



FRIDAY HARBOR HIGH SCHOOL

ENGAGE THE COMMUNITY • ADVOCACY • CULTIVATE EQUITY

PROVIDE OPPORTUNITIES • CULTIVATE GLOBAL AWARENESS



Course Catalog 2023-2024



FRIDAY HARBOR HIGH SCHOOL

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Letter from the Principal

Dear Wolverine Parents, Guardians, and Students,

We are very pleased to introduce our Course Description Guide for 2023-2024. We want your high-school experience to suit you as a learner, and to help you identify your strengths, skills, and talents so that you can pave the path to the future you want. The faculty and staff have worked hard to create a program and a set of offerings that are varied, yet rigorous academically.

Selecting a course of study is such an important endeavor, and needs to be a collaborative process. High-school parents and guardians should engage with their students as they plan their high-school educational program and prepare for life beyond high school. Choices and selections made now create opportunities for the future. We strongly encourage all students to continue their education beyond high school. A high-school diploma is an important stepping stone to meet a student's goals, dreams, and aspirations. Students must see high school as the bridge to further educational opportunities, a necessity in today's increasingly complex society.

By being fully engaged with your High School and Beyond Plan (a graduation requirement) through your course planning, your English courses, your Advisory class, and Community Projects, you will be developing a focus on what interests you have and exploring the courses at FHHS that can help you get to where you want to go after graduation. You also should carefully review the graduation assessment requirements and credit requirements.

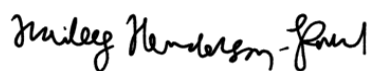
Whether you are considering a four-year college or university, a community college, a vocational school, military service, or plan to go straight to a career, these choices matter. This course catalog is designed to be essential in moving you closer to the future you want. Outlined in this document, you will find requirements for graduation, classes that count for college admissions, classes that fit into your chosen pathway, and much more. Familiarizing yourself with the process of registration and the credit requirements will make the process work to your best advantage. With proper planning, you will have a positive and purposeful high-school experience.

We sincerely hope that this catalog meets your needs and answers your questions. If you have any concerns or need to discuss the specifics of any courses listed, please do not hesitate to contact Hailey or me.

Sincerely,



Andrea Hillman, Principal
Friday Harbor High School



Hailey Henderson-Paul, Counselor
Friday Harbor High School

Graduation Requirements

SUBJECT	Credits Required
English ¹	4.0
Math ² (Integrated Math I, II, & III)	3.0
Science (Biology, Chemistry/Physics, Science Elective)	3.0
Social Studies ³	3.0
Visual and Performing Arts ⁴	2.0
Technology and Life Skills ⁵	1.0
Fitness and Health ⁶	2.0
Foreign Language ⁴	2.0
Electives/Advisory ⁷	4.5
TOTAL CREDITS	24.5 Credits

- ¹ English 9, English 10, and one semester of Senior Analytical Writing or one year of AP English during senior year are required.
- ² Integrated III (Algebra 2) can be replaced by another math class. Colleges prefer that students take math through precalculus.
- ³ 1.0 credit of each World History, US History, American Government are required Social Studies classes. WA State History Requirement must be met.
- ⁴ 2.0 credits of Foreign Language and 1.0 credit of Visual and Performing Arts can be replaced based on student's High School and Beyond Plan.
- ⁵ Includes required Community Project Class in Grade 11.
- ⁶ 0.5 Credit of Exercise & Health is required (and is strongly recommended to be taken during 9th or 10th grade). "Sports Option" can be used for remaining 1.5 credit (See PE Section Sports Option for details).
- ⁷ Running Start and transfer students may substitute an elective credit for Advisory credit as appropriate.

High School & Beyond Plan

The purpose of the High School & Beyond Plan is for all students to demonstrate their skills and readiness for the next step after graduation. Students also demonstrate their ability to apply what they have learned throughout their school career. This is a final process that confirms mastery of time management, communication, problem solving, and personal planning skills. The High School & Beyond Plan concludes with a celebration, the “Senior Exhibition,” that showcases the students’ discoveries and accomplishments in a presentation to a panel of community members and an Advisory class. The components of this project are based on the following learning objectives:

1. Read with comprehension, write effectively, and communicate successfully in a variety of ways and settings and with a variety of audiences;
2. Know and apply the core concepts and principles of mathematics; social, physical, and life sciences; civics and history, including different cultures and participation in representative government; geography; arts; and health and fitness;
3. Think analytically, logically, and creatively, and to integrate technology literacy and fluency as well as different experiences and knowledge to form reasoned judgments and solve problems
4. Understand the importance of work and how performance, effort, and decisions directly affect future career and educational opportunities.

The High School & Beyond Plan consists of six components:

1. Enrollment in the Community Project Experience class during junior year, which will include a 20-hour investment in a Community Experience of “choice”, an initial career research paper, and developing of a 5th year plan.
2. A collection of work samples, academic reflections, and college/career goals for 5th year planning over the four-year high school experience. This work will be organized at the end of each semester in the Advisory class.
3. Successful completion of graduation credits.
4. Successful completion of a graduation pathway (options include meeting standards on state assessments, dual credit completion, passing certain AP exams, certain SAT/ACT scores, pass a college transition course, meet standard on the ASVAB test, or complete a CTE course sequence).
5. Successful completion of senior year English requirements. One full year of AP English taken senior year, or one semester of Senior Analytical Writing paired with an English class of their choice for their other semester.
6. Culminate with a Senior Exhibition given to a panel of community members and an Advisory.

To ensure that high school graduates have all the skills and knowledge defined in the learning objectives, most districts have added performance assessments to their graduation requirements. The assessments require students to demonstrate the ability to apply what they have learned and show that they are prepared for work and or further education. In the fall, 9th grade students will be assigned to an advisor who will help them understand the relationship between the learning goals and the High School & Beyond Plan and all of its requirements. The High School & Beyond Plan is an opportunity for every student to demonstrate that they are able to think analytically, logically and creatively, and are able to integrate experiences and knowledge to form reasoned judgments and solve problems upon graduation.

Advanced Placement Offerings

Classes are rotated and are offered based on enrollment requests and staff availability.

AP COURSE	2023-2024	2024-2025	2025-2026	2026-2027
AP Language & Composition		X		X
AP Literature & Composition	X		X	
Stats?				
AP Calculus AB	X	X	X	X
AP Calculus BC	X	X	X	X
AP Environmental Science		X		X
AP Biology	X		X	
AP Physics I	X		X	
AP Chemistry		X		X
AP U.S. History	X	X	X	X
AP Human Geography		X		X
AP Government	X	X	X	X
AP World History	X		X	
AP 2-D Art & Design	X	X	X	X
AP 3-D Art & Design	X	X	X	X
AP Drawing	X	X	X	X
AP Computer Science Principles	X	X	X	X
AP Computer Science A	X	X	X	X

*Students taking AP courses are required to take the Advanced Placement test. There is a \$96 fee for the AP Exam administered through the College Board (\$5 for students on Free & Reduced Lunch). Exams are ordered in the Fall and the fee is incurred at that time. **Students who drop the class second semester will incur a \$40 exam cancellation fee.** Students taking an Advanced Placement course will continue to do class work after the AP test date and take a FHHS AP course final examination. **Students and parents must sign an “AP Course Approval Form” on the first day of school (upcoming Fall) to remain enrolled in the AP class.** Student and parent signatures mean that the student and parent understand the requirements of the course.*

Classes with Fees

CLASS	FEE	PER	DUE
AP Literature/Language	Book - \$100-125 Additional Paperbacks - \$20-30 Exam Fee - \$96	Year	1 st Semester
AP Calculus	Book - \$100-125 Exam Fee - \$96	Year	1 st Semester
AP Statistics	Book - \$100-125 Exam Fee - \$96	Year	1 st Semester
AP Chemistry/Physics	Exam Fee - \$96	Year	1 st Semester
AP Environmental Science/Biology	Book - \$100-125 Exam Fee - \$96	Year	1 st Semester
AP Human Geography	Book - \$100-125 Exam Fee - \$96	Year	1 st Semester
AP World History	Book - \$100-125 Exam Fee - \$96	Year	1 st Semester
AP US History	Book - \$100-125 Exam Fee - \$96	Year	1 st Semester
AP Government	Book - \$100-125 Exam Fee - \$96	Year	1 st Semester
AP Computer Science Principles AP Computer Science A	Exam Fee - \$96	Year	1 st Semester
AP Art (2-D, 3-D, Drawing)	Art Supply Fee - \$70 Exam Fee - \$96	Year	30 days from start of semester
Art Classes	Art Supply Fee - \$70	Year	30 days from start of semester
Culinary Arts Classes	Food Supplies - \$35	Semester	30 days from start of semester
Band Classes	Uniform Fee - \$15 Percussion Fee - \$20 Book Fee - \$16	Year	30 days from start of semester
STEM Classes	Consumable Materials - \$30	Semester	30 days from start of semester

*Students are encouraged to purchase used textbooks if possible.

English

As citizens of a global society, we need to communicate clearly, effectively, and with purpose for known and unknown audiences in a variety of modes: print, audio, digital, and visual. Powerful language and communication skills are gateways to the world and our future career goals. Effective, articulate, and collaborative conversation in diverse communities is imperative to civilized society. Listening, speaking, reading, and writing are necessary for success in post-secondary education, but they are also fundamental life skills in this age of information. Collaboration and presentation in a variety of physical and digital formats are necessary skills for the 21st century. Therefore, public speaking and presentation skills, introduced in grade 9 and highlighted in English and Social Studies classes, are integrated throughout the curriculum. Through facilitated class discussions and individual oral presentations, students are encouraged to achieve clear and controlled speech that appropriately and purposefully address a variety of audiences.

