizzes, exams, compositions, speeches, questions, presentations and projects.

Pre-AP Tenth Grade English

Open to grade: 10

Length of Course: Full Year

Grad. Requirement: English

Prerequisite: 9th grade English teacher recommendation or see Ms. Grotte

Goals/Skills Developed: This course is strongly recommended for college bound students who wish to expand their knowledge of literature and further develop their communication skills through literary analysis, discussion, and presentation. Although the curriculum will be essentially the same as that used for all tenth grade English classes, the depth and breadth of accompanying assignments and projects will be more demanding. Students will be expected to read literary works independently (including summer reading) and to complete a project related to each.

Digital Design

Open to Grades: 10 - 12 (Limit of 15 students)

Length of Course: Full Year

Graduation Requirement: English Elective or Occupational Credit

Cost: You will need to provide your own transportation to school events and local businesses, and you must have an ASB card.

Prerequisites: Mr. Zylstra's permission. Strong writing skills are very important. Also, you are required to attend the spring yearbook meeting and complete the summer yearbook project.

Goals/Skills Developed: You will be designing, writing, and taking photos for the La Center High School yearbook. You will also sell and design business advertisements for the yearbook. It is really important for students to be able to set goals and work independently. You will be graded on your contribution to the class and your ability to do quality work in a timely manner.



ENGLISH



[Video Introduction to Literature of Survival](#)

Literature of Survival

Open to Grades: 11 & 12

Length of Course: Semester or full year

Grad. Requirements: English or Elective

Prerequisite: 9th Gr English & 10th Gr English

Goals/Skills Developed: Students will be reading, discussing, and writing about a variety of classic and contemporary novels based on a theme of adventure and survival. The assignments in this course will take the form of weekly journaling as well as several larger assignments. Authors will include Frank, Krakauer, Remarque, Ambrose, L'Amour, Shackleton, and others. In addition this traditional English class will be combined with experiential experiences via our school's challenge course.

Assignments: This will take the form of quizzes, exams, papers, and in-door and out-door projects.

Film Criticism

Open to Grades: 11 & 12

Length of Course: Full year

Grad. Requirement: English or Elective

Prerequisite: 9th and 10th Grade English

Goals/Skills Developed: Students will broaden their appreciation of the American cinema through an in-depth study of its development from the late 19th century through the 1990s. Along the way, students will learn about the art of filmmaking and the major developments in the American cinema. Attendance is a key element in this course because of the nature of the work.

Assignments: Quizzes, reading guides, group presentations, exams, creative projects and essays.

AP English Language & Composition

Open to Grades: 11 & 12

Length of Course: Full year

Grad. Requirement: English or Elective

Prerequisite: None

Goals/Skills Developed: AP English Language & Composition is an introductory college-level composition course. Students cultivate their understanding of writing and rhetorical arguments through reading, analyzing, and writing texts as they explore topics like rhetorical situation, claims and evidence, reasoning and organization, and style. It is expected that students enrolled in AP English Language & Composition will take the AP exam in May. Students earning a 3 or higher on the AP exam may earn college credit, depending on the college they choose. There will be a summer reading assignment prior to the class.

*NOTE: AP English Language and Composition will be offered alternating years in conjunction with AP English Literature & Composition. Students may complete both courses over two years.



ENGLISH



Novel & Short Story

Open to Grades: 11 & 12

Length of Course: Semester

Grad. Requirements: English or Elective

Prerequisite: 9th and 10th Grade English

Goals/Skills Developed: Students will be reading, discussing, and writing about a variety of significant American and English novels and short stories. The assignments in this course emphasize a close reading of the text and analysis of the novel or short story, using literary concepts and participation in class discussion concerning the works. Authors will include Orwell, Golding, Kingsolver, Cormier, Gaines, and Knowles.

Assignments: This will take the form of quizzes, exams, papers, and projects.

Literature of the Stage & Screen

Open to Grades: 11 & 12

Length of Course: Semester

Grad. Requirement: English or Elective

Prerequisite: 9th and 10th Grade English

Goals/Skills Developed: This one semester English elective focuses on exploring the elements of literature through reading, writing, and analyzing plays and screenplays. The class gives students an opportunity to connect with literature as active readers involved in the language of texts specifically created as blueprints for stage and screen performances. The assignments in this class range from creative writing projects to tests and essays. Works from Shakespeare, Tennessee Williams, Neil Simon, Edmond Rostand, and Jerome Williams are included.

World Myth 1 – Introduction to Mythology

Open to Grades: 11 & 12

Length of Course: Semester

Grad. Requirement: English or Elective

Prerequisite: 9th and 10th grade English

Goals/Skills Developed: In this course, we will begin by asking and exploring answers to the question: What is a myth? Then, using Greek and Roman mythology as a basis for exploration, we will look at the overall categories and topics of myth (cosmogony, creation, flood, apocalypse, hero, trickster, pantheons) as well as make connections between myth and culture. Students will also create their own imaginary worlds and use the categories of myth to write their own myths about this world. Finally, we will study the myths from North America, ancient Egypt, and Northern European (Norse.)

World Myth 2 – Myths Around the World

Open to Grades: 11 & 12

Length of Course: Semester

Grad. Requirement: English or Elective

Prerequisite: 9th and 10th grade English

Goals/Skills Developed: This course will build on the basic concepts of mythology learned in World Myth 1, which will be applied to myths from many cultures that we will study from around the world. These cultures include Asian, Indian, Oceanic, African, Islamic, Mesopotamian, Babylonian, Mesoamerican, South American, and Celtic. Students will also have an opportunity to conduct analytical research and create a presentation on a modern myth, tall tale or folktale of their choosing.



ENGLISH



Women's Studies 1

Open to Grades: 11 & 12

Length of Course: Full year

Grad. Requirements: English, US History or Elective

Prerequisite: None

Goals/Skills Developed: Women's Studies 1 is a class designed to look at the historical aspect of women's rights from 1700 - present. It will also examine women's issues of today such as equal pay, glass ceiling, cycle of violence, as well as many other topics. This class is designed to enhance student's understanding of the world outside of what they know.

Women's Studies 2

Open to Grades: 12

Length of Course: Full year

Grad. Requirements: English, CWP or Elective

Prerequisite: Seniors who have completed Women's Studies 1.

Goals/Skills Developed: Women's Studies 2 looks at current issues through the eyes of women. Newspapers, magazines, poetry, novels and guest speakers will allow students to understand the current national and international roles and struggles of women. This class will also undertake a service project to give back to the community as well as follow all other guidelines required by CWP classes.

*Environmental Studies

Open to Grades: 10 – 12 (9th with permission- see the Middle School counselor.)

Length of Course: Full year

Grad. Requirement: 1.0 credit each: English (9-12), Social Studies (US History, Geography-Civics or CWP) or Occupational or Elective **See counselors for clarification.*

Prerequisite: Letter of interest must be submitted (Emailed to Ms. Morris or submit on on paper).

