

# Rockford High School



## Course Handbook

*2020-2021*

Last revised: April 1, 2020

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## MISSION STATEMENT

The Rudd, Rockford, Marble School District is committed to providing an environment conducive to developing lifelong learners capable of being successful, responsible, contributing members of an ever-changing world.

## NONDISCRIMINATION POLICY

It is the policy of the Rudd-Rockford-Marble Rock School District not to illegally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy, please contact the district's Equity Coordinator, Nick Johnson, 1460 210th St., Rockford, IA, 50468, (641) 756-3813, [njohnson@rockford.k12.ia.us](mailto:njohnson@rockford.k12.ia.us).

## COURSE SELECTION

The following factors should be considered when selecting courses for your individual career and academic plan:

1. Your plans after completing high school.
2. Coursework to meet graduation requirements.
3. Coursework that matches your personal interests, skills and abilities.
4. Your ability to master the selected course.
5. Prerequisite courses and advanced level courses.
6. Keeping the "door open" for higher education if you are unsure of your future college or career plans. This means pursuing coursework that is recommended for four-year college preparation.

Students are encouraged to speak with parents, teachers and the school counselor throughout individual career and academic planning processes, including course selection, particularly if questions arise. The school counselor can provide assistance, support and resources as students explore academic, college and career domains.

## GRADUATION REQUIREMENTS

The RRMR Board of Education has established the following minimum requirements for graduation:

<b>SUBJECT AREA</b>	<b>CREDITS NEEDED</b>	<b>REQUIREMENTS</b>
English	8 credits	English I, English II, English III
Mathematics	6 credits	Algebra I

Science	6 credits	Earth Science, Biology, Chemistry OR Integrated Science
Social Studies	6 credits	American History, World History, American Government
Physical Education	4 credits	Taken every semester
Health	1 credit	Taken in tenth grade
Personal Relations	1 credit	Taken in eleventh or twelfth grade
Electives	15 credits	Taken ninth through twelfth grade
<b>TOTAL:</b>	<b>47 credits</b>	

## **SUBJECT LOAD**

Students are required to carry six contacts each semester plus physical education. Band and choir count as a contact subject. Exceptions may be made only by permission of the school counselor or principal.

No course may be taken more than once if the student has received a passing grade. Exceptions to this are band, choir, physical education and teacher's aide.

School officials will make every effort to check that students are taking the required number of courses. It is also the responsibility of the student to be aware of the regulations regarding subjects and to check that their schedule meets these regulations.

## **COURSEWORK RECOMMENDATIONS**

### ***Four-Year College Preparation***

Class rank, high school course selections, cumulative grade point average, college entrance exam scores, extracurriculars and volunteer activities are just a few factors that might be taken into account by college officials determining admission. Since entrance requirements by colleges can vary, it is recommended that students research entrance requirements of the colleges they are interested in. What follows below are general recommendations which follow guidelines established by Iowa's Regent Universities (University of Iowa, Iowa State and University of Northern Iowa).

It is recommended that students considering entry into a four-year college enroll in the following:

- 4 years of English, including Communication Skills
- 3 years of mathematics, including Algebra I, Geometry and Algebra II
- 3 years of science, including Chemistry
- 3 years of social science
- 2 years of foreign language (at minimum, some require 4 years)

An optimally prepared student may go beyond the recommendations above by choosing to enroll in four years of mathematics, four years of science, four years of foreign language, as well as explore elective options and/or college coursework at NIACC.

In addition to enrolling and completing necessary courses, it is recommended that a student strive for a cumulative grade point average of at least a 3.0 (B). Generally, a student must rank in the upper half of their class and have acceptable ACT scores as well.

### ***Two-Year College Preparation***

Entrance requirements for a two-year college can vary widely and may depend on the program of study the student plans on pursuing once enrolled at the institution. Ideally, two-year college admissions personnel hope you will take the same preparatory classes as the four-year college student but it is not required for admission. There is not necessarily a cumulative grade point average a student must have for admission; however, a student should work towards earning at least a 2.0 (C) average. A college entrance examination is typically required by the institution to assist with course placement and planning.

Attending a two-year community college serves several purposes. Some students plan to enroll for two years and transfer to a four-year institution. During this time students can enroll in courses that will transfer to a four-year institution, as well as build their college grade point average if they were not admissible to a four-year college directly from high school. Further, some students plan to earn their associate's degree from a two-year college and begin a career in their selected field of study.

### ***Vocational, Technical and Certification Preparation***

While entrance requirements may vary like two-year colleges, typically there are not specific classes or minimum grade point averages required for admission. However, due to space limitations, many vocational schools limit enrollment. As a result, first come, first served usually applies. Additionally, when programs are considering students, the student that seems best prepared to handle the coursework will be selected for entry. This means high school coursework and grades are an important aspect of preparing for this type of career path.

## **REGISTRATION**

The registration process for the upcoming school year typically begins in January. By the end of March, students will have selected courses according to their individual career and academic plan. By the end of May, students will receive their year-long schedule for the upcoming school year and will have had an opportunity to make changes to their schedule prior to the start of the school year.

It is essential for students to plan their schedules very carefully. How each student registers determines the number of sections for a course, how many students are in each section, what hour the course will be offered and even whether a course will be offered.

### **SCHEDULE CHANGES**

Students have several opportunities to change their schedule prior to the start of a semester. Students are given their year-long schedule during the month of May and can see the school counselor during finals in May/June in order to change their first or second semester schedule. Students also have the ability to change their second semester schedule during finals in December/January.

Students who wish to add or drop a class once the semester has begun must do so within the first two days of the semester. The teacher, school counselor and principal's permission are necessary to add or drop a class.

### **GRADE POINT AVERAGES**

A	3.7 - 4.0
A-	3.5 - 3.69
B+	3.3 - 3.49
B	2.7 - 3.29
B-	2.5 - 2.69
C+	2.3 - 2.49
C	1.7 - 2.29
C-	1.5 - 1.69
D+	1.3 - 1.49
D	0.7 - 1.29
D-	0.5 - 0.69
F	0.0 - 0.49

### **HONOR ROLL**

The "B" honor roll includes all who have a 3.00-3.59 average for a quarter or semester. Students must have a 3.6 or above average to be included in the "A" honor roll. Those who have a D, F, or I are not on the honor roll.

## **INDEPENDENT STUDY**

The purpose of independent study is to give each student an opportunity to develop his/her unique talents or interests. A course outline showing goal objectives and testing procedures must be developed by the teacher and student prior to approval for the course.

