



Whitehall District Schools
Home School Partnership Student and
Family Handbook
2025-2026

Whitehall District Schools
541 E. Slocum St.
Whitehall, MI 49461
(231) 893-0515

Welcome to the Whitehall Home School Partnership

On behalf of the faculty and staff, we are happy to welcome you to our Partnership.

This handbook is designed to inform you of our procedures for the current school year. We encourage you to read through the handbook carefully and refer to it as needed throughout the year. If you have any questions, please do not hesitate to contact Mark Brunger, Home School Liaison at (231) 893-1000 x 2010 (direct line), (231) 893-0515 (general line) or email: markbrunger@whitehallschools.net

Our goal is to ensure your student feels welcome and has fun while learning!

Hoping your 2025-2026 school year is a fantastic one!

Staff Contact Information

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Partnership Procedures and Requirements

All Whitehall District School students are eligible to participate in Home School Partnership classes. Additionally, students who live in the following counties are also eligible to participate: Muskegon, Kent, Oceana, Ottawa and Newaygo. Students enrolled in the program are considered students of Whitehall District Schools. All WDS policies and the Student Code of Conduct applies to all Home School Partnership students. We expect families to review the Parent/ Student Resources tab on the Whitehall District Schools website for additional information about each school building.

Age Requirements

- Minimum age: Students must be 5 by September 1, 2025.
- Maximum age: Students must not exceed 19 years of age by September 1, 2025.

Documentation Requirements

- Original birth certificate
- Proof of residency (i.e. tax bill, utility bill, etc.)

Immunization or Immunization Waiver Requirements

- We do not require immunization records for enrollment. However, all new students, Kindergarteners and 7th graders must be up to date and on record in the MCIR (Michigan Care Improvement System) OR if you choose to waive immunizations on the basis of a nonmedical waiver (medical waivers can be taken care of by your physician) the State of Michigan has new procedures. As of January 1, 2015, the new rule states that anyone who is waiving immunizations must visit their local county health department before claiming the waiver. The nonmedical waiver must be certified by the State of Michigan, Michigan Department of Community Health.
- Immunization waivers are needed for any new student or who is entering into 7th grade. Michigan State law requires to have the immunization waiver on anyone who is waiving immunization **before** they start school.

Absences

Students are expected to attend all of their classes on a weekly basis. Not attending on a weekly basis may result in the Partnership not receiving funding from the State. This program operates exclusively on funding we receive from the State for each class your student attends. To maintain the integrity of the program, we must demonstrate an overall excellent rate of completion of classes taken by our students. Students are expected to be in each class at least 80% of the time. You may be asked to reimburse the District for any expenses incurred as a result of not meeting the minimum requirements. If your student is sick and cannot make class, please notify Mark Brunger, Home School Liaison so he can document that this is an excused absence. Absences must be documented as either excused or unexcused. Excused absences are those which have been communicated by a parent or guardian; all other absences are considered unexcused.

Grades

Students are graded on a pass/fail basis. Passing requires a minimum of 80% attendance in your seated class and a 4 or 3 competency assigned by the teacher.

Competency Levels:

- 4-exceeding objective expectations
- 3-meeting objective expectations
- 2-below objective expectations
- 1-not meeting objective expectations

Count Day Information

Count Day is on the first Wednesday in October and the second Wednesday in February. It is required that a student be enrolled and present in their classes prior to Count Day, attend Count Day and then attend the week after Count Day. This ensures we receive full funding for our program from the State of Michigan. If your student is sick on Count Day, and has an excused absence we have make-up days available.

Communication

Communication is extremely important to this program. The majority of communication is through emails and posts on Facebook. Everything that is emailed is also posted on the Whitehall Homeschool Partnership Facebook page as a courtesy. Please be sure to check your email regularly and please remember to check your SPAM folder.

If you are interested in joining our Facebook page (this is a closed page so you will have to ask for permission to join) you can find us by going to Whitehall Homeschool Partnership Program. If you choose to not be a part of the Facebook page, you will still get updated through emails.

