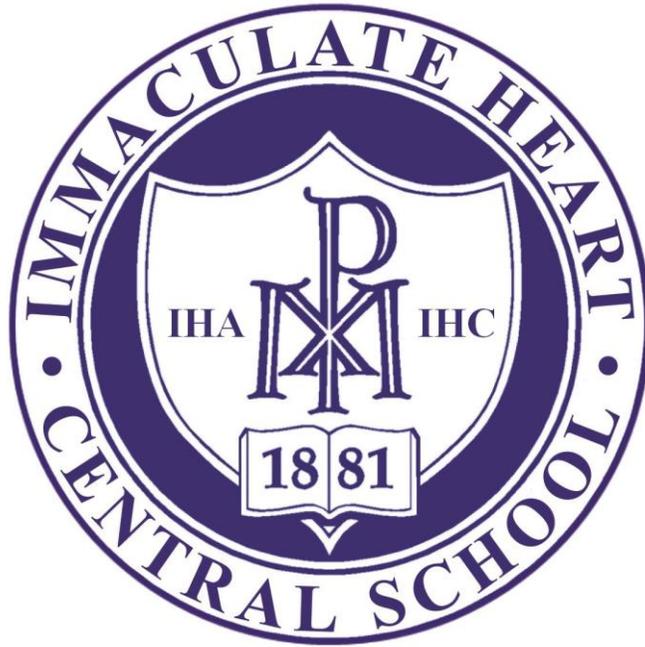


Parent Guide

Sophomore Year



Roman Catholic Diocese of Ogdensburg, NY

Immaculate Heart Central School Directory of Service

Phone: 315-788-4670

Main Office - Extension 1	Office Manager: Corrine Mercer
Health Office - Extension 4	School Nurse: Margot Harberson
Principal - Extension 1	Principal: Daniel Charlebois
Dean of Students - Extension 1	Dean of Students: John Montondo
Guidance - Extension 3	Guidance Counselor: Karen Montondo
Information Technology - Extension 1	Information Technology: Stephen Gains
Athletic Director - Extension 5	Athletic Director: Tom O'Brien
Class Advisor: Extension 1	Class Advisor:
International Student Program Coordinator - Extension - 3	ISPC: Jodi Ramos
Business Office - Extension 1	Business Manager: Teresa Lucas

Website: www.ihschool.org

School Calendar: please visit our website or look in the "IHC Junior-Senior High Parent-Student Handbook"

Immaculate Heart Central School is

a faith community whose mission is to provide a quality Catholic and secular education, to cultivate holiness based on the love and imitation of Christ, and to form responsible citizens whose Christian values will transform the world.



Immaculate Heart Central School in Watertown, New York is a Pre-K-12 Catholic

coeducational system. Sharing the Catholic Church's primary mission of calling forth holiness in each of its members, Immaculate Heart Central strives to develop the whole person – body, mind, and soul – by integrating religious formation and secular knowledge. The spirit of Immaculate Heart Central is influenced and fortified by the Gospel message, by the teachings of the Catholic Church, and by prayer and the Sacraments. Students are encouraged to develop their unique gifts and talents for their personal growth and for the service of others.

Belief Statements:

1. We believe that God is in all things.
2. We believe that we are created in the image of God with unique gifts.
3. We believe that we love the God we cannot see by loving the neighbor we can.
4. We believe that excellence happens on purpose.
5. We believe that we are always learning.



IHC GRADUATE PROFILE

A graduate of IHC is a person:

1. Who values a deep personal relationship with an ever-present God.
2. Who has knowledge of the Catholic faith, its heritage, and tradition.
3. Who accepts God's universal call to holiness in one's vocation.
4. Who respects all persons as children of God regardless of difference.
5. Who is a person of good character.
6. Who makes good moral and ethical decisions based on Gospel Values.
7. Who treasures and respects human life in all its various stages.
8. Who accepts responsibility for one's actions and choices.
9. Who practices the social skills of courtesy, gratitude, and helpfulness.
10. Who strives for excellence in all areas of life.
11. Who is a well-educated person.
12. Who is cognizant of the impact of Christianity in all courses of study.
13. Who demonstrates competence in the humanities, arts, and sciences.
14. Who is an effective communicator in both oral and written expressions.
15. Who is competent in the use of technology.
16. Who can work both independently and collaboratively.
17. Who demonstrates creative, reflective, and critical thinking skills.
18. Who is prepared and eager to pursue future educational opportunities.
19. Who is a person of service.
20. Who witnesses to Catholic Social Teachings by promoting peace, justice, and compassion to those in need in local, national, and global situations.
21. Who shares their God-given gifts and talents to enhance the lives of others.
22. Who respects the environment and uses natural resources wisely.
23. Who respects and appreciates the rights, privileges, and responsibilities of the citizens of the United States of America.



IHC Graduation Requirements:

Students must earn at least 22 credits in high school to graduate regardless of course level.