## **CORRESPONDENCE/NIACC LEARNING CENTER**

Permission to take high school courses for credit at the NIACC Learning Center, or through correspondence will be granted only after a student has failed to complete the course successfully at Rockford Senior High. Approval must be granted by the counselor or principal. Exceptions may be granted by the Board of Education.

## **COLLEGE STUDY WHILE IN HIGH SCHOOL**

Students in grades nine through twelve may receive class or vocational-technical credits that count toward graduation requirements for successfully completed courses at community colleges, private colleges or state universities.

The school district may pay up to \$250 per semester of the cost of a course taken by 9th and 10th grade talented and gifted students and 11th and 12th grade students. The school district pays only for courses which are not offered by the high school and which are offered during the regular school year by the community college, private college or state university. These credits will be a part of your GPA. The school district does not pay for the costs of summer school classes. However, summer school classes are eligible for credit and may be applied to your GPA. Transportation arrangements and costs must be borne by the student.

Since advanced approval by the Board of Education is necessary, check with the counselor before finalizing any plans. Credit will be given by the post-secondary school and Rockford Senior High School upon successful completion of the course, and these courses will be added to the student's transcript and included in the GPA.

Students who fail the course or fail to receive credit in the course paid for by the school district must reimburse the school district for all costs directly related to the course. Prior to enrolling in a course, students age 18 or over or the parents of students under age 18 shall sign a form indicating they are responsible for the costs of the course should the student fail the course or fail to receive credit for the course. The school district may waive the cost of the course for students who fail the course for reasons beyond their control, including, but limited to, the student's incapacity, death in the family or a move to another school district.

Students enrolled in college courses must carry six classes plus physical education. The college class may count as one of the six classes. Students enrolled in college courses

will be expected to be in school at RRMR when not at NIACC and will be expected to be in school while RRMR is in session. Exceptions may be made by the Board of Education.

## **CAREER LINK**

Career Link is a jumpstart on college and the future which allows qualified students to earn a year of college career program credit while still in high school. This is made possible through a close cooperative relationship between Rockford Senior High School and North Iowa Area Community College. All tuition and textbook costs are paid through a combination of high school, NIACC, and state incentive funds. There is no cost to the student, except for transportation.

Normally, Career Link is started during junior year when students take required high school preparatory courses. During the senior year, students spend mornings at the NIACC campus and in the afternoons they attend classes at Rockford Senior High School to fulfill graduation requirements. Career Link combines hands-on technical training with academic courses. Students take courses to meet high school graduation requirements, as well as requirements for two- and four-year college degrees.

The following Career Link programs are available to Rockford Senior High students. Students who are interested in pursuing this opportunity must plan ahead and notify the school counselor no later than second semester of their sophomore year.

- Agriculture Technology
- Automotive Service Technology
- Building Trades
- Business
- Heating and Air Conditioning Technology
- Diesel Technology
- General Machinist
- Health Careers
- Teacher Education
- Tool and Die Technology
- Welding

## **EARLY GRADUATION**

Generally, students will be required to complete the necessary coursework and graduate from high school at the end of grade twelve. Students may graduate prior to this time if they meet the minimum graduation requirements stated in board policy.

A student who graduates early will no longer be considered a student and will become

an alumnus of the school district. The student will not be eligible to participate in curricular or extracurricular activities sponsored by the school. However, the student who graduates early may participate in prom and commencement exercises.

RRMR students shall be awarded the diploma upon completion of all graduation requirements. If a student intends to graduate early, it is recommended that he/she speak with the school counselor no later than the second semester of the student's junior year. The student must present a letter to the Board of Education prior to December 1 of the school year for early graduation. Final approval rests with the Board.

### **REGENTS ADMISSION INDEX (RAI)**

Iowa's Regent Universities (Iowa, Iowa State and University of Northern Iowa) use the Regent Admission Index (RAI) to determine admission. RAI combines factors that predict success at regent universities: ACT or SAT score, high school rank, high school cumulative grade point average and the number of completed high school core courses (see Curriculum Offerings, page 10, to view Rockford High's core course selection).

Iowa high school graduates must achieve a RAI score of at least 245 and take the minimum number of required [high school courses](#) to qualify for automatic admission to Iowa State University, University of Northern Iowa, and University of Iowa. Students who achieve a score less than 245 will be considered for admission on an individual basis. A RAI calculator can be found at [this link](#). Further general information about RAI can be found at [this link](#).

### **NCAA CLEARINGHOUSE ELIGIBILITY**

Students considering participating in NCAA Division I or II athletic program must be registered with the NCAA Clearinghouse and meet the NCAA eligibility requirements in order to participate in athletics at the NCAA Division I and II level. Students' high school courses, GPA and ACT scores are used to calculate eligibility. Ideally, a student would register with the NCAA Clearinghouse at the start of their junior year. Please see the school counselor or follow this link for specific information and eligibility requirements: <http://www.eligibilitycenter.org/>.

## CURRICULUM OFFERINGS

<b>Agriculture</b>		<b>Family &amp; Consumer Sciences</b>		<b>Science</b>	
Intro to AFNR & Animal Science	9-12	Foods I and Culinary Nutrition	9-12	Earth Science	9
Environmental Science & Nature	10-12	Experimental Foods	9-12	Biology	10
Agribusiness	11-12	Fashion Merchandising	10-12	Chemistry	11-12
Advanced Agriculture	12	Child Development	10-12	Physics	11-12
Horticultural Science ^	10-12	Housing	11-12	Anatomy & Physiology	11-12
Independent Study	10-12	Advanced Nutrition	11-12	Integrated Chemistry and Physics	11-12
		Solo Living Skills	11-12	Horticultural Science ^	10-12
		Personal Relations	11-12		
<b>Art</b>		<b>Health and PE</b>		<b>Social Studies</b>	
Art I	9-12	Health I	10	American History*	10
Art II	9-12	Health II	10-12	World History*	11
Drawing I	10-12	Physical Education	9-12	American Government*	12
Drawing II	10-12			History of Conflicts*	9-12
Painting and Printmaking	10-12			Current Events*	9-12
Ceramics and Sculpture	12-12			Sociology	11-12
		<b>Industrial Technology</b>		Psychology (RRMR)*	11-12
<b>Business</b>		Architectural Drafting and Design	9-12	Intro to Psychology**	11-12
General Business	9-12	Carpentry	10-12		
Business Law	10-12	CNC/CAD	10-12	<b>Spanish</b>	
Accounting	10-12	Construction Technology and Building Science	10-12	Spanish I*	9-12
Computer Science Principles	9-12	Mechanics and Automotive Technology	10-12	Spanish II*	10-12
Computer Science	9-12	Welding and Metalworking	10-12	Spanish III*	11-12
Discoveries	10-12	Advanced Manufacturing	11-12	Spanish IV*	12
Entrepreneurship	10-12	Electricity, Electronics and Electrical Systems	9-12		
Marketing	10-12			<b>Special Education</b>	
Economics	10-12			Work Experience	9-12
		<b>Mathematics</b>		Basic Skills	9-12
<b>English</b>		Pre-Algebra	10-12	Life Skills	9-12
English I*	9	Algebra I*	11-12	Adaptive PE	9-12
High School Reading	9	Geometry*	11-12		
High School Writing	9	Algebra II*	11-12	<b>Additional Electives</b>	
English II*	10	Trigonometry*	11-12	ACT Preparation	11-12
English III*	11	Pre-Calculus	11-12	Teacher Aide	9-12
Communication Skills*	12	Consumer Mathematics		TAG Indpt. Study	9-12
Creative Writing*	11-12			Driver's Education	14 Yrs.
Literature of Fine Arts*	11-12	<b>Music</b>	9-12		
21st Cent. Write: Blogging*	10-12	Choir	9-12		
21st Cent. Write: Yearbook*		Band			

