Parents
of the class of 2019
Welcome to
Camas High School
2015 Forecasting Timeline for 8th Graders

Parent information meetings at Camas High School Feb. 25

Middle school teachers will go through the CHS Forecasting Guide in their 8th grade Advisory or Science classes

CHS staff speak to 8th graders in their classrooms

Students bring High School and Beyond Plans home for students to discuss with parents and have them sign

Middle school teachers help students complete Forecasting Sheets and enter classes on the computer
Camas High School has a lot to offer

- Strong academic classes
- Many elective choices
- An excellent athletics program
- Clubs and activities
- Leadership opportunities
- Social events
- Service opportunities
- Career and College preparation
- Academic support
Athletics

- **Fall Sports**
  - Cross Country (Boys & Girls)
  - Dance (Girls)
  - Football (Boys)
  - Football Cheer
  - Golf (Boys)
  - Slow Pitch (Girls)
  - Soccer (Girls)
  - Swim (Girls)
  - Tennis (Boys)
  - Volleyball (Girls)

- **Winter Sports**
  - Basketball (Boys)
  - Basketball (Girls)
  - Basketball Cheer
  - Bowling (Girls)
  - Competitive Dance
  - Gymnastics (Girls)
  - Swim (Boys)
  - Wrestling

- **Spring Sports**
  - Baseball (Boys)
  - Golf (Girls)
  - Soccer (Boys)
  - Softball (Girls)
  - Tennis (Girls)
  - Track (Boys and Girls)
Clubs and Activities

A. S. L. Club
Art Studio
Chess Club
Christian Student Union
Dance Team
DECA
Drama
Earth Club
Equestrian Team
FIRST Robotics
Future Business Leaders
International Club
Journalism
Key Club
Knowledge Bowl
Leadership
Library Club
Lit Lovers
Math Club
Mock Trial
Model United Nations
National Honor Society
Natural Helpers
Physics Club
Red Cross
Science Olympiad
Sister School
Technology Club
Thespian Society
Yearbook
Options After High School

University or College
Community College
Technical Institute/Trade School
Apprenticeship
Military
Work
Marriage
Stay at home and help Dad & Mom with the dishes, laundry, and mowing the lawn
# Camas High School

**Credit Requirements for Graduation**

<table>
<thead>
<tr>
<th>Subject</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>English</strong></td>
<td>4.0</td>
</tr>
<tr>
<td><strong>Social Studies</strong></td>
<td>3.0</td>
</tr>
<tr>
<td><strong>Science</strong> [Physical Science, Biology, Science Elective]</td>
<td>3.0</td>
</tr>
<tr>
<td><strong>Math</strong> [Algebra 1, Geometry, Algebra 2]</td>
<td>3.0</td>
</tr>
<tr>
<td><strong>P. E./Health</strong> [1.5 PE + .5 Health]</td>
<td>2.0</td>
</tr>
<tr>
<td><strong>Career &amp; Tech</strong> [Focus + .5 cred.]</td>
<td>1.0</td>
</tr>
</tbody>
</table>
Camas High School
Credit Requirements for Graduation

- **Subject**
  - World Language
    - [or Personal Pathway Requirement = PPR Career Related Elective]
  - Fine or Performing Arts
    - [or 1.0 Fine Art + 1.0 PPR]
  - Electives
- **Credits**
  - 2.0
  - 2.0
  - 4.0
  - 24.0
Additional Credit Requirements for many Four-Year Universities

- **Subject**
  - **Science**
    - [Chemistry or Physics recommended]
  - **Math** [through Algebra 2]
  - **Foreign/World Language**
    - [2 years of the same language]

- **Credits**
  - 3.0 +
  - 3.0 +
  - 2.0

Many colleges look for students who have earned a strong G. P. A., have above average SAT scores, and who have taken academic classes for electives, in order to be accepted. Involvement in activities, athletics, clubs, leadership, and community service may also influence admissions.

CADR’s College Academic Distribution Requirements
2015-16 FRESHMAN HIGH SCHOOL AND BEYOND PLAN

<table>
<thead>
<tr>
<th>Grade 9</th>
<th>Grade 10</th>
<th>Grade 11</th>
<th>Grade 12</th>
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<tbody>
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<td>English 9</td>
<td>English 10</td>
<td>English 11</td>
<td>English 12</td>
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<tr>
<td>Math</td>
<td>Math</td>
<td>Math</td>
<td>CWI</td>
</tr>
<tr>
<td>Physical Science</td>
<td>Biology</td>
<td>US History</td>
<td></td>
</tr>
<tr>
<td>Health / 9th PE</td>
<td>World History</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Focus (sem) /</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Additional required classes for graduation:
- Science Elective (1.0 credit)
- World Language (2.0 credit) [or PPR career related electives]
- Fine Art (2.0 credit) [or 1.0 Fine Art + 1.0 PPR]
- Physical Education Elective (1.0 credit)
- Occupational (.5 credit) [+ Freshman Focus fulfills .5 of requirement]