In order to meet the minimum requirements for graduation at FHHS, students must earn four credits (8 semesters) of English. Two semesters of English are required at each grade level, 9 through 12. A specific course is mandated at grades 9, 10, and 12. Freshmen and Sophomores are provided a solid foundation to high-school level language skills and expectations. Seniors are required to take one semester of Senior Analytical Writing paired with one English class of their choice, or a full year of AP English during the senior year. Other English credits can be selected from the course offerings listed each semester.

ENGLISH 9

GRADE: 9

CREDIT: 1.0

ENG 298 (Semester 1)

ENG 299 (Semester 2)

*Required yearlong course for freshmen. Sign up for both semesters.

This is a required yearlong class for all freshmen. We will begin fall semester reviewing the qualities which make for good literature. Short stories, plays, and novels will be read, discussed and used as the springboards for writing analytical essays. Multi-paragraph format writing will be emphasized and practiced. Some personal writing will also be required. In winter, all students will be required to complete a career I-Search paper in partial fulfillment of the High School & Beyond Plan. Students will be required to read additional books outside of class.

ENGLISH 10

GRADE: 10

CREDIT: 1.0

ENG 301 (Semester 1)

ENG 302 (Semester 2)

*Required yearlong course for sophomores. Sign up for both semesters.

This is a required yearlong class for all sophomores. We will read a variety of texts such as poetry, plays, and novels as well as nonfiction assignments. We will spend the fall semester examining storytelling, by completing both a creative writing assignment as well as a literary analysis essay. We will read an epic poem as well as a Shakespearean play. Spring semester we will focus on literary trends and complete a research paper and argument essay. We will read a variety of short stories from different literary periods and Mary Shelley's *Frankenstein*.

EPIC LITERATURE

GRADE: 11, 12

CREDIT: 0.5

ENG 139

Epic: the story of the heroes, battles and journeys that shape our civilization. Long before #epic reached 19.6 million Instagram posts, long before the first YouTube videos of full-court shots and XGames craziness, and way before some surfer cried out "Whoa! Epic, dude!", to describe some sick move, the Epic was THE story of our species where men and gods battled for the heart of civilization and the soul of our species.

This challenging class will explore the genre of the Epic in its poem form (The Iliad & The Odyssey) going back to the ancient Greeks and will follow the Epic's long and powerful influence on medieval and modern works such as the Norse Sagas, The Lord of the Rings, and the Marvel Universe.

CONTEMPORARY LIT & FILM

GRADE: 11, 12

CREDIT: 0.5

ENG 155

This course will focus on 10-12 great short stories and how they were successfully adapted to film. Students will examine literature as film and film as literature. The stories and films will cover a wide range of genre and style. Titles may include such short stories as *The Body* by Stephen King adapted to *Stand by Me* and *The Sentinel* by Arthur C. Clarke as *2001 Space Odyssey*. Students will be asked to "adapt" a scene from a favorite story or novel as a screen play and write an original script for a short film.

FOOD & LITERATURE

GRADE: 11, 12

CREDIT: 0.5

ENG 309

Fish, fowl, farm, and fork. Why does food matter? Is eating a political act? Are you what you eat? Where does our food come from? We will explore these topics through exposure to excellent (mostly non-fiction) writing about food, agriculture and environmental sustainability, possible cooking 'labs' that will help us learn through the preparation and tasting of food, and interactions with experts like farmers, fishermen, hunters and other food producers through guest appearances and field trips to local restaurants and farms. Along the way, we'll write food blogs based on tasting notes, restaurant reviews, personal essays and a final critique of the way we eat. This course will address three themes: **food and culture**, **food and the environment**, and **food and power**.

SPEECH COMMUNICATIONS I

GRADE: 11, 12

CREDIT: 0.5

ENG 651

At some point in your life, you'll be asked to speak in front of other people. This course will make sure you'll be ready to knock their socks off! From campfire storytelling to wedding toasts to demonstration speeches to formal debates, if it's a form of public speaking we'll practice it. Students will develop their own personal speaking style, work on crafty persuasion tactics and learn techniques to overcome stage fright. We will also practice improvisation and study famous speeches from history to Hollywood. Be prepared! Be believed! Take speech.

AP LITERATURE & COMPOSITION

Grade: 11, 12

Credit: 1.0

ENG 550 (Semester 1)

ENG 551 (Semester 2)

*Yearlong course. Sign up for both semesters.

*FEE: AP costs are between \$50-\$100 for the books and approximately \$96 for the AP examination fee. AP Course Approval Form required at the start of the new school year.

Students will receive the form on the first day of school.

Students will read and comprehend some of the finest poetry, novels, short stories, and essays written at various times in various cultures, with an emphasis on literature originally written in English. This course prepares students to take the AP English Literature exam in May. Writing assignments focus on critically analyzing literature and include expository, analytical, and argumentative essays. This class is suitable for confident readers and competent writers who are ready for the challenge of college-level reading.

AP LANGUAGE & COMPOSITION

GRADE: 11,12

CREDIT: 1.0

(NOT AVAILABLE 2023-2024)

ENG 157(Semester 1)

ENG 158 (Semester 2)

*Yearlong Course

*FEE: AP costs are between \$50-\$100 for the books and approximately \$96 for the AP examination fee. AP Course Approval Form required.

The content and activities of this class prepare students to take the AP Language/Composition exam in May. Students who earn a 3, 4 or 5 score on the exam may petition the college they

attend for college credit for the course. Because this class operates on a college level, it is intended for the confident reader and competent writer. Students develop critical thinking skills through peer critiques, journals, and writing that include expository, narrative and argumentative essays. They read fiction, nonfiction, poetry and prose from a variety of periods. Lively class discussion of these works is based on reading finished outside of class.

SENIOR ANALYTICAL WRITING

GRADE: 12

CREDIT: 0.5

ENG 800 (Semester 1)

ENG 808 (Semester 2)

*Semester long course, sign up for only 1 semester.

This is a 1-semester class focused on senior-level written and verbal communication. Students will write a Literary Analysis essay, a Research Synthesis essay, participate in Socratic Seminars, and read at least one senior-level novel.

RR ENGLISH

GRADE: 9, 10, 11, 12

CREDIT: 0.5

ENG 306 (Semester 1)

ENG 308 (semester 2)

*Students must be eligible for special education services to take this class.

This course is designed to assist students in reaching their literacy goals. Each student has an Individual Education Plan. The class will assist students with improving comprehension, understanding the main idea, vocabulary, spelling, and grammar, in addition to developing skills in written English.

Mathematics

Math Course Sequences:

Integrated I → Integrated II → Integrated III → Pre-Calculus → AP Calculus AB or BC

Integrated I → Integrated II → Integrated III → Other Math courses as appropriate

Students are required to successfully complete a minimum of six semesters of math (3 credits) in grades 9-12. Any of the courses offered by the Math Department can be used to satisfy this minimum requirement. In addition, a student must demonstrate mathematical competency in order to graduate. Competency will be demonstrated by performance on statewide assessment tests or other avenues outlined by the state.

Students in the Core Connections Integrated series use problem-solving strategies, questioning, investigating, analyzing critically, gathering and constructing evidence, and communicating rigorous arguments justifying their thinking. Students learn in collaboration with others while sharing information, expertise, and ideas. The course is well balanced among procedural fluency (algorithms and basic skills), deep conceptual understanding, strategic competence (problem solving), and adaptive reasoning (extension and application). The lessons in the courses meet all of the content standards of the Common Core State Standards for Mathematics. The course embeds the CCSS Standards for Mathematical Practice as an integral part of the lessons in the course.

Students are strongly encouraged to maintain and improve their math skills by taking math courses beyond the minimum graduation requirements, in preparation for jobs, college, or future training. The University of Washington, Washington State University, Western Washington University, as well as technical schools are currently recommending math classes through “Pre-Calculus.” However, Integrated I, II and III (Algebra, Geometry, and Algebra II) constitute the minimum entrance requirement for most schools. Students expecting to major in a math-related field should finish calculus if possible.

NOTE:

- Calculators: A TI-84 PLUS Silver graphing calculator is highly recommended for all math students.
- Before registering in a math course, check with your current math teacher regarding your options.

INTEGRATED MATH I

GRADE: 9, 10

CREDIT: 1.0

MAT 301 (Semester 1)

MAT 302 (Semester 2)

*Yearlong course. Sign up for both semesters.

*Teacher Signature required on Course Enrollment Form

Integrated I is the first year of a three-year course progression in which students will discover the concepts of algebra, geometry and statistics with an overall theme of problem solving. The essential skills and concepts that will be mastered in this course include: exponents, functions, transformations, regression, sequences, systems of equations, congruence, coordinate geometry, inequalities, statistics, and constructions.

INTEGRATED MATH II

GRADE: 9, 10, 11

CREDIT: 1.0

MAT 621 (Semester 1)

MAT 622 (Semester 2)

*Yearlong course. Sign up for both semesters.