\* Considered a core academic course; included in the calculation of a student's RAI (Regent Admission Index) score for entrance at Iowa's Regent Universities (University of Iowa, Iowa State and University of Northern Iowa). For further information regarding RAI, see page 9 and <http://www.regents.iowa.gov/RAI/info.html>.

^ Cross-listed course

+ Concurrent NIACC course (student earns college credit from NIACC, high school credit from RRMR; course taught at RRMR during the school day)

## COURSE CATALOG

### *Agriculture*

#### **Intro to AFNR & Animal Science**

**Elective**

Grades 9-12      Prerequisite(s): None      1 Year      2 Credits

Students will begin their study of animal science by outlining basic care guidelines and considering animal rights. Livestock species will be studied in detail and a unit on small animals will be offered. Students will conclude the semester by learning to evaluate livestock animals. This course will also introduce students to the agricultural education program. Students will develop leadership skills and speaking skills while they learn about the National FFA Organization.

#### **Environmental Science & Nature**

**Elective**

Grades 10-12      Prerequisite(s): Agriculture I      1 Year      2 Credits

Students will begin by identifying what natural resources are and learning a little about the history of conservation. Detailed units will include wildlife, plants, soil, water, renewable energy and the national park system. This course will also offer students a variety of units in plant science and related technology. The course will begin with a look at crop production in Iowa. Units on soil science, plant nutrients, seed selection, pests, and global positioning systems will be covered.

#### **Agribusiness**

**Elective**

Grades 11-12      Prerequisite(s): Agriculture II & III      1 Year      2 Credits

This course will begin with students “selling” the concept of farm safety as they prepare activities for National Farm Safety and Health Week. Students will learn basic agriculture sales techniques. An actual “sale” of an agricultural product will be required. This course will also provide a fast paced mix of ag business and leadership skills. Students will begin the course with a look at ag careers, resume writing and interviewing. A job shadow and mock interview will be offered. Highlights of farm business management and marketing will be covered to build on students’ business skills. The class will conclude with a study of leadership styles and traits

#### **Advanced Agriculture**

**Elective**

Grades 12      Prerequisite(s): Ag I, II, & III      1 Year      2 Credits

This class is for Seniors who would love to dive deeper into various agricultural areas. You will study careers in agriculture, college and/or tech school prep, state degree and



**Drawing I** **Elective**

Grades 10-12      Prerequisite(s): Art I      1 Semester      1 Credit

This course advances the techniques introduced in Art I and Art II. Students will draw several subjects in a variety of art media. Basic art techniques will be covered.

**Drawing II** **Elective**

Grades 10-12      Prerequisite(s): Drawing I      1 Semester      1 Credit

Continuation of drawing and design working with more complicated subjects and techniques.

**Painting and Printmaking** **Elective**

Grades 10-12      Prerequisite(s): Art I      1 Semester      1 Credit

*May not be offered each year.*

This course will study artists and techniques in different painting and printing styles.

**Ceramics and Sculpture** **Elective**

Grades 10-12      Prerequisite(s): Art I      1 Semester      1 Credit

*May not be offered each year.*

This course introduces many different types of three dimensional building techniques. Students will produce pieces in pinch, coil and slab. Students will also explore other materials to use in creating three dimensional pieces.

***Business***

**General Business** **Elective**

Grades 9-12      Prerequisite(s): None      1 Year      2 Credits

General Business is a two semester course. In General Business we will focus on many different areas of business.

**Business Law** **Elective**

Grades 10-12      Prerequisite(s): None      1 Year      2 Credits

Business Law is a two semester course. The course objective is to teach students the basics of law as it applies to businesses and consumers. Anyone who works for a business, owns a business or is a consumer should know business law.

**Accounting** **Elective**

Grades 10-12      Prerequisite(s): None      1 Year      2 Credits

Accounting is the ability to produce and interpret the financial records of a business. This course should be taken by anyone who is considering starting their own business or working for a business.

**Computer Science Principles Design** **Elective**

Grades 9-12      Prerequisite(s): None      1 Year      2 Credits

*May not be offered each year.*

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.

**Computer Science Discoveries** **Elective**

Grades 9-12      Prerequisite(s): None      1 Year      2 Credits

*May not be offered each year.*

Computer Science Discoveries is an introductory computer science course for students. Mapped to CTSA standards, the course takes a wide lens on computer science by covering topics such as problem solving, programming, physical computing, user centered design, and data, while inspiring students as they build their own websites, apps, animations, games, and physical computing systems.

**Marketing** **Elective**

Grades 10-12      Prerequisite(s): None      1 Semester      1 Credit

*May not be offered each year.*

This course introduces the basic functions of marketing and how they are vital in today's world. Competition, customer behavior, and marketing strategies are covered. Marketing is concerned with the needs and wants of prospective customers through the exchange process.

**Economics** **Elective**

Grades 11-12      Prerequisite(s): None      1 Semester      1 Credit

*May not be offered each year.*

Economics is a one semester course. In Economics the emphasis is on macro- and micro- economics. In micro-economics emphasis is on specific aspects of economics,

such as supply and demand, monopolies and competition, agriculture and banking. In macro-economics the emphasis is on the economy as a whole. Topics such as the national economy, fiscal policy and monetary policy are emphasized.

