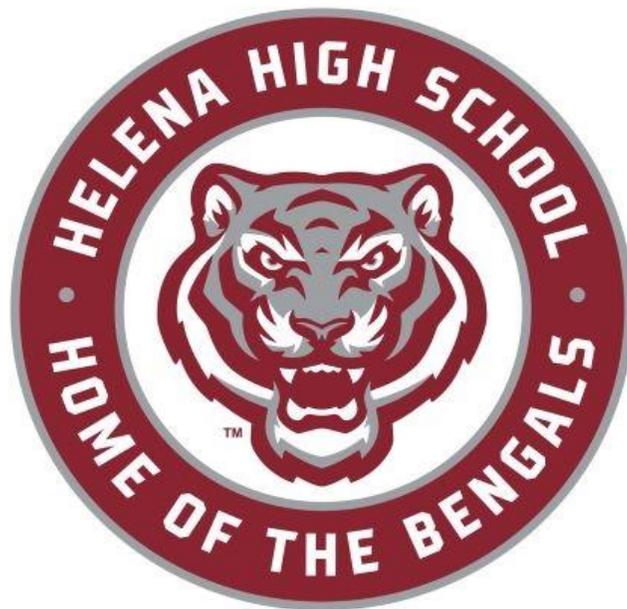


HELENA HIGH SCHOOL



Registration & Guidance Material

2026 - 2027

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Registration and Guidance Material 2026-27 School Year

This bulletin is designed to help you and your parents select proper courses for the coming year. Please read it carefully. Talk your concerns over with your parents, your counselor, and your teachers. It is important that you select courses in the fields of your aptitudes, your interests, and your capabilities. The courses that you select now, in large measure, will determine what you will do later. Students who plan to attend college should take courses tending to meet the general requirements for the specific college or university of their choice.

The enrollment of Helena High School for the year 2026-2027 will be around 1000 students in grades 9, 10, 11, and 12. It is necessary to have a firm registration in order to secure the necessary teachers, order supplies, create a class schedule, equalize class sections, and utilize time and building space to the maximum degree of efficiency. Changes in scheduling at the beginning of the academic year are not a guarantee and will be granted only as seats allow. Please carefully plan your course requests in the spring.

This booklet explains Helena High's graduation requirements, required courses, and course content. After the course outline is carefully studied, the student, with his or her guardians, should fill out the preliminary registration form. Students will be scheduled for the entire year according to the choices they select. Students selecting full-year courses are expected to remain in that course for the entire year. All students will register for at least 6 credit bearing classes according to the school board policy.

Graduation Requirements

Students who complete the course requirements listed below and earn a minimum total of 23 credits will meet the requirements for graduation.

Course Type		Credits Required
ENG	English	4.0
SOC	Social Studies	3.0
SCI	Science	2.0
MTH	Mathematics	3.0
HP	Human Performance	1.5
HE	Health Enhancement	0.5
FA	Fine Arts	1.0
VOC	Career and Technical Education	1.0
ELE	Electives*	7.0
Total Credits Required		23.0

**Elective credits may be earned in classes from all content areas.*

American Studies 2 will count toward the 0.5 credit of civics education and 0.5 credit of financial literacy. Students taking AP Government must also take an approved financial literacy course for graduation.

Montana University System (MUS)

Four-Year Campuses

A traditional student is defined as one who enters college within three years of high school graduation.

[Admissions Checklist for current High School Students](#)

In order to receive full admission to a four-year university in the MUS, entering traditional students are required to meet the following standards:

Achieve one of the following:

- Earn at least a 2.5 high school GPA; or
- Rank in the top half of the school's graduating class; or
- Earn a minimum composite score of 22 for the ACT or 1120 for the SAT (exception: MSU-Northern requires ACT score of 20, SAT score of 1050).

AND

Complete either the Regents' College Preparatory Program or the Rigorous Core College Preparatory Program:

Complete the Regents' College Preparatory program: mathematics (3 years), English (4 years), science (2 years), social studies (3 years), and electives (2 years) – includes languages, computer science, visual/performing arts, speech, or vocational education.

Complete the Rigorous Core College Preparatory Program: mathematics (4 years), English (4 years), lab science (3 years), social studies (3 years), college prep electives (3 years), which include world language, computer science, visual and performing arts, and career/technical education units that meet the office of public instruction guidelines. The Rigorous Core is an advanced alternative to the Minimum Core for math proficiency standards.

High school students who successfully complete the Rigorous Core are eligible for the [MUS Honor Scholarship](#).

Demonstrate Mathematics Proficiency via one of the following methods:

Earn an ACT math score of 22, SAT math test score of 27.5, or complete the Rigorous Core.

Demonstrate Writing Proficiency via one of the following methods

Earn an ACT ELA score of 18 (average of the English, reading, and writing scores) or score 7 on the ACT essay; or earn an SAT writing and language test score of 25 or higher.

Provisional Admission:

Students who do not demonstrate the ability to meet the mathematics and/or writing proficiency standards may be admitted provisionally to a four-year degree program on any campus of the MUS and without condition to a two-year degree program. Students who are provisionally admitted can gain full admittance by:

- earning a "C" or better in developmental course work (must be done within the first three semesters); or
- earning the required score on one or more of the math or writing assessment tests, including the ACT or SAT, required for admissions; or
- completing an associate of arts or associate of science degree; or
- submitting a letter to the admissions office documenting a disability that prevented the student from adequately demonstrating proficiency in a test setting if no accommodation was provided at the time of the test.

TWO -YEAR CAMPUSES & PROGRAMS

All Students:

Two-year campuses in the MUS abide by a non-competitive open enrollment policy that does not require applicants meet the Regents' four-year admissions criteria. The only requirement is that applicants must have obtained a high school degree or successfully completed an official high school equivalence completion assessment designated by the Board of Public Education (formerly the GED and currently the HiSET).

Students who have not yet demonstrated the ability to meet the mathematics or writing proficiency standards may be admitted without condition to a two-year college; however, certain programs within the college, such as Nursing, may have higher admission standards.

Two-year Degree Programs:

Students whose mathematics scores are below 18 on the ACT or 440 on the SAT may be fully admitted to a two-year degree program of the MUS, but may not be admitted to a four-year degree program of the MUS.

Information from www.mus.edu.



MHSA Eligibility for Activities

Academic Eligibility for Activities MHSA

The Board of Trustees recognizes the value and contributions of high school activities. The Trustees further recognize that academic growth is the primary mission of the school program. Policies pertaining to scholastic standing, transfer, award and other regulations can be found at: www.mhsa.org.

Helena High Schools is a member of the governing body of the Montana High School Association. To be eligible to participate in an Association Contest, a student shall meet all of the following criteria:

- be regularly enrolled in twenty hours per week at the school where the student participates.
- be in regular attendance.
- have received a passing grade and received credit in at least twenty periods of prepared class work or its equivalent in the last previous semester, at the school where the student participates.
- If a student is assigned an "incomplete" in a subject, he/she has not received a passing grade in this subject.



NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET KNOW THE RULES:

Core Courses

NCAA Division I and II require 16 core courses. Ten of the 16 courses must be completed before the 7th semester (before senior year begins.) See the chart below for the breakdown of these 16 core-course requirements. Please access the NCAA website for more information: www.eligibilitycenter.org.

Test Scores

Division I has a sliding scale for test score and grade-point average. The sliding scale may be found online at the NCAA Eligibility Clearinghouse website. www.eligibilitycenter.org.

Division II requires a minimum of 820 on the SAT (critical reading and math only) or a sum of 68 on the ACT.

The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.

The ACT score used for NCAA purposes is a **sum** of the four sections on the ACT: English, mathematics, reading and science.

All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.

Grade-Point Average

Only core courses are used in the calculation of the grade-point average.

Be sure to look at your high school's list of NCAA-approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses.

Division I grade-point-average requirements are listed on the above website. Currently, student-athletes must average a 2.3 in the core area.

The Division II grade-point-average requirement is a minimum of 2.000.

Registration: Student-athletes must register with the NCAA Clearinghouse. This is a recommended step following the completion of the student's junior year. Register online at www.eligibilitycenter.org.

DIVISION I ~ 16 Core-Course Rule

16 Core Courses:

4 years of English.

3 years of mathematics (Algebra I or higher).

2 years of natural/physical science (1 year of lab if offered by high school).

1 year of additional English, mathematics or natural/physical science.

2 years of social science.

4 years of additional courses (from any area above, world language or nondoctrinal religion/philosophy).

DIVISION II ~ 16 Core-Course Rule

3 years of English.

2 years of mathematics (Algebra I or higher).

2 years of natural/physical science (1 year of lab if offered by high school).

3 years of additional English, mathematics or natural/physical science.

2 years of social science.

4 years of additional courses (from any area above, world language or nondoctrinal religion/philosophy).

NCAA Approved Core Courses

English 1 (Honors)	Algebra 1
English 2 (Honors)	Honors Math 1
English 3 (Honors)	Geometry
AP English 3	Honors Math 2
English 4	Algebra 2
AP English 4	Pre-Calculus
Creative Writing	College Algebra
Debate	Statistics
Speech	AP Calculus
English Comp 121	College Calculus
Science Fiction	Biology I and II (Honors)
Word Clues	AP Biology
American Government	Earth Science (Honors)
AP Government	Chemistry I and II
American History	CSI Forensics Science
AP History	AP Environmental Science
Current Issues	Physics
Montana History	Principles of Biomedical Science
Psychology	Human Body Systems
AP Psychology	Medical Interventions
Social Problems	Biomedical Innovations
World Cultures (Honors)	Spanish 1, 2, 3, 4 and 5
World History	Latin 1 and 2
AP European History	French 1, 2, 3, 4 and 5
AP Statistics	German 1, 2, 3 and 4



NAIA Eligibility Standards

What is the NAIA Eligibility Center?

The NAIA Eligibility Center is responsible for determining the NAIA eligibility of first-time student-athletes. Any student playing NAIA sports for the first time must meet the eligibility requirements. Students must have their eligibility determined by the NAIA Eligibility Center, and all NAIA schools are bound by the center's decisions. Access the NAIA website for more information: www.PlayNAIA.org.

Who needs to register?

Every student interested in playing sports at NAIA colleges for the first time in 2011-12 or any year after that needs to register and have their eligibility to play determined. This applies to:

- **High school seniors**
- **Current NAIA students who will play sports for the first time at an NAIA school**
- [Transfers from two-year colleges](#)
- [Transfers from four-year colleges](#)

What information will I need to provide?

You'll need your current contact information, previous residences and addresses, high schools attended and history of your sports participation during and after high school graduation.

When you register for the ACT or SAT, include the NAIA Eligibility Center (9876) **9876** on the list of places test scores should be sent. Ask your high school counselors or college registrar to send your transcript to the NAIA Eligibility Center. For high school students, the official transcript must verify high school graduation, class rank and cumulative grade point average.

Can I receive an early eligibility decision?

Yes. High school students who complete their junior year with an overall 3.00 GPA on a 4.00 scale and have scored at least 18 on the ACT or 860 on the SAT may receive an early eligibility decision. To receive an early decision, register with the NAIA Eligibility Center, have your high school send official transcripts to the Eligibility Center and contact ACT or SAT to have your test scores sent to the NAIA (Address Code 9876).