*Teacher Signature required on Course Enrollment Form

Integrated II uses algebra to write and solve equations arising from geometric situations. Geometric transformations, investigations of patterns, properties of plane figures, probability, and investigations of functions including square root and simple inverse functions, manipulation of expressions to solve problems such as factoring and geometric modeling are all included in the second year of the integrated courses.

INTEGRATED MATH III

GRADE: 9, 10, 11, 12

CREDIT: 1.0

MAT 322 (Semester 1)

MAT 323 (Semester 2)

*Yearlong course. Sign up for both semesters.

*Teacher Signature required on Course Enrollment Form

Integrated Math III aims to apply and extend what students have learned in previous courses by focusing on finding connections between multiple representations of functions, transformations of different function families, finding zeros of polynomials and connecting them to graphs and equations of polynomials, modeling periodic phenomena with trigonometry, and understanding the role of randomness and the normal distribution in making statistical conclusions.

PRE-CALCULUS

GRADE: 11, 12

CREDIT: 1.0

MAT 629 (Semester 1)

MAT 630 (Semester 2)

*Yearlong course. Sign up for both semesters.

*Teacher Signature required on Course Enrollment Form

A yearlong course covering advanced study of polynomial functions, finite sequences, exponential functions, trigonometry, conic sections, data analysis, vectors, limits, probability and statistics. Students develop a working knowledge of this basic set of functions as preparation for the descriptive and analytical techniques in calculus. A graphing calculator is required (TI-84 PLUS Silver is recommended). There is an option for 5 quarter credits per semester available through Central Washington University when taking this class.

AP STATISTICS

GRADE: 11, 12

CREDIT: 1.0

MAT 640 (Semester 1)

MAT 641 (Semester 2)

- * Yearlong course. Sign up for both semesters. AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.
- * Prerequisites: INTEGRATED MATH III
- * FEE: AP costs range from \$100 - \$150 for the books and approximately \$96 for the AP exam fee.

AP Statistics is a college-level course intended to introduce students to the major concepts and tools for collecting, organizing, analyzing, and drawing conclusions from data. This course is designed to fulfill the requirements from the College Board Advanced Placement Course in Mathematics for AP Statistics and covers 4 main topics: exploring data, sampling and experimentation, anticipating patterns, and statistical inference. Students will design, administer, and tabulate results from surveys and experiments. They will use probability and simulations to construct models for chance behavior. They will also use sampling distributions to provide the logical structure for confidence intervals and hypothesis tests. To develop effective statistical communication skills, students are required to prepare frequent written and oral analyses of real data. AP Statistics can be taken concurrently with Precalculus or AP Calculus.

AP CALCULUS AB

GRADE: 11, 12

CREDIT: 1.0

MAT 600 (Semester 1)

MAT 601 (Semester 2)

- * Yearlong course. Sign up for both semesters. AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.
- * FEE: AP costs range from \$100 - \$150 for the books and approximately \$96 for the AP exam fee. A graphing calculator is required (TI-84 PLUS Silver is recommended)

Calculus AB is a college level mathematics course that prepares students to take the Advanced Placement exam in the spring. Both tests and homework assignments reflect the ability of students to handle rigorous assignments at the college level. Basic course concepts include functions, graphs, limits, and asymptotic and unbounded behavior, continuity as a property of functions, derivatives and integrals. A graphing calculator is required for this course. Students who receive a 3, 4, or 5 on the AP test may petition the college they attend for college credit for the course.

AP CALCULUS BC

GRADE: 11, 12

CREDIT: 1.0

MAT 650 (Semester 1)

MAT 651 (Semester 2)

- * Yearlong course. Sign up for both semesters.
- * FEE: AP costs range from \$100 - \$150 for the books and approximately \$96 for the AP Exam fee. A graphing calculator is required (TI-84 PLUS Silver is recommended). AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.

Calculus (BC) is a college level mathematics course that prepares students to take the Advanced Placement exam in the spring. This course overlaps and continues beyond the AB course. Both tests and homework assignments reflect the ability of students to handle rigorous assignments at the college level. Basic course concepts include functions, graphs, limits, and asymptotic and unbounded behavior, continuity as a property of functions, derivatives and integrals. A graphing

calculator is required for this course. Students who receive a 3, 4, or 5 on the AP test may petition the college they attend for college credit for the course.

BRIDGE TO COLLEGE MATHEMATICS GRADE: 12 CREDIT: 1.0
MAT 501 (Semester 1)
MAT 502 (Semester 2)
*Yearlong course. Sign up for both semesters.

The Bridge to College course for Mathematics is a fourth-year (senior-level) course. The course is designed for those students who scored a Level 2 on the Smarter Balanced high school assessment (10th grade). Taking this course is one way to meet the math portion of the graduation pathway requirement in order to earn a diploma from Friday Harbor High School. Students who earn a "B" or better in the Bridge course are eligible to enter credit-bearing coursework in any of the State of Washington Community and Technical Colleges. The course is grounded in essential career and college readiness expectations as reflected in the Washington State K-12 Learning Standards for Mathematics (the Common Core State Standards) to ensure that students passing the course are fully prepared for college-level coursework.

RR MATH GRADE: 9, 10, 11, 12 CREDIT: 0.5
MAT 306 (Semester 1)
MAT 307 (Semester 2)
*Students must be eligible for special education services to take this class.

This course is designed to assist students in mastering basic math concepts that are part of their individualized goals. This class will help students who need a basic understanding of math concepts that are necessary for success in everyday situations at school, work, and home.

Science

Science promotes curiosity and a sense of wonder, encourages life-long exploration, and provides a foundation for understanding the natural world. Science courses promote hands-on learning in an environment that fosters inquiry. Through scientific investigation, students expand their knowledge to better understand and explain the phenomena they observe in the world around them.

Learning in science depends on actively doing science. Active engagement in hands-on science learning enables students to create a personal sense from the physical world.

Two years of lab science courses (4 semesters) and one year of a science elective (2 semesters) is the minimum graduation requirement for all students in grades 9-12. All students should enroll in additional science courses to maximize learning possibilities and create post-high school options.

Lab Sciences: Washington State defines a lab science as, “any instruction that provides opportunities for students to interact directly with the material world, or with data drawn from the material world, using the tools, data collection techniques, models and theories of science.”

BIOLOGY – THE LIVING EARTH

Grade: 9, 10, 11, 12

Credit: 1.0

SCI 701 (Semester 1)

SCI 702 (Semester 2)

*Yearlong course. Sign up for both semesters.

*Lab Science

This is a full yearlong course of Biology. We examine the chemistry of life, the cellular basis of life, DNA and genetics. We examine the cellular basis of energy, how energy moves through ecosystems, how the environment works in small scale and across the entire planet, how animals exist and change throughout time in their environment and what types of environments are present on planet Earth. Key biological concepts are further reinforced and elaborated upon through lab experiences. This content is vital for success on the new Next Generation Science Standards exam.

INTRODUCTION TO CHEMISTRY I

Grade: 9, 10, 11, 12

Credit: 1.0

SCI 515 (Semester 1)

INTRODUCTION TO PHYSICS I

SCI 516 (Semester 2)

*Prerequisite Integrated Math I

*Lab Science

* Yearlong class

*Textbooks will be loaned

The first semester is Chemistry I. Students will attain a depth of understanding of fundamentals and a reasonable competence in dealing with chemical problems. The theoretical aspects of chemistry are emphasized including the structure of matter, reactions, kinetic theory of gases, and chemical equilibria. Key chemical concepts are further developed and reinforced through lab experiences. This content is vital for success on the Washington Comprehensive Assessment of Science (WCAS) exam.

The second semester is Physics I. Students will attain a depth of understanding of fundamentals and a reasonable competence in dealing with physical problems. The theoretical aspects of physics are emphasized including motion and forces, work and energy, thermodynamics, waves, and magnetism. Key physical concepts are further reinforced and elaborated upon through lab experiences. This content is vital for success on the Washington Comprehensive Assessment of Science (WCAS) exam.

HUMAN ANATOMY & PHYSIOLOGY

Grade: 10, 11, 12

Credit: 1.0

SCI 507 (Semester 1)

SCI 508 (Semester 2)

Yearlong course. Sign up for both semesters.

*PREREQUISITES: Physics, Chemistry, Biology, or Instructor Permission

This course is a challenging and intensive investigation of human body systems that includes the molecular, cellular and tissue level of the organ systems. Students will engage in discussion, activities and laboratories, and write research papers to gain a better understanding of the structure and physiologic processes of the healthy body. Current trends and treatments in medicine as well as medical ethics are explored. Guest speakers are invited to make presentations. This class will consider career opportunities within the medical field. This course may be taken for college credit as a UW in the High School Course. Students will be required to register with

the University of Washington. Regardless of registration all students will be expected to adhere to the UW Honor Code and academic rigor of a college course.

MARINE BIOLOGY

GRADE: 10, 11, 12

CREDIT: 0.5

SCI 527

*Lab Science

We live in a small island community surrounded by the ocean, yet few people know what lies beneath the surface of the water. This course will focus on the scientific study of the ecology and behavior of microbes, plants, and animals inhabiting our local and worldwide oceans, coastal waters, and saltwater wetlands including their interactions with the physical environment. We will cover marine botany, marine invertebrates, ichthyology, marine mammals, marine population dynamics, and biodiversity.

