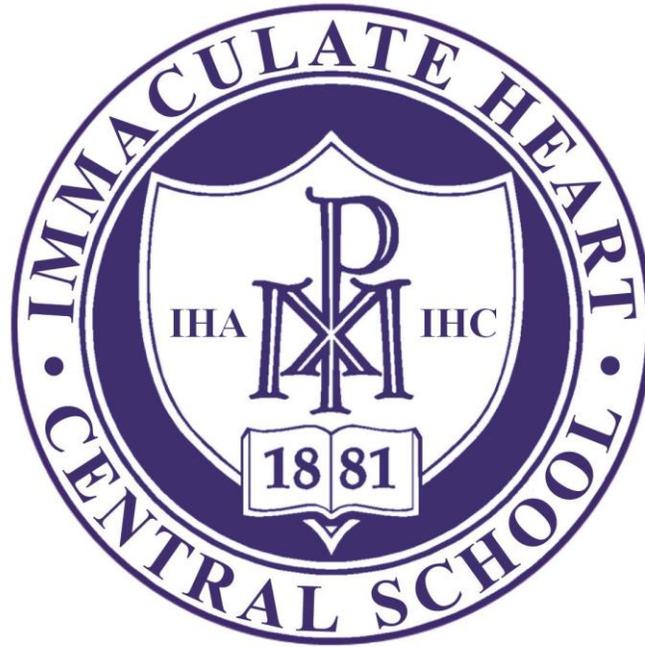


# Parent Guide

*Junior Year*



Roman Catholic Diocese of Ogdensburg, NY

# Immaculate Heart Central School Directory of Service

**Phone: 315-788-4670**

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

*Website:* [www.ihschool.org](http://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.

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

**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
<b>Total</b>	<b>22</b>

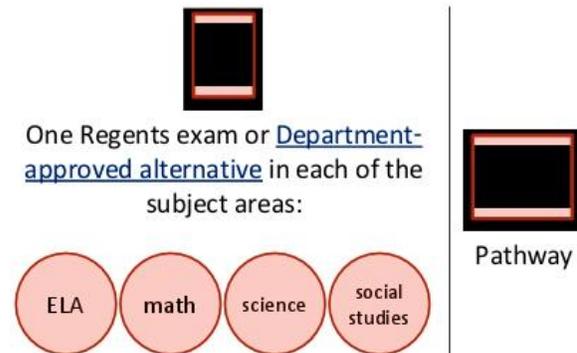
\* Students with disabilities may be excused from the requirement for 1 unit of credit in LOTE if indicated on their IEP, but they must still earn 22 units of credit to graduate.



### 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 - 11th 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 11: Christian Scriptures (.5 credit)**

This course is intended to help students understand the New Testament and to provide a foundation for adult exploration. Content areas include study of the Testament's structure, the historical and political background of the Early Christian world, the Holy Gospels, St. Paul, New Testament Letters, Acts, and Revelation. The course presents the Christian Scriptures as a source of our understanding of Jesus and his message. 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. Students are introduced to the literary styles and techniques used throughout the Scriptures and provided with historical content to enhance understanding of respective books. Authentic Christian faith and moral teachings as found in the Testaments and in Church Tradition are transmitted to students.

### **English Language Arts**

#### **English 11**

Extensive preparation for the English 11 Regents is the focus of this year's study. Listening, reading, and writing skills are practiced and refined to prepare students for the tasks required on the Regents Examination. Students read selections from American Literature, which reinforce U.S. History taught in the junior year. There is a continued emphasis on vocabulary study from literature and from the vocabulary book. Book reports and a literary research paper are required. Students are expected to pass the New York State Comprehensive English Regents Exam at the completion of this course.