Goals/Skills Developed: Ecology, communications, evaluating bias in media and policies, writing, research, critical thinking, mentoring younger learners, social studies, budgeting and cost analysis, community outreach, leadership, goal setting, plan creation, problem solving and plan implementation.

Why you should take this course: If you: prefer smaller classes, enjoy interactive projects and hands-on activities, enjoy being outdoors and working in a garden or along a creek, think about pursuing a job or career in the natural resources/ environmental sciences or teaching field, believe in a more integrated approach to learning, enjoy mentoring younger learners, prefer a direct connection between learning and the real-world and/or want to make a positive impact upon your school and community, ESC might be for you. This class serves to prepare students through academic rigor (good for college or future years of HS) as well as being active members in their community. ***Note:** Environmental Studies may be taken for 1 or more years.



MATH



Algebra I

Open to Grades: 9 - 12

Length of Course: Full Year

Grad. Requirement: Math

Prerequisite: None

Goals/Skills Developed: This course introduces students to the basic elements of Algebra. Students are provided with a “consumable” textbook that will provide opportunities for exploration in connection with direct instruction. There are links to online video tutorials as an additional resource.

Topics covered in this course will include: Equations, Inequalities, Functions, Linear Functions, Systems of Equations and Inequalities, Exponents and Polynomials, Factoring Polynomials, Quadratic Functions and Equations, Exponential Functions and Data Analysis.

Algebra II

Open to Grades: 10 - 12

Length of Course: Full year

Grad. Requirement: Math

Prerequisite: Successful completion of Geometry with a C or better, or teacher recommendation.

Goals/Skills Developed: This course expands upon the student’s prior understanding of Algebra. Students are provided with a “consumable” textbook that will provide opportunities for exploration in connection with direct instruction. There are links to online video tutorials as an additional resource.

Topics covered in this course will include: Foundations for Functions, Quadratic Functions, Polynomial Functions, Exponential and Logarithmic Functions, Rational and Radical Functions, Properties and Attributes of Functions, Probability, Data Analysis and Statistics, Sequences and Series, Trigonometric Functions, Trigonometric Graphs and Identities and Conic Sections.

Geometry

Open to Grades: 9 - 12

Length of Course: Full year

Grad. Requirements: Math

Prerequisite: Successful completion of Algebra I with a C or better, or teacher recommendation.

Goals/Skills Developed: This course introduces students to the basic elements of Geometry. Students are provided with a “consumable” textbook that will provide opportunities for exploration in connection with direct instruction. There are links to online video tutorials as an additional resource.

Topics covered in this course will include: Foundations for Geometry, Geometric Reasoning, Parallel and Perpendicular Lines, Triangle Congruence, Properties and Attributes of Triangles, Polygons and Quadrilaterals, Similarity, Right Triangles and Trigonometry, Extending Transformational Geometry, Extending Perimeter, Circumference and Area, Spatial Reasoning and Probability.

Financial Algebra

Open to Grades: 11 & 12

Length of Course: Full year

Grad. Requirement: 3rd year Math credit

Prerequisites: Algebra I, Geometry or teacher approval.

Goal / Skills Developed: Financial Algebra is an advanced algebra course with practical applications of mathematical concepts. Students work together to problem-solve and draw connections between the various topics. Topics covered in this course will include: Stock Market, Modeling a Business, Banking Services, Consumer Credit, Auto Ownership, Employment Basics, Income Taxes, Independent Living, Retirement and Budgeting.



MATH



Pre-Calculus

Open to Grades: 11 & 12

Length of Course: Full year

Grad. Requirements: Math

Prerequisites: Successful Completion of Algebra II with a C or better, or teacher recommendation.

Goal/Skills Developed: This course builds upon all previous courses so that students will be prepared to meet the demands of AP Calculus.

Topics covered in this course will include:

Relations, functions, linear functions, polynomial functions, rational functions, trigonometric functions, exponential functions, logarithmic functions, inverses of functions, trigonometric identities, polar coordinates, complex numbers, limits, and an introduction to calculus.

Probability & Statistics

Open to Grades: 10 - 12

Length of Course: Full year

Prerequisite: Successful completion of Algebra II.

Goals/Skills Developed: Similar to AP Statistics, this course will focus on exploring data, planning a study, producing and analyzing models using probability theory, and making statistical inferences. More focus and time will be spent on probability theory and on simulations than in AP Statistics. This course will not cover all of the AP Statistics topics, but will serve as a thorough introduction to probability and statistics and their uses in our world.

Why you should take this course: Statistics has astonishing power to improve decision-making accuracy and test new ideas. It's a key analytical tool used in education, the social sciences, and business administration and is often a required college subject for majors in those areas. Statistics is used for data analysis in the sciences and forms the mathematical basis for quality control in manufacturing. In general, reasoning based on probability and statistics gives modern society the ability to cope with uncertainty.

AP Calculus

Open to Grades: 11 & 12

Length of Course: Full Year

Grad. Requirement: Math

Prerequisite: Successful completion of Pre-Calculus.

Goals / Skills Developed: This is a college level course in differential and integral calculus, equivalent to one semester of calculus at most universities. Topics include a review of functions, an introduction to limits and continuity, derivatives and their applications, definite and indefinite integrals and their applications, the Fundamental Theorem of Calculus, and an introduction to differential equations using slope fields. There is an emphasis on conceptual understanding and working with functions represented graphically, numerically, analytically and verbally. The TI-84 graphing calculator is used extensively in this course. It is expected that students enrolled in AP Calculus will take the AP exam in May. Students earning a 3 or higher on the AP exam may earn college credit, depending on the college they choose.



SCIENCE



Freshman Physics

Open to Grades: 9

Length of Course: Full Year

Grad. Requirement: Lab Science

Prerequisite: None

Goals/Skills Developed: This course is for all 9th grade students and satisfies one year of laboratory science which is required for graduation. Students will apply the study of forces, motion, energy, waves and their interactions to the earth, solar system and universe. Modeling and engineering design will be utilized in order to explore possible solutions to complex, real-world problems.

Biology

Open to Grades: 10

Length of Course: Full Year

Grad. Requirement: Lab Science

Prerequisite: Sophomore standing required or by teacher approval.

Goals/Skills Developed: This introductory life science course develops a conceptual understanding of the unifying principles of biology: ecology, evolution, continuity, development, homeostasis, energy, matter and organization. Students will develop proficiency in applying a scientific problem-solving approach while building reading comprehension and vocabulary. Various lab activities will be used to illustrate concepts.

AP Physics 1

Open to Grades: 11 & 12

Length of Course: Full year

Grad. Requirement: Lab Science or Elective

Prerequisite: Completion of Algebra II or teacher recommendation.

Goals/Skills Developed: AP Physics 1 is an algebra-based course in general physics. Topics presented closely follow those outlined by the College Board.