State testing requirements
# 2015-16 FRESHMAN HIGH SCHOOL AND BEYOND PLAN

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- Physical Education Elective (1.0 credit)
- Occupational (.5 credit) [+ Freshman Focus fulfills .5 of requirement]
- Smarter Balance (English & Math)—11th grade, Science Assessment
2014-15 CHS FRESHMAN FORECASTING SHEET

- English requirement—Check one of the following:
  - English 9
  - Pre AP English 9  
    **complete Pre-AP contract**

- Mathematics requirement—You will need your math teacher’s recommendation for appropriate math placement:
  * special permission to enter these math classes
  - Algebra I
  - Geometry
  - Geometry 1
  - Algebra II CP
  - Algebra II
  - Pre-Calculus
  - Acc. Pre-Calculus
  - AP Calculus AB

- Science requirement—Based on your science teacher’s recommendation:
  - Physical Science
  - Pre AP Physical Science  
    **complete Pre-AP contract**

- All 9th graders take the following required classes (each one semester long):
  - Physical Education
  - Freshman Focus
  - Health
## Typical Freshman Schedules at CHS

<table>
<thead>
<tr>
<th>Course</th>
<th>Time</th>
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<tbody>
<tr>
<td>Algebra 1</td>
<td>7:45</td>
</tr>
<tr>
<td>Technology 1 &amp; 2</td>
<td>8:45</td>
</tr>
<tr>
<td>Health/PE</td>
<td>9:50</td>
</tr>
<tr>
<td>A Lunch</td>
<td>10:50</td>
</tr>
<tr>
<td>English 9</td>
<td>11:25</td>
</tr>
<tr>
<td>Everything Art/Fresh Focus</td>
<td>12:25</td>
</tr>
<tr>
<td>Physical Science</td>
<td>1:25</td>
</tr>
<tr>
<td>Conference Period</td>
<td>2:25</td>
</tr>
</tbody>
</table>

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<table>
<thead>
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<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre AP English 9</td>
<td>7:45</td>
</tr>
<tr>
<td>Physical Science</td>
<td>8:45</td>
</tr>
<tr>
<td>Fresh Focus/Drawing</td>
<td>9:50</td>
</tr>
<tr>
<td>Band</td>
<td>10:55</td>
</tr>
<tr>
<td>B Lunch</td>
<td>11:50</td>
</tr>
<tr>
<td>Geometry</td>
<td>12:25</td>
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Some Additional Programs

- **FSA**—Freshman Success Academy
- **IAA**—Integrated Arts & Academics
- **MST**—Math, Science, Technology Magnet
- **Hayes Freedom High School**
- **Skills Center**
  

- **Running Start**
  
  Program for Juniors or Seniors in which students who qualify may take classes at Clark College for both high school and college credit.
Parents’ Changing Role During High School

Move from

- **Manager** – Giving solutions, intense instructions

Move to

- **Consultant/Advisor** – Being available to help, develop good decision making, increase autonomy, model negotiation skills

**Two most common errors in parenting teens:**

- Treating teens like children—over-parenting, over-management
- Treating teens like adults—under-parenting, abandonment
Parents’ Changing Role During High School

Adolescence – A time of change

- Physical—growth, hormones
- Emotional—ups & downs, new feelings, confusion
- Social—explore new relationships, try to fit in
- Intellectual—test values, start thinking like an adult
- Rebellion vs. Individuation
- Mark Twain: “Good judgment comes from experience. Experience comes from bad judgment.”
Parents’ Changing Role During High School

Study Skills

- Are largely learned at home
- Keep in contact with teachers & grades on Skyward
- Support homework; location & time; don’t do homework
- Meddling (electronic devices and distractions)

Arguing

- 47% of moms thought arguing was destructive
- 23% of teens thought arguing was destructive
- Conflict resolution and negotiation are important life skills
Parents’ Changing Role During High School

Research Question

According to research which of these factors is most influential of whether an adolescent becomes obese?

- Number of hours of TV watching
- Type of diet and calories consumed
- Amount of exercise
- Hours of sleep

Sleep information

- Teens get 1 hour less sleep per night than 30 years ago
- The cost to teens includes: lower test scores, lower functional IQ, attention problems, more obesity
Thank you for attending our information meeting today

Questions?