Occasionally teachers may send home notes, please check with your student for any notes that may have gone home.

Emergency or School Closings

In the event that school is cancelled because of inclement weather, or other conditions, local radio and television stations will broadcast this information. Please check your local TV stations: WOOD TV8, FOX 17 or WZZM 13. If Whitehall District Schools are closed then the Partnership is closed.

Age Requirements

- Minimum Age: Your student must be 5 years old by September 1st.
- Maximum Age: Your student must not exceed 19 years old as of September 1st to continue in this program.

Documentation Requirements

- An original birth certificate for each student.
- Proof of residency (utility or tax bill)

Course Definitions

Seat Courses: A seated course is a class that is offered at the White Lake Community Center and meets on a weekly basis.

Virtual Courses: A virtual course is one where the student takes the course online at any time, any place and at any pace.

Class Cancellation Policy

If a class is under enrolled, the class will be cancelled and parents will be notified (the minimum number for a class is 5 students). All efforts will be made to help the student transition to another class.

Transportation

Transportation is available to students who are residents of Whitehall District Schools.

Transportation between Whitehall District School buildings will also be provided if necessary.

Dress Code

Clothing should be appropriate and decent. Student clothing should not pose a threat to public or personal safety and not be disruptive to classroom or pupil behavior.

Positive Behavioral Interventions and Supports

Students will be rewarded with points in each class for attendance, effort and a positive attitude. Points will be used to win awards and rewards at the end of each semester.

Michigan Home School Law

This is not intended to be legal advice and is distributed for information purposes only. For more detailed information on home schooling in Michigan, consult the Michigan Department of Education's webpage at:

http://www.michigan.gov/mde/0,4615,7-140-6530_6569_35175---,00.html

Right to Home School

Michigan parents have the right to home school their children. The law requires a parent or legal guardian of a child from the age of six to sixteen to send his or her child to school during the entire school year, except under certain limited circumstances (MCL 380.1561). The law was amended in 2010 to increase the compulsory school attendance age from 16 to 18 for a child who turns 11 after December 1, 2009, or who entered grade six after 2009. The exceptions include, but are not limited to, sending a child to a state-approved nonpublic school or educating a child at home in an organized educational program.

Who May Home School

Home school education is the responsibility of the parent or legal guardian. The parent assigns homework, gives tests and grades these tests. The issuance of report cards, transcripts and diplomas are the responsibility of the home school family (based on internal standards). If home schooling continues through grade 12, the parent issues a high school diploma to the graduate.

Course of Study

Instruction must include mathematics, reading, English, science, and social studies in all grades; and the Constitution of the United States, the Constitution of Michigan and the history and present form of civil government of the United States, the State of Michigan and the political subdivisions and municipalities of the State of Michigan in grades 10, 11 and 12.

Home schooled students may enroll in nonessential elective classes at the resident public school subject to the district's enrollment policy.

Student Records

Parents are encouraged to maintain student records of progress throughout the year. These records will assist school personnel with placement should the student enroll in a public or nonpublic school. The granting of credits and placement of students is solely determined by

the receiving school. If a student attends a home school and returns to a public school, the public school generally reevaluates the students for grade placement and the transfer of credit.

Textbooks

Home school families are responsible for purchasing the textbooks and instructional materials of their choice.

Athletics

The supervision and control of interscholastic athletics are the responsibility of each local board of education. Most local boards have adopted policies as proposed by the Michigan High School Athletic Association (MHSAA) at (517) 332-5046 or MHSAA website: www.mhsaa.com Please contact the Home School Liaison or Director of Community Education with questions regarding school athletics.

Additional Information

MDE's website provides additional information on home schooling that includes legislation, the registration form, and instructions. You may access this information at the Michigan home school website: www.michigan.gov/homeschool.