Do I need to register if I'm registering with the NCAA Eligibility Center?

Yes. Determining if you meet eligibility requirements for NAIA eligibility is separate from NCAA eligibility certification. The NAIA and NCAA are two separate associations, with two different sets of rules and certification processes.

What are the costs?

Registration for students from the U.S. is \$80. Registration for international students is US\$85. This is a one-time nonrefundable [registration fee](#), and all services of the NAIA Eligibility Center are included.

The NAIA Eligibility Center will determine your eligibility based on your academic record and additional information you provide. Here's how it works:

High School Students

If you will graduate from high school this spring and enroll in college this coming fall, the requirements are simple. High school graduation, plus **two out of three** of these requirements:

1. ACHIEVE A MINIMUM OF 18 ON THE ACT OR 860 ON THE SAT.

2. ACHIEVE A MINIMUM OVERALL HIGH SCHOOL GPA OF 2.0 ON A 4.0 SCALE.

3. GRADUATE IN THE TOP HALF OF YOUR HIGH SCHOOL CLASS.

Helena High School Administration

Administrator	Email	Phone	Last Names
Mr. Brian Kessler	bkessler1@helenaschools.org	324-2202	A-Z
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Mr. Ryan Swenson	rswenson@helenaschools.org	324-2205	L-Z

Counseling Department

Counselor	Email	Phone	Last Names
Mr. Aaron Sieminski	asieminski@helenaschools.org	324-2227	A-G
Mrs. Ellaina Staldine	estaldin@helenaschools.org	324-2224	H-N
Mr. Joseph Michaud	jmichaud@helenaschools.org	324-2223	O-Z
Ms. Alexis Navarrete	anavarrete@helenaschools.org	324-2225	Career Counselor

HHS School Counselors are available to assist students with course selections, schedule changes, transcripts, scholarships, awards, and college admissions requirements. Counselors will present registration information to all HHS students during the registration process. Please feel free to call or e-mail your student's counselor with questions or concerns.

HHS College and Career Center

Career Center Coordinator: 324-2225

Website: <https://hhs.helenaschools.org/counseling-and-career-guidance/>

The Career Center offers a resource library with information about careers, colleges, vocational education, military services, apprenticeship programs, ACT and SAT applications and preparation materials, financial aid information, [scholarship listings and resources](#), job opportunities and more.

The Career Center Coordinator provides guidance in career and college planning and exploration, arranges college and military visits, coordinates lunch workshops, manages resource materials, and advises students, parents, and faculty.

COURSE REQUEST INFORMATION

NORMAL CLASS LOAD

- Freshmen & sophomores need to be enrolled in seven (7) periods per day, with at least six (6) credit-bearing classes. One period may be a study hall. Students who choose to take seven credit-bearing classes need to consider the time required to work on those classes after school hours.
- Juniors & seniors must register for at least six (6) credit-bearing classes and may elect to take a study hall for a seventh class.
- All bus students start 1st period.
- Any student who completes the day before 3:15 p.m. must leave the building or enroll in a study hall.

COURSE CREDITS & PREREQUISITES

- Full-year subjects such as English, Social Studies, PE, etc. will receive one (1.0) credit per year.
- Semester subjects such as Psychology, Current Issues, etc. will receive a half (.50) credit.
- Credits are noted next to each course title as 1.0 or .50.
- Course prerequisites/instructor verifications are noted at the end of each course description.
- While a student may have fulfilled prerequisites/verifications, the availability of staff will determine the number of students finally enrolled in a class.

MAKING UP REQUIRED COURSES

- Students must register for required courses before they request elective courses.
- When a student fails the 1st semester of a required course, the student must register for the class for next year during the spring registration for the next year. -OR-
- A student can register for the Credit Recovery class with his/her counselor's permission.
- A student who receives a D in any math course is advised to repeat the course.
- Students who successfully complete a summer school make-up course for the failed semester can request a schedule change after summer school is completed and a passing grade is earned.

SETTING THE HHS COURSE SCHEDULE & CHANGING STUDENT SCHEDULES

- Scheduling at HHS is based on student course requests.
- All students request courses for the next year, but some courses may not be available for next year due to scheduling conflicts, lack of requests for the course, or staffing issues.
- Changes in registration will be permitted when necessary to fulfill graduation requirements, correct an enrollment error, or if other very unusual circumstances develop.
- Students should select full-year courses with care and should realize that full-year courses may not always be dropped at semester time.
- Students have a five-day window to get the appropriate signatures (parent/guardian and/or teachers) for a schedule change without receiving a Withdraw Fail (WF).
- A student who is withdrawn or dropped from a class five days after the start of a semester will have a WF recorded on the student's permanent record. Extreme circumstances may be appealed to the administration.
- Administration, parent, and teacher approval is required to WF any class.

Dual Credit Opportunities at HHS

Dual credit courses are taught at Helena High School and are offered for dual credit through our partner institutions. Students are required to fill out a separate application and course registration for the college credit portion of the class. Counselors will present registration information at the start of each semester, and it is the student's responsibility to meet all of the college's deadlines and test score requirements, as well as to pay fees if required. All dual credit courses count as both high school and college credit. Students must be at least 16 years old to qualify for college credit.

Students who drop a dual credit course once the semester has started are required to drop at both HHS and the corresponding college. Failure to drop at the college will cause the student to be responsible for paying the course fees, and the failure will be reflected on the corresponding college.

** Dual credit course offerings are dependent on staff with dual certifications. Classes offered for dual credit could change if staffing changes occur, and no dual certified teachers are available. See course descriptions in each department for potential offerings.

"One-Two-Free" offers two free dual enrollment courses, up to six credits, through the Montana University System (MUS) to all eligible high school students. Dual enrollment allows high school students to take 100 and 200 level college courses on campus, online, or in their high school. Students can explore a wide range of content including academic core and workforce courses. For more information, [click here](#).



- The program offers eligible high school students their first two classes free, up to six credits.
- After that students pay the discounted dual enrollment tuition rate of 50% the two-year institution's tuition (on average \$51/credit).
- Students that demonstrate need can apply for a hardship scholarship to cover tuition beyond their first two courses/six credits.
- One-two-free applies to any lower division dual enrollment course from a participating institution, whether it is online, on campus, or in the high school.

Honors and Advanced Placement Courses

Helena High School offers a variety of dual credit, honors, and Advanced Placement (AP) classes in several subject areas. The honors courses are offered for the student who has a strong aptitude in that subject area and is willing to accept and work on a rigorous course curriculum. In addition to the course work during the school year, students who will be taking honors and AP classes will receive a summer assignment that must be completed prior to the first day of school.

It is recommended that students take honors courses beginning their freshman year to be eligible for upper-level honors and AP courses. However, students may elect to try an honors or AP course in the freshman year or beyond, even if they have not taken a course prior to that year.

AP courses are taught on a prescribed curriculum meant to simulate a college course, with all the rigor and expectations of a college course. Near the end of the course, a student may elect to take a national AP exam for a fee that could earn college credit for the student. Students may take an AP exam in any subject, even if they have not taken the AP course for that exam.

It is always recommended that the student and the family work with the student’s counselor to work out a schedule that meets the academic needs of the student and sets the student up for success in his/her academic endeavor. It is not recommended by Helena High School that a student take more than three honors or AP classes each year. If a student wishes to take more than three honors or AP classes in a year, it is strongly recommended that the student and the family meet with the counselor for a discussion.

AP COURSES:

These rigorous courses are offered on the Helena High campus. Students pay approximately \$100 to take the AP test in the spring. The test is scaled from 0-5. The university determines the level of achievement for credit and type of credit (required or elective) awarded. The following courses are the AP options:

AP English 3 (Lang)	AP Human Geography	AP Environment Science
AP English 4 (Lit)	AP Psychology	AP Biology
AP US History	AP Pre-Calculus	AP Chemistry
AP Government	AP Statistics	AP Computer Sciences
AP European History	AP Calculus AB/BC	AP Spanish & Language

MONTANA DIGITAL ACADEMY: DUAL CREDIT OFFERINGS

Montana Digital Academy offers a variety of High School Dual Credit courses through our partnerships with Helena, Missoula, and Gallatin College. This means you can earn college and high school credit through the same course. Students are responsible for the technology component to ensure success in the online learning environment. They are also responsible for completing the required college registration forms. All MTDA Dual Credit courses qualify for the states, One-Two-Free program. One-Two-Free offers **two** tuition-free dual enrollment courses, **up to six credits**. Students should visit with their counselor for more information or visit <http://montanadigitalacademy.org/montana-university-system-dual-credit-information/>.



HEF Distinguished Scholar Award



Distinguished Scholars are selected on the basis of criteria developed by students, teachers and administrators, including GPA, number of high-level courses, total credit hours, and activities. For up-to-date information and eligibility rules visit www.hefmt.org/celebration-of-excellence/

National Honor Society



National Honor Society is a prestigious national organization only for the best and brightest students. The eligibility process begins with a minimum 3.5 cumulative GPA at the end of a student's fifth semester of high school. Members are selected based on the four criteria of scholarship, service, leadership and character. NHS is a valuable addition to a student's high school transcript.

Special Help

It is necessary to have firm registration figures to secure the necessary teachers, order supplies, and arrange class schedules. You will be able to make schedule changes only under unusual circumstances, so plan carefully with teachers, counselors, and parents. There are three special areas at Helena High where students can receive guidance and assistance:

1. Counseling and Career Center

Counselors attend to students alphabetically throughout the duration of their high school time. Counselors help with course placement for graduation, career direction, and social/emotional development through individual and group activities. Available in the Counseling/Career Center are many sources of information, both hard cover and computer based, related to career and college search, scholarships/financial aid, and college placement testing. A career counselor is available daily to help students and parents become familiar with the many career-training options.

2. Special Services

Special Services offers programs for students with special needs. Students must qualify for special education under one of the following handicapping conditions: learning disability; cognitive delay; deaf blindness; deafness; emotional disturbance; hearing impairment; other health impairment; orthopedic impairment; speech-language impairment; traumatic brain injury; visual impairment, injury. Specialists include speech therapist, psychologist, physical therapist, occupational therapist, nurse, adaptive PE teacher and resource teachers. Students will receive their education in the least restrictive environment determined by the IEP team.

3. Title I

The Title 1 program at Helena High School is designed to offer classes and services to eligible students in Reading and Math. Eligibility is determined based on test score criteria and teacher referral or student need. Title 1 support provides a wealth of individualized attention. See a guidance counselor or administrator to inquire about enrollment.

Course Outlines & Descriptions

English

A minimum of 4.0 ENG credits is required

Students are not required to stay in a specific stream for English. They are free to move from a regular English class to an Honors/AP class or from an Honors/AP class to a regular English class. Students are encouraged to make decisions based on their ability.

