



*Welcome to Rising  
Freshman Parent Night!*

*Class of 2029*

Scan to View  
Presentation









# Presentation of Colors & Pledge of Allegiance





**WELCOME CLASS OF 2029!**  
**PRINCIPAL BLACKWELL**





# CHS ADMINISTRATIVE TEAM



OPIE BLACKWELL

Principal



TIFFANY CRUMPTON

Assistant Principal



LOGAN GUILBEAU

Assistant Principal



GAIL RITCHIE

Assistant Principal



IDA WARD

Assistant Principal



ANDREA VON BIBERSTEIN

IB Diploma Coordinator



STEPHANIE PEET

Instructional Coach



AMBER WILKEN

RTI/504



AMIRE BILLUPS

Assistant Administrator



TREY HENSON

Athletic Director



*Centennial High School  
Chorus*

*Presents*

*Take Note*

*Performing*

*Crabbuckit*

Centennial High School Orchestra  
Presents

Members of the  
Orchestra Ensemble

Performing

Spartacus



# Centennial School Counseling Team



**A – Dn** Ms. Ekpo  
EkpoN@fultonschools.org



**Ko - Ri** Ms. Freeman  
FreemanMA@fultonschools.org

**Do - Kn** Ms. Ruppe  
Ruppe@fultonschools.org



**Rj – Z** Ms. Peart  
Peart@fultonschools.org



## Grad Coach

Ms. Hollaway

HollawayA@fultonschools.org



## College Coord

Ms. Truax

truaxCI@fultonschools.org







# Our School Counseling Program Vision

## Core Values:

At Centennial High School, we empower students to *Discover, Think and Succeed*.

## Mission Statement:

At Centennial High School, our mission is to maximize student learning.

- Discover your full potential.
- Become independent and critical thinker.
- Counselors will advocate for student success by identifying and addressing barriers, allowing students to become responsible & productive citizen.



# Centennial Counseling Curriculum



## 9th Grade

Career Planning  
4 Year Academic Plan  
Suicide Prevention  
9th Grade Parent Night

## 10th Grade

YouScience Career  
Interest & Aptitude  
Inventory  
10th/11th  
Grade Parent Night

## 11th Grade

Postsecondary Success  
Grad Status Check  
Jr. Advisement

## 12th Grade









College & Career Month  
Graduation Status Check  
Financial Aid Night  
12th Grade Parent Night

# Welcome to Centennial High School Counseling

Please check our website often for date and time updates.

Scroll down to view our NEWS REEL for upcoming events.

For all events listing, click on [EVENTS & CALENDAR](#) tab on the top bar

 Coach & Credit Recovery	 Scholarships & Financial Aid	 Virtual School & Summer School	 Seniors
 SAT, ACT, PSAT & Test Prep	 New Enrollment	 Dual Enrollment	 Rising 9th Graders

# Counseling Website

[www.mycentennialcounseling.com](http://www.mycentennialcounseling.com)

- Dual Enrollment and College Visits
- Financial Aid and Scholarship Information
- Credit Recovery and Virtual Learning
- SAT/ACT Test Prep Opportunities
- Grade Level Resources and FAQs





# High School Graduation Requirements

SUBJECT	CREDIT REQUIREMENT	COURSE REQUIREMENT
English	4	Lit & Comp I Lit & Comp II Plus 2 additional English Credits (American Lit, World Lit, Multicultural, AP/IB/DE, etc.)
Math	4	Algebra Concepts & Connections Geometry Concepts & Connections Advanced Algebra Concepts & Connections Plus, one additional Math Credit
Science	4	Biology Physical Science or Physics Chemistry, Earth Science, or Environmental Science Plus, one additional Science Credit
Social Studies	3	American Government World History US History Personal Finance & Economics
Career Tech/ World Lang/ Fine Art	3	Students must take a minimum of 3 credits in CTAE, Fine Arts or World Language. <i>*Students seeking admission to a four-year college or university in Georgia must take a minimum of 2 units of the same language.</i>
Health / Personal Fitness	1	Health (.5 credit) Personal Fitness (.5 credit – waiver available)
Electives	4	4 additional credits are required from the subject areas listed above
<b>TOTAL</b>		<b>23</b>