Six big ideas constitute the fundamental principles and theories of general physics. These big ideas are intended to have students think about physics as interconnected concepts rather than non-related topics. Students have the opportunity to think about these topics by participating in inquiry-based activities. They will spend less in a traditional formula-based learning environment and more time developing critical thinking and reasoning skills.

Big Idea 1: Objects and systems have properties such as mass and change. Systems may have internal structure.

Big Idea 2: Fields existing in space can be used to explain interactions.

Big Idea 3: The interactions of an object with other objects can be described by forces.

Big Idea 4: The interactions between systems can result in changes in those systems

Big Idea 5: Changes that occur as a result of interactions are constrained by conservation laws.

Big Idea 6: Waves can transfer energy and momentum from one location to another without the permanent transfer of mass and serve as a mathematical model for the description of other phenomena.



SCIENCE



Ecology

Open to Grades: 11 and 12

Length of Course: One semester

Graduation Requirement: Science Elective

Prerequisite: Biology

Goals/Skills Developed: In this class we will dive further into the study of how our natural world is connected and the impacts of human actions both positive and negative. This class will look at the following subjects from both a local (Pacific Northwest) and global perspective, life in an ecosystem, energy acquisition and usage, waste management (including recycling), different types of land management, food supply, and city development. Each unit will have a focus on career pathways and job requirements for that area of study. This class will have field trips to locations that will expand our knowledge and understanding of local ecological issues. This is a project and research based course that will require students to work in groups and independently. Participation in group discussions and group projects will be essential to your success in this class.

Why you should take this course: This course is a great option if you are curious about why there are so many different ways to manage resources. If you have ever questioned, “why does the Pacific Northwest use hydropower, but the East Coast doesn’t” or “why can’t we recycle all plastics”, then this is a great class for you. If you are interested in entering the fields of Environment Sciences, Ecology, Land Management, or you just want to explore careers involving natural resources, then this would be a great class for you! If you just need a balanced science course and are unsure of what you want to do when you get older, this class would be a great introduction to topics you might not know about.

[Video Introduction to Ecology](#)

Marine Biology

Open to Grades: 11 & 12

Length of Course: Semester

Grad. Requirement: Lab Science or Elective

Prerequisite: 2.0 credits of high school science

Goals/Skills Developed: This course is for students who are interested in developing an understanding of the basic concepts of Marine Biology. It is intended for students at all levels who are motivated to learn more about the oceans of the world and the organisms that live in them. The course is designed to include the study of the marine organisms of our own coastal area as well as others around the world. Laboratory activities will be an integral part of the course. The major areas of study will include: The World’s Oceans, Chemical and Physical Factors, Marine Plants, Marine Invertebrates/Vertebrates, Marine Ecology and Biomes.

Zoology

Open to Grades: 11 & 12

Length of Course: Semester

Grad. Requirement: Lab Science or Elective

Prerequisite: 2.0 credits of high school science

Goals/Skills Developed: This course will survey the biology and classification of invertebrate and vertebrate animals. Comparative physiology, development, behavioral and anatomical studies will be emphasized. Lab work will involve dissection.



SCIENCE



General Chemistry

Open to Grades: 11 & 12

Length of Course: Full year

Grad. Requirement: Lab Science or Elective

Prerequisite: 2.0 credits of high school science AND at least Geometry with a C or better

Goals/Skills Developed: The aim of this introductory chemistry course is to develop chemistry-literate and science-literate citizens by focusing on chemistry for life and citizenship. Each unit is centered on a chemistry-related societal issue or challenge, which provides a “need-to-know” for learning chemical principles. Laboratory, skill building, modeling, and decision-making are integrated into the curriculum as students’ progress toward a culminating project that addresses the unit’s societal issue or challenge.

Careers in Science

Open to Grades: 11 & 12

Length of Course: Semester

Grad. Requirement: Science elective

Prerequisite: Biology

Goals/Skills Developed: This course will cover careers science has to offer involving guest speakers, fieldwork, research, and a focus on women in science. This class will offer hands on field research experience in a variety of science careers. We will simulate careers by exploring the details of science jobs. We will venture on field studies, field trips and invite guest speakers to discuss the details of their fields of study. Some of the careers we will explore will be Wildlife Biologist, Fisheries Biologist, Aeronautical Engineer, Animal Behaviorist, Natural Resource Scientist, Forensic Scientist, and Botanist.

[Video Introduction to Careers in Science](#)

Anatomy & Physiology

Open to Grades: 11 & 12

Length of Course: Full year

Grad. Requirement: Lab Science or Elective

Prerequisite: 2.0 credits of high school science with a grade of C or better

Goals/Skills Developed: This is a two-semester course in which anatomy and physiology is studied with an emphasis on structure and functions of systems. A comprehensive, introductory overview of human anatomy and physiology including basic fundamental concepts of cell biology, tissues and organs making up the integumentary, skeletal, muscular, and nervous, endocrine, cardiovascular, lymphatic and immune, respiratory, digestive, urinary, and reproductive systems. Students will need to be able to access information from college-level reading material and participate in all dissections.

**NOTE: AP Biology will be offered alternating years in conjunction with Anatomy & Physiology.*



SOCIAL STUDIES



United States History

Open to Grades: 9-10

Length of Course: Full Year

Grad. Requirement: Required Social Studies

Prerequisite: None

Goals/Skills Developed: US History investigates America's colorful and rich past. Students will understand the fundamental principles of American politics and economics. This fundamental study will enable students to understand their role in American society. Students will have a greater appreciation and understanding of America's past in order to become informed citizens. This history class will focus on 20th century United States history, with a concentration on World War II and Vietnam.

AP US Government & Politics

Open to Grades: 10 - 12

Length of Course: Full year

Grad. Requirement: Civics or US History or Elective

Prerequisite: Instructor permission.

Goals/Skills Developed: AP Government and Politics is a college-level course that explores the political theory and everyday practice that direct the daily operation of the U.S. government and shapes our public policies. It will also provide the students with an analytical perspective on government and politics in the United States. This course includes both the study of general concepts used to interpret U.S. government and politics and analysis of specific examples. It is expected that students enrolled in AP Government and Politics will take the AP exam in May. Students earning a 3 or higher on the AP exam may earn college credit, depending on the college they choose.

Geography

Open to Grades: 10 - 11

Length of Course: Semester

Grad. Requirement: Social Studies Elective

Prerequisite: None

Goals/Skills Developed: Geographical perspective, world geography, ethnic cultures. In this course, students will learn about geography and the relationship people have to their natural and societal surroundings. This course will broaden your understanding of our local environment and that of people and conditions around the world. We will learn about how the environment impacts people and how people impact their environment through studies in geography.

World History

Open to Grades: 10 - 11

Length of Course: Semester

Grad. Requirement: Social Studies Elective

Prerequisite: None

Goals/Skills Developed: These main components are covered in World History:

Comparative Religion explores the three western monotheistic faiths of Judaism, Christianity, and Islam as well as the eastern faiths of Hinduism and Buddhism. Students will analyze the role religion has played throughout human history and into contemporary world issues.