	Grade 9	Grade 10	Grade 11	Grade 12
Required Courses	English 1 English 1-Honors (Pre-AP)	English 2 English 2-Honors (Pre-AP)	English 3 English 3-AP Lang & Comp	English 4 - World Literature... Combined with choosing one of the following for semester 2: English 4 – Sports English 4 – Mythology English 4 – Modern Horror English 4 – True Crime Other Options: AP Literature College Writing 101/English Lit 110 (Dual Credit 6) COMX (communication in the Workplace – Dual Credit 3)
Elective Courses	Newspaper/Journalism Speech & Debate (S1) Creative Writing (S2)	Newspaper/Journalism Speech & Debate (S1) Creative Writing (S2) Yearbook	Newspaper/Journalism Speech & Debate (S1) Creative Writing (S2) Yearbook	Newspaper/Journalism Speech & Debate (S1) Creative Writing (S2) Yearbook Reading the Movies

ENGLISH DEPARTMENT

The English Department of Helena High School presents balanced instruction in reading, writing, speaking, and listening to enable students to be proficient readers, writers, and thinkers in today's world. Through the study of contemporary and classic literature, students gain reading comprehension as they study fiction, nonfiction, drama, poetry, and film. The English Department uses the Curriculum Rehab Program, ensuring a wide-range and varied writing intensive learning experience. Students use the writing process--planning, drafting, revising, editing, and publishing. In addition, students develop poise as speakers, communicate effectively in an organized manner, and become discriminate listeners.

Freshman, sophomore, junior and senior English are required. An honors program is offered at each level and provides an opportunity for students with superior skills and interest to study on a more creative and in-depth basis.

Speech & Debate, Yearbook, Reading the Movies, Creative Writing, and Journalism round out the program and provide opportunities for students to sharpen their skills in vocabulary, debate, speaking, and writing.

FRESHMAN YEAR ENGLISH 2 OPTIONS

1100 English 1

Required Grade: 9
Full Year – 1 Credit

This class emphasizes expository and creative writing, vocabulary development, and communications skills. A variety of literature is examined, including short stories, mythology, drama, and poetry. Classroom methods include lectures, audiovisual materials, textbook reading, and discussions. In making the transition from middle school to high school, students learn the importance of the course's evaluative criteria: timely homework completion, class participation, papers, and tests.

1101 English 1 – Honors (Pre-AP)

Elective Grade*: 9
Full Year – 1 Credit

As in the regular English course, the Freshman Honors class stresses writing, reading, discussion, and communication skills. Honors-level instruction focuses on in-depth involvement in diction, syntax, and organization of descriptive and expository paragraph and essay writing. Challenging reading materials are used as the basis for in-depth skill work in expression – both verbal and written.

Prerequisite: Completion of summer reading and related assignments

SOPHOMORE YEAR ENGLISH 2 OPTIONS

1200 English 2

Required Grade: 10
Full Year – 1 Credit

In sophomore English, students engage in the study and analysis of a wide range of increasingly complex fiction and non-fiction texts, including novels, short stories, drama, poetry, speeches, memoirs, and essays. They develop their writing skills through various assignments, including argumentative, synthesis, and research-based compositions. Grammar and punctuation instruction is integrated to enhance writing clarity and precision, while vocabulary lessons align with unit objectives and analytical terminology.

The curriculum is structured around essential questions designed to foster the development of ideas and critical reasoning. Students are provided with numerous opportunities to gather and evaluate information, think critically, solve problems, and articulate their perspectives effectively through discussions and written expression.

1201 English 2 – Honors (Pre-AP)

Elective Grade*: 10
Full Year – 1 Credit

In a more challenging and enriched version of the required course, Honors English II students build on skills developed the preceding year to achieve competence in writing persuasive and expository essays. A variety of pre-writing methods prepare students to respond to literature creatively, analytically, and critically, both in oral and written form.

Students read literature from many genres in the tragic, romantic, comic, and ironic modes. The success of the class rests on mutually inspirational student presentations and projects, a commitment to discussion, and a desire to write.

Prerequisite: Completion of summer reading and related assignments.

JUNIOR YEAR ENGLISH 3 OPTIONS

1300 English 3

Required Grade: 11
Full Year – 1 Credit

Students engage in the study and analysis of a wide range of American Literature from colonial times into the 21st century including short stories, novels, informative text, drama, poetry, speeches and film. Units are structured around essential questions; each is designed to develop and strengthen both analytic and critical thinking skills. Students write a variety of longer expository compositions this year using skills learned in their earlier English classes. Classroom techniques include individual projects, lectures, and discussions. Students are evaluated on daily work, written work, tests and projects.

1306 English 3 AP Language

Elective Grade*: 11 – 12
Full Year – 1 Credit

English III Advanced Placement English Language and Composition is a rigorous and challenging course requiring students to read and write at the college level. Close reading of fiction and nonfiction of American literature enables students to recognize the elements of rhetoric and apply these to their own writing. Students are expected to take the College Board Advanced Placement exam in English Language and Composition in May. A satisfactory grade ensures a quarter or semester course waiver by most colleges. A passing score on the AP test will transfer to the Montana University System as Writ 101.

Prerequisite: Completion of summer reading and related assignments.

SENIOR YEAR ENGLISH 4 CORE OPTIONS

English 4 Core Options

Required Grade: 12
Full Year – 1 Credit

These courses serve to benefit students bound for any post-secondary pursuit: college/university study, the job market, the military, etc. By design, students choose a pair of semester-long courses based on theme and interest. The main objective of all of the course pairings is to help students.

Seniors will register for the following first semester:

1406 English 4 – Advanced Placement

Elective*: 12
Full Year – 1 Credit

Advanced Placement English is a high-level learning experience focusing on first-year college material. The classics are read in all genres: short stories, novel, poetry, drama, and essay. Students are expected to take the College Board Advanced Placement exam in May. A satisfactory score ensures a quarter or semester course waiver by most colleges and will count as Lit 110 in the Montana University System.

Prerequisite: Signed commitment form and completion of summer reading and related assignments.

1407 English 4 World Literature and Composition

Required Grade: 12
Semester - .5 Credit

Semester one is an exploration of the power of world literature and film, and their treatment of themes related to social injustice, social responsibility, morality, and the development of conscience. In this course, students will read/watch and analyze a variety of thought-provoking, complex literary works, multi-media and films from diverse cultures and historical periods to determine and evaluate universal truths, author's craft, and the importance of each work. Students will compose literary analysis and critical reflections about the literature and films studied in the course and participate

in both formal and informal discussions. This course is intended to prepare students for their next level English courses and life.

Seniors will choose one of the following for Semester two:

English 4 Options

**Required Grade: 12
Semester - .5 Credit**

1416 True Crime: This course will examine and explore the roles of the victims as well as the complex issues surrounding the surviving family members of victims. It will also include literature written about the Holocaust during World War II and other conflicts throughout history. Authors may be chosen from the following: Capote, Bugliosi, Grisham, Shakespeare, Doyle, Christie and more.

1418 Modern Horror: This course will explore the evolution of the Gothic and Horror genre in American Literature. Students engage in literature and film adaptations involving the supernatural (authors include Poe, Bradbury, Jackson, Bloch and King).

1414 Mythology: Myths, fables and legends provide insight into the foundations of our contemporary society. Explore a variety of myths from cultures around the world, including Greek/Roman, Norse, Blackfeet and other American tribes, Incan, Persian, Japanese, African, and more.

1413 Sports: The power of competition resonates throughout literature. Using some of the best contemporary American fiction and non-fiction writing about sports (authors like Maclean and Hillenbrand and films like *Concussion*), this course will focus on the impact of sports on individuals and societies.

1456 College Writing 101

WRIT101 Dual Credit Helena College (3 credits)

**Elective Grade*: 12
Semester – .5 Credit**

Students are able to fulfill a semester of required senior English while earning 3 credits in college composition through Helena College. This semester course is designed to give students experience with the written expression of ideas in expository form. The course emphasizes the development of ideas; the use of research; and the awareness of audience, purpose, structure, and clarity. Students produce practice essays and formal essays in four units: Memoir, Descriptive, Analytic, and Argumentative Research. All students planning to take this class must have earned a C or higher in English 3 AND passed one of these three options: 1) the ACT Writing Exam (given in the spring of the junior year) with a 7 or higher OR 2) an 18 on the ELA section of the ACT OR 3) the Accuplacer Exam given at Helena College.

1458 English Lit 110

LIT110 Dual Credit Helena College (3 credits)

**Elective Grade*: 12
Semester – .5 Credit**

This is a rigorous college level literature course; students will read college level literature and respond in college level critical analysis. Emphasis is on articulating strong responses to varied texts including poetry, drama and fiction as well as literary criticism and theory. Students successfully completing this dual credit class will earn both .5 English credit for Helena High School and three college credits for Literature 110 that transferable to any Montana public college or university (4-year program).

1459 COMX (Communications in the Workplace)

COMX106 Dual Credit Helena College (3 credits)

**Elective Grade*: 12
Full Year – 1 Credit**

This course prepares students with the communication skills needed to obtain and be successful in a professional position, particularly in vocational and technical fields. Students will study various elements of interpersonal communication in the workplace, including listening, conflict management, decision-making, and customer service. Emphasis on writing as the craft of the critical thinker, involving analysis of audience, context, and purpose, as well as the ability to locate, synthesize, analyze, organize, and present information effectively.

English Electives

1420 Speech and Debate

**Elective Grades: 9 – 12
Semester 1 – .5 Credit**

The purpose of this course is to introduce the student to the various speaking situations an individual may encounter in his/her lifetime. In addition, this course will focus on debate, in both academic and everyday contexts. Students will

*This elective can be used to fulfill the graduation requirement.

learn research skills, effective argumentation, and the ability to evaluate the arguments of others. Students will develop effective advocacy and public speaking skills. This course will be a valuable aid in personal communications and will prepare you for college interviews, job interviews, and work communication.

1435 Reading the Movies

**Elective Grades: 12
Semester – .5 Credit**

The course will examine film chronology, genre and directorial style along with some film terminology. Students will view approximately twenty films and will be required to write film critiques, compare and contrast essays, character analysis, persuasive essays and demonstrate in class “live” critiques. This course involves some home viewing and independent research.

1445 Creative Writing

**Elective Grades: 9 – 12
Semester 2 – .5 Credit**

This course is designed for aspiring writers. Students will develop their writing skills through the genres of short stories, personal narrative, poetry, screenplay, and short fiction. Concepts in action during the course include sharing and individual editing and evaluating, multiple drafting of pieces, conferencing with the instructor, and sharing of finished works. Evaluation is based on day-to-day work and culminates with a collected works portfolio and a public reading final exam. Prerequisite: A serious attitude towards one’s writing.

1460 Yearbook

**Elective Grades: 10 – 12
Full Year – 1 Credit**

Yearbook offers an opportunity for students to incorporate photography, writing, and computer technology to create the school yearbook. Members of the staff are required to attend events outside of school (sports, theater, club meetings, dances, etc.), take pictures, interview students, and write captions and other forms of copy. If you are creative, enjoy attending school events, and can work on a deadline, this is the place for you!

1470 Newspaper/Journalism

**Elective Grades: 9 – 12
Semester – .5 Credit**

Newspaper/Journalism class is designed to explore many facets of our modern media. Students will learn how to write news stories, opinion pieces, reviews, and profiles. They will learn interviewing, caption-writing, and photojournalism skills. Students will receive one-on-one editing assistance from the teacher advisor, and their work will be published in the student newspaper, The Nugget.