OCEANOGRAPHY

GRADE: 10, 11, 12

CREDIT: 0.5

SCI 523

*PREREQUISITES: Physics, Chemistry, Biology, or Instructor Permission

*Lab Science

This in-depth course will introduce you to the fundamental principles of oceanography with special emphasis on the waters that surround us – the Washington coast and the Salish Sea. Course content includes the geologic history of the planet, the physics and chemistry of coastal waters, marine food webs and ecology, and relevant environmental concerns. Key concepts are further reinforced and elaborated upon through lab experiences. This course may be taken for college credit as a College in the High School Course through Skagit Valley College (SVC). Students will be required to register through SVC and complete additional advanced requirements throughout the course.

AP CHEMISTRY

GRADE: 10, 11, 12

CREDIT: 1.0

(NOT AVAILABLE 2023-2024)

SCI 750 (Semester 1)

SCI 751 (Semester 2)

*Yearlong Course – sign up for both semesters.

*Lab Science

*PREREQUISITES: C or above in Biology, Into to Physics I, or Intro to Chemistry I

*FEE: AP costs range from \$100 - \$150 for the textbooks and approximately \$96 for the AP Exam fee. AP Course Approval Form required.

AP Chemistry is designed to be the equivalent of a first-semester college general chemistry course. Students will attain a depth of understanding of fundamentals and a reasonable competence in dealing with chemical problems. The theoretical aspects of chemistry are emphasized including the structure of matter, kinetic theory of gases, chemical equilibria, chemical kinetics and thermodynamics. The quantitative differences from Chemistry I include the number of topics treated, the time spent on the course, and the nature and variety of experiments done in the laboratory.

AP ENVIRONMENTAL SCIENCE

GRADE: 10, 11, 12

CREDIT: 1.0

(NOT AVAILABLE 2023-2024)

SCI 850 (Semester 1) (sign up for both)

SCI 852 (Semester 2)

*Lab Science

*Yearlong Course

*PREREQUISITES: C or above in Biology or Into to Chemistry Course

*FEE: AP costs range from \$100 - \$150 for the books and approximately \$96 for the AP exam fee.

This course will focus on the “real science” behind environmental problems. The goal of this course will be to provide students with the scientific principles, concepts, and methodologies required to understand the interrelationships of the natural world. Students will identify and analyze environmental problems both natural and human-made. They will evaluate the relative risks associated with these problems and will examine and problem solve alternative solutions for preventing further problems. Students who receive a 3, 4, or 5 on the AP exam may petition the college they attend for college credit for the course.

AP PHYSICS

Grade: 10, 11, 12

Credit: 1.0

SCI 655 (Semester 1)

SCI 656 (Semester 2)

*Yearlong course. Sign up for both semesters.

*PREREQUISITES: C or above in Biology, Physics I, and Chemistry I

*Lab Science

*FEE: \$96 for the AP Exam fee. AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.

AP Physics is designed to be the equivalent of a college general algebra-based physics course. Students will attain a depth of understanding of fundamentals and a reasonable competence in dealing with physical problems. The theoretical aspects of physics are covered in more depth, including mechanical physics, forces, energy, circular motion, waves, sound and light, electricity and magnetism. The quantitative differences from Physics include the number of topics treated, the time spent on the course, and the nature and variety of experiments done in the laboratory.

AP BIOLOGY

Grade: 10, 11, 12

Credit: 1.0

SCI 821 (Semester 1)

SCI 822 (Semester 2)

*Yearlong course. Sign up for both semesters.

*PREREQUISITES: C or above in Biology and Chemistry

*Lab Science

*FEE: AP costs range from \$100 - \$150 for the books and approximately \$96 for the AP Exam fee. AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.

AP Biology is an introductory college-level biology course. Students cultivate their understanding of biology through inquiry-based investigations as they explore the following topics: evolution, cellular processes — energy and communication, genetics, information transfer, ecology, and interactions. This course requires that 25 percent of the instructional time will be spent in hands-on laboratory work, with an emphasis on inquiry-based investigations that provide students with opportunities to apply the science practices.

Social Studies

The Social Studies department is committed to developing reflective and enlightened democratic citizens who effectively participate in local, state, national and international affairs. This global approach helps students to develop an appreciation and understanding of their own cultural heritage, including diversity and its role in contemporary society. Students will study the motives, actions, and consequences of human beings as individuals, as groups and as societies in a variety of places and times. In studying this wide array of information, students will not only learn about human history in general, but also about themselves.

Throughout the social studies curriculum each student develops thinking, writing, speaking, listening, and reading skills, and learns how to articulate, modify, and defend positions by learning to analyze a defined body of content. Additionally, the student learns about the physical world in geographical contexts.

Clearly, students need to acquire a basis of knowledge before they can communicate ideas effectively or think critically. However, the knowledge explosion and the increasingly sophisticated means whereby students can readily access information suggest that students must be equipped with thinking skills and thinking attitudes to evaluate a bewildering array of choices. In social studies classes, students are presented with a varied set of learning activities to develop these thinking skills, as well as reading, writing and speaking skills. All students are encouraged to listen to a news broadcast daily and read newspapers and journals available in the home, the school and San Juan libraries.

Minimum Required for Graduation:

6 Semesters of Social Studies – 3.0 Credits

2 semesters of World History

2 Semesters of U.S. History

2 semesters of American Government

*Washington State History must be met prior to graduation

*NOTE: It is suggested that students interested in taking AP classes take them in the following order:

10th Grade: AP World History

11th Grade: AP US History

12th Grade: AP US Government

WORLD HISTORY

PRE-AP WORLD HISTORY & GEOGRAPHY

SSC545

GRADE: 9,10

CREDIT: 0.5

*Semester Course (only sign-up for one semester)

This course explores the structures and forces that reflect and shape the regions, communities, governments, economies, and cultures of humanity from the Ancient Time Period to 1450 CE. Students will learn to examine sources and data, establish inferences, and ultimately build and critique arguments like historians and geographers. This course is designed to prepare students for success in any AP History course at Friday Harbor High School.

WOMEN'S HISTORY FROM ANCIENT TO TODAY

SSC 594

GRADE: 9, 10, 11, 12

CREDIT: 0.5

*Semester Course

This course will focus on the role women have played in shaping world history from Ancient times to today. Students will learn about great women in history such as Cleopatra and Joan of Arc to “ordinary” women who have helped shape our world. Also, we will discuss various women’s rights movements, how women lived during these times, how women have risen to prominent positions in politics, business and pop culture and the various trials and tribulations that women face today.

COLD WAR & WORLD SOCIETY

SSC 595

GRADE: 9, 10, 11, 12

CREDIT: 0.5

*Semester Course

This course focuses on an in-depth look at events that shaped world society since the end of WWII to the collapse of the USSR and the legacy it left. Students will study and understand major social, economic, cultural, and political events from the Cold War and their significance.

THE MIDDLE AGES & THE MAKING OF THE MODERN WORLD

SSC 596

GRADE: 9, 10, 11, 12

CREDIT: 0.5

*Semester Course

This course will focus on how important the Middle Ages were, such as paving the way for modern warfare, nation-states, science, education, art, religion, and economics. The approach will be thematic, focusing on different Middle Ages kingdoms from the Middle East, Asia, Africa, Europe and the Americas and how they impacted the world then and today.

AP HUMAN GEOGRAPHY
(NOT OFFERED 2023-2024)
SSC 577 (Semester 1)
SSC 578 (Semester 2)

GRADE: 9, 10

CREDIT: 1.0

*Yearlong course. Sign up for both semesters.

*FEE: AP costs range from \$100 - \$150 for the books and approximately \$96 for the AP Exam fee.

* AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.

This course offers a robust curriculum where students will learn the problems of economic development and cultural change, the consequences of population growth, changing fertility rates, and international migration, the impacts of technological innovation on transportation, communication, industrialization, and other aspects of human life, struggles over political power and control of territory, conflicts over the demands of ethnic minorities, the role of women in society, and the inequalities between developed and developing economies, explanations of why location matters to agricultural land use, industrial development, and urban problems, and the role of climate change and environmental abuses in shaping the human landscapes on Earth.

AP WORLD HISTORY
SSC 581 (Semester 1)
SSC 582 (Semester 2)

GRADE: 9, 10

CREDIT: 1.0

*Yearlong course. Sign up for both semesters.

*FEE: AP costs range from \$100 - \$150 for the books and approximately \$96 for the AP Exam fee.

* AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.

This course examines the history of human experience from a global perspective. The development of human societies from gathering-hunting groups and early agricultural societies into major civilizations and other complex societies will be traced. Special attention will be given to those transformations which have produced new modes of organizing human life. Religious, economic and political dimensions will be discussed. The primary focus will be on the period from the rise of ancient civilizations through the time of large-scale empires to the early modern era of worldwide trade and gunpowder empires. Routine homework assignments include reading assignments 4-5 times a week; 2-3 quizzes or short essays a week, debates, and short research papers.

UNITED STATES HISTORY

U.S. HISTORY I/II

GRADE: 10, 11, 12

CREDIT: 1.0

SSC 811 (Semester 1)

SSC 812 (Semester 2)

*Required class

*Recommended for 10th and 11th grade

During first semester, students will review the revolutionary and constitutional period of the 18th century followed by a review of the Civil War. Industrialization will be the focus of the class. Study of the rise of industrialization and its effects up to the Great Depression of the 1930s will also be covered.