Whitehall District Schools

Class Descriptions for Homeschool Partnership 2025 2026

Seated Classes

ART

Art 101 - Laugh and Learn 1

Laugh and Learn 1 is designed for our younger learners. This class will complement content taught in other classes in the Partnership, but at an age appropriate level. We will explore music, art, movement and community building. Students will have fun as they learn fundamental drawing, painting, clay sculpting techniques and many creative crafts. In the music and movement portion of Laugh and Learn, students will combine music with physical movement. This will include singing, dancing and moving to the beat.

Grades K-2

Art 102 - Laugh and Learn 2

Laugh and Learn 2 is a continuation of Laugh and Learn 1. In this class students will take what they learned in Laugh and Learn 1 and extend their learning of music, art, movement and community building.

Grades K-2

Art 103 - Investigation Discovery 1

Learn more about the world around you and appreciate your own backyard. Students will learn about animals, culture and nature by using various artistic mediums, including visual art and technology. In addition, students will learn life skills and healthy living ideas with food preparation. It is designed to increase the student's knowledge of their environment and skills for everyday living while having fun!

Grades 6-12

Art 104 - Investigation Discovery 2

Investigation Discovery 2 is a continuation of Investigation Discovery 1. Students will take what they have learned in Investigation Discovery 1 and apply these new-found skills at a higher level.

Grades 6-12

Art 105 - 3D Art 1

This Art class will focus on the creation of art that is tactile, structural or 3 dimensional. It is designed to challenge students' creativity and introduce types of art that can be both traditionally artistic and functional. Examples of some of types of produces used include creation sets such as Legos, Lincoln Logs, Magformers and erector sets. Traditional art supplies that provide texture such as popsicle sticks, cotton balls, food, etc. will also be used.

Grades 3-8

Art 106 - 3D Art 2

3D Art 2 is a continuation of 3D Art 1 where students will further their new-found skills.

Grades 3-8

Art 107 - Art Studies 1

Art Studies 1 will focus on the study and creation of both classic and contemporary art and the importance of art on our culture; both past and present. Students will create age appropriate studies of classical artists and implement their techniques and common themes. We will also delve into the study and creation of storyboards and cartoons.

Grades 3-8

Art 108 - Art Studies 2

Art Studies 2 is a continuation of Art Studies 1 and will further the student's new-found skills.

Grades 3-8

Art 109 - Sewing 1

This is the perfect class for beginner sewers. You will learn the parts of the sewing machine, have a thorough introduction to using a sewing machine, learn all of the basics of sewing and then go on to create your own fun! Projects will vary from simple items to more complex items. Students will also learn how to read a pattern and cut out fabric.

Grades 3-8

Art 110 - Sewing 2

In Sewing 2 students will take basic skills and expand them by learning new sewing skills: zippers, button and button holes, corners and even creating their own patterns.

Grades 3-8

Art 111 - Creative Exploration 1

This class is designed for students who see art in everything. We will explore life from traditional art using paper and pens to the more modern forms of art; cameras, Legos, performance-based art and everything in between.

Grades 3-8

Art 112 - Creative Exploration 2

Creative Exploration 2 is a continuation of Creative Exploration 1 and will further the student's new-found skills.

Grades 3-8

ART 113 – Culture and Culinary 1

This course is for the beginner to learn basic food preparation skills. Skills we will cover in this class include food safety, proper knife skills, recipe reading, proper equipment use and more. We will learn about foods from different cultures; come prepared to try some new foods!

Grades 3-12

ART 114-Culture and Culinary 2

Culture and Culinary 2 is a continuation of Culture and Culinary 1 and will further the student's new-found skills.

Grades 3-12

Art 115 – Nature Inspiration 1

Learn more about the world around you and appreciate your own backyard. Students will learn about animals, culture, nature and arts in different places around the world using various artistic mediums; including visual art, PE and technology.

Grades 6-12

Art 116-Nature Inspiration 2

Nature Inspiration 2 is a continuation of Nature Inspiration 1 and will further the student's new-found skills.