In addition, we will follow current events and analyze source credibility. We will discuss the ethics of journalism and current issues journalists face today. If you are a curious person who enjoys writing and stepping out of your comfort zone, Newspaper/Journalism is the class for you! Please check out our work at <https://thenugget.net> to see if you’re interested in joining the team.

Social Studies, History, & Government

A minimum of 3 Social Studies credits is required.

	Grade 9	Grade 10	Grade 11	Grade 12
Required Courses (Choose One)	World Studies AP Human Geography	None Required	American Studies 1 AP American History	American Studies 2 AP American Government
Elective Courses	Montana History	AP European History <i>(offered odd years)</i> Current/Social Issues World History <i>(offered even years)</i> Psychology Montana History	AP European History <i>(offered odd years)</i> Current/Social Issues World History <i>(offered even years)</i> Psychology AP Psychology Montana History	AP European History <i>(offered odd years)</i> Current/Social Issues World History <i>(offered even years)</i> Psychology AP Psychology Montana History

SOCIAL STUDIES

The social studies department at HHS provides a variety of courses to broaden the base of students' cultural and civic awareness. Some of the courses described are required for graduation while others provide elective opportunities. The elective courses offer students the opportunity to explore more fully specific content areas of the social sciences or gain an awareness of issues and concerns of a more current nature.

Seniors who take an online version of AP Government or an online regular Government course will also need to take a qualifying financial literacy course for graduation requirements.

FRESHMAN YEAR - WORLD CULTURES OPTIONS

2100 World Studies

**Required: 9
Full Year – 1 Credit**

The World Studies course, rooted in an inquiry-based approach, seamlessly integrates civics, economics, geography, and history to cultivate critical thinking skills. Aligned with state, national, and C3 standards, it not only prepares students for active citizenship but also encourages a growth mindset. This dynamic course goes beyond traditional learning, providing a holistic educational experience that equips students with knowledge and skills for the complexities of the 21st century.

2103 AP Human Geography

**Elective*: 9
Full Year – 1 Credit**

Learn about the world and get college credit! The AP Human Geography course is equivalent to an introductory college-level course in human geography. Content is presented thematically through the subfields of economic geography, cultural geography, political geography and urban geography. Case studies are drawn from all world regions, with an emphasis on understanding the world in which we live today. Students enrolling for this course will be assigned college-level texts to read, along with rigorous writing assignments. Only those who are able to perform at a higher academic level should enroll.

JUNIOR YEAR - AMERICAN STUDIES OPTIONS

2300 American Studies I

**Required: 11
Full Year – 1 Credit**

In the American Studies I course, spanning from Pre-Columbian America to 1939, students engage in an integrated process exploring the past, contemplating the present, and anticipating the future. Utilizing authentic inquiry methods, the course places a strong emphasis on questioning, analyzing primary and secondary sources, and conveying conclusions through written, verbal, and visual means. This junior-level course delves into America's history, heritage, and evolving global role, with a deep integration of civics, geography, and economics. Through thematic and chronological sequences, students prepare for their role as participatory members of a democracy, engaging in various activities and assessments such as individual work, collaboration, lectures, presentations, and research.

2306 American History – Advanced Placement

**Elective*: 11
Full Year – 1 Credit**

The Advanced Placement United States History course is designed to challenge and stimulate the student's historical awareness. The course will provide the equivalent of a freshman level college course in United States History. Students will have the opportunity to: develop and hone critical thinking and writing skills through interpretation of primary source documents; critical and analytical reading of historical materials; interpretation and analysis of graphs, charts, political cartoons, etc. The course is also designed to prepare students to take the AP History exam in the spring. Requirements for acceptance to the program include: 1) Acceptable score on the CTBS and/or DAT 2) Grades of B or better previous social science and English courses 3) Recommendation of previous English teacher 4) Consent of the A.P. History instructor.

SENIOR YEAR - STUDY OPTIONS

2400 American Studies II

**Required: 12
Full Year – 1 Credit**

Building on the foundation laid by American Studies I, this inquiry-based course explores history from 1940 to the modern day using a thematic lens integrating civics, geography, and economics. American Studies II, designed for senior-level students, covers key aspects such as the Constitution, government structure, political parties, interest groups, civil rights, and comparative political and economic systems. Through diverse methods like group projects, discussions, and research, students engage in active citizenship. Assessment is conducted through various written and/or oral techniques. American Studies II satisfies the civic/government and financial literacy requirements for graduation.

2406 American Government – Advanced Placement

**Elective*: 12
Full Year – 1 Credit**

The Advanced Placement U.S. Government & Politics course is equivalent to a freshman-level college course in political science. It is designed to give students both an informed and critical perspective on government and politics in the United States through analysis of American political structure and the process of political decision-making. Students are required to become familiar with the various institutions, groups, beliefs, and ideas that make up American political culture. The course is also designed to prepare students for the AP U.S. Government & Politics exam at the end of the year. Depending on the criteria of the individual university or college, students with scores of 3 or above on the exam may receive college credit for required political science courses. Admission to the course is based on acceptable PSAT verbal and written scores, grades of "B" or above in previous social studies and English courses, and the recommendation of the student's U.S. History and/or English instructor.

SOCIAL STUDIES ELECTIVES

2426 AP European History (Offered Odd Years)

**Elective: 10 – 12
Full Year – 1 Credit**

AP European History is a course designed to be the equivalent of a freshman college course in a high school setting. It is a year-long survey of European history from the Renaissance to the present. Solid reading and writing skills, along with a willingness to devote considerable time to homework and study, are necessary to succeed. Emphasis is placed on critical thinking skills, essay writing, interpretation of original documents and historiography.

Students will be required to apply the effort necessary to act as an historian and develop the ability to analyze historical evidence to determine its validity and relevance, identify point of view and the nature of bias, and recognize the necessity of objectivity and substantiation. The methodology of an historian involves skills that are highly transferable-- the ability to formulate generalizations, interpret and use data and to analyze and weigh evidence from conflicting sources of information are applicable to many other academic and practical disciplines.

2430 Current/Social Issues

Elective: 10 – 12
Semester – .5 Credit

This course is designed to provide knowledge and understanding of social problems in the United States. Using a sociological prospective we exam inequities in topics such as economics, race, gender, incarceration, environmental, education and more. Topics are decided in class and can change every semester depending on the students' interest. Your voice and opinions will be important to the success of this class.

2440 World History (Offered Even Years)

Elective: 10 – 12
Full Year – 1 Credit

World History is a course designed to complement the required Social Study courses – by developing a wider understanding of the world and its history. This course is highly recommended for those students who plan to attend college but may be taken by serious students of all levels. The first semester will allow students to explore and analyze the major political, economic, social, and cultural themes and patterns we see from prehistoric times through 1500 CE, while the second semester will focus on 1450 CE through contemporary times. Such themes and patterns include, but are not limited to, the spread of humans, the rise of complex civilizations, human exchanges, key human innovations, the rise of universal religions, key revolutions, and globalization. Students will be expected to participate in and complete class discussions, hands-on activities and projects, written assignments, and reading assignments that are meant to help students develop and refine their historical thinking skills.

2450 Psychology

Elective: 10 – 12
Semester – .5 Credit

This course will focus on scientific studies of human behavior and the applications of psychological research to everyday life. Topics will include learning principles, biological aspects of behavior, personality theory, mental health, therapy and interpersonal communication. Applied activities, lectures, experiments, films and speakers will make up the primary activities.

2456 AP Psychology (DC)
PSYX100 Dual Credit Helena College (3 credits)

Elective: 11 – 12
Full Year – 1 Credit

The Advanced Placement Psychology course is a one-year course designed to introduce students to the systematic and scientific study of the behavior and mental processes of human beings and other animals. Students are exposed to the psychological facts, principles, and theories associated with each of the major subfields within psychology. Students also learn about the ethics and methods psychologists use in their science and practice. The AP Psychology course is equivalent to a freshman-level college course in psychology. The course is designed to prepare students for the AP Psychology Exam which will be taken at the end of the year. Depending on the criteria of the individual university or college, students with scores of 3 or above on the exam may receive college credit or exemption from the course. Students who select the dual credit option will, upon completion of the course with a C or better, receive credit for the Introduction to Psychology course at Helena College (PSYX100).

Prerequisite: None – however, students should be committed to the rigors of an AP course.

2460 Montana History

Elective: 9 – 12
Semester – .5 Credit

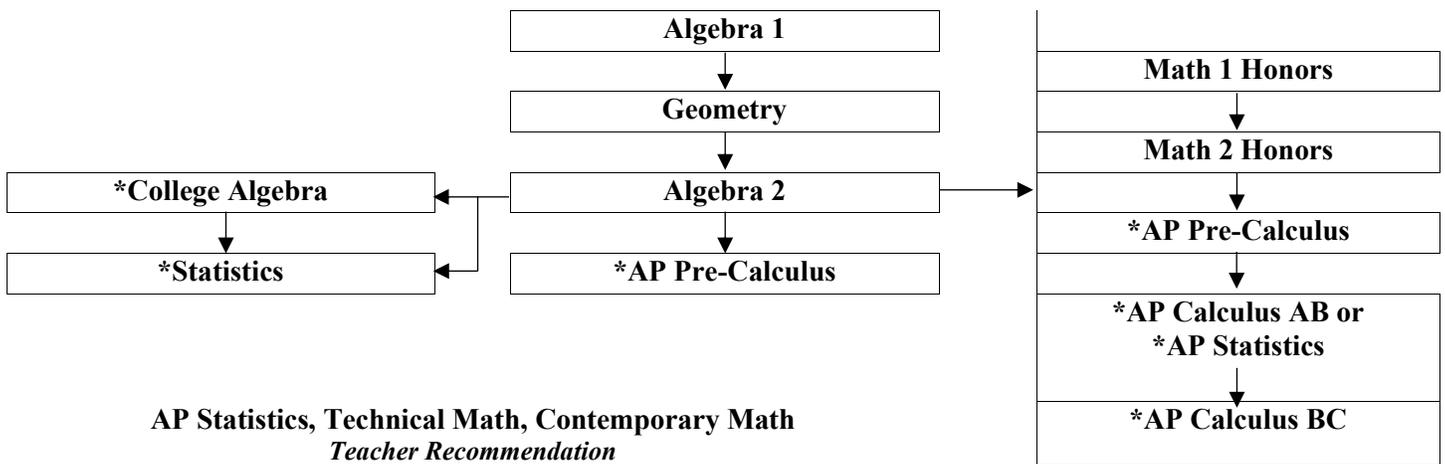
Montana History offers a diverse look at how Montana became the state it is today. Montana's history includes Native American study, the homesteading era, fur trading and gold mining, railroading, the boom-and-bust era, as well as many more. Hands-on projects, speakers, topic research, films and possible tours bring an interesting perspective to this fun class.

MATHEMATICS

The State Board of Education requires that all students successfully complete **three** years of mathematics to graduate from high school. Students attending a Montana University need four years of math. All students should take three years of math; college bound students should plan on four years. At Helena High School placement in all mathematics courses is largely determined by successful completion of the prerequisite course(s) and the recommendation of the current math teacher.