Competencies

1. Understand the basic concepts of the American economic system.
2. Appreciate the role of individuals and the private sector in the American economy.

**English**

**English I** **Required**

Grade 9	Prerequisite(s): None	1 Year	2 Credits
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English I is a two semester, required freshman English class. Students read and analyze classic and young adult literature focusing on literary devices and literary theory. Students work individually and in groups to improve skills in reading, writing, listening, speaking, grammar, and conventions. Several writing assignments and projects are created during the school year.

**High School Reading** **Required**

Grade 9	Prerequisite(s): None	1 Semester, Every Other Day	1/2 Credit
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Students will read a variety of fiction and non-fiction text, focusing on key details, craft and structure, and integration of knowledge and ideas to show their understanding of the text. Students will use their understanding of the text to complete vocabulary, questions that pertain to the text and book projects such as line lines and story cubes.

**High School Writing** **Required**

Grade 9	Prerequisite(s): None	1 Semester, Every Other Day	1/2 Credit
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Students compose an informative paper using MLA format. Students also complete research worksheets, annotated bibliographies and learn to develop through short answers and essay answers.

**English II** **Required**

Grade 10	Prerequisite(s): None	1 Year	2 Credits
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A required sophomore class which covers non-fiction/technical writing and reading. The class emphasizes research and data collection and usage. Also included is spelling/vocabulary.

Competencies

1. Technical writing (journalism, manuals, persuasive techniques) I-search paper.

2. Research/data collection and usage.
3. Technical reading (journalism, manuals).
4. Technology use - research and presentation methods.

### **English III**

**Required**

Grade 11                      Prerequisite(s): None    1 Year    2 Credits

A required junior level class, first semester deals with the analyzing, preparation, and delivery of a variety of speeches. Second semester is a combination of American Literature and practical job/college preparation writing.

### **Communication Skills**

**Elective**

Grade 12                      Prerequisite(s): None    1 Year    2 Credits

This course is aimed at developing the necessary skills for college work. The main emphasis will be on oral and written communication. There will be work on developing better reading habits and skills, taking a good set of notes and organization of thought and ideas, Since this is primarily for the college bound, students are encouraged to take this course during their senior year.

#### Competencies

1. Study skills/organization skills.
2. Broad range of college level writing.
3. Data collection and presentation.
4. Variation in visual presentations.
5. Reading of classic/world literature.

### **Creative Writing**

**Elective**

Grades 11-12                      Prerequisite(s): None    1 Semester    1 Credit

A one semester, elective English class, Creative Writing is a composition class. The goal is for students to use writing to explore unique personal perspectives and manipulate language for poetic and aesthetic purposes. Students will write narratives to develop real or imagined experiences or events using effective techniques, well-chosen details, and well-structured event sequences. Creativity, individualism, and freedom will be encouraged. Self-discipline is a prerequisite.

### **Literature of Fine Arts**

**Elective**

Grades 11-12                      Prerequisite(s): None    1 Semester    1 Credit

Literature of Fine Arts is a one semester, elective English class where students view and analyze classic films based on genre. Students will explore the ongoing connections between literature and film by critically viewing films and responding, in writing, to those connections. Classic films from the AFI's Top 100 List are offered. Students in this class should be self-motivated. This class is not for students expecting to watch current movies.

**21st Century Writing: Blogging****Elective**

Grades 10-12      Prerequisite(s): None      1 Semester      1 Credit

Students will explore the value of being able to create and update a blog and understand the many purposes and functions of blogs. Students will become familiar with blogging jargon, learn how to create and update a basic blog, and analyze exemplary blogs. Writing exercises will focus on developing a distinct, consistent voice for the web, generating a steady stream of topics, and writing for a specific audience. Students will also consider how additional media (photos, videos, sound, external links) can support the text.

**21st Century Writing: Yearbook****Elective**

Grades 9-12      Prerequisite(s): None      1 Semester      1 Credit

Students will gain skills in one or more of the following areas: page design, publishing techniques, copywriting, editing, and photography while producing a creative, innovative yearbook which records school memories and events. In addition, students will assist in the sale and distribution of the yearbook.

***Family and Consumer Sciences*****Foods I and Culinary Nutrition****Elective**

Grades 9-12      Prerequisite(s): None      1 Semester      1 Credit

The following competencies will be taught:

- 8.1.1 Explain the roles, duties and functions of individuals engaged in food production and services careers.
- 8.1.2 Summarize education and training requirements and opportunities for career paths in food production and services.
- 8.2.1 Identify major characteristics of food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.
- 8.2.5 Practice good personal hygiene/health procedures, including dental health and weight management, and report symptoms of illness.
- 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products.
- 8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.
- 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.

- 8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sauteing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
- 8.5.3 Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.
- 8.5.4 Apply the fundamentals of time, temperature and cooking methods to cooking, cooling, reheating, and holding a variety of foods.
- 8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
- 8.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.
- 8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.

### **Experimental Foods**

**Elective**

Grades 9-12      Prerequisite(s): None      1 Semester      1 Credit

A science based research class where students actively participate in experiments. This class utilizes common everyday foods in unique ways.

### **Fashion Merchandising**

**Elective**

Grades 9-12      Prerequisite(s): None      1 Year      2 Credits

*May not be offered each year.*

The following competencies will be taught:

- 16.2.1 Apply appropriate terminology for identifying, comparing and analyzing most common generic textile fibers.
- 16.2.2 Evaluate performance characteristics of textile fibers and fabrics.
- 16.3.7 Demonstrate ability to use technology for fashion, apparel, and textile design.
- 16.4.1 Demonstrate professional skill in using a variety of equipment, tools, and supplies for fashion, apparel, and textile construction, alteration, and repair.

### **Child Development**

**Elective**

Grades 10-12      Prerequisite(s): None      1 Year      2 Credits

In an increasingly complex society, people find themselves in parenting roles, even when they are not the biological or adoptive parents. Learning about parenting, therefore, becomes everyone's responsibility because people interact with children in many different settings. People today are faced with new and more complex problems in their parenting roles, and child abuse remains an area of concern. This class covers the conception, prenatal development, birth and care of a baby. The physical, emotional, social and mental development of the child from conception to age 6 will be explored in detail.