# Personal Fitness Waiver

Link available at <http://www.mycentennialcounseling.com/>

## Requirements (completion of one of the following):

1 SEASON OF A GHSA SPORT

1 SEASON OF A NON-GHSA SPORT

1 SEASON OF MARCHING BAND

.5 CREDIT OF DANCE, CIRQUE OR PHYSICAL EDUCATION ELECTIVES

3 CREDITS OF JROTC

## Electives and GHSA sports that are eligible to waive Personal Fitness:

GHSA Sports			Electives
Basketball	Golf	Tennis	Advanced Body Sculpting
Baseball	Gymnastics	Track	Advanced Team Sports
Cheerleading	Lacrosse	Volleyball	Advanced Weight Training
Cross Country	Riflery	Wrestling	Body Sculpting
Dance	Soccer	Flag Football	Introductory Team Sports
Softball	Swimming	Dance	Lifetime Sports

Students must complete the [Personal Fitness Waiver Request Form](#) and receive approval prior to the end of their junior year of high school.

# HOW IS GRADE LEVEL DETERMINED IN HIGH SCHOOL?

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## **Freshman**

9th Grade

---

Less than 5 Credits Completed

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## **Sophomore**

10th Grade

---

5 to 10.5 Credits Completed

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## **Junior**

11th Grade

---

11 to 16.5 Credits Completed

---

## **Senior**

12th Grade

---

17 or More Credits Completed

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23 Credits Completed to Graduate

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# Fulton County Grading Scale:

- A = 90 or higher
- B = 80-89
- C = 70-79
- F = 69 or below

**Honors, AP, IB, and college courses receive an additional 7 points added to the final passing grade.**

## *Parent Questions & Concerns: Current 8<sup>th</sup> Grade Year*

- Who is your best point of contact for completed academic recommendations and placement for 9<sup>th</sup> grade classes?: **Your current 8th grade teacher(s) and/or middle school counselor until spring break. Then, reach out to your Centennial counselor.**
- Who is your best point of contact during the spring registration period in February and March? (examples include course selection, options, and scheduling): **Your current middle school counselor.**

# *Parent Questions & Concerns:*

## *9<sup>th</sup> Grade Year & Beyond*

- Who is your best point of contact for grades, assignments, course content, academic placement?:

**Your classroom teacher(s).**

- Who is your best point of contact for class schedules, social/emotional concerns, college & career planning?

**Your school counselor.**

- Who is your best point of contact for classroom related concerns after speaking with a teacher?

**The department chair for that subject.**

- Who is your best point of contact for classroom related concerns after speaking with the department chair?:

**Your grade level administrator.**



# Department Chairs

Name & Email	Title
<b>Macklin Hennessey</b> <a href="mailto:hennesseym@fultonschools.org">hennesseym@fultonschools.org</a>	<b>Social Studies</b>
<b>Shannon Keane</b> <a href="mailto:keanesn@fultonschools.org">keanesn@fultonschools.org</a>	<b>Math</b>
<b>Shaun Manny</b> <a href="mailto:mannys@fultonschools.org">mannys@fultonschools.org</a>	<b>English Language Arts</b>
<b>Christine Behymer</b> <a href="mailto:behymerc@fultonschools.org">behymerc@fultonschools.org</a>	<b>Science</b>
<b>Raquel Martinez</b> <a href="mailto:martinezr@fultonschools.org">martinezr@fultonschools.org</a>	<b>World Language</b>
<b>Amanda Marbry</b> <a href="mailto:marbry@fultonschools.org">marbry@fultonschools.org</a>	<b>Fine Arts</b>
<b>Chelsea Burney</b> <a href="mailto:burneyc@fultonschools.org">burneyc@fultonschools.org</a>	
<b>Marie Robinson</b> <a href="mailto:robinsonmm@fultonschools.org">robinsonmm@fultonschools.org</a>	<b>CTAE</b>
<b>Holly Oran</b> <a href="mailto:oranh@fultonschools.org">oranh@fultonschools.org</a>	<b>ESOL</b>
<b>Erin Schwartzenfeld</b> <a href="mailto:schwartzenfe@fultonschools.org">schwartzenfe@fultonschools.org</a>	<b>CBI</b>
<b>Beth Burton</b> <a href="mailto:burtonba@fultonschools.org">burtonba@fultonschools.org</a>	<b>IRR</b>