During second semester, students will cover World War II and come to understand how the United States emerged as a world power in the 20th century. The focus after that will concern the economic, social and political developments of the last sixty-five years.

AP U.S. HISTORY

GRADE: 10, 11, 12

CREDIT: 1.0

SSC 518 (Semester 1)

SSC 519 (Semester 2)

*Yearlong course. Sign up for both semesters.

*FEE: AP costs range from \$100 - \$150 for the books and approximately \$96 for the AP Exam fee. AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.

*Recommended for 11th grade students

This course is a college level “survey” of American History. Content covers America from its beginning as a series of European colonies to the present with attention given to the Native American people. Students will be expected to read from a variety of resources, specialized histories, original writings and speeches, summaries of court cases, as well as traditional textbooks. Students will also be expected to write regularly in a variety of formats and for a variety of purposes. The focus of the course is to prepare students to take the Advanced Placement U.S. History exam in May. Students who receive a 3, 4, or 5 on the AP Exam may petition the college they attend for college credit for the course.

AMERICAN POLITICAL SYSTEMS

GRADE: 11, 12

CREDIT: 1.0

SSC 590 (Semester 1)

THE CONSTITUTION & JUDICIAL SYSTEM

SSC 591 (Semester 2)

*Required classes

* Yearlong classes

American Political Systems presents an overview of how the United States political system works. Students learn about political parties and their beliefs, the election process, how Congress operates and the job of the President. Emphasis is placed on controversial issues facing the country. Students will participate in a major debate project.

The Constitution & Judicial System focuses on the underlying foundations of the United States democratic system. Students will study the form and function of both democracies and dictatorships. A careful study of the U.S. Constitution and Bill of Rights will emphasize the rights and responsibilities of citizenship in America. Students will receive first-hand experience in how the legal system works by participating in a mock trial.

AP U.S. GOVERNMENT

GRADE: 11, 12

CREDIT: 1.0

SSC 850 (Semester 1)

SSC 852 (Semester 2)

*Yearlong course. Sign up for both semesters.

*FEE: AP costs range from \$100 - \$150 for the books and approximately \$96 for the AP Exam fee. AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.

*Recommended for 12th grade students

This is a college level course that focuses on both the study of general concepts used to interpret U.S. politics and the analysis of specific examples. Units of study include: The Constitution as the foundation of U.S. government, political beliefs and behaviors, political parties, interest groups and the media, the executive, legislative, and judicial branches, public policy, civil rights and civil liberties.

World Language

In this age of increasing international relations and an economy intertwined on a global scale, a knowledge of foreign languages is as central to a high school education as is a knowledge of mathematics or English. It opens up new horizons and expands one's knowledge and understanding of other people—their cultures and aspirations.

Just as important is the fact that almost all colleges and universities, regardless of other admission requirements, required foreign language study in high school. Most of them require two to three years, which will prepare students to take the University of Washington's proficiency test, required for graduation from the UW.

SPANISH I

GRADE: 9, 10, 11, 12

CREDIT: 1.0

SPA 111 (Semester 1)

SPA 113 (Semester 2)

*Yearlong course. Sign up for both semesters.

This is a yearlong class in which students will develop skills for everyday communication in Spanish. Emphasis is on verbal, real-life communication, listening comprehension, writing and reading skills, through a variety of activities, projects and presentations. Students will also learn about customs and peoples in Spanish-speaking countries.

SPANISH II

GRADE: 10, 11, 12

CREDIT: 1.0

SPA 202 (Semester 1)

SPA 203 (Semester 2)

*Yearlong course. Sign up for both semesters.

*PREREQUISITE: Spanish I

This class is an enhancement of skills learned in Spanish I. Students will further develop skills as outlined in Spanish I, while learning more about the cultures of Spanish-speaking countries. Spanish II includes a variety of activities, projects, and presentations to further communication, listening comprehension, writing, and reading skills in Spanish.

SPANISH III

GRADE: 9, 10, 11, 12

CREDIT: 1.0

SPA 333 (Semester 1)

SPA 334 (Semester 2)

*Yearlong course. Sign up for both semesters.

*PREREQUISITE: Spanish II or Heritage Language Learner of Spanish

*Speaking Contract Required

This course is an in-depth study of the Spanish language and culture. Concepts and grammar from Spanish I and II will be used to further increase language skills in Spanish III. This course will offer students a varied curriculum which incorporates individual and group presentations, readings and discussions in Spanish, hands-on cooking and art projects, along with the opportunities for field trips and community involvement. ***Spanish 3 Course Requirement:** Speaking contract signed by both student and teacher required to be completed before registering.

SPANISH IV

GRADE: 10, 11, 12

CREDIT: 1.0

SPA 335 (Semester 1)

SPA 336 (Semester 2)

*Yearlong course. Sign up for both semesters.

*PREREQUISITE: Spanish III

*Speaking Contract Required

Spanish 4 students will learn in the same class as the Spanish 3 students. A rotating curriculum for this class allows students to take Spanish 3 one year and Spanish 4 the next without repeating cultural content. Students will continue acquiring Spanish and moving along the proficiency gradient through vibrant language acquisition sessions and individualized projects. Learners will dive deeper into grammar concepts and acquire new vocabulary.

Fitness & Health

The goal of the Physical Education/Health program is to provide opportunities for students to acquire the knowledge and skills necessary to become a physically fit well-educated person. The program strives to give students an understanding of the concepts and skills necessary for safe and healthy living. The program will provide the knowledge, skills and interests necessary to pursue lifetime sports and activities. Students will also develop a personal fitness and wellness program. In addition, students will develop self-esteem, motor skills and coordination by successfully participating in a variety of cooperative and individual activities. Students will also develop techniques for coping with stress and for avoiding drug use and abuse. They will develop an understanding of how the human body functions related to diseases, nutritional needs and appropriate hygiene.

The Exercise and Health Science class is strongly recommended to be taken in 9th or 10th grade and is the prerequisite for all other physical education classes. Health and physical education classes are academic as well as participation classes. Students are graded on participation, portfolio work and improved fitness. Attendance is very important to success in class. The student can only be excused from participation with a parent or doctor's note. Parents should contact the teacher if they have any questions regarding their child's participation in a physical education class.

EXERCISE & HEALTH SCIENCE PHE 420

GRADE: 9, 10

CREDIT: 0.5

This course is designed to provide students with the knowledge and ability to attain and maintain an active, healthy lifestyle. There is a strong emphasis on individual fitness including exercise physiology, biomechanics, motor learning, and anatomy/ physiology. Students will also gain experience playing team sports/games and learning about sportsmanship, offensive/defensive strategies, movement concepts, and training principles. Integrated Health Science topics will include: lifetime wellness; emotional health and stress; nutrition; relationships; addiction; problem solving and coping strategies; communication and refusal skills; communicable and non-communicable diseases; human sexuality; environmental health risks; and consumer awareness related to health and wellness programs and products. This course has been aligned to the Washington State Framework for Health Science and Physical Education. All students will participate in health and fitness testing as required by Washington State.

STRENGTH & CONDITIONING I & II PHE 600 (Semester 1) PHE 601 (Semester 2)

GRADE: 9, 10, 11, 12

CREDIT: 0.5

*PREREQUISITE: Exercise & Health Science

Students will have the opportunity to participate in a comprehensive weight-training program to enhance their physique, strength, speed, quickness, flexibility, balance, agility, coordination, and endurance. A baseline will be determined and each student's progress will be monitored. Plyometric and speed drills will be used to affect the student's physical prowess and athletic ability. This is an opportunity to develop the knowledge and skills necessary for a lifetime habit of physical fitness. Various types of conditioning programs will be explored. Nutrition, diet, and substance abuse will be explored as to their effect on conditioning, weight control, and growth. Strength Conditioning II is a continuation of the Strength and Conditioning I program. Students will have the opportunity to formulate a plan for individualize conditioning within the framework of the class.

GROUP FITNESS

GRADE: 9, 10, 11, 12

CREDIT: 0.5

PHE 201

***PREREQUISITE:** Exercise & Health Science

This course is designed for the students interested in a total fitness program with an emphasis on aerobic activity in a cooperative group setting. Students will use a variety of aerobic and core strength activities including but not limited to aerobic dance, step aerobics, cardio boxing, jump rope, walking, jogging, circuit/interval training, Pilates, and yoga to increase cardiovascular endurance, flexibility, muscular strength and overall fitness. This course will also focus on the development of movement skills and movement knowledge, choreography, individual fitness goals, self-image, and personal growth.

SPORTS OPTION

GRADE: 9, 10, 11, 12

CREDIT: 1.0

*You don't sign up for this class; just make a notation on the Course Enrollment Form.

Get form from Counseling Center, complete in Student Conference
and leave with Advisor.

Students who participate in sports may receive one credit for Physical Education under the following conditions:

- Actual participation in four seasons of sports (playing on the team) and finish each season of sport as "members of the team in good standing."
- Receive a "pass" for one credit of P.E. / Health after applying for sports option credit and upon approval.

NOTE: A Sports Option Credit form must be completed and turned in to the Athletic Director upon completion of all sports in order to receive final approval and credit on your transcript.

Visual & Performing Arts

While a variety of courses are offered, students are encouraged to maintain their involvement in the visual or performing arts area of their choice. Most of the course offerings in the visual and performing arts areas require maturity and commitment. For the most part, the kinds of problems students tackle in the arts are abstract. Solving them builds capabilities that directly transfer to other core subjects and life.