European Imperialism and its political, economic, and cultural dimensions from the 1840s through the 1960s will be explored in another section.

People and Planet – Where things are located impact human societies, international trade and relations, as well as other lifeforms on our planet. This section looks at how people live around the world and how location and natural resources shape their culture, history and present way of life.

Civics

Open to Grades: 10 - 11

Length of Course: Semester

Grad. Requirement: Required Social Studies

Prerequisite: None

Goals/Skills Developed: Civics will examine important concepts including historical and philosophical foundations of our country's ideas about constitutional government, the creation of the Constitution, the Bill of Rights, the expansion of rights, and how the branches of government are organized.

Washington State History

Open to Grades: 10 - 12

Length of Course: Semester

Grad. Requirement: Required Social Studies

Prerequisite: None

Goals/Skills Developed: This class focuses on geography, natural, cultural, and political history, and the constitution, of Washington State. Students will analyze the role that Washington played in the 19th and 20th century development of our country. Lastly, they will analyze some of the current issues facing the state, and evaluate their impact on the future.



SOCIAL STUDIES



Women's Studies 1

Open to Grades: 11 & 12

Length of Course: Full year

Grad. Requirements: English, US History or Elective

Prerequisite: None

Goals/Skills Developed: Women's Studies 1 is a class designed to look at the historical aspect of women's rights from 1700 - present. It will also examine women's issues of today such as equal pay, glass ceiling, cycle of violence, as well as many other topics. This class is designed to enhance student's understanding of the world outside of what they know.

Women's Studies 2

Open to Grades: 12

Length of Course: Full year

Grad. Requirements: English, CWP or Elective

Prerequisite: Seniors who have completed Women's Studies 1.

Goals/Skills Developed: Women's Studies 2 looks at current issues through the eyes of women. Newspapers, magazines, poetry, novels and guest speakers will allow students to understand the current national and international roles and struggles of women. This class will also undertake a service project to give back to the community as well as follow all other guidelines required by CWP classes.

CWP (Contemporary World Problems)

Open to Grades: 12

Length of Course: Full Year

Grad. Requirement: Required Social Studies

Prerequisite: Senior Standing

Goals/Skills Developed: This course will be divided into two areas of focus. The first focus will be to study domestic issues facing the United States. The second part will examine international issues affecting the U.S. and the global community. An emphasis will be placed on the skills of communication, analysis, evaluation, and problem solving. Awareness of current events is mandatory.

*Environmental Studies

Open to Grades: 10 – 12 (9th with permission- see the Middle School counselor.)

Length of Course: Full year

Grad. Requirement: 1.0 credit each: English (9-12), Social Studies (US History, Geography-Civics or CWP) or Occupational or Elective **See counselors for clarification.*

Prerequisite: Letter of interest must be submitted (Emailed to Ms. Morris or submit on on paper).

Goals/Skills Developed: Ecology, communications, evaluating bias in media and policies, writing, research, critical thinking, mentoring younger learners, social studies, budgeting and cost analysis, community outreach, leadership, goal setting, plan creation, problem solving and plan implementation.

Why you should take this course: If you: prefer smaller classes, enjoy interactive projects and hands-on activities, enjoy being outdoors and working in a garden or along a creek, think about pursuing a job or career in the natural resources/ environmental sciences or teaching field, believe in a more integrated approach to learning, enjoy mentoring younger learners, prefer a direct connection between learning and the real-world and/or want to make a positive impact upon your school and community, ESC might be for you. This class serves to prepare students through academic rigor (good for college or future years of HS) as well as being active members in their community. ***Note:** Environmental Studies may be taken for 1 or more years.



WORLD LANGUAGES



Spanish I

Open to Grades: 9 - 12

Length of Course: Full year

Grad. Requirement: World Language

Prerequisite: None

Goals/Skills Developed: By actively participating in comprehensible input-based classroom activities, students will learn to listen and read with understanding, write and speak Spanish at the novice level. Students will be introduced to various aspects of Hispanic cultures to increase their awareness of other viewpoints.

Assignments: Daily assignments, ongoing review, quizzes, oral discussion, projects and exams.

Spanish II

Open to Grades: 10 & 12

Length of Course: Full year

Grad. Requirement: World Language

Prerequisite: Successful completion of Spanish I

Goals/Skills Developed: By actively participating in comprehensible input-based classroom activities, students will build upon and refine their listening, reading, writing and speaking abilities in Spanish. Students will be introduced to various aspects of Hispanic cultures to increase their awareness of other viewpoints, as they advance on their path toward proficiency.

Spanish III

Open to Grades: 11 & 12

Length of Course: Full year

Grad. Requirement: World Language

Prerequisite: Successful completion of Spanish I & Spanish II

Goals/Skills Developed: By actively participating in comprehensible input-based classroom activities, students will continue to build upon and refine their listening, reading, writing and speaking abilities in Spanish. Students will continue to explore various aspects of Hispanic cultures to increase their awareness of other viewpoints. More emphasis will be placed on independent learning, as students interact with texts of increasing complexity while advancing on their path toward proficiency.



WORLD LANGUAGES



German I

Open to Grades: 9 - 12

Length of Course: Full year

Grad. Requirement: World Language

Prerequisite: None

Goals/Skills Developed: In German I students will learn introductory German grammar, vocabulary, and pronunciation. Conversation will be a huge part of the class, helping to continually reinforce new German vocabulary and concepts. We will also touch on German, Swiss, and Austrian culture.

[Video Introduction to German](#)

German II

Open to Grades: 10 & 12

Length of Course: Full year

Grad. Requirement: World Language

Prerequisite: Completion of German 1

Goals/Skills Developed: In German II students will be acquiring the German language primarily through reading, writing, and storytelling. Students will enrich their vocabulary with the most commonly used words in the German language. They will gain a clearer understanding of German grammar as we tackle more intricate grammatical features. Students will also be responsible for creating German conversations and skits to show mastery of the vocabulary.

American Sign Language (ASL I)

Open to Grades: 9-12

Length of Course: Full Year

Grad. Requirement: World Language or Elective

Prerequisite: None

Goals/Skills Developed: This course is designed to provide students with the basic skills needed to communicate with Deaf people. Students will develop receptive and expressive skills in fingerspelling, acquire signs related to a variety of topics, and be introduced to ASL grammar and syntax. By actively participating in interactive, often 'voice-off' classroom activities, students will gain an understanding of communicating in this visual-gestural language at the novice level. Students will explore aspects of Deaf culture.

Assignments: Daily assignments, homework, ongoing review, quizzes, tests, projects, and interactive activities.