One mathematics course must be taken during each of the first three years (9th, 10th, 11th grades). As you review the mathematics program, keep in mind that each course requires some degree of homework, and that mastery of every level of math skills is enhanced by the additional time spent on assignments. For those students who have difficulty in mastering math skills, the staff makes itself available for extra help and counseling on a regular basis. (Flow chart below.)

Helena High School Math Flowchart:



Algebra I is the traditional first-year high school mathematics course. Algebra II is the minimum college entrance requirement for units of the Montana University System. Students entering science, technical, and engineering fields in college should have four years of high school mathematics.

*Offered as Dual Credit Course

Course Prerequisites for Mathematics

Math Course	Prerequisites
Pre-Algebra	Approval of Instructor
Algebra I	Freshman standing or successful completion of previous course
Honors Math I	Freshman standing with an A or B Algebra I or A in Math 8 th with teacher recommendation
Geometry	Successful completion of Algebra I Incoming Freshman must transcribe Algebra I grade and recommended as a C or better
Honors Math II	A or B in Honors Math I or C in Honors Math I with teacher approval
Algebra II	Successful completion of Geometry
AP Pre-Calculus	C or better in Algebra II
College Algebra Prep and Statistics	Passed Algebra II (Can take concurrently with Pre-Calculus. Must be a senior or department approval.
AP Calculus AB	C or better in AP Pre-Calculus
AP Statistics	D or better in Honors Pre-Calculus and/or Alg. 2 with teacher approval
AP Calculus BC	A or B in Calculus AB or teacher recommendation
Contemporary Math	Seniors Only who have passed Algebra I or by teacher recommendation
Technical Math	Seniors Only who passed Algebra I or by teacher recommendation

Note: Students who receive an F in any math course will repeat the course.

Students who fail second semester of a course should repeat both the first and second semesters.

3103 Pre-Algebra

Elective Grade*: 9
Full Year – 1 Credit

This is a remedial course for students who have not experienced success with middle school mathematics. The course prepares students for Algebra 1 and refines arithmetic skills. This course does not meet high school state standards. Students will be required to take Algebra 1 the following year.

3100 Algebra 1

Elective Grades*: 9 – 10
Full Year – 1 Credit

This is the introductory high school course for students and emphasizes a strong development of the ideas of Algebra. This course prepares students for algebraic thinking and refines geometric, statistical and problem-solving skills. Students who successfully complete this course will go on to take Geometry.

3101 Mathematics 1 – Honors

Elective Grade*: 9
Full Year – 1 Credit

This is an accelerated course and emphasizes a strong development of the ideas of Algebra and Geometry. This course prepares students for algebraic thinking and refines statistical and problem-solving skills. Students who successfully complete this course will go on to take Honors Mathematics 2.

3200 Geometry

Elective Grades*: 9 – 11
Full Year – 1 Credit

This is the second of a three-year sequence for all students and emphasizes a strong development of the ideas of Geometry. The course prepares students for geometric thinking and refines geometric, statistical, and problem-solving skills. Students who successfully complete this course should take Algebra 2.

3201 Mathematics 2 – Honors**Elective Grades*: 9 – 10
Full Year – 1 Credit**

This is the second of a four-year sequence for honor students and emphasizes a strong development of the ideas of Geometry and Algebra 2. The course prepares students for geometric thinking and refines geometric, statistical, and problem-solving skills. Students who successfully complete this course should take Pre-Calculus.

3300 Algebra 2**Elective Grades*: 10 – 12
Full Year – 1 Credit**

This is the third of a three-year sequence for all students and emphasizes a strong development of the ideas of Algebra 2. This course prepares students for algebraic thinking and refines geometric, statistical, and problem-solving skills. This course is required of students that will be attending college. Students entering college should take this course in their junior year and take a fourth year of mathematics in their senior year.

3305 AP Pre-Calculus**Elective Grades*: 10 – 12
Full Year – 1 Credit**

This is the third class in the sequence for honors students and emphasizes a strong development of the ideas of Advanced Algebra, Trigonometry and Pre-Calculus. This course advances students' algebraic, geometric, and trigonometric thinking. Students from Honors Mathematics 2 or Algebra 2 may take this class. Students may enroll and earn credit from Helena College or have the opportunity to take the AP exam as another alternative for dual credit. Students who are successful with this class should take Calculus next.

M151 Dual Credit – Helena College**College – 4 Credits**

This is the fourth class in the sequence and emphasizes a strong development of the ideas of Advanced Algebra, Trigonometry, and Pre-Calculus. This course advances students algebraic, geometric, and statistical thinking. Students from Honors Mathematics 2 or Algebra 2 may take this course. Students who successfully complete this class should take Calculus next.

3401 AP Calculus AB**M171 Dual Credit – Helena College (4 credits)****Elective Grades*: 11 – 12
Full Year – 1 Credit**

This is the fourth class in the honors sequence and is intended for college bound students seeking math intensive majors. Any student planning on taking engineering, physics, or strong science programs in college should take this course. Calculus students who are planning on majoring in a statistical based field may take Math for Liberal Arts Majors or Statistics at the same time they take this course. Students may enroll and earn credit from Helena College or have the opportunity to take the AP exam as another alternative for dual credit.

3406 AP Calculus BC**M172 Dual Credit – Helena College (4 Credit)****Elective Grades*: 12
Full Year – 1 Credit**

This fast-paced class is designed for college-bound students who have successfully completed AP Calculus AB, and are seeking math intensive majors such as engineering, physics, or strong science programs. Students further their study of differential and integral Calculus by engaging in real world applications by analyzing graphically, numerically, and verbally. As students explore change, limits and analyze functions they will use definitions and theorems to build arguments and justify conclusions. Students may enroll and earn credit from Helena College for AB Calculus as long as they did not earn the credit while taking AB Calculus. All students also have the opportunity to take the AP BC Calculus exam to earn college credit.

3440 College Algebra (1st Semester)**M121 Dual Credit- Helena College (3 credits)****Elective Grade*: 12
Semester – .5 Credit**

This course is designed for seniors who would like to improve their college algebra skills and who are interested in following a liberal arts major in college. The course will focus on applications of mathematics reviewing algebraic skills and extending those skills to an Algebra 3 level. Students seeking advanced preparation in mathematics may take this course at the same time as Calculus.

Prerequisite: Algebra 2 or higher and/or teacher recommendation

3441 Statistics (2nd Semester) Elective*: 12
STAT216 Dual Credit – Helena College (3 Credits) Semester – .5 Credit

This course is designed for juniors and seniors who would like a strong introduction to statistics in preparation for college. The course will focus on applications of mathematics and statistical modeling. Students are expected to have a TI-83 calculator for this course, which is technology based. Students seeking advanced preparation in mathematics may take this course at the same time as Pre-Calculus and Calculus.

Prerequisite: Algebra 2 or above

3442 AP Statistics Elective*: 11 – 12
STAT216 Dual Credit – Helena College (3 Credits) Full Year – 1 Credit

AP Statistics introduces students to the major concepts and tools for collecting, analyzing, and drawing conclusions from data. Students will observe patterns and departures from patterns, decide what and how to measure, produce models using probability and simulation, and confirm models. Appropriate technology, from manipulatives to calculators and application software, will be used regularly for instruction and assessment. Optional AP exams are offered in the spring.

Prerequisites: Pre-Calculus or above

3356 Technical Math Elective*: 12
M111 Dual Credit – Helena College (3 Credits) Full Year – 1 Credit

This course is designed for those interested in pursuing a technical or vocational career or degree after high school. Topics include fractions, decimals, ratios, proportions, formulas, and word problems. Areas studied are metric and American measurement systems, linear equations, developing applied skills in practical geometry, solid figures, and basic trigonometry. Students may enroll and earn credit from UM-Helena College of Technology.

Prerequisite: C⁺ or higher in Algebra 1 or above and/or teacher recommendation

3302 Contemporary Math Elective*: 12
M105 Dual Credit – Helena College (3 Credit) Full year – 1 Credit

This course is designed to meet the general education mathematics requirement for the liberal arts major. It surveys some of the important ideas and practical applications in mathematics and uses algebra skills to solve real problems.

Topics include problem solving, financial math, mathematical modeling (linear and quadratic), and elementary statistics. Pre-Requisite: Open to seniors who have successfully completed Algebra 1 and/or teacher recommendation.

*This elective can be used to fulfill the graduation requirement.

Science Department

Science is a method of understanding how nature works in earth, space, life and physical systems through the utilization of tools of inquiry and by employing the process skill of questioning, hypothesizing, predicting, testing and drawing conclusions. Two years of science are required for graduation from Helena High School. All students are encouraged to take more courses than the minimum requirement. The science flow chart, illustrated below, shows the wide range of available courses. Students are encouraged to seek the assistance of their parents, counselors, science teachers, and math teachers in planning the most effective science program to meet their needs. (Flow chart below.)

Minimal Science Graduation Requirements

2 years of science required for graduation

3 years of science recommended for most colleges/universities

	Grade 9	Grade 10	Grade 11th and 12 th Grade
Required Courses (Choose one)	Earth & Space Science H Earth & Space Science	Biology 1 AP Biology *Chemistry 1	
Electives:			*AP Environmental Science *Biology 2 *Physics *Chemistry 1 *AP Chemistry
*Prerequisites and/or teacher recommendation			

Earth and Space Science

Freshman select one of the two options in the Earth and Space Sciences. Earth and Space Science, the study of the abiotic environment, is an essential part of a complete science education. The most challenging options are Honors Earth and Space Science. Freshman wishing to enroll in Honors Earth and Space Science should have a high interest in science and a minimum 3.00 GPA with B's or better in previous science and math courses. A higher level of commitment and effort is required of the honor student. Students not qualifying for Honors Earth and Space Science should enroll in Earth and Space Science. Both Earth and Space Science and Honors Earth and Space Science are designed as college preparatory courses.

4100 Earth and Space Science

Required Grade: 9
Full Year – 1 Credit

Earth and Space Science will engage students in five branches including meteorology, hydrology, geology, oceanography, and astronomy. In these areas of study, students will be posing questions; developing models; experimenting, analyzing, and interpreting data; applying mathematics; solving problems; engaging in argument from evidence; and obtaining, evaluating and communicating information. Presentations, demonstrations, labs, Earth and Space Science related films and projects form the basis for instruction.

4101 Earth and Space Science – Honors

Elective Grade*: 9
Full Year – 1 Credit

Honors Earth and Space Science is designed to challenge the advanced science student. The course will cover the four areas of Earth and Space Science with lectures, demonstrations, and general lab work. Students will also be exposed to more challenging assignments involving more rigorous math, additional reading, independent lab work, research projects, and technology. A higher level of commitment and effort is required of the honors student. Honors Earth and Space Science is recommended for freshman skilled in science, math, reading, and writing.

Prerequisite: Grades of “B” or better in Math, Science and English, completion of the application process and the consent of the honors instructor.

*This elective can be used to fulfill the graduation requirement.

Biology

Biology is the study of living things and is an essential part of a complete science education. Sophomores select one of two options for their first year in Biology. The majority of the students will enroll in standard Biology I. The most challenging class is AP Biology. This course has limited enrollment and students interested in enrolling should check the prerequisites in that course's description. Students with good attendance, behavior, and strong work habits will be considered first. Biology II is offered to those students who have successfully completed Biology I or AP Biology and have interest in pursuing a career in a science related field. All Biology courses meet the laboratory science requirement for graduation.