# Additional Support Personnel

Name & Email	Title
<b>Opie Blackwell</b> <a href="mailto:blackwello@fultonschools.org">blackwello@fultonschools.org</a>	Principal
<b>Gail Ritchie</b> <a href="mailto:ritchieg@fultonschools.org">ritchieg@fultonschools.org</a>	Curriculum Assistant Principal
<b>Douglas Henson</b> <a href="mailto:hensondc@fultonschools.org">hensondc@fultonschools.org</a>	Athletic Director
<b>Andrea Von Biberstein</b> <a href="mailto:vonbiberstei@fultonschools.org">vonbiberstei@fultonschools.org</a>	IB Coordinator
<b>Kaitlyn Ferguson</b> <a href="mailto:fergusonke@fultonschools.org">fergusonke@fultonschools.org</a>	TAG/Gifted Coordinator
<b>Christa Heath</b> <a href="mailto:heathc@fultonschools.org">heathc@fultonschools.org</a>	Learning Commons & Textbooks
<b>Marilu Anderson</b> <a href="mailto:andersonm2@fultonschools.org">andersonm2@fultonschools.org</a>	Bilingual Parent Liaison (ESOL)
<b>Sharinette Johnson</b> <a href="mailto:johnsons15@fultonschools.org">johnsons15@fultonschools.org</a>	Attendance Clerk
<b>Amber Wilken</b> <a href="mailto:wilkena@fultonschools.org">wilkena@fultonschools.org</a>	RTI/504 Coordinator
<b>Getra White</b> <a href="mailto:whitef@fultonschools.org">whitef@fultonschools.org</a>	School Counseling Secretary
<b>Nancy Stickel</b> <a href="mailto:stickeln@fultonschools.org">stickeln@fultonschools.org</a>	School Counseling Registrar
<b>Sanjeevee Rathnabandara (Ms. Chapa)</b> <a href="mailto:rathnabandas@fultonschools.org">rathnabandas@fultonschools.org</a>	Clinic Assistant



## Athletics

Centennial Athletics is the home to 24 Varsity teams across 16 sports with a rich history of success on both the state and National level. Preparation for high school athletics begins now, with weight training, off-season workouts, and even tryouts for Fall sports beginning in the Spring.

You can also check out [www.centennialathletics.com](http://www.centennialathletics.com) and @CHSKnightsATH on twitter for more information.

Our Athletic Director is Trey Henson  
[hensondc@fultonschools.org](mailto:hensondc@fultonschools.org)



## Athletics

Centennial athletes are placed in a weightlifting class with our strength and conditioning coach as one of their electives.

For more information, reach out to your specific coach or our athletic director.

Our Athletic Director is Trey Henson  
[hensondc@fultonschools.org](mailto:hensondc@fultonschools.org)





# Athletics

## Fall Sports

- Football (V, JV)
- Softball (V)
- Boys & Girls Cross Country (V, JV)
- Cheerleading (V, JV)
- Volleyball (V, JV, F)
- Girls Flag Football (V, JV)

## Winter Sports

- Basketball (V, JV, F – boys only)
- Basketball Cheerleading (V, JV)
- Wrestling (V, JV)
- Swimming and Diving

## Spring Sports

- Baseball (V, JV)
- Lacrosse (V, JV)
- Soccer (V, JV)
- Track (V, JV)
- Tennis (V, JV)
- Golf (V, JV – boys only)
- Gymnastics (V)



# English Department

# 9th Grade Lit. Teachers

Ms.  
Coffman

Ms.  
Cooper

Ms.  
Ferguson

Mr.  
Johnson

Ms.  
Waldmann

Mr. Raffauf

Ms. Fintak

# 9TH GRADE ELA COURSE OPTIONS



Literature  
and Composition I

For students who complete 8th ELA by the end of 8th grade.



Honors Literature  
and Composition I

For TAG students and/or students who want a more rigorous 9th ELA course.



Honors Literature  
and Composition II or  
AP Seminar

For students who complete 9th Lit. (accelerated track) by the end of 8th grade.



# 9TH GRADE LITERATURE

Literature & Composition I is a study of major literary genres and themes across recorded history with an emphasis on **both literary and informational texts**.