Grades 6-12

Art 117 – Life Style 1

This class will combine life skill lessons, health units, food preparation and technology. It is designed to increase student knowledge and skills necessary for everyday living using fun strategy activities. The course emphasizes decision making and problem solving, communication, healthy life styles, nutrition and consumerism.

Grades 6-12

Art 118 - Life Style 2

Lifestyle 2 is a continuation of Lifestyle 1 and will further the student's new-found skills.

Grades 6-12

Art 119 – Basic Sewing

This class is catered to beginning sewing students, offering both hand sewing and machine sewing skills.

Grades 3-8

Art 121 – Hobbies and Quilt 1

This class is for students who have the prerequisite skill of being able to sew independently. Skills will focus on quilting, pattern design, knitting, embroidery, crochet and more.

Grades 3-8

Art 122 – Hobbies and Quilt 2

Hobbies and Quilt 2 is a continuation of Hobbies and Quilt 1 and will further the student's new-found skills.

Grades 3-8

Art 123 – Performing Arts 1

This class will focus on skills for public performances including set building, music, speech, plays, skits and games.

Grades 3-12

Art 124 – Performing Arts 2

Performing Arts 2 is a continuation of Performing Arts 1 and will further the student's new-found skills.

Grades 3-12

Art 125 – Healthy Habits and Home

This class will focus on skills to promote healthy habits and skills around the home.

Grades 3-8

Art 127 – World Fun, Food and Fine Art

This class is focused on the student learning more about the world around them through art, cooking, games and creative play allowing for an immersive connection to traditions, culture, nature and food from around the globe.

Grades 6-12

Art 129 – Art 1

In this beginner level art course, students will learn about the elements and principles of art and use this knowledge to create works of art based on specific objectives. This class is designed for all students grades 3rd-5th and beginner students aged 6th-8th.

Grades 3-8

Art 130 – Art 2

In this advanced level art course, students will use their prior knowledge of the elements and principles of art to create collaborative and individual works of art based on specific objectives. This class is designed for all students grades 9th-12th and advanced students aged 6th-8th.

Grades 6-12

Art 131 – Laugh and Learn Art

An introduction to art for our youngest students focusing on the basic elements of art and using them to create complete works of art.

Grades K-5

Art 132 – Homesteading

Exploring the art of being more self-sufficient in the home, including cooking, gardening, cleaning and more. The class will learn about both age-old techniques and modern adaptations.

Grades 3-8

Art 133 – Home Hobbies 1

This class will teach home hobby skills including sewing, pattern design, knitting, embroidery, crochet and more.

Grades 3-8

Art 134 – Home Hobbies 2

Home Hobbies 2 is a continuation of Home Hobbies 1 and will further the student's new-found skills.

Grades 3-8

Art 135 – Community Scouting 1

This course will take on tasks and challenges in both creating and fostering a productive community within the class as well as the greater community.

Grades 6-12

Art 136 – Community Scouting 2

Community Scouting 2 is a continuation of Community Scouting 1 and will further the student's new-found skills.

Grades 6-12

Physical Education**PE 101 - Active Discovery**

This physical education class will improve flexibility, strength and coordination through exercise, aerobic fitness games and basic sports training. This course will integrate how your body works, health lessons, track, camp games, creative play and team challenges.

Grade 6-12

PE 102 – Active Discovery 2

Active Discovery 2 is a continuation of Active Discovery 1 and will further the student's new-found skills.

Grade 6-12

PE 103 - Leisure Activities 1

This PE class will teach a variety of activities that students can use throughout their entire lifetime. It is designed to improve both physical and mental skills and coordination. Students will learn strategy, technique and life skills in a variety of low impact leisure activities, exercising both the brain and the body that they can use for their entire lifetime. Examples of games include age appropriate yard games, board games and card games.

Grades 3-12

PE 104 - Leisure Activities 2

Leisure Activities 2 is a continuation of Leisure Activities 1 and will further the student's new-found skills.