Through the study and the practice of the arts, students employ sound, image, action, and movement to solve problems, make decisions, think creatively, and use imagination. The process not only leads to a deeper understanding of one's own work and that of others in the arts, but also helps develop skills which are highly sought in the world of work.

*An annual art fee of \$70 for each art class taken is required. Students will not be denied participation in a class because of financial inability to pay a fee. Please apply for a scholarship, as needed.

VISUAL ARTS

ART 2D BEGINNING

GRADE: 9, 10, 11, 12

CREDIT: 1.0

ART 121 (Semester 1)

ART 221 (Semester 2)

*Yearlong course. Sign up for both semesters.

Art 2D is a yearlong introductory course. This class is designed to give students a basic introduction to the Visual Arts. An emphasis will be placed on understanding and learning how to recognize and use the elements of art and the principles of design. Students will have the opportunity to explore a variety of two-dimensional media and techniques. Projects at this level are highly structured and clearly defined.

ART 3D BEGINNING

GRADE: 10, 11, 12

CREDIT: 1.0

ART 122 (Semester 1)

ART 222 (Semester 2)

*Yearlong course. Sign up for both semesters.

Art 3D Beginning is a yearlong introductory level course. There is an emphasis on working with 3D concepts and digital photography. Students will explore a variety of new processes and media including, ceramics, sculpture, and digital photography. Projects at this level are highly structured and clearly defined.

ART 2D INTERMEDIATE

GRADE: 10, 11, 12

CREDIT: 1.0

ART 123 (Semester 1)

ART 223 (Semester 2)

*Yearlong course. Sign up for both semesters.

*PREQUISITE: Art 2D Beginning

*This course can be taken repeatedly for credit.

Art 2D Intermediate is a yearlong intermediate level course. The class is for the art student who wants to continue taking art after Art 2D, but is uncertain if they want to enroll in the advanced level art courses. Art 2D follows a similar curriculum as Art 2D but allows the student more choices and flexibility on their projects. Students have the option to focus and expand on the successes they had in Art 2D.

ART 3D INTERMEDIATE

GRADE: 10, 11, 12

CREDIT: 1.0

ART 654 (Semester 1)

ART 655 (Semester 2)

*Yearlong course. Sign up for both semesters.

*PREQUISITES: Art 3D Beginning

*This course can be taken repeatedly for credit.

Art 3D Intermediate is a yearlong intermediate level course. The class is for the art student who wants to continue taking art after Art 3D, but is uncertain if they want to enroll in the advanced level art courses. Art 3D follows a similar curriculum as Art 3D but allows the student more choices and flexibility on their projects. Students have the option to focus and expand on the successes they had in Art 3D.

STUDIO ART

GRADE: 10, 11, 12

CREDIT: 1.0

ART 430 (Semester 1)

ART 431 (Semester 2)

*Yearlong course. Sign up for both semesters.

*PREQUISITES: Art 2D or 3D

*Approval from instructor required.

*This course can be taken repeatedly for credit.

Studio Art is a yearlong advanced level course. The class assists students in creating a Sustained Investigation portfolio focused on a student's individual topic of inquiry.

Students should have a strong art foundation and be able to work independently, creatively solve difficult visual problems, and articulate using appropriate visual terminology. Students are expected to complete at least one project every two weeks. During the course of the year students will be researching and writing about their chosen topic of inquiry and creating a detailed sketchbook. Students are required to actively participate in class and peer critiques.

INDEPENDENT STUDIO ART

GRADE: 10, 11, 12

CREDIT: 0.5

ART 603

*Approval from instructor required.

*This course can be taken repeatedly for credit.

Independent Studio Art can be taken as a semester class or concurrently as a yearlong course. The class must be taken in conjunction with either Studio Art or AP Studio Art. The course was developed to give Studio Art and AP Studio Art and Design students more time to work independently on their Sustained Investigation portfolio. Students can select any period that an art course is scheduled. Because Independent Studio Art students are in the art room while lower level art classes are being taught they must be able to work autonomously.

AP 2-D ART & DESIGN

GRADE: 10, 11, 12

CREDIT: 1.0

ART 753 (Semester 1)

ART 754 (Semester 2)

*Yearlong course. Sign up for both semesters.

* Approval from instructor required.

*FEE: \$96 for the AP Exam fee and \$70 supply fee. AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.

Advanced Placement 2-D Art & Design is an advanced studio-oriented art course with emphasis on both the college bound and career-oriented student. It is designed for the art student who wishes to pursue college level studies while attending secondary school, and for the student who is seriously interested in the practical experience of art. Students who plan to attend universities or art schools that require general art courses at the freshman level might select this course. This course focuses on developing a portfolio investigating the use of 2-D elements and principles of art and design. Students can work with any materials, processes, and ideas. Graphic design, digital imaging, photography, collage, fabric design, weaving, fashion design, fashion illustration, painting, and print making are among the possibilities for submission. The course guidelines are based on the National AP portfolio requirements. Fifteen images of art work will be submitted to the College Board of Testing Center for College Advanced Placement Credit.

*Students taking this course must submit a Portfolio to the Advanced Placement program.

AP 3-D ART & DESIGN

GRADE: 10, 11, 12

CREDIT: 1.0

ART 755 (Semester 1)

ART 756 (Semester 2)

*Yearlong course. Sign up for both semesters.

* Approval from instructor required.

*FEE: \$96 for the AP Exam fee and \$70 supply fee. AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.

Advanced Placement 3-D Art & Design is an advanced studio-oriented art course with emphasis on both the college bound and career-oriented student. It is designed for the art student who wishes to pursue college level studies while attending secondary school, and for the student who is seriously interested in the practical experience of art. Students who plan to attend universities or art schools that require general art courses at the freshman level might

select this course. This course focuses on developing a portfolio investigating the use of 3-D element and principles of art and design. Students can work with any material, processes, and ideas. Figurative or nonfigurative sculpture, architectural models, metal works, ceramics, glasswork, installation, performance, assemblage, and 3-D fabric/fiber arts are among the possibilities for submission. The course guidelines are based on the National AP portfolio requirements. Fifteen images of art work will be submitted to the College Board of Testing Center for College Advanced Placement Credit.

*Students taking this course must submit a Portfolio to the Advanced Placement program.

AP DRAWING

GRADE: 10, 11, 12

CREDIT: 1.0

ART 751 (Semester 1)

ART 752 (Semester 2)

*Yearlong course. Sign up for both semesters.

* Approval from instructor required.

*FEE: \$96 for the AP Exam fee and \$70 supply fee. AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.

Advanced Placement Drawing is an advanced studio-oriented art course with emphasis on both the college bound and career-oriented student. It is designed for the art student who wishes to pursue college level studies while attending secondary school, and for the student who is seriously interested in the practical experience of art. Students who plan to attend universities or art schools that require general art courses at the freshman level might select this course. This course focuses on the use of mark making, line, surface, space, light and shade, and composition. Students can work with any materials, processes, and ideas. Drawing (analog and digital), painting, printmaking, and mixed media work are among the possibilities for submission.

The course guidelines are based on the National AP portfolio requirements. Fifteen images of art work will be submitted to the College Board of Testing Center for College Advanced Placement Credit.

*Seniors taking this course must submit a Portfolio to the Advanced Placement program.

MUSIC

Course fees apply to all band classes: ALL BAND students will be required to pay:

- \$15/year uniform fee.
- \$10/month or \$100/year rental fee for flutes, clarinets, trumpets, French horns
- \$15/month or \$150/year rental fee for alto and tenor saxophones
- \$20/year usage fee for baritone saxophone, baritone horn, and tuba (These instruments remain in the classroom and cannot be taken home. Instruments are shared & each use has their own mouthpiece)

CONCERT BAND

GRADE: 9, 10, 11, 12

CREDIT: 1.0

MUS 520 (Semester 1)

MUS 521 (Semester 2)

*Yearlong Course

This Concert Band class is for students who have at least two to three years of experience (or by teacher approval). This class is for those who want to perform music at the secondary level. Students explore music theory, major and minor scales, etudes, rhythms, musical notation and play through a variety music literature. Grade is earned by attendance, having materials, classroom effort, behavior, playing tests, written tests and attending performances.

Expectation and experiences to include: pep band to support school sports, band festival(s), workshops, local performances, two evening concerts and a possible overnight trip. Students are expected to attend all specified performances and wear appropriate concert attire including black dress shoes.

JAZZ/ ADVANCED BAND

GRADE: 9, 10, 11, 12

CREDIT: 1.0

Monday – Friday, Zero Hour 7:15 – 8:15 a.m.

MUS 497 (Semester 1)

MUS 498 (Semester 2)

* Yearlong Course

*Past Friday Harbor HS experience, auditions and/or signature by teacher to sign up for this class.

*Jazz band students are encouraged to enroll in Concert Band.

*Boys will be issued a tux and girls a formal long black dress for concerts and festivals.

Entrance to Jazz Band is by audition and/or teacher recommendation. Students who audition successfully commit to participation for the entire school year. This group performs a wide variety of music such as blues, funk, Latin, shuffle, swing, and even rock. This is a select class and students will be expected to learn more major and minor scales than Concert Band. Improvisation is a big part of jazz and students will be expected to solo in class. Highlights include many performances, workshops, participation in a jazz festival, and trip. Members are expected to attend all specified performances including pep band and concert band festivals with Concert Band. Jazz Band meets Monday-Friday before school in zero hour (7:15 to 8:10 AM).