While maintaining an intense reading emphasis, instruction will refine grammar, vocabulary, and writing skills, preparing students for success in Literature & Composition II.

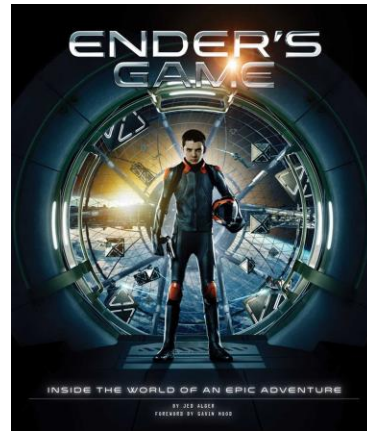
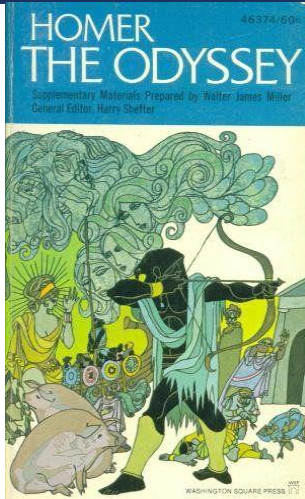
Throughout this year-long course, students will have opportunities to develop and expand their knowledge of literature & language and demonstrate their mastery of learning through **performance tasks and assessments**, such as formal discussions, presentations, writing assessments, traditional tests, and more.



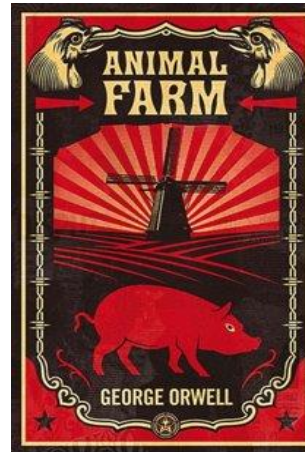
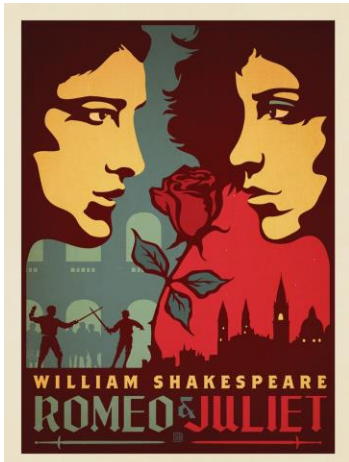
## Summer Reading: Honors Lit. and AP Seminar

- If your student is enrolled in either 9th or 10th grade Honors Literature OR AP Seminar, he or she will be required to complete a **summer reading assignment.**
- Summer reading information will be posted on Centennial's website and shared with current 8th grade ELA teachers at Holcomb and Haynes.
- Contact Ms. Ferguson or Mr. Manny with summer reading questions.

# 9TH GRADE POTENTIAL TEXTS



- *The Odyssey*
- *Ender's Game*
- *Romeo and Juliet*
- *The Glass Castle*
- *Animal Farm*
- *The Hunger Games*





**Math**



# Math Requirements:

All students must take 4 years of High School Math

1 Year - Algebra: Concepts & Connections or  
Algebra: Concepts & Connections Honors

1 Year - Geometry: Concepts & Connections or  
Geometry: Concepts & Connections Honors

1 Year - Advanced Algebra: Concepts & Connections or  
Advanced Algebra: Concepts & Connections Honors

1 Year – Approved Other Math Course Offering

# Additional Math Course Offerings

Precalculus  
C&C

AP  
Precalculus

Enhanced  
Advanced  
Algebra & AP  
Precalculus

AMDM

Statistical  
Reasoning

AP Statistics

Calculus

AP Calculus  
AB

AP Calculus  
BC

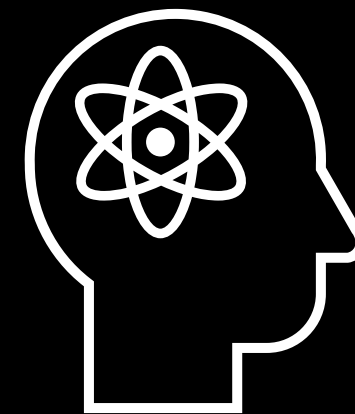
IB Math:  
Applications &  
Interpretations