Grades 3-12

PE 105 - Team Sports 1

Team Sports 1 will teach a variety of team activities for students to learn and enjoy. It is designed to improve both physical and mental skills and coordination while incorporating a team aspect. Students will learn strategy, technique and life skills in a variety of medium impact team activities. Activities played include team handball, basketball, kickball and soccer.

Grades 3-12

PE 106 – Team Sports 2

Team Sports 2 is a continuation of Team Sports 1 and will further the student's new-found skills.

Grades 3-12

PE 107-Team Building 1

Team Building 1 will focus on team building through various subjects including art, music, health, coding and animation, fiber art, performing arts and more!

Grades 3-12

PE 108-Team Building 2

Team Building 2 is a continuation of Team Building 1 and will further the student's new-found skills.

Grades 3-12

PE 109 - Healthy Fitness 1

This class combines health and physical education. It will integrate lessons on how your body works, and improving nutrition, flexibility, strength and coordination through exercise, aerobic fitness and recommended nutrition.

Grades 6-12

PE 110 - Healthy Fitness 2

Healthy Fitness 2 is a continuation of Healthy Fitness 1 and will further the student's new-found skills.

Grades 6-12

PE 111 – Laugh and Learn Physical Education

This class introduces the student to movement and sport skills and how those skills apply to and enhance everyday health and competitive play.

Grades K-5

PE 112 – Physical Education

This class focuses on physical fitness, movement and sport skills, conditioning and strength training and how those skills and activities apply to and enhance both everyday health and competitive sports.

Grades 3-12

PE 113 – Leisure, Sports and Recreation 1

This class will focus on learning a variety of games, both physical and mental, including board and card games, general team sport games and yard recreation games.

Grades 3-12

PE 114 – Leisure, Sports and Recreation 2

Leisure, Sports and Recreation 2 is a continuation of Leisure, Sports and Recreation 1 and will further the student's new-found skills.

Grades 3-12

PE 115 – Elementary Physical Education

This class focuses on physical fitness, movement and sport skills, conditioning and strength training and how those skills and activities apply to and enhance both everyday health and competitive sports as they would apply to students in grades 3rd – 5th.

Grades 3-5

PE 117 – Tech Activities 1

This course is designed to get kids moving with physical activity while using fun, interactive gaming systems from both the past and present.

Grades 3-12

PE 118 – Tech Activities 2

Tech Activities 2 is a continuation of Tech Activities 1 and will further the student's new-found skills.

Grades 3-12

Virtual Classes

PBS Learning Media

PBS Learning Media offers thousands of powerful learning activities to promote design thinking, collaboration and experimentation. Within PBS Learning Media students can choose from art, PE/health or music.

Grades K-12

DiscoveryK12

This online curriculum which offers Visual/Performing Arts, Physical Education, and Healthy Living. While DiscoveryK12 offers more than 10 subjects per grade you may only choose the electives.

Grades K-12

The Kennedy Center

The John F. Kennedy Center for the Performing Arts, a vibrant cultural hub that connects thousands of artists with millions of people each year in person, online and in their home and communities has a library of free curriculum-based lessons designed for the classroom regardless of where that classroom may be. You can choose from 1,000's of lessons and digital learn resources. Once you are on the homepage, click on "Education" for the lessons.

Grades K-12

Go Noodle

Students will get active using interactive videos that engage the mind and body. This free site does require you to create a login to access materials. This virtual counts as a PE/health virtual.

Grades K-6

Daria Music

Meet a wonderful children's performer who has traveled the globe to share music that inspires, empowers and is just plain fun! On this website you can find lots of great ways to have fun with music, build your own music instruments, discover silly songs or design a multi-cultural project for your school or community group.

Grades K-6

SFSKids (San Francisco Symphony)

The San Francisco Symphony welcomes you to SFSKids.org! We love music and are committed to music education. This website, in conjunction with our live performances, provides a great way for people of all ages to hear, learn, have fun and play games with music.