4200 Biology 1

**Required Grade: 10
Full Year – 1 Credit**

Biology I is a survey course in the Life Sciences which will help the student to develop an understanding of living things and their relationship to one another. Areas of study include cells, heredity, microbes, plants, invertebrate animals, chordate animals, ecology, and biotechnology. Extensive laboratory work, dissections, demonstrations, lectures, tests, and projects are some of the approaches used to teach the major concepts and evaluate student performance.

4306 AP Biology

**Elective Grades*: 10 – 12
Full Year – 1 Credit**

AP Biology is a course offered to 10-12 grade students and covers the requirement of 10th grade science. The AP Biology course covers topics typically found in a first-year college biology course and advances the student's understanding of concepts normally covered in high school biology. This is an intensive course with 150 objectives and 12 labs to be completed before the AP test date at the end of May. Students that take AP Biology will retain and apply content learned to develop advanced inquiry and reasoning skills, such as designing a plan for collecting data, analyzing data, applying mathematical routines, and connecting concepts in and across domains. This course is also created to aid in preparation for the AP Biology exam. Prerequisites- Completion of Algebra I and Honors Earth Science; Concurrent enrollment in Chemistry.

4300 Biology 2

**Elective Grades*: 11 – 12
Full Year – 1 Credit**

This is an intense lab-oriented class providing in-depth experiences of a variety of biological fields. Units of study include advanced genetics; biotechnology theory and laboratory techniques; populations genetics; comparative anatomy to include animal dissections; animal and plant physiology; and ecological problems. Students interested in careers in the health allied fields; veterinary medicine, biology, genetics, and science in general are encouraged to enroll in this college preparatory class. Student assessment in this class includes written tests and assignments; laboratory assignments, dissections, laboratory practical tests, formal laboratory write-ups; computer simulations; and projects. Because of the extensive lab work, this class requires excellent attendance and disciplined classroom behavior. Students will provide non-latex gloves for dissection and a \$5 lab fee.

Prerequisite: A grade of "C" or better in Biology 1 or AP Biology and approval of the student's Biology I or AP Biology instructor.

Chemistry

4310 Chemistry 1

**Elective Grades*: 10 – 12
Full Year – 1 Credit**

Chemistry is a survey course dealing with the composition, structure, properties, and energy changes of substances through laws that unite these phenomena into a comprehensive system. The concepts are developed in an exciting and intellectually challenging manner through extensive laboratory investigation. Emphasis will be placed on the importance of chemistry in everyday life and the interdisciplinary impact chemistry has on our scientific heritage. Student performance in this college preparatory course is evaluated on the basis of objective testing, laboratory performance, and project completion. A lab fee will be assessed to cover the purchase of individual safety goggles.

Prerequisite: Due to the importance of the development of analytical skills, concurrent enrollment in or completion of Algebra 2 or Pre-Calculus is required.

*This elective can be used to fulfill the graduation requirement.

4420 AP Chemistry

Elective Grades*: 11 – 12
Full Year – 1 Credit

AP Chemistry is an elective science course that will be offered to 11-12 grade students. It is designed to be taken after the completion of Chemistry 1 and upon successful completion of Algebra 2. The course follows the AP curriculum and is designed to investigate and develop a deeper understanding of the concepts normally covered in a first-year college chemistry course as well as to prepare students to take the AP Chemistry Exam. Students who take this course are expected to take the AP Chemistry Exam in May. Students who take AP Chemistry should expect an accelerated pace and may require additional work or lab time outside of the regular class period. Students will build deeper understanding of chemistry concepts by engaging in inquiry-based laboratory experiences that require detailed quantitative analysis and written laboratory reports.

Prerequisites: Chemistry 1 and completion of Algebra 2.

4501 AP Environmental Science

Elective Grades: 11 – 12
Full Year – 1 Credit

AP Environmental Science is designed for students seeking a challenging college level science course at the high school level. Prerequisites include obtaining a grade of C or better in Earth Science, Biology and Algebra I. The goal of this course is for students to understand, through investigations, the interrelationships in the natural world. Topics covered include Earth systems and resources, the living world, populations, land and water use, energy resources and consumption, pollution and global change.

This course is recommended for students pursuing careers in natural resources and those who have an interest in the relationships between humans and the natural world.

Physics

4400 Physics

Elective Grades*: 11 – 12
Full Year – 1 Credit

Physics is the study of the relationships of matter and energy. Laboratory experiences are used to teach such topics as motion, heat, sound, wave mechanics, light, magnetism, and electricity. In addition to lab work, discussions, demonstrations, and creative projects will be part of the course. Recommended for college bound students who plan to major in science or a science related field.

Prerequisite: Successful completion or concurrent enrollment in Algebra 2 or Pre-Calculus.

*This elective can be used to fulfill the graduation requirement.

World Languages

The Department of World Languages offers classes in French, Spanish, German, and Latin. Our classes prepare students to communicate in oral and written forms, and to cultivate an appreciation of the customs, manners, lifestyles, and philosophies of other cultures. All languages have a rich cultural heritage of history, literature, art and music to discover!

Language	The prerequisite for taking the next level of a language is a passing grade in the previous level				
Latin	Latin 1	Latin 2	Latin 3		
French	French 1	French 2	French 3	French 4	
Spanish	Spanish 1	Spanish 2	Spanish 3	Spanish 4	AP Spanish 5
German	German 1	German 2	German 3	German 4	

LATIN SEQUENCE

5110 Latin 1

**Elective Grades: 9 – 12
Full Year – 1 Credit**

Latin I is the first year of a two or three-year curriculum, depending on enrollment, in which students will learn to read and write the Latin language as they follow a typical Roman family living in Italy about a hundred years after the death of Julius Caesar. Students will not only learn how to read and write Latin, but they will also begin to learn Latin as a world language, as the basis of everyday communication that it was for more than 2,000 years. Students will learn to describe their classroom, the weather, food and drink, and even modern sports and games in the ancient tongue. Grammar and translation will be a major part of first year Latin and students will learn about parts of speech, practice proper pronunciation, and read in context.

Latin I students will also study the mythology of the Ancient World, both Greek and Roman. They will learn about the Trojan War, Hannibal and his elephants, Caesar and Cleopatra, and the city of Pompeii, destroyed by Vesuvius and lost for 1,500 years. Students will learn to recognize ancient art and artifacts as well, Greek, and Roman, and how they became the foundation of European culture to this very day.

Prerequisite: None. As a language class, Latin builds upon itself. Students should be prepared to attend class on a regular basis and should be diligent about making up missed assignments. No world language experience is required but there will be a substantial amount of reading and writing involved. Please feel free to contact the Latin teacher should you have any questions.

5120 Latin 2

Elective Grades: 10 – 12
Full Year – 1 Credit

Latin 2 continues to build on the strong foundation acquired in Latin 1, including the study of vocabulary, grammar, translation, reading comprehension, and classical history and culture. Latin 2 students will spend more time learning to read and discuss texts in Latin and continue to practice Latin as a spoken language and a vehicle of communication. Students will learn about the Roman Empire at its height including gladiatorial games, chariot racing, monumental architecture and inscriptions, the emperors and their legions. *Ecce Romani* is still the main textbook, but students will have more supplementary material, both traditional texts and online assignments, than they did in Latin 1.

Prerequisite: Passing grade of ‘C’ or better in Latin 1, or prior approval by the instructor is required. While it is not required that students take two years in a row, it is very helpful to do so and is strongly recommended. Please feel free to contact the Latin teacher should you have any questions.

5130 Latin 3

Elective Grades: 11 – 12
Full Year – 1 Credit

Latin 3 will continue to build upon the strong foundations established in previous years, including vocabulary, grammar, culture, reading comprehension and expressive communication. Students in Latin 3 will move beyond the textbook and into a series of graduated readings about the ancient Roman empire and about the Middle Ages as well, both books and online. The final goal for students at the end of Latin 3 is to be able to read original Latin texts, such as Caesar, Horace, and Vergil, with some degree of comprehension, and express their understanding to one another, in both English and in Latin. Completion of Latin 3 should prepare students to enter a second-year college Latin course, should they choose to do so, and will give students considerable advantage in the study of an additional other world language.

Prerequisite: Passing grade of ‘C’ or better in Latin 2, or prior approval by the Latin instructor. Students should be prepared for extensive reading and writing in a world language, and the daily discipline it involves. While it is not required that students take Latin in consecutive years, it is very helpful to do so, and is strongly recommended, however, course availability is dependent upon enrollment. Please feel free to contact the Latin teacher should you have any questions.

FRENCH SEQUENCE

5210 French 1

Elective Grades: 9 – 12
Full Year – 1 Credit

The first-year French student becomes acquainted with the French world, its cultures and ways of life. Students build a basic vocabulary and grammar that provides the framework for all class activities. These activities develop the skills of reading and listening comprehension and spoken and written communication. Students are evaluated through oral and written tests, daily assignments, and class participation. This course is a year-long course.

Prerequisite: None. If any questions, please contact the French teacher or your counselor for assistance. This is an academic class. Students must be prepared to complete daily homework assignments and be able to pass comprehensive tests.

5220 French 2

Elective Grades: 10 – 12
Full Year – 1 Credit

French 2 refines the skills acquired at Level 1 and further develops the student’s vocabulary and knowledge of French language structure. The class enhances student awareness of French as a means of communication, as it relates to future jobs, and as a leisure activity. Students are expected to try to communicate in French much of the time. The emphasis is on developing communication skills, both oral and written. Listening and reading comprehension skills are sharpened in the process. The course includes study of geography, history, French customs, and lifestyles.

Prerequisite: Passing grade of “D” or better in French I or approval of instructor.

5230 French 3**Elective Grades: 11 – 12
Full Year – 1 Credit**

French 3 increases the student’s language proficiency, particularly in the areas of listening comprehension and written communication. Students are expected to demonstrate their ability to communicate in French. Through the study of French literature, students gain another rich perspective on French culture. Students are evaluated through oral and written tests, daily assignments, and class participation. This course is a yearlong course.

Prerequisite: Passing grade of “D” or better in French 2 or approval of instructor.

5240 French 4**Elective Grade: 12
Full Year – 1 Credit**

French 4 advances the student’s language proficiency. Conversational fluency and listening comprehension are emphasized as students use French in a more varied and complex situations. Students communicate in French most of the time. French literature, and contemporary culture are the core areas of curriculum emphasis. Students are evaluated through oral and written tests, daily assignments, and class participation. This course is a year-long course.

Prerequisite: Passing grade of “D” or better in French 3 or approval of instructor.

SPANISH SEQUENCE**5310 Spanish 1****Elective Grades: 9 – 12
Full Year – 1 Credit**

The beginning Spanish course introduces and familiarizes the student with the world of the Spanish language via listening, speaking, reading, and writing. Spanish 1 emphasizes vocabulary, basic grammar, idiomatic expressions in the language, and proper intonation and accentuation. Students are taught to note and appreciate cultural differences between the Hispanic world and the U.S. Students are evaluated on tests, daily assignments, dictation, and oral and written quizzes. This course is a yearlong course.