IB Math:  
Analysis &  
Approaches

# 9th Grade Course Offerings:

Track	Current 8th Grade Course	9th Grade Course
Standard	Math 8	Algebra: Concepts & Connections
Honors	Enhanced Algebra: Concepts & Connections Honors  Algebra: Concepts & Connections Honors	Geometry: Concepts & Connections Honors

\*\*other tracks may exist, consult your students counselor in these cases\*\*



**Science**



# Science Requirements:



**All students must have 4 Year long science credits**



**1 unit of Biology**



**1 unit of Physical Science or Physics**



**1 unit of Chemistry, Earth Systems, Environmental Science, or AP/IB Science**



**1 unit of an approved 4th science, including any AP/IB, academic science, or career tech science**

# Freshman Science

- Environmental Science
- Honors Biology
- On-level Biology - for transfer students or advanced students who do not want to take Honors Biology

# Sophomore Science

- Typically, Biology, Chemistry, Physical Science
- Student may also double up science if they have room in their schedule.

# Junior/Senior Science

- Students can choose 2 additional courses from the courses on the next slides to meet their graduation requirements.



# Other Science Courses:

Physical  
Science

Chemistry/  
Honors  
Chemistry

Physics

Human  
Anatomy &  
Physiology

Astronomy

Environmental  
Science

Earth Systems

Forensics  
Science

AP/IB Sciences

# AP/ IB Science Courses:

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AP Biology

---

AP Environmental Science

---

AP Chemistry

---

AP Physics 1 or 2

---

AP Physics C (calculus based)

---

IB Chemistry SL

---

IB Biology HL (2-year pathway)

---

Some AP/IB classes have math requirements



# Why take Science?

It's fun (hands on)

STEM is one of fastest growing job markets!!

Develops Critical & Analytical Thinking Skills



# Science Questions??

Dept Chair: Christine Behymer [behymerc@fultonschools.org](mailto:behymerc@fultonschools.org)







# Social Studies

# High School Sequence

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9th: 1 Semester of American Government  
or 2 semesters AP Government

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10th: 2 Semester of World History

---

11th: 2 Semesters of US History

---

12th: 1 Semester of Economics



# Typical 9<sup>th</sup> Grade Schedule

Most 9<sup>th</sup> Graders will take American Government & Health  
freshman year

Elective Options

AP Human Geography (see QR Code)

International Affairs (Elective)

Model UN (Club)





**International  
Baccalaureate**

# IB & AP: What's the difference?

## IB Diploma Program

Courses offered in  
11th & 12th grade  
(Comprehensive)

Skills focused on  
inquiry, analysis,  
research, and  
communication

Full Diploma **OR**  
individual courses

Students explore  
content in depth  
with student choice

Exams taken at end  
of 1-year and 2 year  
courses

International Exam System for College Credit

## Advanced Placement

Courses offered  
9<sup>th</sup>-12<sup>th</sup> grade

Skills focused on  
questioning  
techniques (fact  
based)

Individual Courses  
only

Teaches students  
test-based skills

Classes operate  
independently of  
each other

Exams taken at the  
course (9<sup>th</sup>-12)

American Exam System for College Credit

What is an IB education?

# IB STATISTICS

- ▶ 3590 Diploma Programme schools worldwide
  - ▶ 1826 DP schools in the Americas
    - ▶ 957 US schools
      - ▶ 37 GA schools



**Centennial HS is 1 of 4 Fulton IB World Schools**



# Key Elements of an IB Education



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**International-Mindedness**

---

**IB Learner Profile**

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**A Broad, Balanced, Conceptual, & Connected Curriculum**

---

**Approaches to Teaching and Learning**

---

Comprehensive college prep program where students can gain access to top tier universities and earn up to 32 college credits



## 11<sup>th</sup> and 12<sup>th</sup> Grade

### Subject Groups

Group 1	Language A (English)
Group 2	Language B (French or Spanish)
Group 3	Individuals and Societies
Group 4	Science
Group 5	Mathematics
Group 6	The Arts
Theory of Knowledge (TOK)	