American Sign Language (ASL II)

Open to Grades: 10-12

Length of Course: Full Year

Grad. Requirement: World Language or Elective

Prerequisite: ASL I

Goals/Skills Developed: Students will build upon their prior levels of proficiency in this visual-gestural language, as they increase their receptive and expressive skills in fingerspelling, topical signs and knowledge of ASL grammar and syntax. Classroom environment will often be 'voice-off'. Students will participate in signed interactions, designed to prepare them to interact with Deaf people in a variety of school, work and social settings. Students will continue exploring aspects of Deaf culture, as they advance on their path to proficiency.

Assignments: Daily assignments, homework, ongoing review, quizzes, tests, projects, and interactive activities.



FINE ARTS



***Ceramics I**

Open to Grades: 9 - 12

Length of Course: Semester

Grad. Requirements: Fine Art or Elective

Prerequisite: None

Cost: \$10

Goals/Skills Developed: Students enrolled in this course engage in a series of assignments designed to explore various aspects of working with clay. Students will learn design and planning concepts specific to this media. Students are expected to attend classroom demonstrations and to participate actively in classroom discussions and critique sessions. Ceramic instruction will include hand building, slab construction, sculptural fabrication, and introduction

***Ceramics II**

Open to Grades: 9 - 12

Length of Course: Semester

Grad Requirement: Fine Art or Elective

Prerequisite: Ceramics I

Cost: \$10

Goals/Skills Developed: Students will engage in a deeper exploration, building upon skills learned in Ceramics I. Students will increase skills in design and planning concepts specific to this media. Students are expected to attend classroom demonstrations and to participate actively in classroom discussions and critique sessions. Ceramic instruction will include hand building, slab construction, sculptural fabrication and kiln firing and glazing techniques.

***Ceramics III**

Open to Grades: 10-12

Length of Course: Semester

Grad Requirement: Fine Art/Elective

Prerequisite: Ceramics II, C or better

Cost: \$10

Goals/Skills Developed: Students will more deeply build upon skills learned in their first year of ceramics courses. Students are expected to attend class and participate actively. Student work will be primarily self-driven as students will have a mix of assigned tasks to advance specific skills and studio work that is developed and designed entirely by the artist. This course requires self-discipline and artistic drive.

***Ceramics IV**

Open to Grades: 10-12

Length of Course: Semester

Grad Requirement: Fine Art/Elective

Prerequisite: Ceramics III, C or better

Cost: \$10

Goals/Skills Developed: Students will continue improving skills gained in Ceramics III. Students are expected to attend class and participate actively. Student work will be primarily self-driven, as students will have a mix of assigned tasks to advance specific skills and studio work that is developed and designed entirely by the artist. This course requires self-discipline and artistic drive.



FINE ARTS



***Drawing & Painting I**

Open to Grades: 9 - 12

Length of Course: Semester

Grad. Requirement: Fine Art or Elective

Prerequisite: None

Cost: \$10

Goals/Skills Developed: This course will explore the fundamentals of drawing and painting as a means of personal expression. Students will develop drawing and painting techniques and become fluent in the language of line, shape, value, space, and color; and understand the element and principles of art and design. Students will be exposed to the history of art, contemporary art, and learn to critically examine the visual world. Students will produce works using a variety of techniques and mediums: scratchboard, pen and ink, charcoal, dry pastel, oil pastel, watercolor, and acrylic paint.

***Drawing & Painting II**

Open to Grades: 9 - 12

Length of Course: Semester

Grad. Requirement: Fine Art or Elective

Prerequisite: Drawing and Painting I

Cost: \$10

Goals/Skills Developed: This course will continue exploring the fundamentals of drawing and painting with an emphasis on perfecting drawing and painting techniques. Students will be exposed to the history of art, contemporary art, and learn to critically examine the visual world. Students will produce works using a variety of techniques and mediums: scratchboard, pen and ink, charcoal, dry pastel, oil pastel, watercolor, and acrylic paint.

***ADVANCED ART**

Open to Grades: 10-12 (9th graders considered with pre-approval)

Length of course: Semester

Grad. Requirement: Fine Art or Elective

Prerequisite: minimum 1 year of prior Art classes (B or better in Foundations, Drawing/Painting or Sculpture) or pre-approval required

Cost: \$10.00 per semester

Goals/Skills Developed: Students will be introduced to a variety of advanced art making techniques and materials that build upon skills they have learned in entry-level art classes. Many projects will be complex, self-guided, an open-ended, allowing students to explore techniques more deeply in a studio environment. Students will develop their own ideas and have opportunity to focus on mediums and subject matter of their choice and build a portfolio. In addition to the class fee, students may be expected to provide some art supplies and materials for this class.

[Video Introduction to Advanced Art](#)



FINE ARTS



[Video Introduction to LC Theatre Courses](#)

***The American Musical: Theatre Exploration**

Open to Grades: 9-12

Length of Course: Semester

Grad Requirement: Fine Art or Elective

Prerequisite: None

[Video Introduction to The American Musical](#)

Goals/Skills Developed: The American Musical is a course intended to provide an overview of the history, evolution, and impact of a distinctly American art form: the musical. This course will explore the history and practice of musical theatre. Starting with the American musical's roots, the class will continue with *Show Boat*, the musicals of Rodgers & Hammerstein, Stephen Sondheim, and contemporary shows. Alongside the history of the musical, students will learn about the musical and theatrical tools of the genre. Students will be expected to read both individually and aloud, in addition to watching, listening, researching, writing, and presenting.

***Stagecraft**

Open to Grades: 10-12

Length of Course: Full Year

Grad Requirement: Fine Art or Elective

Prerequisite: Teacher Approval

Goals/Skills Developed: Membership in Stagecraft requires an application and teacher approval. Students will work in the four major theatre disciplines: Scenic, Costume, Lighting and Sound. They will gain practical experience in both the design and execution of those practices as well as the overall production process. Students must be able to work independently and will be required to demonstrate a high level of responsibility, safe building practices and the ability to follow complex instructions. Stagecraft requires significant after school involvement.

***Acting**

Open to Grades: 9 - 12

Length of Course: Full Year

Grad. Requirements: Fine Art or Elective

Prerequisite: None

Goals/Skills Developed: Acting is a progressive course that will last two semesters. This course is designed for students who want to study theatre with an emphasis on acting. The course will provide training in reading, analyzing, and performing scenes and short plays from a variety of works by playwrights. The course will also provide experiences in stage movement, vocal dexterity, emotional and imaginative expression. *No audition required.*

***Advanced Acting**

Open to Grades: 10 - 12

Length of Course: Full Year

Grad. Requirements: Fine Art or Elective

Prerequisite: Audition Required

Goals/Skills Developed: Advanced Acting is a progressive course that will last two semesters. This course is designed for students who want an intensive theatre course with an emphasis on acting. Significant after school involvement will be required. *Freshmen will be considered on recommendation from their middle school drama teacher only.*



FINE ARTS



[Introduction Video to the Choir Program](#)

***Select Treble Choir**

Open to Grades: 9 - 12

Length of Course: Full Year during zero period

Grad. Requirement: Fine Art or Elective

Cost: \$55 - \$65 for choir outfit purchased once and used throughout HS Choir participation years

Prerequisites: By audition only – Freshman must also be enrolled in the Concert Choir

Goals/Skills Developed: Membership for this select choir is based on a successful audition. Select Choir members are expected to exhibit strong vocal techniques, music reading skills and performance practices. This choir performs advanced level literature from a variety of styles and genres of choral literature.