## **Housing**

**Elective**

Grades 10-12      Prerequisite(s): None      1 Semester      1 Credit

*May not be offered each year.*

The following competencies will be taught:

- 11.4.1 Interpret information provided on construction documents.
- 11.4.2 Evaluate floor plans for efficiency and safety in areas including but not limited to zones, traffic patterns, storage, and electrical and mechanical systems.
- 11.4.3 Draft an interior space to scale using architecture symbols.

## **Nutrition**

**Elective**

Grades 11-12      Prerequisite(s): None      1 Semester      1 Credit

*May not be offered each year.*

The following competencies will be taught:

- 9.3.1 Analyze nutrient requirements across the lifespan addressing the diversity of people, culture, and religions.
- 9.3.2 Analyze nutritional data.
- 9.3.7 Categorize food into exchange groups and plan menus, applying the exchange system to meet various nutrient needs.
- 9.6.6 Analyze new products.

## **Solo Living Skills**

**Elective**

Grades 11-12      Prerequisite(s): None      1 Semester      1 Credit

Soon, you'll be out and living on your own. What skills do you need? This course will cover basic cooking and nutrition, finding a place to live and furnishing it, dressing for success, financial management, transportation alternatives, leisure time, global issues, community services, and individual involvement.

## **Personal Relations**

**Required**

Grades 11-12      Prerequisite(s): None      1 Year,  
Every Other Day      1 Credit

The following competencies will be taught:

- 2.6.1 Evaluate the need for personal and family financial planning.
- 2.6.2 Apply management principles to individual and family financial practices.
- 2.6.3 Apply management principles to decisions about insurance for individuals and families.
- 2.6.4 Evaluate personal and legal documents related to managing individual and family finances.
- 3.1.1 Explain roles and functions of individuals engaged in consumer careers.
- 3.1.2 Analyze opportunities for employment and entrepreneurial endeavors.
- 3.1.3 Summarize education and training requirements and opportunities for career paths in consumer services.

- 3.1.4 Create an employment portfolio for use with applying for internships and work-based learning opportunities in consumer service careers.
- 3.3.3 Analyze the effect of consumer credit in long-term financial planning.
- 3.3.6 Analyze the effect of key life transitions on financial planning
- 3.3.7 Analyze factors that influence establishing and maintaining a good credit rating and the effect of credit rating on rates and terms for credit and insurance.

## ***Health and Physical Education***

### **Health I**

**Required**

Grade 10	Prerequisite(s): None	1 Year, Every Other Day	1 Credit
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Subject areas covered include health and wellness, physical fitness and nutrition, mental and emotional health, family and social health, body systems, growth and development, medicines and drugs, diseases and disorders, consumer and environmental health, injury prevention and safety.

### **Health II**

**Elective**

Grades 10-12	Prerequisite(s): None	1 Semester	1 Credit
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This class is a continuation of topics begun in Health I. It may be taken concurrently with Health I or on its own.

### **Physical Education**

**Required**

Grades 9-12	Prerequisite(s): None	1 Year, Every Other Day	1 Credit
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Physical Education is a required course for all students with the exception of those who have a medical excuse in writing. The program emphasizes fitness, lifetime activities and skills and information necessary to be a knowledgeable spectator of various activities. PE clothes are required to be worn in class unless otherwise notified.

### **Weightlifting**

**Elective**

Grades 9-12	Prerequisite(s): None	1 Year, Every Other Day	1 Credits
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*May not be offered each year.*

This class is open to any 9-12 grade students interested in improving their level of physical fitness. Students may enroll in weightlifting in lieu of Physical Education to meet graduation requirements. The course will consist of various flexibility, running,

and lifting exercises. Testing will be conducted to show any improvement in growth and performance. This class is recommended for only those students who are truly interested in this form of activity and who are interested in and willing to work independently toward their own physical improvement. Students must get written permission from the instructor to enroll in this course. Grading is 25% binders, 25% attitude (on time, work ethic, complaining/arguing), 25% respect (self, others, instructor, equipment) and 25% following course rules (clean-up, dress, shower, safety, etc.).

***Industrial Technology***

**Architectural Drafting and Design** **Elective**

Grades 9-12      Prerequisite(s): None      1 Year      2 Credits

Students will learn the basics of drafting, starting with freehand drafting and working up to using CAD software. In the second semester, students will primarily work with CAD software, home design software and floor planning software.

**Carpentry** **Elective**

Grades 10-12      Prerequisite(s): None      1 Year      2 Credits

Students will learn fine carpentry practices. This isn't a construction class, this is a carpentry class where smaller projects will be built including coffee tables, TV stands, bed frames and so forth. During second semester, students will also have the opportunity to use CNC routers to make precision signs, plaques, etc.

**CNC/CAD**

Grade 10-12      Prerequisite(s): None      1 Year      **Elective**

Students will learn computer software regarding CAD and CNC design. They will have the opportunity to use CNC routers to make precision signs, plaques, etc.

**Construction Technology and Building Science** **Elective**

Grades 10-12      Prerequisite(s): None      1 Year      2 Credits

Students will learn the basics of midwest house construction. Older building practices will be reviewed, as well as what students can expect to encounter in a real world setting. Students will also be introduced to current construction practices for house construction, pole barn construction and modular construction.

**Automotive Technology** **Elective**

Grades 10-12      Prerequisite(s): None      1 Year      2 Credits

Students will get an introduction to small engines, carburetors and the basics of engine design and operation. Disassembly, reassembly and basic hand tool identification and use will be introduced. The second semester will be primarily discussing the different systems used in modern automobiles. Engine, transmission, electrical, braking, chassis and safety systems. Students will get introduced to the basics of diesel engine operation with our hands-on diesel engine modules.

**Welding and Metalworking** **Elective**

Grades 10-12      Prerequisite(s): None      1 Semester      1 Credit

*May not be offered each year.*

Students will learn the fundamentals of stick welding, wire welding, torch cutting, plasma cutting, metal working and assembly. Students will use the Virtual Welder and the metal working tools and welders in a shop setting.

**Advanced Manufacturing** **Elective**

Grades 10-12      Prerequisite(s): Welding      1 Semester      1 Credit

*May not be offered each year.*

Advanced manufacturing is a continuation of the skills learned in welding. It will also introduce students to the CNC plasma table and other CNC operations.

**Electricity, Electronics and Electrical Systems** **Elective**

Grades 11-12      Prerequisite(s): Algebra I      1 Year      2 Credits

Students will be introduced to basic electricity principles, including residential wiring. Students will progress into electrical systems used to run automobiles, radios and CNC machines.