Prerequisite: None. If any questions, contact the Spanish teacher or your counselor for assistance. This is an academic class. Students must be prepared to complete daily homework assignments and be able to pass comprehension tests.

5320 Spanish 2**Elective Grades: 9 – 12
Full Year – 1 Credit**

Spanish 2 concentrates on the skills acquired at Level 1 with more emphasis on listening comprehension and speaking. Students are expected to speak Spanish as much of the time as possible when in class. Students concentrate on Spanish customs and lifestyles and also study the geography of Spanish-speaking countries. Students are evaluated by the use of oral and written tests and quizzes, daily assignments and class participation. This course is a yearlong course.

Prerequisite: Passing grade of “D” or better in Spanish 1 or approval of instructor.

5330 Spanish 3**Elective Grades: 10 – 12
Full Year – 1 Credit**

This course concentrates on the expansion of Spanish 2 and the student’s growing ability to communicate in both oral and a written manner. Students are expected to speak Spanish during the class period. This level progresses into the study of the remaining verb tenses and modes, the expansion of vocabulary, the development of improved communication skills and the introduction of several different types of Spanish literature. Evaluation is based on daily assignments, oral and written tests and quizzes, essays and oral presentations. This course is a yearlong course.

Prerequisite: Passing grade of “D” or better in Spanish 2 or approval of instructor.

5340 Spanish 4**Elective Grades: 11 – 12
Full Year – 1 Credit**

This course provides the opportunity for each student to gain higher competence and confidence in listening, speaking, reading, and writing in Spanish. Continual review of vocabulary, verb tenses, and other structures is made through the various readings and discussions of short stories, poems, and plays. All activities at this level help the student to

practice active usage of the language. Evaluation is based on oral and written quizzes, essays, and daily assignments. Students are expected to speak Spanish exclusively during the class period. This course is a year-long course.

Prerequisite: Passing grade of “D” or better in Spanish 3 or approval of instructor.

5356 AP Spanish 5

**Elective Grade: 12
Full Year – 1 Credit**

In Spanish 5 AP Language students continue to refine and enhance communication skills--reading, writing, speaking and listening-- as well as broaden their understanding of Spanish language and Hispanic culture. The 6 units of the course coincide with the 6 themes from the AP test. Students are preparing for college level courses and students take the Advanced Placement Spanish Language Examination in May and, depending on their scores, may receive college credit. In the class we converse only in Spanish as they would in a university level class.

<h2>German Sequence</h2>

5410 German 1

**Elective Grades: 9 – 12
Full Year – 1 Credit**

German 1 introduces the student with the world of the German language via listening, speaking, reading, and writing. German 1 emphasizes vocabulary, basic grammar, idiomatic expressions in the language, and proper pronunciation. Students learn German culture through video and texts and identify differences between the German-speaking world and the U.S. Students are evaluated through daily assignments, oral and written quizzes, dictation, and tests. This course is a yearlong course.

Prerequisite: None. If any questions, contact the German teacher for assistance. This is an academic class. Students must be prepared to complete daily homework assignments and be able to pass comprehensive tests.

5420 German 2

**Elective Grades: 10 – 12
Full Year – 1 Credit**

In German 2, students continue to build vocabulary and grammar through listening, speaking, reading and writing. German culture is explored and compared to students’ own culture through projects, video and German texts. Students are evaluated through daily assignments, oral and written quizzes, dictation, tests and projects. This course is a year-long course.

Prerequisite: Passing grade of D or better in German 1 or approval of instructor.

5430 German 3 & 4

**Elective Grades: 11 – 12
Full Year – 1 Credit**

German 3 and 4 are taught as a combined class. The course concentrates on speaking, listening, reading and writing. Although the 3rd and 4th levels may use the same material, assessment of each student’s work is done individually. German 3 and 4 students expand their growing ability to communicate in both orally and in writing. Students are expected to speak German during the class period. This level deepens students’ understanding of German grammar and broadens their vocabulary and communication skills. German 4 students may opt for an Independent Study and are encouraged to prepare themselves for the AP German Exam in May. Evaluation is based on daily assignments, oral and written tests and quizzes, essays and oral presentations. This course is a yearlong course.

Prerequisite: Passing grade of “D” or better in German 3 or approval of instructor

Fine Arts Department

A minimum of 1.0 FA credit is required

One fine arts credit is required for graduation in the Helena School district. However, students may take multiple art classes every year and apply the credits toward the seven elective credits required for graduation. Upon completion of the foundations course, Art I, serious students can explore advanced art courses with the opportunity to receive college credit in AP classes.

The atmosphere of a class in the Art Department is different from any other class in school. There is a relaxed feeling as students quietly and enthusiastically work at their own projects: ceramics, stained glass, printmaking, batik, photography, drawing, painting, and sculpting. The studio atmosphere offers a break from the traditional classroom. Students are encouraged to connect to the larger world through the creation of original works that express their unique experiences. Lectures and demonstrations bring the class together on some days, and guest artists, art exhibitions, fieldtrips, audiovisual shows, and collaborative projects offer students extended learning experiences.

With so many different kinds and levels of classes offered, the Art Department invites all students to take at least one course and try their hand at a creative experience!

	Grade 9	Grade 10	Grade 11	Grade 12
Studio Arts	Art 1 – Foundation of Art Visual Arts Design 1	Art 1,2 – Exploration of Art Visual Arts Design 1,2 Ceramics 1	Art 1,2, 3 Visual Arts Design 1,2 Ceramics 1,2, 3	Art 1,2, 3, 4 Visual Arts Design 1,2 Ceramics 1,2,3
Photography		Photography 1,2,3	Photography 1,2,3	Photography 1,2,3
Band	Beginning Band Jazz Band Percussion Ensemble	Beginning Band Concert Band Jazz Band Percussion Ensemble Symphonic Band	Beginning Band Concert Band Jazz Band Percussion Ensemble Symphonic Band	Beginning Band Concert Band Jazz Band Percussion Ensemble Symphonic Band
Orchestra	Concert Orchestra	Concert Orchestra Orchestra Philharmonia	Concert Orchestra Orchestra Philharmonia Orchestra Symphonia	Concert Orchestra Orchestra Philharmonia Orchestra Symphonia
Choir	Philharmonic	Philharmonic Ambiance Starlighters	Philharmonic Ambiance Starlighters	Philharmonic Ambiance Starlighters
Other Music	Piano Class	Piano Class	Piano Class	Piano Class
Drama	Theater 1 Technical Theater	Theater 1,2 Technical Theater Technical Teacher- Production	Theater 1,2,3 Technical Theater Technical Teacher - Production	Theater 1,2,3 Technical Theater Technical Teacher - Production

ART OPTIONS

6110 Art 1 – Foundation of Art

**Elective Grades: 9 – 12
Full Year – 1 Credit**

This course is designed to provide an opportunity for students to increase their skills in both the understanding and creating of art. Emphasis is placed on individual imagination, development of artistic skills, production of artistic works, and the ability to make and justify judgments about the aesthetic merit and quality of art. Students will be introduced to such art areas as drawing, color, design, painting, printmaking and sculpture. Students will be evaluated on their ability to generate, develop, present and critique ideas through work produced in and out of class.

6120 Art 2 – Explorations in Art

**Elective Grades: 10 – 12
Full Year – 1 Credit**

This course is an in-depth continuation of the basic art course with a wider choice of subject matter in the areas of drawing, design, painting, sculpture, and printmaking. Through demonstrations, lectures, and examples, students

expand their abilities and understanding of art. Evaluations are based upon the artwork produced, maintenance of a sketchbook, and occasional tests on artists and styles of art.

Prerequisite: Foundations of Art 1 or instructor approval.

6130 Art 3 – Studio in Context

Elective Grades: 11 – 12
Full Year – 1 Credit

Projects created in Art 3 encourage students' individuality and inventiveness as they utilize media, styles and content from an array of periods and culture throughout time in their own work. Emphasis is placed on creativity, skill development, exploration of media and techniques, expression and professional presentation. Evaluations will be based on participation, explorations, studio skill, creativity and engagement in art making mediums.

Prerequisite: Successful completion of two art courses and instructor approval.

6140 Art 4 – Independent Studio

Elective Grade: 12
Full Year – 1 Credit

This advanced course is designed for students who have an extensive art background. The focus of the class is college preparatory with special emphasis on portfolio development, career exploration and art production in a studio atmosphere. Students have an AP option within the class. Evaluations are based on individual creativity, skill demonstration, critique participation and professional presentation.

Prerequisite: Successful completion of three (3) art courses and instructor approval.

6150 Visual Arts Design 1

Elective Grades: 10 – 12
Full Year – 1 Credit

Elements and principles of visual design are applied to 2 and 3-dimensional media such as paper, fiber arts, stained glass, glass fusing, copper jewelry/enameling, and batik. Evaluations will be based on participation, exploration, studio skill, creativity and engagement in art making mediums. Students are required to purchase some materials.

Prerequisite: Successful completion of Art 1 and instructor approval

6160 Visual Arts Design 2

Elective Grades: 11 – 12
Full Year – 1 Credit

This design course is an in-depth continuation of Visual Design Studio 1. Students are required to complete extensive and elaborate designs and gain a deeper knowledge of skills, media and techniques. Students work in a studio atmosphere with individual instruction. Evaluations will be based on participation, exploration, studio skill, creativity and engagement in art making mediums. Students are required to purchase some materials.

Prerequisite: Successful completion of Art I, Visual Design Studio 1 and instructor approval.

6210 Ceramics 1

Elective Grades: 10 – 12
Full Year – 1 Credit

Students develop basic skills on the potter's wheel and learn hand-building techniques. Making clay, clay construction, decorating, making glaze, kiln stacking, and firing are class learning experiences. Design and originality are emphasized. Lectures and demonstrations are provided with time for individual work and instructor assistance. Students are evaluated on individual projects and skills. Design, craftsmanship, and knowledge of the craft are emphasized. Art 1 is helpful, but not required.

6220 Ceramics 2

Elective Grades: 11 – 12
Full Year – 1 Credit

Ceramics 2 allows students to continue to explore both intermediate wheel throwing and hand building. Projects are larger and more difficult than entry level ceramics but allow for more freedom of choice. Ceramics 2 also provides authentic education in the logistics of maintaining a functioning ceramics studio such as glaze production and kiln loading. Evaluation is based on engagement in the ceramic media, creativity, studio skills and participation.

Prerequisite: Ceramics 1 and instructor approval.

6230 Ceramics 3

Elective Grades: 11 – 12
Full Year – 1 Credit

This advanced ceramics class provides an opportunity for upper-level students to fully explore the ceramic medium with the goal of developing a personal style. Students have full freedom to choose their area of emphasis, **either functional** thrown pottery or sculptural hand building. Ceramics 3 students are expected to be highly self-motivated, driven, and fully engaged in the creation of ceramic art as well as assisting in the day-to-day logistics of running a ceramic studio. Evaluation is based on engagement in the ceramic media, creativity, studio skills and participation.

Prerequisite: Successful completion of Ceramics 2 and instructor approval.