***Concert Choir**

Open to Grades: 9 - 12

Length of Course: Full Year

Grad. Requirement: Fine Art or Elective

Cost: \$55 - \$65 for choir outfit purchased once and used throughout HS Choir participation years

Prerequisites: None

Goals/Skills Developed: A selected mixed choir open to all grades. Students will study and perform various choral styles including both secular and sacred choral music. Enrolled students will be expected to perform at concerts, community events, and competitions. Students will learn to demonstrate pitch abilities as well as musical reading skills. Music reading skills are not required, but the student must demonstrate an ability to learn music technique.

***Concert Band**

Open to Grades: 9 - 12

Length of Course: Full Year

Grad. Requirement: Fine Art or Elective

Cost: \$10.00 covers uniform cleaning for the school year.

Prerequisite: Students must demonstrate an entrance proficiency skill of Level III.

Goals/Skills Developed: Concert Band members participate in a wide variety of activities including evening concerts, entertainment at athletic events, large group festivals and more. All members are automatically members of the pep band. Basic music skills developed (sight-reading, intonation, rhythm, listening, etc.) will be refined and perfected. Assignments: Performances both during school and outside of the regular school day including concerts, assemblies, community events, and festivals are required. Excellent attendance, preparation, sectionals, participation in class, and playing tests are required.



FINE ARTS



***Jazz Band**

Open to Grades: 9 - 12

Length of Course: Full Year during zero period

Grad. Requirement: Fine Art or Elective

Prerequisite: Teacher approval

Goals/Skills Developed: The jazz band plays various types of music including swing, blues, Latin and rock. Improvisation is an important form of soloing for this group and is one of the skills which will be taught. Typical instrumentation includes 5 trumpets, 4 trombones, 2 alto saxes, 2 tenor saxes, 1 baritone sax, 1 drummer, 1 bass, 1 guitar, and 1 piano.

Assignments: Performances both during school and outside of the regular school day including concerts, assemblies, community events, and festivals. Excellent attendance, written work, participation in class, and playing tests are required.

***Acoustic Guitar**

Open to Grades: 9 - 12

Length of Course: Semester

Grad. Requirement: Fine Art or Elective

Prerequisite: None

Cost: \$10

Goals/Skills Developed: The guitar is a versatile instrument equally at home in Classical, rock, jazz or heavy metal. Students in this class will learn the basics of playing guitar including music notation, strumming patterns, reading chords, and playing in an ensemble with other guitarists. The music used includes rock, Classical, folk and more. This class is open to absolute beginners as well as experienced guitarists.



CAREER & TECHNICAL EDUCATION



[Video Introduction to Shop Classes](#)

***Wood/Metal Trades I**

Open to Grades: 9 - 12

Length of Course: Semester

Grad. Requirement: CTE/Occupational or Elective

Prerequisite: None

Cost: \$10.00 per semester

Goals/Skills Developed: An exploratory course that generally exposes individuals to precision production careers and skills. Includes instruction in basic welding, machining, woods, and safety standards.

***Small Engines I**

Open to Grades: 9 - 12

Length of course: Semester

Grad. Requirement: CTE/Occupational or Elective

Prerequisite: None

Cost \$10.00 per semester

Goals/Skills Developed: If you like to work on engines, this is the class for you. Students will gain skills by studying and having practical hands-on experience. Small engine repair is a course that will introduce many types of internal combustion engines. Students will develop skills and knowledge by being able to correctly identify, disassemble, inspect, repair and operate a two or four stroke engine. General maintenance and tune-up of the auto engine will also be covered along with alternative fuels and how they relate to the operation of the internal combustion engine.

***Residential Construction**

Open to Grades: 10 - 12

Length of Course: Semester or Full Year

Grad. Requirement: CTE/Occupational or Elective

Prerequisite: Wood/Metal Trades I & II

Cost: \$10

Goals/Skills Developed: If you like hands-on learning and constructing real-world projects while preparing for a high-demand job, then this is the course for you. This course will culminate with the construction of sheds which will later be converted into a tiny house in the Residential Carpentry class. This class will prepare students for entry-level jobs in construction as well as skills every homeowner should have for maintenance. Instructional activities include: blueprint reading, framing, siding, roofing, cutting, fitting, fastening, and finishing woods and steel products; the safe use of a variety of hand and power tools; the use of squaring and leveling tools; and job readiness-training for entrance into construction and construction-related occupations.

***Wood/Metal Trades II**

Open to Grades: 9 - 12

Length of Course: Semester

Grad. Requirement: CTE/Occupational or Elective

Prerequisite: Wood/Metal Trades I

Cost: \$10.00 per semester

Goals/Skills Developed: This course follows Wood/Metal Trades I and expands upon the skills of welding, machining, and woods. Students will further explore careers in these skill areas.

***Automotive Technology**

Open to Grades: 9 - 12

Length of Course: Semester

Grad. Requirement: CTE/Occupational or Elective

Prerequisite: Successful completion of Small Engines I

Cost: \$10.00 per semester

Goals/Skills Developed: This course provides students with an introduction to the automotive field. Students will learn how to take care of cars and trucks, about the basic components of a motor vehicle, its operation, and the service required to sustain it safely. Safety and appropriate tool usage is stressed. Students will troubleshoot and problem-solve while working on various cars during this course. Topics will include basic automotive maintenance and repair, brakes, steering and suspension, engine performance, electrical systems, fuel systems, alternative fuels and drive train. Maintenance and repair of today's complex automobile systems requires highly skilled and trained technicians. Students who complete this class will have a head start on gainful employment in the automotive industry.



CAREER & TECHNICAL EDUCATION



***Personal Finance**

Open to Grades: 9 – 12 but highly recommended for juniors and seniors

Length of Course: Semester

Grad. Requirement: CTE/Occupational or Elective

Prerequisite: None

Cost: \$10.00 per semester

Goals/Skills Developed: This class teaches you everything you need to know about how to deal with and be successful with money. This is a class most adults wish they had been offered in high school. The core of the curriculum will be based on Dave Ramsey's "Financial Peace" principles. Students will learn how to save, invest and manage money, plan for retirement and college, the pitfalls of debt, and the advantages of the right kind of insurance. Students will also learn about real estate, mortgages, careers and extra jobs, collections and credit bureaus, and how to buy bargains using the power of cash and/or negotiation while being an informed consumer.