**Mathematics**

**Pre-Algebra** **Elective**

Prerequisite(s): 8th Math      1 Year      2 Credits

This course is designed for students with general math skills. Lessons will begin with arithmetic equations and lead into algebraic equations. Topics include: addition, subtraction, multiplication, and division equations; decimals, fractions, integers, rational numbers, ratio, proportion, and percent.

**Algebra I** **Required**

Prerequisite(s): Grade 8 or 9 Pre-Algebra      1 Year      2 Credits

The student's previous experience in math will be the basis they build on. The

following topics will be studied: sets, equations, rational numbers, polynomials, relations, functions, linear equations, products and factors, rational expressions, real numbers, and quadratic equations. This course is recommended for anyone going to college. This class will require competency in basic mathematics.

**Geometry** **Elective**

Prerequisite(s): Algebra 1 Year 2 Credits

This is an integrated plane and solid geometry course. Topics studied are: proofs, segments, angles, triangles, parallel lines, quadrilaterals, similarity, circles, area, volume, vectors, coordinate geometry, trigonometry, transformations, and vectors. This class will require problem solving and reasoning skills.

**Algebra II** **Elective**

Prerequisite(s): Algebra I & Geometry 1 Year 2 Credits

A thorough review of Algebra 1 is done with the introduction to more difficult type problems. Many higher mathematics courses are built on the knowledge of Algebra 2. Topics studied: all sets of numbers, polynomials, relations and functions, first and second degree functions, exponents and radicals, exponential and log functions, conic sections, and trig functions. This class is recommended for anyone going to college because many higher mathematics courses are built on the knowledge of Algebra 2. This class requires hard work from the student.

**Trigonometry** **Elective**

Prerequisite(s): Algebra II 1 Year 2 Credits

This class lays the groundwork for further study of mathematics at the college level, all standard pre-calculus topics are presented, as well as substantial new material on discrete mathematics and data analysis.

**Pre-Calculus** **Elective**

Prerequisite(s): Algebra II 1 Year 2 Credits

*May not be offered each year.*

This course is designed for students with excellent mathematical abilities and interest to prepare them for mathematics in college. Topics include: functions, probability, limits, vectors, statistics, sequences, series, analytical geometry, trigonometry, conic sections, exponential, logarithmic functions, and calculus. This class will require consistent hard work from the student.

**Consumer Mathematics** **Elective**

Prerequisite(s): Grade 11 or 12 1 Year 2 Credits

*May not be offered each year.*

This course is for any junior or senior who has had no mathematics instruction beyond Algebra I or earned a C or lower in Algebra I. It will help students further develop general skills in mathematics. It will review computation skills involving fractions, decimals and percents. It will show the students how mathematics may be applied to everyday life through checking accounts, installment buying, income tax, insurance and budgeting.

## *Music*

### **Choir**

### **Elective**

Grades 9-12      Prerequisite(s): None      1 Year      2 Credits

Rockford Senior High School Concert Choir is open to all students who have the desire to challenge themselves, represent their school, and most of all have fun singing! Once signed up for Concert Choir, many other opportunities become available. These options include but are not limited to: solo/ensemble contest, Large Group Contest (required), Variety Show, Swing Choir, Dorian Honor Choir, and All-State Choir. Grading is based on lesson and performance attendance along with participation and growth through the year. While in Concert Choir, several life skills will be applied as well as musical training. Things such as: pitch, phrasing, musical terms, facial expression, tonal quality, and breathing are all musical skills that will be taught. Each student is expected to be on time, have their materials ready, and be ready themselves to rehearse every day. Music selected will push the abilities of the students and cover many aspects of choral literature. Everything from Antiquitous through Contemporary genres will be covered.

### **Band**

### **Elective**

Grades 9-12      Prerequisite(s): None      1 Year      2 Credits

Instrumental music is a chance for students to be creative, to enjoy learning about music and learning to play a musical instrument. Just as there can be no music without learning, no education is complete without music. Research shows that when music and the arts are included in the student's curriculum, reading, writing and math scores improve. Music makes the difference. Areas of participation for each student include marching band, pep band, concert band, and small groups and solos. Performances for the Rockford Senior High School Band include 4 concerts throughout the year, BandFest parade in Mason City, and IHSMA large group contest. Other possible performances for outstanding individuals include Top of Iowa Conference, NCIBA, Meistersinger, and UNI Honor Bands. The music department takes an out-of-state performances trip once every four years.

#### Band Grading System

5 points possible for group rehearsals

15 points possible for each lesson

15 points possible for pep band performances

50 points possible for all required performances (contests, concerts, parades, etc.)

### **Music Appreciation**

**Elective**

Grades 9-12

Prerequisite(s): None

1 Semester or  
1 Year, Every  
Other Day

1 Credit

*May not be offered each year.*

This course is open to any student in grades 9-12. Music appreciation is the study of history of music, from the very earliest of musical forms through contemporary music. This course takes an in-depth look into how music shapes our lives through the study of music history, musical literature, music in social movements and music in pop culture. This class is graded based on total points at the end of semester, based on in class discussions and assignments.

### **Music Theory I**

**Elective**

Grades 11-12 or  
instructor  
approval

Prerequisite(s): None

1 Semester or  
1 Year, Every  
Other Day

1 Credit

*May not be offered each year.*

This course is offered to RRMR band or choir students. Music Theory is a study of the “nuts and bolts” of music. Students will learn and study music from the Antiquitous Period through the Contemporary Period. Involved in the study of this music will include: chord symbols, chordal progressions, keys and key signatures, cadences, chords/notes of embellishment, chordal analysis, all 5 species of counterpoint, key changes, modulations, some basic keyboarding skills, plus, the ability to recognize and label different eras of music by their unique sounds. Students will also be able to write music by the end and make it sound like each era. This course is challenging and is graded on a total points system for the entire semester. This course offers a lot of individual time with the instructor as some of the ideas covered are quite advanced.

### **Music Theory II**

**Elective**

Grades 11-12 or  
instructor  
approval

Prerequisite(s): Music Theory I

1 Semester

1 Credit

*May not be offered each year.*

A continued exploration of Music Theory I topics and studies.

## **Science**

## **Earth Science**

**Required**

Grade 9                      Prerequisite(s): None                      1 Year                      2 Credits

Earth Science is the study of Earth & space. It includes geology, meteorology, astronomy, environmental science and oceanography. Laboratory activities will reinforce and enhance the information presented in lecture.