#### **English 11 (Honors)**

The course provides preparation for AP English. There is a summer reading requirement for this course. Students continue the intensive development of vocabulary. Book reports and a longer research paper are required. *Prerequisites: 90 Avg. or above, Department approval.*

## **Mathematics**

### **Algebra 2/Trigonometry**

Within this course, the number system will be extended to include imaginary and complex numbers. The families of functions to be studied will include polynomials, absolute value, radical, trigonometric, exponential, and logarithmic functions. Problem situations involving direct and indirect variations will be solved. Problems resulting in systems of equations will be solved graphically and algebraically. Algebraic techniques will be developed to facilitate rewriting mathematical expressions into multiple equivalent forms. Data analysis will be extended to include measures of dispersion and the analysis of regression that model functions studied throughout this course. Associated correlation coefficients will be determined using technology tools and interpreted as a measure of strength of the relationship. Arithmetic and geometric series will be evaluated. Binomial experiments will provide a basis for the study of probability theory, and the normal probability distribution will be analyzed and used as an approximation of these binomial experiments. Right triangle trigonometry will be expanded to include the investigation of circular functions. Problem situations requiring the use of trigonometric equations and identities will also be investigated.

## **Science**

### **Chemistry**

This course examines fundamental chemical concepts. Topics include atomic structure, bonding, the periodic table, acids and bases, redox reactions, along with nuclear and organic chemistry. Students are exposed to extensive laboratory investigations. Students will take the NYS Chemistry Regents Examination.

## **Social Studies**

### **United States History 11**

This course follows the NYS curriculum for American History and Government Regents course. It is required of all juniors not accelerated to A.P. US History. The NYS Regents Examination in American History and Government is required.

### **Advanced Placement United States History**

This is a college level course open to juniors. The course covers the entire spectrum of American history. Students will learn the skills to analyze material and to deal critically with the problems and events of American History. At the end of the course, the student will take the CEEB A.P. Examination and the NYS Regents Examination in American History. *Prerequisite: Placement is based on present teacher recommendation and Department approval.*

## **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.

## **Languages Other Than English**

### **French III**

It is especially in French III that students have the opportunity to use the French language to learn about history, art, music, social contents, and civic responsibilities. Topics can be coordinated with the colleagues across the school curriculum. This class concludes with the Comprehensive NYS Regents Exam.

### **Spanish III**

This course will draw from prior knowledge of vocabulary, verb conjugations, and culture to focus on reading, writing, listening, and speaking at the Regents level Checkpoint B of the NYS Learning Standards for Languages Other Than English. This class is the summation of the foreign language studies and concludes with the Comprehensive NYS Regents Exam.

## **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.

### **Media Art**

This course meets 5 times a week and is offered for students in grades 10-12. This is a project-based course, where students will learn to express ideas and opinions through various types of Media Art. Students will learn technology-based skills, such as creating digital art and Graphic Design using Photoshop. They will also work with photography, film, 3D, and some animation basics. Projects will vary from design based, for use in the school, to artwork that expresses students' views on "big conversations" involving cultural, social, and ethical topics. Students will investigate popular media and advertising: including the effect media have on individuals, their relationships, and their environments. Emphasis on the planning and design process will be just as important as the finished products. Students will work as individuals and in teams.

## **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 11 Extra-Curricular Activities & Opportunities

<b>Sports Offerings:</b>	<b>Clubs / Activities:</b>	<b>Events:</b>
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	Junior/Senior Prom
Golf	Whiz Quiz	May Crowning
	Spaghetti Bridge Competition	Retreat Day
	Mystery Players	Catholic Schools Week
	Math League	March for Life
	Art Club	Dodgeball & Badminton Tournaments

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

### Community Service

<b>Faith Based Community Service Opportunities:</b>	<b>11th Grade Fundraisers:</b>	<b>Parent Volunteer Opportunities:</b>
Car Washes for Ketenga	Legacy Gala Gift Baskets Donations	Home & School Club
Rotary Interact Group	Pie Sale	Booster Club
Ten Hour Fast and Service Days		
Leaf Relief		

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