***Microsoft Office Suite**

Open to Grades: 9 - 12

Length of Course: Semester

Grad. Requirement: CTE/Occupational or Elective

Prerequisite: None

Cost: \$10 per semester

Goals/Skills Developed: This course provides an overview of Microsoft applications including Windows, the Office Suite: Word, PowerPoint, Excel, Access, Outlook, Project, and Publisher. Students will have the opportunity to earn multiple Microsoft Office Specialist Industry Certifications.

***Introduction to Business**

Open to Grades: 9 - 12

Length of Course: Semester

Grad. Requirement: CTE/Occupational or Elective

Prerequisite: None

Cost: \$10.00 per semester

Goals/Skill Developed: This class looks at 11 different majors of business: The Economy, Owning and Operating a Business, Groups Affecting Business, Marketing to the Consumer, Human Resources, Managing Financial and Technological Resources, Career Planning in a Global Economy, Buying Goods and Services, Credit, Money Management, and Risk Management (Insurance). All of these areas will be covered in depth throughout the semester.

***Accounting**

Open to Grades: 9 - 12

Length of Course: Full Year

Grad. Requirement: CTE/Occupational or Elective

Prerequisite: None

Cost: \$10

Goals/Skills Developed: Want to learn to manage money? Whether it is your own personal finances or you are intrigued about owning your own business, this class will prepare you to "be in the know" with your cash! You will learn basic accounting principles for a business including the complete accounting cycle with end-of-period statements, bank reconciliation, payrolls, and petty cash. Upon completion, you will be able to demonstrate an understanding of accounting principles and apply those skills to a business organization and a job skill EVERY organization needs!



CAREER & TECHNICAL EDUCATION



***Worksite Learning**

Open to Grades: 11 – 12

Length of Course: Full year

Graduation Requirement: CTE/Occupational or Elective

Prerequisites: Teacher Approval

Goals/Skills Developed: Work-site Learning provides a learning experience with an employer that is related to Business Education or Industrial Arts Courses. Basically, if you're utilizing skills you've learned in Business Education or Industrial Arts on the job, and the employer has been approved for work-site learning, you can earn high school credits AND get paid to work! Upon completion, you should be able to evaluate career selection, demonstrate employability skills, and satisfactorily perform work-related competencies. Work-site learning MUST be approved by Mr. Neiman for enrollment!

***Environmental Studies**

Open to Grades: 10 – 12 (9th with permission-see the Middle School counselor.)

Length of Course: Full year

Grad. Requirement: 1.0 credit each: English (9-12), Social Studies (US History, Geography-Civics or CWP) or CTE/Occupational or Elective
***See counselors for clarification.**

Prerequisite: Letter of interest must be submitted (Emailed to Ms. Morris or submit on paper).

Goals/Skills Developed: Ecology, communications, evaluating bias in media and policies, writing, research, critical thinking, mentoring younger learners, social studies, budgeting and cost analysis, community outreach, leadership, goal setting, plan creation, problem solving and plan implementation.

Why you should take this course: If you: prefer smaller classes, enjoy interactive projects and hands-on activities, enjoy being outdoors and working in a garden or along a creek, think about pursuing a job or career in the natural resources/ environmental sciences or teaching field, believe in a more integrated approach to learning, enjoy mentoring younger learners, prefer a direct connection between learning and the real-world and/or want to make a positive impact upon your school and community, ESC might be for you. This class serves to prepare students through academic rigor (good for college or future years of HS) as well as being active members in their community. ***Note:** Environmental Studies may be taken for 1 or more years.

[Video Introduction to
Environmental Studies](#)



OCCUPATIONAL



Computer Science

Open to Grades: 9 - 12

Length of Course: Full Year

Grad. Requirement: Occupational or Elective

Credit, or may fulfill a 3rd year Math Elective or Science Elective Credit

Prerequisite: None

Goals/Skills Developed: This is an introductory course, no experience is required. Work in pairs or small groups to analyze and solve problems. The course explores basic topics such as programming, algorithms, the Internet, big data, digital privacy and security, and robotics. Over the course of the year, students will complete projects in web design using HTML and CSS, create games and apps, and design icons using binary code. Persistence, creativity, collaboration, and communication are emphasized.

[Video Introduction to Computer Science](#)

College Prep and Readiness

Open to Grades: 12 (1st Semester only) **NOTE:** *Class is held zero Period (before school)*

Length of Course: Semester

Grad. Requirement: Occupational or Elective

Prerequisite: Interest in attending any post-secondary institution.

Goals/Skills Developed: Students will learn the process of applying to any post-secondary institution and complete assignments directly related to active scholarships and admissions applications; including gathering the materials required and meeting deadlines on a regular basis. Students will also learn the financial aid process along with important steps to transition from high school to beyond. Attendance and organizational skills are critical for this class. Other critical skills include: persistence, optimism, intrinsic motivation, essay writing, self-advocacy, attention to detail, and more.

Assignments: Finding your 'fit,' scholarship applications, admissions applications, F.A.F.S.A., essay writing, letters of recommendation, and other as assigned.

[Video Introduction to College Prep](#)

[Video Introduction to Digital Design](#)

*Digital Design

Open to Grades: 10 - 12 (Limit of 15 students)

Length of Course: Full year

Graduation Requirement: English Elective, Occupational or Elective Credit

Cost: You will need to provide your own transportation to school events and local businesses, and you must have an ASB card.

Prerequisites: In order to join the class, you must have Mr. Zylstra's permission. Strong writing skills are very important. Also, you are required to attend the spring yearbook meeting and complete the summer yearbook project.

Goals/Skills Developed: You will be designing, writing, and taking photos for the La Center High School yearbook. You will also sell and design business advertisements for the yearbook. It is really important for students to be able to set goals and work independently. You will be graded on your contribution to the class and your ability to do quality work in a timely manner.

*ASB/Leadership

Open to Grades: 10 - 12

Length of Course: Full year

Grad. Requirement: Occupational or Elective

Goals/Skills Developed: This course is strongly recommended for students who want to improve their verbal communication, teamwork skills, time management skills and organizational skills. It is a yearlong course in which all members of ASB must attend. Leadership is open for any student wishing to improve the environment of LCHS through activities, school spirit, and school participation. Students must also be willing to challenge themselves and others mentally and be willing to assume leadership positions.



OCCUPATIONAL



***Office Assistant**

Open to Grades: 11 & 12

Length of Course: Semester

Grad. Requirement: Elective or Occupational

Prerequisite: Office approval and ability to communicate with people.

Goals/Skills Developed: Basic office skills such as filing, using the telephone, mail procedures, etc., are developed. Office Assistants will use high speed copy machines and must have the ability to input information using Office and Excel programs as needed. Learning to work with others is also stressed. Good attendance is important.