### Earth Science Competencies

1. Understand basic features, cycles, and processes of Earth.
2. Understand the universe and Earth's place in it.
3. Understand the history of Earth.
4. Understand the nature of scientific inquiry.

## **Biology**

**Required**

Grade 10                      Prerequisite(s): None                      1 Year                      2 Credits

Biology is the study of life. It includes the topics of ecology, biochemistry, cellular biology, genetics, evolution, and classification. Laboratory activities will reinforce and enhance the information presented in lecture.

### Biology Competencies

1. Understand the characteristics of the living things.
2. Understand how organisms impact each other and their environment.
3. Understand the functions and structures of cells.
4. Understand how organisms change over time.
5. Understand and predict traits based on heredity.
6. Understand the nature of scientific inquiry.

## **Chemistry**

**Elective**

Grades 11-12                      Prerequisite(s): Algebra I                      1 Year                      2 Credits

Chemistry is the study of matter and its changes. Topics covered in the course include properties of matter, the periodic table, chemical reactions, chemical bonding, thermochemistry, acids and bases, and the phases of matter. There is a considerable amount of technical laboratory work required for this course. There is also a significant amount of mathematical problem solving necessary. This course is highly recommended for students who plan on attending college. Algebra I is required.

## **Physics**

**Elective**

Grades 11-12                      Prerequisite(s): Algebra II                      1 Year                      2 Credits

Physics is the study of matter and energy. It deals with the laws of the universe including forces, vectors, motion, energy, light, heat electricity, and magnetism. Lectures, problem solving and laboratories are all included in this course. Algebra II required.

## **Anatomy and Physiology**

**Elective**

Grades 11-12      Prerequisite(s): None      1 Year      2 Credits

Anatomy and Physiology is the study of the structure and function of the human body. The course is studied on the level of organ systems. Systems studied include integumentary, skeletal, muscular, nervous, digestive, respiratory, cardiovascular, endocrine, lymphatic, urinary, and reproductive. The course combines lecture, laboratory activities and case studies. This class is highly beneficial for students considering a future career in the health sciences.

**Integrated Chemistry and Physics** **Elective**

Grades 11-12      Prerequisite(s): None      1 Year      2 Credits

First semester focuses on conceptual chemistry; practical, nonquantitative chemistry designed for students who desire an understanding of chemical concepts and applications. Second semester focuses on conceptual physics; introducing students to the use of chemicals, characteristic properties of materials and simple mechanics to better describe the world and nonliving matter. This course is recommended for students entering the trades or planning on attending a 2-year college. This course is not recommended for students intending to enter a 4-year college immediately upon graduation from high school; this course is not an RAI approved core course.

**Horticultural Science (Cross-listed: Agriculture)** **Elective**

Grades 10-12      Prerequisite(s): None      1 Year      2 Credits

This class is a full year course that will fulfill the science elective credit required for RRMR graduation. The primary focus of the class will be on plant science. Students will also develop plant identification skills, raise plants for the annual spring Mother's Day hanging basket and bedding plant sale.

***Social Studies***

**American History** **Required**

Grade 10      Prerequisite(s): None      1 Year      2 Credits

American History is a general survey course that begins with the settlement of North America. Topics include: American Revolution, Early Nationalism, Civil War, Reconstruction, Settling the Last Frontier, Industrial Growth, Growth of Labor, Progressive Reform, U.S. Imperialism, Depression and New Deal, Isolation and World War II, and Post World War II.

Competencies

1. Understand the development of American democratic traditions.
2. Understand the development of capitalism in the U.S.
3. Appreciate the many cultural traditions that have influenced and molded the American culture.

## **World History**

**Required**

Grade 11                      Prerequisite(s): None                      1 Year                      2 Credits

American History is a general survey course that begins with the settlement of North America. Topics include: American Revolution, Early Nationalism, Civil War, Reconstruction, Settling the Last Frontier, Industrial Growth, Growth of Labor, Progressive Reform, U.S. Imperialism, Depression and New Deal, Isolation and World War II, and Post World War II.

### Competencies

1. Understand the development of American democratic traditions.
2. Understand the development of capitalism in the U.S.
3. Appreciate the many cultural traditions that have influenced and molded the American culture.

## **American Government**

**Required**

Grades 12                      Prerequisite(s): None                      1 Year                      2 Credits

American Government is a year long course. It includes the study of political science, the three branches of government, and political current events. The study of these topics involves course work, research projects, and guest speakers. As our Senior Community Service Project, the senior government class will put on the Community Veteran's Day Program. If interested, seniors can become registered voters through the cooperation of this school and the county auditor's office.

### Competencies

1. Understand the American voting system.
2. Understand basic democratic concepts.
3. Gain contact to basic roles and responsibilities of citizenship.

## **History of Conflicts**

**Elective**

Grades 9-12                      Prerequisite(s): None                      1 Semester                      1 Credit

This course examines the cause and effect of conflicts the United States has been involved in over the history of the country. Students will examine the social, economic and physical impact of each conflict.

## **Current Events**

**Elective**

Grades 9-12                      Prerequisite(s): None                      1 Semester                      1 Credit

The purpose of this course is to inform students about current events and increase the ability to understand, interpret and analyze topics related to political, economic, social and cultural issues and current events. Topics examined will include local, state, national and international news. This course offers an opportunity for respectful, meaningful and active exchange of information and opinion regarding current events. Important skill development will include analyzing news sources, critical thinking about issues, the ability to investigate varied perspectives on topics of public interest

and demonstration of the crafting of well-reasoned opinions about current issues of public interest in the news.

Competencies

1. Identify and summarize current political, economic and social and cultural issues which confront Americans and the world.
2. Appreciate the historical factors which influence an issue.
3. Develop and express points of view based upon valid evidence.
4. Examine conflicts in society and evaluate techniques to address those conflicts.

**Sociology**

**Elective**

Grades 11-12      Prerequisite(s): None      1 Semester      1 Credit

*May not be offered each year.*

Sociology is the science that studies human society and the causes and consequences of social behavior. Sociologists are interested mainly in social interaction - how humans relate to one another and influence each other's behavior. Focus is on the "group" rather than the individual. This course examines the ways in which we are shaped by our social experiences and at the same time; our opportunity to be the architects of that society which contributes to our development.