### External Work

Core - CAS

Core - Extended Essay

**Full Diploma Program** students take 1 course from each group and complete the IB core  
**Course Candidates** select courses according to interest

# Centennial IB Students & College Acceptances 2020-2023



93 % Acceptance Rate



89 % Acceptance Rate

UNIVERSITY OF  
**GEORGIA**



昆山杜克大学  
DUKE KUNSHAN  
UNIVERSITY





# Career & Technical Education

# CAREER AND TECHNICAL EDUCATION



## **Audio-Video Technology and Film**

Audio and Video Technology and Film  
Audio-Video Technology and Film II  
Audio-Video Technology and Film III  
& Broadcast Video Production

## **Financial Technology**

Introduction to Financial Technology  
Financial Technology & Services  
Coding in FinTech

## **Financial Services**

Introduction to Business and Technology  
\*Financial Literacy  
\*Banking, Investing, & Insurance  
\*Merged Courses

## **Law & Justice**

Introduction to Law, Public Safety, Corrections and Security  
Criminal Justice Essentials  
~Forensic Science and Criminal Investigations

\* \*4th Science Credit



# CAREER AND TECHNICAL EDUCATION



## Teaching as a Profession

- ~Examining the Teaching Profession
  - ~Contemporary Issues in Education
  - ~Teaching as a Profession Practicum
- The underlined courses are embedded.



## Healthcare Science

- Therapeutic Services/  
Emergency Medical Responder**
- Introduction to Healthcare Science
- ~Essentials of Healthcare
- Emergency Medical Responder
- Therapeutic Services/  
Sports Medicine**
- Introduction to Healthcare Science
- ~Essentials of Healthcare
- Sports Medicine
- ~4<sup>th</sup> **Science Credit**



## JROTC

- JROTC I
- JROTC II
- JROTC III
- JROTC IV



# CAREER AND TECHNICAL EDUCATION



## Game Design

Introduction to Software  
Technology/~Computer Science  
Principles \* or

~AP Computer Science  
Principles

~Game Design and Simulation

~4<sup>th</sup> Science Credit

## Programming

Introduction to Software  
Technology/~Computer Science  
Principles\* or

~AP Computer Science  
Principles

~Programming, Games, Apps and  
Society

~4<sup>th</sup> Science Credit

## Computer Science

Introduction to Software  
Technology/~Computer Science  
Principles\* or

~AP Computer Science Principles

~AP Computer Science A

\*Merged Courses

~4<sup>th</sup> Science Credit

# MORE CAREER TECHNOLOGY INFORMATION

CENTENNIAL  
CTE COURSE  
INFORMATION





**Fine Arts**



# 9<sup>th</sup> Grade Music Courses



## Band- Mr. Everhart

Intermediate Band  
(or placed in a higher level by  
Band director after audition)

Percussion- no experience  
required

## Chorus- Ms. Burney

Women's Intermediate Chorus  
OR Advanced Chorus (placement  
based on MS teacher  
recommendation)

Students with no middle school  
experience are welcome!

## Orchestra- Ms. Jonas

Intermediate Orchestra  
(or placed in a higher level by  
Orchestra director after  
audition)

## Additional Music Courses

- Piano (semester)
- Music Technology (year)



# 9<sup>th</sup> Grade Theater & Visual Arts



## Theater-

Mr. MacPherson

- Fundamentals of Theater

After completing Fundamentals,  
students can choose:

- Acting & Film Production
- Technical Theater
- Advanced Drama

## Visual Art-

Mrs. Marbry & Mr. Riggins

- Introduction to Art + Design Fundamentals

After completing Intro to Art & Design  
Fundamentals, students can choose:

- Draw-Paint 1 & Draw-Paint 2
- Photo 1 & Photo 2
- Ceramics 1 & Ceramics 2

# FINE ARTS DIPLOMA SEAL

## Requirements:

Complete a Fine Arts pathway (3 full credits in a Fine Art)

Complete 1 additional Fine Arts credit

20 hours of community service with a Fine Arts focus

2 extracurricular activities with the specific Fine Art

Complete a Capstone project and reflection

All Fine Arts pathways are eligible for the Fine Arts Diploma Seal: Music, Theater, and Visual Arts