Subject Area	Number of Credits Earned in High School
Theology	2 (.5 per year)
ELA	4
Social Studies	4
Mathematics	3
Science	3
Languages Other Than English (LOTE)	1
Visual Art, Music, or Performing Arts	1
Physical Education	2 (.5 per year)
Health	.5
Electives	1.5
TOTAL:	22

Vocational Opportunities:

Bohlen Technical Center of Jefferson County provides vocational education to students residing in Jefferson County. The Center is part of the Board of Cooperative Educational Services (BOCES) system of NYS. To enroll in specific program, interested students must have completed the 9th grade.

Programs offered at the Bohlen Technical Center provide an opportunity for a student to be trained in an occupation, while completing his/her high school education. Students enrolled in the program attend IHC for half of the day, and travel to the vocational training center (BOCES) for the rest of the day. Transportation is provided to and from the center (located on Arsenal Road, Watertown, NY). For more information, please contact the IHC Guidance Office.

New York State Graduation Requirements

Understanding Current New York State Diploma Requirements

To earn a NYS diploma, students must meet credit and exam requirements. These requirements are separate and distinct and do not have to happen simultaneously.

Note: School districts may create diploma requirements in addition to those required by the NYS Education Department (NYSED).

Credit Requirements

This table shows the number of credits required for each subject. It's important to note in most subjects, students choose the courses they want to take to meet the minimum requirements.

	Minimum number of credits
English	4
Social Studies	4
<i>Distributed as follows:</i>	
<i>Global History and Geography (2)</i>	
<i>U.S. History (1)</i>	
<i>Participation in Government (½)</i>	
<i>Economics (½)</i>	
Science	3
<i>Distributed as follows:</i>	
<i>Life Science (1)</i>	
<i>Physical Science (1)</i>	
<i>Life Science or Physical Science (1)</i>	
Mathematics	3
Languages Other than English (LOTE)	1*
Visual Art, Music, Dance, and/or Theater	1
Physical Education	2
<i>(participation each semester)</i>	
Health	0.5
Electives	3.5
Total	22

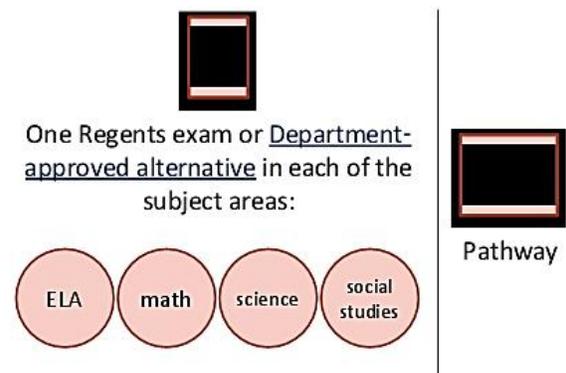
* Students with disabilities may be excused from the requirement for 1 unit of credit in LOTE if indicated on their IEP, but they must still earn 22 units of credit to graduate.



Exam Requirements

In addition to the 22 units of credit, students must also meet the NYS exam requirements to earn a diploma.

To meet the exam requirements, students must pass 4 exams + 1 pathway. All students must pass one exam (Regents exam or Department-approved alternative) in each of the four subject areas (English, mathematics, science, social studies) plus one pathway.



Note: If students are not able to earn a passing score of 65 on Regents exams, they may be eligible for [Appeals](#), [Safety Nets](#), and/or [Superintendent Determination](#). Additional information can be referenced in [The New York State Graduation Requirements: Additional Options flyer](#).



Parent Guide - 10th Grade Program

Christian Learner/Social Emotional Learner/Digital Citizenship

Christian Learners/Social and Emotional Learners possess skills and attitudes that are the foundation of learning. Our thinking, approach and actions should show everyone we are Christians. Social and Emotional Learning (SEL) assists students to gain and apply knowledge, attitudes, and skills to understand and manage emotions, set, and achieve positive goals, feel, and show empathy for others, establish, and maintain positive relationships and make responsible decisions both in person and virtually. The tenets of Christian living and SEL competencies support the individual throughout life. Acting as Jesus would want us to act is the goal of everyone in our Catholic school community- teachers, parents, students, staff, principals, and pastors. The skills learned through understanding, adopting, and practicing social and emotional competencies and the values of our Christian faith will help ensure your children have a fulfilling life. So, welcome to our Catholic school. We are pleased to partner with you in the education of your children. We promise our prayer and support, and we ask for yours. We trust Jesus to bless the education we offer in His name.

Theology

Religion 10 Hebrew Scriptures (.5 credit)

This course is intended to help students understand the Old Testament and to provide a foundation for adult exploration. Content includes the study of Creation, the Early World, Patriarchs, Exodus, the Kingdom of Israel, Old Testament prophets, Post-Exile era, Wisdom Literature, Psalms, and Daniel. Covenant and salvation history are featured themes. Connection to the Catechism of the Catholic Church is emphasized. Students are called to apply the message of Scripture to their own lives, to live as Christians in today's world, and to be Biblically literate, active members of the Catholic Church. The focus is on introducing students to the literary styles and techniques used throughout the Scriptures, providing historical content to enhance understanding of respective books, and transmission of authentic Christian faith and moral teachings as found in the Testaments and in Church Tradition.