DRAMA

PLAY PRODUCTION

GRADE: 9, 10, 11, 12

CREDIT: 0.5

*This class takes place after school

* Students may not sign up for this class in advance. Enrollment is offered after auditions.

Open to all students cast as actors, actresses, and tech crew in the annual High School Co-Curricular Play. To earn 0.5 performing art credit, it is expected that you will participate in a minimum of 75-90 hours of practical instruction through rehearsals, during which you will work on character development, script analysis, stage blocking, acting, movement and production. A grade will be issued at the end of the semester upon successful completion of production. This class is a great opportunity to earn valuable arts credits while learning in a practical setting, and culminating with public performances. Not every student cast in the HS play needs to enroll for credit. If you choose not to enroll for credit, you will receive a school co-curricular letter.

Technology & Life Skills

STEM is an acronym for Science, Technology, Engineering and Math education. We focus on these areas together not only because the skills and knowledge in each discipline are essential for student success, but also because these fields are deeply intertwined in the real world. It is our mission to continually develop and maintain the FHHS STEM program as a world-class model for other educational institutions across Washington State and the nation.

STEM skills are increasingly necessary to engage in a knowledge-based economy. A STEM-literate student is not only an innovator and critical thinker, but is able to make meaningful and relevant connections between school, community, work, and global issues.

Currently, there are more job openings in STEM fields than qualified STEM job seekers and the gap is widening every year. There is solid evidence to suggest that the fastest-growing and highest-wage jobs in future years will be in STEM fields and all employees will need to utilize STEM skills for problem solving in a wide range of industries.

ROBOTICS

GRADE: 9, 10, 11, 12

CREDIT: 0.5

STM 670

*FEE: Each student will be assessed \$30 to cover partial cost of consumable materials for this class.

Robotics is a course that will introduce students to the world of mechatronics, mechanical and electrical engineering through the VEX robotics platform. Students will be building programmed and remotely operated solutions to design and real-world challenges. As part of this course students will learn the basics of programming, engineering design process and problem solving. Students that are interested will have the opportunity to take the learning from this course to compete in the Technology Student Association VEX Robotics Competition at the state and national level for prizes and scholarships.

E/V PRINCIPLES

GRADE: 9, 10, 11, 12

CREDIT: 0.5

STM 301

*FEE: Each student will be assessed \$30 to cover partial cost of consumable materials for this class.

Electric vehicles are the future of the automotive industry. Are you ready to get hands-on with an actual E/V Car? This course will challenge students to build a fully functional E/V kit car and restore, repair or rebuild EV cars from the community. Students will learn about all aspects of E/V vehicles and control systems. From wiring systems to battery banks and electric motors students will study each system in the car as we build the entire system from the ground up. At the end, students will work to select one aspect of the car to upgrade beyond the original manufacturer's configuration.

POWERING THE FUTURE

GRADE: 9, 10, 11, 12

CREDIT: 0.5

STM 673

*FEE: Each student will be assessed \$30 to cover partial cost of consumable materials for this class.

The Renewable Energy industry was responsible for \$881 billion dollars in economic opportunity in 2020. This class will introduce students to the world of wind and solar energy through hands on design, building and competition. Students will work to build their own microsolar arrays as well as build two expedition level arrays that will be deployed to a needy community in Kenya to help light a school or community building, providing light and cell phone charging to a needy community. Students will also have a chance to build and design their own wind turbines as part of a class competition for energy generation and stability. Students who are interested can continue to compete at the state and national level in the Kid Wind Challenges for prizes and scholarships.

3D DESIGN AND MANUFACTURING

GRADE: 9, 10, 11, 12

CREDIT: 0.5

STM 302

*FEE: Each student will be assessed \$30 to cover partial cost of consumable materials for this class.

CAD Design is an integral part of the engineering design process, from AutoCAD to Blender 3D design software is being used across industries and for projects from building small parts to designing entire cities. In this course students will be introduced to AutoDesk Fusion360 and learn to use the software to design, model and animate 3D objects. From there we will explore the different tools and technologies used to take 3D designs and turn them into reality. 3D printing, laser cutting, and an industrial CNC router will be explored, trained and used to produce student projects of varying size and scale. After completing this course students will have full access to the STEM buildings 3D tools for the rest of their high school career.

**INTRODUCTION TO COMPUTER
SCIENCE**

GRADE: 9, 10, 11, 12

CREDIT: 1.0

STM 246 (Semester 1)

STM 247 (Semester 2)

*Yearlong course. Sign up for both semesters.

Students will learn the basics of computer programming along with the basics of computer science. The material emphasizes computational thinking and helps develop the ability to solve complex problems. Students will learn to program using the Python language. This course will cover beginning computer science, number calculations and data, making decisions, repetition with loops, graphics, string processing, subprograms, arrays, 2D arrays, and the internet. This course will prepare students for AP Computer Science Principles and AP Computer Science A.

AP COMPUTER SCIENCE PRINCIPLES

GRADE: 10, 11, 12

CREDIT: 1.0

STM 250 (Semester 1)

STM 251 (Semester 2)

*Yearlong course. Sign up for both semesters.

*FEE: \$96 for the AP Exam fee. AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.

Computer Science Principles introduces students to the foundational concepts of computer science and challenges them to explore how computing and technology can impact the world. More than a traditional introduction to programming, it is a rigorous, engaging, and approachable course that explores many of the foundational ideas of computing so all students understand how these concepts are transforming the world we live in. The course covers a broad range of foundational topics such as programming, algorithms, the internet, big data, digital privacy and security, and the societal impacts of computing.

CS Principles is designed to prepare students who are new to computer science for the AP CS Principles exam. Students, at the beginning of the year, can choose to take this as an AP course (STM 250 and STM 251). Those who do are required to complete the exam in the spring and will have the course title AP Computer Science Principles recorded on their transcript. There is a \$96 fee if the AP route is chosen. Students interested in taking this class as an AP class should fill out the AP Course Approval Form.

AP COMPUTER SCIENCE A

GRADE: 10, 11, 12

CREDIT: 1.0

STM 252 (Semester 1)

STM 253 (Semester 2)

*Yearlong course. Sign up for both semesters.

*FEE: \$96 for the AP Exam fee. AP Course Approval Form required at the start of the new school year. Students will receive the form on the first day of school.

Intro to CS is required, and must have completed Integrated 3. Students will explore fundamental computer science topics that include problem solving, design strategies and methodologies, organization of data (data structure), approaches to processing data (algorithms), analysis of potential solutions, and the ethical and social implications of computing. The course emphasizes both object-oriented and imperative problem solving and design using Java language. These techniques represent proven approaches for developing solutions that can scale up from small, simple problems to large, complex problems. This course is equivalent to a college-level course in computer science.

Life Skills

Life Skills classes can be the most important classes you take. Experiences from these classes can help you acquire skills for the workplace, for your leisure time, and for your human relationships. The learning in these classes is about you. You will complete these classes with a better understanding of your interests, aptitudes, ambitions, strengths, and weaknesses. Whether you are headed for work, a certificate training program, a two-year college program, a four-year college program, or the military you will benefit from the knowledge gained in these classes.

AVID

GRADE: 9

CREDIT: 1.0

LIF 101 (Semester 1)

LIF 102 (Semester 2)

*Yearlong class. Sign up for both semesters.

Advancement Via Individual Determination (AVID) is a year-long academic elective course that prepares students for college readiness and success. In AVID, students participate in activities that incorporate strategies focused on writing, inquiry, collaboration, organization and reading (WICOR) to support their academic growth. Students will have the opportunity to work with a variety of activities, some of which include, but are not limited to: college research, career research, vocabulary comprehension, reading comprehension, public speaking, essay writing, and academic success skills. Students will increase awareness of their personal contribution to their own learning, as well as to that of their classmates through tutorial study groups.

MULTILINGUAL LEARNERS

GRADE: 9, 10, 11, 12

CREDIT: 0.5

*Placement test required to enter class.

*Students need to schedule through counselor.

The primary goal of this class is to develop English language proficiency. The class assists students in communicating effectively in all four English language domains (reading, writing, speaking and listening) to maximize learning in academic content as well as to use English appropriately in all settings. Components of the class include academic vocabulary development, direct instruction in reading with a focus on comprehension and fluency, journaling, English grammar and writing projects. Curriculum is driven by the WIDA English Language Development Standards.

Students are required to take a placement test to enter this class. Once in the class they are required to take the WIDA assessment until they exit the program. The WIDA is administered annually as mandated by the state and provides exiting criteria.

STUDY SKILLS

GRADE: 9,10, 11, 12

CREDIT: 0.5

LIF 112 (Semester 1)

LIF 113 (Semester 2)

*Students must be eligible for special education services in order to take this class.

The goal of the course is to help students develop strategies for students to learn study habits that can help them become confident in their performance in and out of school. Skills to be

learned include taking good notes, creating an effective study plan, utilizing time efficiently and work on getting assignments done independently. Study skills can assist with active listening, stress management, time management, test taking and memorization. In addition to improving these skills, this class will assist students with their core classes. Based in the level and needs of a student, assignments can be modified to help them understand the core concepts.