***Focus Mentor**

Open to Grades: 11 & 12

Length of Course: Semester

Grad. Requirement: Elective or Occupational

Prerequisite: Demonstrate responsibility, student success skills, flexibility and patience. Must have teacher approval

Goals/Skills Developed: Mentors work with 9th and 10th grade students in the Focus classes. They help students with homework, classwork, organizing binders, cleaning lockers, logging into Skyward and setting goals. Mentors will work with students individually, and in small groups in the classroom.

***Teacher's Aide**

Open to Grades: 11 & 12

Length of Course: Semester

Grad. Requirement: Elective or Occupational

Prerequisite: Demonstrate responsibility, flexibility and a high degree of confidentiality.

Goals/Skills Developed: Teacher's aides assist with a variety of tasks to help teachers as well as other staff who may request an aide for assistance on a daily basis. Each staff member will require assistance unique to their needs. Aides may be asked to prepare bulletin boards, request photocopies, put away materials, deliver items, organize filing, or many other duties. Aides must be self-starters, follow directions carefully, and work independently. They must maintain a high level of confidentiality. If you are interested in a position as an aide begin the process by getting an aide request form from a counselor.

***Library Assistant**

Open to Grades: 11 & 12

Length of Course: Semester

Grad. Requirements: Elective or Occupational

Prerequisites: Approval of Librarian

Goals/Skills Developed: Learn the skills unique to working in a library environment. Additional skills covering office equipment and an understanding of the Internet will provide opportunities for future endeavors. Patron service will assist students in any future working environment.

***Elementary School Mentor**

Open to Grades: 11 & 12

Length of Course: Semester

Grad. Requirement: Elective or Occupational

Prerequisite: Demonstrate responsibility, student success skills, flexibility and patience.

Goals/Skills Developed: Mentors go to the elementary school for one period a day to provide an opportunity for an elementary student to experience the friendship and support of a high school student. Through this friendship, the mentor will serve as a positive role model, nurturer of possibilities, and an advocate for the elementary student. The mentoring relationship will help the elementary student to develop a sense of belonging and to grow socially and emotionally. An interview is part of the application process.

***Middle School Mentor**

Open to Grades: 11 & 12

Length of Course: Semester

Grad. Requirement: Elective or Occupational

Prerequisite: Demonstrate responsibility, student success skills, flexibility and patience.

Goals/Skills Developed: Mentors go to the middle school for one period a day to work with middle school students. They help middle school students with homework, classwork, organizing binders, cleaning lockers, logging into Skyward and setting goals. Mentors will work with students individually, in small groups and in the classroom. An interview is part of the application process.



HEALTH / FITNESS



[Video Introduction to Physical Education Courses](#)

Health

Open to Grades: 9 – 12

Length of Course: Semester

Grad. Requirement: Health

Prerequisite: None

Goals/Skills Developed: Health is designed to provide students with accurate information about how to stay healthy and/or improve their health. The topics will relate to physical, mental and social well-being.

Physical Education 9

Open to Grade: 9

Length of Course: Semester or Full Year

Grad. Requirement: P.E.

Prerequisite: None

Goals/Skills Developed: This course will provide a variety of activities, games, goal setting, skills, and sports. Grading is based on a point system with emphasis on participation, attendance, sportsmanship, and professionalism. Students are required to dress down daily to earn a passing grade. This class is an introduction to physical education for all 9th grade students.

Some activities will include:

- Components of fitness
- Games
- Sport specific skills and activities

Physical Education 10 - 12

Open to Grades: 10 - 12

Length of Course: Semester or Full Year

Grad. Requirement: P.E.

Prerequisite: None

Goals/Skills Developed: This course will provide a variety of activities, games, goal setting, skills, and sports. Grading is based on a point system with emphasis on participation, attendance, sportsmanship, and professionalism. Students are required to dress down daily to earn a passing grade. This class is for anyone looking to enjoy a variety of physical activities, games, and sport specific skills and activities.

Some activities will include:

- Components of fitness
- Games
- Sport specific skills and activities

Fitness

Open to Grades: 10 - 12

Length of Course: Semester or Full Year

Grad. Requirement: P.E. or Elective

Prerequisite: None

Goals/Skills Developed: This course will incorporate low impact, light weight lifting and repetition into a variety of workouts and activities that will increase student's lean muscle mass, flexibility, overall health and endurance. Goal setting and participation will also be major components to this class. Students are required to dress down daily to earn a passing grade. Toning is for any student looking for a low impact way to build lean muscle, increase flexibility and improve overall health.

Activities for these courses include:

- Resistance bands for all major muscle groups
- Yoga
- Strength training
- Stretching



HEALTH / FITNESS



Weight Training

Open to Grades: 10 - 12

Length of Course: Semester or Full Year

Grad. Requirement: P.E. or Elective

Prerequisite: None

Goals/Skills Developed: Weight training is an intense activity that involves lifting weights, goal setting, and perseverance. A combination of weight lifting, agility, and speed drills will be used to challenge students to work towards their optimal potential. Proper technique, safety, and goal setting will also be major components to student success in this class. Students are required to dress down daily to earn a passing grade. This class would be a good fit for anyone participating in a sport or wanting to build muscle, strength and change body composition.

Advanced Weight Training

Open to Grades: 10 - 12

Length of Course: Semester or Full Year

Grad. Requirement: P.E. or Elective

Prerequisites: None

Goal/Skills Developed: This class is for serious weight lifters only. There is nothing casual about this class. Workouts will vary from powerlifting to P90x type workouts to speed training work. Students are required to dress down daily to earn a passing grade. The workouts will be intense and hard. Only sign up for this class if you are serious about getting bigger faster, stronger, and more fit.

-- La Center School District No. 101 complies with all state and federal rules and regulations and provides equal opportunity in programs and employment and does not unlawfully discriminate on the basis of race, color, national origin/language, marital status, sex, sexual orientation-including gender expression or identity, creed, religion, age, veteran or military status, disability, or the use of a trained dog guide or service animal by a person with a disability, and provides equal access to the Boy Scouts of America and other designated youth groups. We also comply with Section 504 of the Rehabilitation Act of 1973; Section 402 of the Vietnam Era Veterans Readjustment Act of 1974; the American with Disabilities Act of 1990; the Civil Rights Act of 1964; the Age Discrimination in Employment Act; Older Worker Protection Act; and all other state, federal and local equal opportunity laws. Inquiries regarding compliance procedures, contact Peter Rosenkranz, Superintendent and Civil Rights Coordinator at PO Box 1840, La Center, WA 98629, (360) 263-2131 or by email at peter.rosenkranz@lacenterschools.org. Inquiries regarding Title IX compliance procedures, contact Matt Cooke, District Director of Athletics and Extra-Curricular Activities at PO Box 1840, La Center, WA 98629, (360) 263-1700 or by email at matt.cooke@lacenterschools.org. Inquiries regarding Section 504/ADA Coordinator contact Carrie Lindsey, Director of Student Services at PO Box 1840, La Center, WA 98629, [\(360\) 263-2131](tel:3602632131) or by email at carrie.lindsey@lacenterschools.org.