# World Languages

# LANGUAGES OFFERED

French

German

Spanish

# REASONS FOR LEARNING A WORLD LANGUAGE

Higher salaries and expanded opportunities

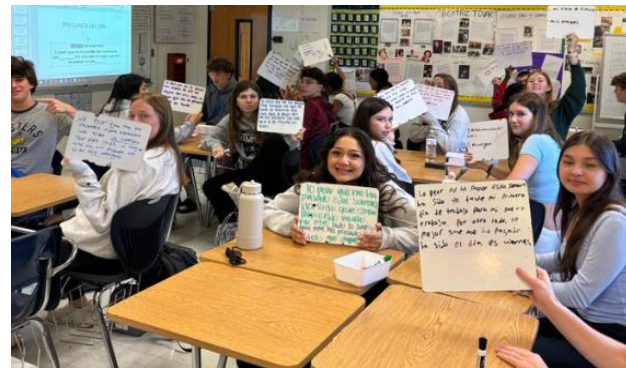
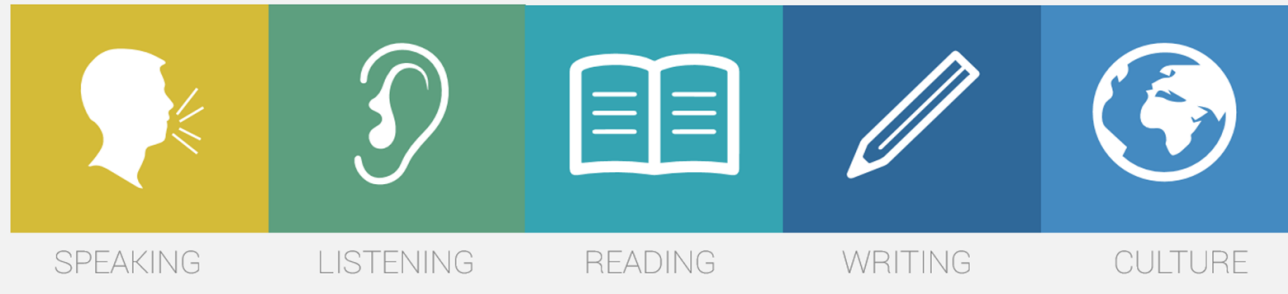
Advantages for standardized tests and college

Cognitive benefits

Explore other cultures and understand their own

**FUN!!!**

# HOW DO WE LEARN?







# EXCHANGES

# DIPLOMA SEALS



## International Skills

**Requirements;**

**Need to have 3-4 world languages**

**4 classes with an international focus**

**20 hours of community service with a global/cross cultural service**

**4 extracurricular activities/experiences with a global context**

**Present an ISDS Capstone presentation**

## Bilingual Skills

**To be considered:**

**Must have an 80% or higher in a core English Class**

**Have taken AP Spanish, German or French and made a 4 or higher on the exam**







**WHY GERMAN?**



## The Germany-Georgia Connection

There are at least **57 Georgia based companies that do business in Germany**. Imagine getting to travel to Germany for work because you can speak German!

There are nearly **500 German companies that do business in Georgia** and employ more than 22,500 Georgians. You may have heard of some of them...



PORSCHE



Mercedes-Benz



**Health &  
Physical  
Education  
Department**



# Health & PE Teachers

---

- Coach Kelly ([kellydg@fultonschools.org](mailto:kellydg@fultonschools.org))
- Coach Psihogios ([psihogiosg1@fultonschools.org](mailto:psihogiosg1@fultonschools.org))
- Coach Connors ([connorss@fultonschools.org](mailto:connorss@fultonschools.org))
- Coach Miller ([millera7@fultonschools.org](mailto:millera7@fultonschools.org))
- Coach Baker ([bakerr3@fultonschools.org](mailto:bakerr3@fultonschools.org))

# Health & PE Required Courses



## *Health*

Health is a one semester class and usually taken freshman year but can be completed any year. **Health is a graduation requirement.**

Course description: This course explores the mental, physical, and social aspects of life and how each contributes to total health and well-being; emphasizes safety, nutrition, mental health, substance abuse prevention, disease prevention, environmental health, family life education, health careers, consumer health, community health, and sexual education.