English Language Arts

English 10

This course continues the practice of good writing skills and includes persuasive writing and analytical writing to accompany literature. Students study all genres of literature with an emphasis on identifying literary elements and themes. Vocabulary acquisition is fostered by consistent practice and by incorporation of words from reading selections and vocabulary textbook. Book reports and a research paper are required.

Mathematics

Geometry

This is a course where students will have the opportunity to make conjectures about geometric situations and prove in a variety of ways, both formal and informal, that their conclusion follows logically from their hypothesis. This course is meant to employ an integrated approach to the study of geometric relationships. Integrating synthetic, transformational, and coordinate approaches to geometry, students will justify geometric relationships and properties of geometric figures.

Science

Living Environment

Students explore fundamental principles of modern biology including bioinformatics, energetics, ecological interactions, human physiology and homeostasis, unity and diversity among living things, and evolution. Students study a wide variety of laboratory techniques including microscopy, chemical analysis, chromatography, and DNA fingerprinting. All students will take the NYS Living Environment Regents Examination.

Social Studies

Global Studies II

This is a required course for all sophomores. The course completes the Global History sequence. The areas of Western Europe, Eastern Europe, the Middle East, Africa, and Latin America will be studied. All sophomores are required to take the NYS Regents Examination in Global History.

Physical Education

Students continue to build fundamental movement skills through instruction, and participation in practice and gameplay in many sports. Throughout the course, an emphasis is placed on improving individual levels of physical fitness and students are introduced to ways to maintain a physically active lifestyle.

Health 10

Topics covered in this course include physical fitness, nutrition, medicines and drugs, consumer, and environmental health, along with injury prevention and safety. Students will be able to use information learned in ways which promote good health and balanced lifestyle choices. This course is required for NYS graduation.

Languages Other Than English

French II

As students' progress through French II, they learn to engage in longer conversations, read and interpret more challenging texts, and understand French language. The focus is on expanding vocabulary and grammar, especially verb tenses.

Spanish II

This course will draw from a broad background of material learned in Spanish I and will continue the learning process into a more advanced knowledge base covering all the topics of level one and some topics covered by Checkpoint B of the NYS Learning Standards for Languages Other Than English including but not limited to all levels of the present tense, all levels of the past tense, and some aspects of the future tense. The vocabulary base will grow extensively to cover more topics at a deeper level.

Art & Music

Chorus

Students in grades 9-12 who have the desire to sing and perform may join. Those students who play guitar and piano are also welcomed to join. Students in this course are required to participate in weekly lessons, all school masses and ceremonies, the Christmas shows, and the spring concert. Other optional performances include variety show solos, parts in the school musical, and the school play. There may be an option for more advanced members to participate in bi-county chorus, the NYSSMA solo festival, and area all-state chorus.

Advanced Art

This course is meant for students who have completed Studio Art. Skills learned in foundation classes are incorporated and enhanced through this course. Each student will use their prior knowledge in the previous courses to investigate more thoroughly two-dimensional and three-dimensional projects. Students must show initiative and good work habits in addition to being interested in art. Emphasis, especially for those aiming to attend art school, is to create a robust and well-rounded portfolio.

Virtual High School

Immaculate Heart Central School partnered with Virtual High School (VHS) to offer selected 6-12 grade students the opportunity to expand their educational experience and participate in an asynchronous online course that is not offered at IHC. Students who enroll in a VHS course will be taught by a certified teacher in their subject area. What's more, students will be able to complete Advanced Placement, Honors, Credit Recovery, Middle School, and Summer School courses at anytime and anyplace. VHS offers challenging classes for students across ability levels and students are monitored by a Site Coordinator, a certified IHC faculty member, to ensure that they successfully complete the courses.

All students who are interested in taking a VHS course must complete an application. Applications must be reviewed by the Principal and the VHS Site Coordinator. Students who demonstrate good time-management skills and have a history of completing assignments successfully and on time, will be eligible to take an online course. Students who have schedule conflicts or require a more flexible schedule will also benefit greatly from what VHS has to offer.

For more information on enrolling in a Virtual High School course please contact the Guidance Department.

Grade 10 Extra-Curricular Activities & Opportunities

Sports Offerings:	Clubs / Activities:	Events:
Soccer	Student Council	Homecoming
Lacrosse (Girls)	Faith Community Service	Variety Show
Basketball	Spring Musical	Winter Ball
Ice Hockey (Boys)	Youth Philanthropy Council	Tri-County Art Show
Girl's Tennis	Yearbook	May Crowning
Golf	Whiz Quiz	Retreat Day
	Spaghetti Bridge Competition	Catholic Schools Week
	Mystery Players	March for Life
	Math League	Dodgeball Tournament
	Art Club	Badminton Tournament

Additional Sports Teams, Clubs and Activities may be added or removed based on participation numbers.

Faith Based Community Service Opportunities:	10th Grade Fundraisers:	Parent Volunteer Opportunities:
Car Washes for Ketenga	Legacy Gala Gift Baskets Donations	Home & School Club
Rotary Interact Group		Booster Club
Ten Hour Fast and Service Days		
Leaf Relief		

Parents interested in volunteering are encouraged to contact the Guidance Department for more information.