Essential Concepts/Skills:

1. Understand group dynamics and human social relationship.
2. Think, evaluate, and communicate clearly, creatively, and effectively about issues of sociological importance.
3. Understand the influences on individual and group behavior and group decision making.
4. Understand the historical development of sociology as a behavioral science.
5. Understand how agents of socialization impact the individual.

**Psychology (RRMR)**

**Elective**

Grades 11-12      Prerequisite(s): None      1 Semester      1 Credit

Psychology is a science that deals with the behavior, feelings and thinking of individuals. This course is introductory in nature and covers topics including the origins of psychology as a science, psychological methods, the basic functions of the brain and our motor system, human growth and development, consciousness and sleep, our senses and perception, memory and personality development, gender, intelligence, and mental health/mental illness. This course offers an opportunity for students to study particular topics of individual interest in the second half of the semester.

Essential Concepts/Skills:

1. Understand basic psychological principles.
2. Appreciate a variety of psychological diagnoses and how they are determined.
3. Recognize factors leading to psychological trauma.
4. Understand the historical development of psychology as a science.
5. Understand research procedures and skills used by behavioral scientists.
6. Understand brain function/development and the role of biology in behavior.

### **Introduction to Psychology (NIACC)**

**Elective**

Grades 11-12      Prerequisite(s): Psychology (RRMR)      1 Semester      1 Credit

This is a concurrent enrollment class in which students receive 3 hours of college credit from NIACC for Introduction to Psychology. The course is an introduction to the scientific study of behavior; a brief history of psychology as a science, and topics fundamental to human behavior including developmental issues, sensory abilities, cognitive performance, social and emotional factors in behavior, and abnormal behavior and therapies.

## ***Spanish***

### **Spanish I**

**Elective**

Grades 9-12      Prerequisite(s): None      1 Year      2 Credits

Spanish I is a year-long course that is designed to introduce the students to the fundamentals of the Spanish language. The language skills of listening, writing, reading, and speaking are introduced and developed through practice and exposure to the language. In addition to the basic structure of the language, cultural aspects of the various Spanish-speaking countries/areas are presented.

#### Competencies

1. Speak the language in conversational forms.
2. Write the language descriptively and conversationally.
3. Listen to the language.
4. Read and interpret authentic and other written material.

### **Spanish II**

**Elective**

Grades 10-12      Prerequisite(s): Spanish I      1 Year      2 Credits

This is a year-long course that is designed to continue the study of the Spanish language. More conversational Spanish is expected to be used in class and more instruction is done in Spanish. More complex grammar will be explained and practiced in class. The language skills of reading, writing, listening, and speaking are further developed and benchmark exams will test the improved competency in these areas.

### **Spanish III**

**Elective**

Grades 11-12	Prerequisite(s): Spanish II	1 Year	2 Credits
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This is a year-long course to continue the study of Spanish. Spanish is spoken exclusively in class, both for instruction and by the students in the class. Continued emphasis is placed on spoken Spanish which is practiced through conversation, scenarios and informally in class. Benchmark exams will test improved competency in listening to writing, speaking and reading in Spanish.

**Spanish IV** **Elective**

Grade 12	Prerequisite(s): Spanish III	1 Year	2 Credits
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The Spanish IV course is a full year course that explores more complex grammar and covers more cultural topics. This class, like Spanish III, is conducted entirely in Spanish. Students will continue to have conversations in class. Improved competency in writing, speaking, listening to and reading Spanish will be assessed by benchmark tests.

***Special Education***

Philosophy: The purpose of the special education department is to support the general education program in providing for the individual needs of special education students. The goal is to provide remediation, accommodation and full programs that will allow opportunities toward successfully transitioning students to adult life. A life skills and careers program are incorporated in a multidisciplinary environment supported by both general education and special education efforts. The special education program contains four classroom models: resource, special class with integration, self-contained special class with little integration and self-contained special class.

**Work Experience** **Elective**

Grades 9-12	Prerequisite(s): None	Length Varies	Credit Varies
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The work experience program is designed to provide a variety of opportunities for students to develop and practice work skills while being monitored by a supervisor and vocational coordinator. Students may work in the district or in the community. Placement is based on skills and site availability.

Minimum competencies include: participation at the work site with satisfactory performance complete self-evaluation form, complete a weekly time card, meet with the vocational coordinator to discuss the evaluation results.

**Basic Skills** **Elective**

Grades 9-12	Prerequisite(s): None	Length Varies	Credit Varies
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The study skills course covers a combination of traditional study skills including note taking, test taking and improving memory. It also covers essential life skills including managing time, managing conflict, setting goals, solving problems creatively, maintaining good health and utilizing community and college resources.

**Life Skills** **Elective**

Grades 9-12	Prerequisite(s): None	Length Varies	Credit Varies
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The life skills program is designed to assist students in practicing and acquiring basic life skills including: food preparation, shopping, survival sewing, laundry skills, housekeeping, and family relationships. Minimum competencies include: group participation/independent participation in the above categories. Individual needs will drive the extent of participation.

**Adaptive Physical Education** **Elective**

Grades 9-12	Prerequisite(s): None	Length Varies	Credit Varies
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The physical education activities taught in this class are individualized to each student's IEP goals.

***Additional Electives***

**ACT Preparation** **Elective**

Grades 11-12	Prerequisite(s): None	1 Year, Every Other Day	1 Credit
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Examines and implements test-taking strategies and expands content knowledge in order to increase ACT composite scores.

Through taking practice tests and participating in tutoring sessions both online and in-class, the student will create personalized study sessions to meet their needs. All subjects of the ACT are addressed.

**Teacher Aide** **Elective**

Grades 9-12	Prerequisite(s): None	Length Varies	No Credit
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*May not be offered each year.*

Students receive no credit while being a teacher's aide or an office aide to acquire community service hours. Time spent as an aide can be counted toward Silver Cord hours.

**Driver's Education****Elective**

Prerequisite(s): Must be 14 or older

Offered in June

1/2 Credit

To complete Driver's Education, a student needs 30 hours of classroom instruction and 6 hours of driving instruction. The course cost is set by the RRMR school board and is offered during the month of June. A student will receive .5 elective credit toward graduation requirements for earning a passing grade. Students must have a permit to drive by June 1st of the current year in order to take Drivers Education.

**TAG Independent Study****Elective**

Grades 9-12

Prerequisite(s): TAG student

1 Semester

1 Credit

One semester independent study course for students who qualify for TAG. The student and the TAG Coordinator will determine content and time of the course. The course will be used for independent study projects or career exploration. One graded credit will be given per semester.