COMMUNITY PROJECT EXPERIENCE

GRADE: 11, 12

CREDIT: 0.5

LIF 150

*Graduation Requirement

What ignites your passion? What are your strengths? What does it mean to be a citizen? How do we define community? This course allows students to answer these essential questions by designing a project with a community partner that can explore their passion through direct, indirect or advocacy service. By designing a meaningful project, the student can impart a change that leaves a lasting legacy for the school, community and themselves.

In addition, students will explore their fifth year plan including career and college choices, a scholarship search, personal essay, resume building, and decision making.

FOOD FOUNDATIONS

GRADE: 9, 10, 11, 12

CREDIT: 0.5

LIF 220

*Single semester course. Sign up for one.

*FEE: Each student will be assessed \$35 to cover partial cost of consumable materials for this class.

Tired of fast food and frozen entrees? This is a hands-on introductory culinary course for students who want to learn basic culinary skills that work in the home kitchen. The essentials of the course include food and kitchen safety, nutrition, fundamental food preparation, the sustainable food supply chain, cooking and baking terminology and techniques. Units of study vary from breakfast to dinner, desserts and budget meals. Students prepare food from scratch. All students are required to work one week in FHHS's commercial kitchen under the direct supervision of the chef and kitchen manager.

CULINARY ARTS

GRADE: 9, 10, 11, 12

CREDIT: 0.5

LIF 225

*Single semester course. Sign up for one.

*FEE: Each student will be assessed \$35 to cover partial cost of consumable materials for this class.

*SUGGESTED PREREQUISITE: **Food Foundations**

This is a hands-on deep dive into the culinary industry! Students interested in a career in culinary will learn industry-level skills and techniques suited for a bakeshop, a restaurant, a food truck and more. Students will explore the food service industry and various cuisines. They will use the tools of the trade to create dishes from scratch and present them to their friends and faculty. All students are required to work one week in FHHS's commercial kitchen under the direct supervision of the chef and kitchen manager.

CHEF 1.0

GRADE: 9, 10, 11, 12

CREDIT: 0.5

LIF 235 (Semester 1)

LIF 236 (Semester 2)

*Internship Program. Chef & Teacher approval required. Limited enrollment.

*PREREQUISITES: Food Foundations, or Culinary Arts.

*Interview with Chef & High School Teacher Required.

This is an opportunity for aspiring chefs to work in a high volume fast paced kitchen environment with a professionally-trained chef. This is a real-time applied skill based experience that teaches kitchen protocols and other culinary skills that prepare students on a path to a career in culinary arts. **Students must participate in special events requiring hours outside of the school day.** Consistent attendance, strong work ethic and maturity are mandatory for participation.

CHEF 2.0

GRADE: 10, 11, 12

CREDIT: 0.5

LIF 237 (Semester 1)

LIF 238 (Semester 2)

*Internship Program. Chef & Teacher approval required. Limited Enrollment.

*PREREQUISITE: Chef 1.0

Chef 2.0 is the second tier of the Chef.0 Internship Program a pre-apprenticeship program that gives students valuable work experience in a high-volume, fast-paced kitchen. Students will learn further culinary skills, establish strengthen work ethic and explore the field of culinary arts. **Students must participate in special events requiring hours outside of the school day.** Consistent attendance, strong work ethic and maturity are mandatory for participation.

CAREER PREPARATION

GRADE: 9, 10, 11, 12

CREDIT: 0.5

LIF 709

*Single semester course

Students will build workplace readiness skills that will give them the confidence to pursue their career opportunities. They will explore the aptitudes and attitudes that build a strong work ethic and connect with the local and regional workforce. They will create an employment portfolio, practice interview skills, identify health & safety in the workplace and practice conflict resolution. There are opportunities for job shadows, field trips and hands-on experiences in various fields. Students will have an opportunity to earn an Industry Recognized Credential at the end of the course.

CAREER SUCCESS

GRADE: 9, 10, 11, 12

CREDIT: 0.5

LIF 710

*Single semester course

* SUGGESTED PREREQUISITE: Career Preparation

Students will build upon the workplace readiness skills established in Career Prep I. They will explore formulas for career success such as: Leadership and Team Dynamics, Communication Styles, Managing Diversity, Conflict Management, Leadership Styles, Workplace Communication, Employee Compensation Components, Business Ethics and Employment Portfolios. There are opportunities for job shadows, field trips, and hands-on experiences in

various fields. Students will have an opportunity to earn an Industry Recognized Credential at the end of the course.

WORK EXPERIENCE

GRADE: 10, 11, 12

CREDIT: 0.5

*Minimum 16+ years of age. Application & interview required.

This program is appropriate for students who want credit for their part-time employment. It is the student's responsibility to find and secure employment, although the WSL instructor can assist with the employment search, resume, and the interview. The WSL instructor will meet with the student and the student's work supervisor to set goals. In addition, the student must meet twice a week with the WSL instructor. Students must show progress toward completion (meeting with the instructor, submitting timesheets and working toward goals); inadequate progress will result in the student being dropped from the class. The grade earned depends on the completion of goals, reports from the supervisor, submission of timesheets, and work skills demonstrated in the workplace. **Working 180 hours will earn 0.5 credit, NO PARTIAL CREDIT IS AWARDED.** Application form and interview required with instructor.

INTERNSHIP

GRADE: 9, 10, 11, 12

CREDIT: 0.5

LIF 311 (Semester 1)

LIF 312 (Semester 2)

*Application & interview required.

This program is designed for students who want to acquire knowledge or skills related to a career. The activity, which CANNOT be for pay, should permit the student to explore a career interest. The instructor can help create and design the internship. The instructor will meet with the student and the intern's supervisor to set goals and expectations. In addition, the student must meet twice a week with the instructor. Students must show progress toward completion (submitting timesheets and working toward goals); inadequate progress may result in the student being dropped from the class. The grade earned depends on the completion of goals, reports from the supervisor, submission of timesheets, and work skills demonstrated in the workplace. **180 hours of internship will earn 0.5 credit, NO PARTIAL CREDIT IS AWARDED.** which is equal to working two and one-half hours per day. Students may apply by submitting an application form and interviewing with the instructor.

ACADEMIC TUTOR/ASSISTANT

GRADE: 9, 10, 11, 12

CREDIT: 0.5

LIF 251

*Teacher permission required.

To serve as a tutor, students must fill out an application and turn it in to the guidance counselor. As a tutor, a student will be assigned to assist an individual student or a learning group in a specific subject area under the supervision of a teacher.

LIBRARY STAFF ASSISTANT

GRADE: 11, 12

CREDIT: 0.5

LIF 253

*Teacher permission required.

Library aides will assist with the daily operations of the library. Students will help shelve

books, organize materials, make deliveries, assist with various technological resources, and complete special projects. Each library aide will be responsible for several aspects related to the operation of the library. In addition, students will gain knowledge of both print and digital resources. Confidentiality, dependability, responsibility, and attention to details are all traits needed to succeed in this class. Students will be graded on responsibility and thorough completion of assigned tasks. Library aides also have the opportunity to read and review books!

OFFICE ASSISTANT

GRADE: 9, 10, 11, 12

CREDIT: 0.5

LIF 254

*Office Manager permission required.

A school office assistant helps with a variety of projects from attendance, copying, filing, delivering messages and basic office maintenance. The office assistant works closely with the Office Receptionist and Office Manager. A significant amount of time is spent using good phone skills and working with the public in a customer service capacity. Students will be required to interview with the office manager before this class is finalized on the student's schedule. Students will be graded on initiative, responsibility, and attendance. Confidentiality, dependability, and responsibility are traits needed to succeed in this class.

TEACHER AIDE

GRADE: 9, 10, 11, 12

CREDIT: 0.5

LIF 255 (Semester 1)

LIF 259 (Semester 2)

*Teacher permission required.

As an aide, the student assists the teacher with specific projects, bulletin boards, data collection, preparation of class materials and other important administrative tasks. Tutorial tasks may be included. Confidentiality, dependability, and responsibility are traits needed to succeed in this class.

LEADERSHIP

GRADE: 9, 10, 11, 12

CREDIT: 0.5

LIF 119

*Single semester course

This course is recommended for ASB officers, student leaders of clubs, sports, activities and students interested in developing their leadership capacity. Students will be intricately involved in planning and implementing various activities around campus. Students explore personal character development and learn various concepts of leadership. Coursework will include team building, school and community project planning/work in and outside of class, and improving communication skills. Students in this course are expected to promote and support a positive school culture at FHHS, which will be a main focus of the curriculum. The class also gives students the opportunity to enhance their skills in public speaking, problem-solving, decision-making and project management. Participation inside and outside of class is essential. Reflection on class activities and the effect they have had on the student is a regular part of the class. Evaluation is based on participation, personal growth, involvement in student activities and projects turned in.

YEARBOOK

GRADE: 9, 10, 11, 12

CREDIT: 0.5

LIF 301(Semester 1)

LIF 302 (Semester 2)

*It is strongly recommended that students sign-up for both semesters of this course.

This course is designed to teach students how to communicate through both photography and the written word. Skills that will be mastered include digital photography, photo manipulation, page layout and design, and sales and marketing strategies. Students will be required to work collaboratively with other staff and develop leadership skills when taking charge of specific sections of the yearbook. Yearbook staff will be responsible for completing the required sections of the yearbook, which will correspond to the semester they are signed up for. Second semester will include completing and submitting the yearbook for printing and (remove) as well as the art magazine supplement.