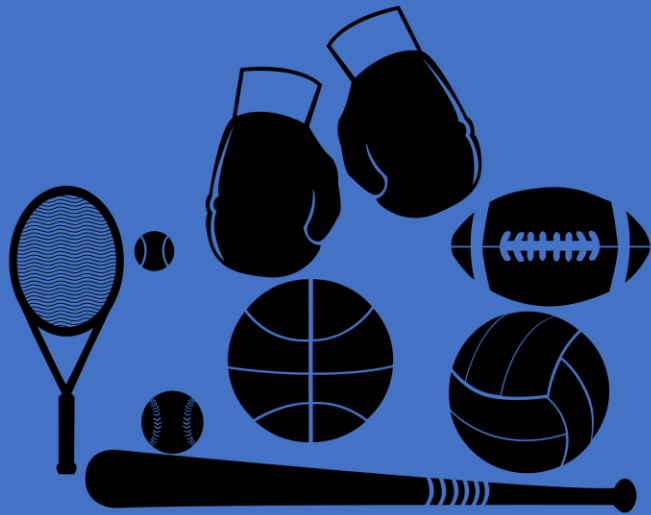
## *Personal Fitness*

Personal fitness is a one semester class and usually taken freshman year but can be completed any year. **Personal fitness is a graduation requirement.**

Course description: This course provides instruction on how to attain a healthy level of physical fitness, implements a lifetime fitness program based on a personal fitness assessment and stresses strength, muscular endurance, flexibility, body composition, and cardiovascular endurance; includes instruction in fitness principles, nutrition, fad diets, weight control, stress management, adherence strategies, and consumer information; and promotes self-awareness and responsibility for fitness.



# Health & PE Elective Courses



## *Team Sports*

A one semester course that students can take as an elective any year.

Course description: The purpose of this course is to introduce fundamental skills, strategies, and rules associated with team sports such as volleyball, floor hockey, soccer, softball, basketball, lacrosse, ultimate frisbee, handball, and flag football.

## *Rec Games*

A one semester course that students can take as an elective any year.

Course description: The purpose of this course is to introduce recreational games for lifetime leisure activities which may include table tennis, shuffleboard, frisbee, deck tennis, new games, horseshoes, darts and croquet. Emphasizes the rules of each game and the skills necessary to play.



# Health & PE Elective Courses



## *Body Sculpting*

A one semester course that students can take as an elective any year.

(introductory weightlifting class)

Course description: The purpose of this course is to provide methods to redefine body shape through specific exercises. Based on the American College of Sports Medicine guidelines for fitness and conditioning programs, this course covers weight training, conditioning exercises, and proper nutrition to improve muscle tone, muscle definition, posture, bodily proportions, and overall condition of the body and energy levels.

## *Weight Training*

A one semester course that students can take as an elective any year.

***This is for Centennial Student Athletes only.***

Course description: The purpose of this course is to introduce weight training; emphasizes strength development training and proper lifting techniques; includes fitness concepts for developing healthy lifetime habits based on the American College of Sport Medicine Guidelines for fitness and conditioning.



# Typical Freshman Schedule

6 Period Day

1. H Biology or Environmental Science

2. Algebra C&C or Geometry C&C H

3. 9<sup>th</sup> Grade Literature

4. Health / Amer Government

5. World Language

6. CTAE &/or Fine Arts Elective

# Scheduling- Mrs. Ritchie

During March, students will be able to see classes they have requested using Infinite Campus. Specific times will be communicated .

## Here are the steps

1. Sign into the Parent Portal

2. In the menu on the left, select More

3. Select Course Registration

4. Select the 25/26 School Year from Course Registration Enrollments

5. View Student Course Request

\*If there are mistakes in course requests, please reach out to your middle school counselor or assistant principal until March 31st. After that date, please reach out to your high school counselor.



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## HOW CAN I STAY INVOLVED AND CONNECTED?

- Join the PTSA! They work tirelessly to support our students and staff.
- Have a Parent Observer Account in Canvas. It lets you see what your student sees for each class. You only have to sign up once!
- Make sure you have a parent account on Infinite Campus.
- Check that your contact information in Infinite Campus is up to date.



Scan for Counseling Website



Scan for Presentation



THANK YOU FOR COMING!  
CLASS OF 2029