Grades K-6

Music Theory

Explore Music Theory's free online content of music basics. This virtual covers the basics, rhythm and meter, scales and key signatures, intervals, chords, diatonic chords and more.

Grades K-12

Peter's Online Typing Course

By the time you finish this course, you will be able to confidently type all the letters, numbers and all the common symbols, with proper ten-finger touch typing techniques.

Grades 5-12

Typing.com

Typing.com is the world's most trusted free typing tutor! It's a perfect way to learn how to confidently type all of the letters, numbers and symbols. This program features fun and engaging exercises, interactive typing games and positive reinforcement.

Grades 5-12

Dance Mat Typing

www.dancemattypingguide.com is a collection of interactive typing lessons combined with fun cartoon cut scenes rewarding students for each lesson completed. Upon completion of all the typing lessons each student can expect to be comfortable using a QWERTY keyboard.

Grades 3rd-12th

Khan Academy

Khan Academy offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. Students may only take computer programming, art, health or music.

Grades 5-12

Codecademy

Codecademy teaches people how to code. Their framework consists of practices and concepts that serve as a platform to create computer languages. Whether you're writing your first line of code or transforming to your next step, Codecademy will give you the technical skills you need to skill up and stand out!

Grades 5-12

CODE.org

Code.org is a nonprofit dedicated to expanding access to computer science in schools and increasing participation by women and underrepresented minorities. Our vision is that every student in every school has the opportunity to learn computer science, just like biology, chemistry or algebra. Code.org provides the leading curriculum for K-12 computer science in the largest school districts in the United States and Code.org also organizes the annual [Hour of Code](#) campaign which has engaged 10% of all students in the world. Code.org is supported by generous donors including Amazon, Facebook, Google, the Infosys Foundation, Microsoft, and [many more](#).

Grades 5-12

YouTube Approved PE Classes (Grades K-12)

Cosmic Kids Yoga Adventure and Koo Koo Kanga Roo
Debbie Doo Kids TV
Kidz Bop
Fit and Fun with Coach Meggin
The Body Coach TV
Move to Learn
The Ballet Coach
Zumba with Dovydas
Refit Revolution

For more information: <https://freedomhomeschooling.com/youtube-channels-get-kids-moving/>

Duolingo

Duolingo is a fun way to learn a new language. Duolingo has lessons that are designed to adapt to your learning style. Interested in learning a new language? There are many to choose from. Students can choose from Spanish or French.

Grades 5-12

Odysseyware Elective Descriptions

The following virtual classes are for Grades 6-12

Art History

Art History is designed to enable students to develop knowledge of the history and theory of art and the relationship between artist, artwork, and society. Students will research and critique periods, styles, and works of art from early civilizations through modern and contemporary art. Throughout the course, students may be asked to answer questions or to reflect on what they've read in their notes. The notes are not graded. Rather, they are a way for students to extend their thinking about the lesson content. Students may keep handwritten or typed notes.

French I

French 1, students begin to develop competence in four basic skill areas: listening, speaking, reading, and writing. While developing communicative competence in French, students gain and expand their knowledge of francophone countries and cultures. Emphasis is placed on learning the present tense, the near future and the past tense in French I through thematically designed units. Topics include home, school, family, holidays, and daily and leisure activities.

French II

French II is a foreign language course that builds on and reviews skills and concepts taught in French I through further exposure to communication, cultures, connections, comparisons, and communities. Course materials are designed to support students as they work to gain a basic proficiency in speaking, listening, reading, writing, and cultural competency. This course gives students practice using the mechanics of the French language, acquaints them with the cultural differences of francophone countries, and helps them gain a keen awareness of their own culture.

Health Quest

Health Quest is a health science elective course which introduces students to the concepts of what good health is, why good health is important, and what students should do in order to achieve good health.

Upon completion of the course, students should be able to do the following:

- Demonstrate an awareness of health as it applies to their own bodies, minds, and emotions.
- Demonstrate an awareness of health as it applies to their living environments.
- Identify the components of a healthy lifestyle and set reasonable goals to achieve a lifestyle of wellness.

Middle/High School HEALTH

Middle/High School Health is a health science elective course that introduces students to what good health is, why good health is important, and what students should do in order to achieve good health.

Upon completion of the course, students should be able to do the following:

- Demonstrate an awareness of health as it applies to their own bodies, minds, and emotions.
- Demonstrate an awareness of health as it applies to their living environments.
- Identify the components of a healthy lifestyle and set reasonable goals to achieve a lifestyle of wellness.
- Understand that incorporating sound health practices creates a lifestyle of moderation and wellness.
- Understand the responsibility of properly caring for their bodies.
- Describe health as it applies to broader society, the world, and their own responsibility to stimulate good health around them.

Music Appreciation

The goal of this course is to provide instruction in basic musical elements, trace the development and growth of classical music, and give students a strong foundation for a greater appreciation of music. Students will examine music in the world around them and discover how they experience music. They'll be introduced to the basic elements and sounds of music and instruments. Students will learn the names and backgrounds of several famous musical composers. Students will also learn how and where classical music began, how it developed over the centuries, and the ways in which music and culture affect each other. Lastly, students will examine the ways modern music has been influenced by classical music. This course also provides students with lessons in engaged listening. These special lessons allow students to and respond to music. A template for how to listen and respond is provided.

Music Theory

Music Theory requires no prior instrumental, vocal, or music theory study. Using the piano keyboard as a visual basis for comprehension, the course materials explore the nature of music, integrating these concepts:

Throughout the series of assignments, ear training exercises are interspersed with the bones of composition technique, building in students the ability not only to hear and appreciate music, but step-by-step, to create it in written form as well. This highly interactive course culminates in the students producing original compositions, which while based on standard notation, demonstrate facets of personal expression. As the students' ability to perform increases in the future, they will better understand music and therefore better demonstrate its intrinsic communication of emotion and ideas.

Personal and Family Living

This elective takes students on an interactive exploration of the challenges they may face as they transition into adulthood, including constructive conflict resolution, nutrition and health, building healthy families, financial responsibility, and long-term employment.

Physical Education

Physical Education is an elective that focuses on performance of individual and team sports, with explanations of proper technique, rules of the game, and preparation. Team sports introduced include soccer, basketball, football, baseball, and volleyball. An introduction to fitness, strength, endurance, and nutrition is also included. Students will have the opportunity to perform each sport on their own time, while keeping a log of activity. The goal is incorporation of activity into their daily lives and the gain of lifelong healthy fitness habits.

Physical Fitness

Physical Fitness is an elective designed to focus on the health benefits of regular physical activity and of a long-term exercise program. As students work through the course, they will learn about the many aspects of physical fitness, including basic nutrition, the importance of flexibility, cardiovascular health, muscle and strength training, and realistic goal setting. Along the way, students will be required to maintain and submit an activity log in order to measure progress in course exercises, as well as in personal fitness goals.

Psychology

Psychology is an introductory elective. Throughout the course students will examine influences on human actions and beliefs, factors influencing behavior and perception, and basic psychological theories. Students will develop and apply their understanding of psychology through lessons and projects that require interaction and observation of others.

Spanish I

Spanish I is an entry level foreign language course that explores the Spanish language through communication, culture, connections, comparisons, and communities.

Course materials are designed to support students as they work to gain a basic proficiency in speaking, listening, reading, and writing Spanish, and in cultural competency.

Spanish II

Spanish II is a foreign language course that builds upon skills and concepts taught in Spanish I, emphasizing communication, cultures, connections, comparisons, and communities. Course materials are designed to support students as they work to gain a basic proficiency in speaking, listening, reading, and writing Spanish, and in cultural competency.