PHOTOGRAPHY OPTIONS

6250 Photography 1

Elective Grades: 10 – 12
Semester – .5 Credit

In this introductory photography course, students learn the fundamentals of digital camera technique, lighting, color, and composition. Students will use software such as Adobe Photoshop and Lightroom as a tool for photographic improvement as well as personal expression. Students explore a variety of subjects to develop expressive content and learn to communicate more eloquently through visual language. Evaluations are based on class participation, projects, critiques, written work and tests. A digital camera, and successful completion of Art 1 or instructor approval are needed for enrollment in this class.

Prerequisite: Successful completion of Art I is needed for enrollment in this class.

6260 Photography 2

Elective Grades: 10 – 12
Semester – .5 Credit

This class is an exploration of intermediate photography using both digital and film cameras. Students work with film and light-sensitive materials and learn to print in the darkroom. Students develop greater skills using digital development techniques as well as learning to make refined prints in the darkroom. Students continue to practice design principles and visual communication while considering photographic history, including a variety of photographic styles. Evaluations are based on class participation, projects, critiques, written work and tests. Instructor approval, a digital camera, and successful completion of both Photo 1 and Art 1 are needed for enrollment in this class.

Prerequisite: Successful completion of both Art 1 and Photography 1, a digital camera, and permission of instructor.

6270 Photography 3

Elective Grades: 11 – 12
Full Year – 1 Credit

Photography 3 introduces students to digital art media and the creative and conceptual foundations of still photography and moving images. Students develop skills for creating composite photographs, motion graphics, stop motion, sound design, and video production using Lightroom, Photoshop, iMovie, and other programs. Students build digital portfolios and design their own web sites, while learning about careers in media arts.

Evaluations are based on class participation, projects, critiques, and written work. Instructor approval, a digital camera, and successful completion of both Photo 1 and 2 and Art 1 are needed for enrollment in this class.

Prerequisite: Photo 1 and Photo 2 and instructor approval.

MUSIC AND THEATER OPTIONS

If singing, acting, or playing an instrument is your thing, the music and theater program is for you! A variety of programs are offered in all three areas: singing, acting, and playing. Performances both in and outside the school are the focus of all choirs. For those who enjoy acting, several levels of theater classes are offered from beginning to advanced.

For the instrumentalist, there are also a number of exciting, varied opportunities at Helena High. Symphonic Band, Jazz Band, along with Orchestras Harmonia, Philharmonia, and Sinfonia offer a broad range of musical choices, experiences,

and performing styles. Auditions are required for most performance groups. Music and theater classes are all electives, but students are encouraged to get involved in some aspect of the arts by taking some course in the program, which prides itself on building confidence and performance skills and success.

6300 Freshman Band

Elective Grades: 9 – 12
Full Year – 1 Credit

This course is a training program for Concert Band. Students participate in several concerts and perform in solo and ensemble presentations at the District Music Festival. Musical skills are developed including scales, intonation, and technique. A playing knowledge of all types of music is emphasized in group, ensemble, and solo rehearsals. Students are evaluated on playing ability, performance in group rehearsals, and required performances.

Prerequisite: 8th grade band

6320 Concert Band

Elective Grades: 10 – 12
Full Year – 1 Credit

The course is more advanced than Freshman Band and is considered a training course for Wind Symphony. Students participate in several concerts and perform in solo and ensemble presentations at the District Music Festival. More advanced musical skills are developed including scales, intonation, and technique. Standard and contemporary band literature is emphasized. Students are evaluated on playing ability, performance in group rehearsals, and required performances. Freshmen are not eligible for this class unless they have written approval from the Helena High School band instructor.

6360 Symphonic Band

Elective Grades: 10 – 12
Full Year – 1 Credit

The course includes participation in Marching Band first quarter with concert literature the rest of the year. Students refine their musical skills, such as scales, intonation, technique, and interpretation and participate in several concerts and at District and State Music Festivals. Standard and contemporary band literature is emphasized. Students are evaluated on playing ability, performance in group rehearsals, and required performances. Instrumentation will be limited to the following: 8-flute/piccolo, 2-oboes, 2-bassoons, 12-clarinets, 4-bass clarinets, 4-alto sax, 2-tenor sax, 1-bari sax, 9-trumpets, 6-F horns, 9-trombones, 2-euphonium/baritone, 6-tuba, 6-percussion. Students can become members of this band ONLY by audition or invitation of the director.

Prerequisite: Freshman Band and instructor approval

6370 Jazz Band

Elective Grades: 9 – 12
Full Year – 1 Credit

The course focuses on the study of standard and contemporary jazz techniques and improvisation. In group rehearsals, students refine their musical skills such as intonation, jazz scales, and jazz interpretation. Jazz Band performs in several jazz and music festivals throughout the year. Evaluations are made of playing ability and attendance at rehearsals and at performances.

Prerequisite: Must be in Freshmen Band, Concert Band or Wind Symphony and audition (no exceptions); instructor approval.

6392 Percussion Ensemble

Elective Grades: 9 – 12
Full Year – 1 Credit

Percussion Ensemble is a class designed to develop musical performance and technique on various percussion instruments, including but not limited to snare drum, drum set, timpani, marimba and other mallet instruments, drumline, and percussion instruments from other cultures. The students will study and apply percussion performance concepts to several different styles of music, from classical to marching to music of native origin. The class is open for beginning and advanced students. All 9-12 band percussionists are required to take Percussion Ensemble as their primary band ensemble. Non-percussionists interested in learning a secondary instrument may take this class in addition to their traditional band class. Students will perform as part of the Percussion Ensemble and Drum Line as well as section percussionists in Freshman Band, Concert Band, and/or Symphonic Band, depending on age and ability.

6411 Orchestra Harmonia

Elective: 9 – 12
Full Year – 1 Credit

Orchestra Harmonia is open to all Freshman through Seniors with at least one year of previous orchestral experience; this class is geared toward Freshman. Orchestra Harmonia is a class where orchestral skills (including technique, posture, leadership, theory, and history) will be emphasized. Students are expected to practice regularly and to come to class prepared to play every day. Other opportunities for students to further their knowledge and basic skills will be achieved through regular concerts and a performance at District Music Festival. It is recommended that students have their own instrument for this class, but rental options are available through the school district. Selection of school instruments is limited and will be based on need. Cello and Bass players will be provided an instrument and bow to use during school rehearsals.

Prerequisite: At least one year of previous orchestral experience (middle school recommended)

6410 Orchestra Philharmonia

Elective: 10 – 12
Full Year – 1 Credit

Orchestra Philharmonia is open to all Sophomores through Seniors with at least two years of previous orchestral experience, one of those at the high school level; this class is geared toward Sophomores. Orchestra Philharmonia is a class where orchestral skills (including technique, posture, leadership, theory, and history) will be emphasized. Students are expected to practice regularly and to come to class prepared to play every day. Other opportunities for students to further their knowledge and basic skills will be achieved through regular concerts, a performance at District Music Festival, and participation in AA Music Festival. It is recommended that students have their own instrument for this class, but rental options are available through the school district. Selection of school instruments is limited and will be based on need. Cello and Bass players will be provided an instrument and bow to use during school rehearsals.

Prerequisite: Orchestra Harmonia or Instructor approval

6420 Orchestra Sinfonia

Elective: 11 – 12
Full Year – 1 Credit

Orchestra Sinfonia is open to Juniors and Seniors with at least one year of previous high school orchestra experience. Orchestra Sinfonia will perform at least four concerts, District Music Festival, and AA Festival. Orchestra Sinfonia will be playing very high levels of music; therefore, members will be expected to practice daily. It is recommended that students have their own instrument for this class, but rental options are available through the school district. Selection of school instruments is limited and will be based on need. Cello and Bass players will be provided an instrument and bow to use during school rehearsals.

Prerequisite: At least one year of previous high school orchestra (Orchestras Harmonia or Philharmonia) or instructor approval.

6391 Piano Class

Elective Grades: 9 – 12
Semester – .5 Credit

Class Piano is designed for students with little to no piano experience who have a desire to develop basic piano playing skills. Time in class will be spent both on and off the keyboards and will consist of training in basic music theory and piano skills. Students will be working individually and as a class to master the techniques of playing and to explore a variety of literature. Class piano provides a flexible learning environment which allows students to be self-paced in their practice and performance skills in order to meet course objectives.

6540 Philharmonic Choir

Elective Grades: 9 – 12
Full Year – 1 Credit

Philharmonic Choir is available to students of all grade levels and requires an audition in order to be accepted and enrolled in the class. This class focuses on vocal production/technique, music literacy, and performance. Students will study and perform music from a variety of genres, styles, and languages. Philharmonic performs four concerts a year. In addition, this choir participates in the District Music Festival.

6550 Starlighters

Elective Grades: 11 – 12
Full Year – 1 Credit

Starlighters is a mixed choir for students in grades 10-12 and requires an audition in order to be accepted and enrolled in this class. This class focuses on advanced vocal production/technique, music literacy, and performance. Students must have strong sight-singing skills, advanced vocal technique, and a positive attitude. Students will study and perform music from a variety of genres, styles, and languages. Starlighters performs six concerts a year and participates in several community, regional, and national events when the opportunity arises. In addition, this choir participates in the District Music Festival. An audition is required for all students who wish to enroll in Starlighters.

6580 Ambiance

Elective Grades: 10 – 12
Full Year – 1 Credit

Ambiance is a treble choir for students of all grade levels and requires an audition in order to be accepted and enrolled in this class. This class focuses on advanced vocal production/technique, music literacy, and performance. Students must have strong sight-singing skills, advanced vocal technique, and a positive attitude. Students will study and perform music from a variety of genres, styles, and languages. Ambiance performs six concerts a year and participates in several community, regional, and national events when the opportunity arises. In addition, this choir participates in the District Music Festival. An audition is required for all students who wish to enroll in Ambiance.

6700 Theater 1

Elective Grades: 9 – 12
Full Year – 1 Credit

Beginning Theater course offers a student an introduction to all areas found in the legitimate theater. Students will study theatrical basics, mime, acting, make-up, theater history, and technical theater. The emphasis is on hands-on learning, with an emphasis on performance and real-world theater production. Theater 1 students will be required to see Helena High Theater Productions throughout the year. The class has no prerequisite. Students are evaluated on class work, tests, scene work, and participation.

Theater 1 can be taken as a dual credit course for those students who are at least 16 years old. Students are responsible for enrollment paperwork, tuition and fees. Helena College THTR 101.

6710 Theater 2

Elective Grades: 10 – 12
Full Year – 1 Credit

Theater 2 expands on performing skills that were introduced in Theater 1. Students will work with acting technique, beginning directing technique, and if time permits, some script writing. In this class students will develop and maintain a resume, and a current repertoire of audition scenes. The emphasis of the class is on further developing self-awareness and projecting a character in all of the dimensions available to an actress/actor started in Theater 1. Students will be required to see all Helena High School theater performances. Students will inventory skills and work on basics of script writing and directing, laying a foundation for Theater 3 projects. The Theater 2 class will work with Theater 3 and 4 classes to produce showcase productions and plays outside of the class assigned by the instructor, dates will be set at the beginning of the school year. Students are graded on written work, scene work production, and participation. Theater 2 can be taken as dual credit for those students who are at least 16 years old. Students are responsible for the enrollment paperwork, tuition and fees. Helena College THTR 120.

Prerequisite: Theater 2, signature of instructor. Students must purchase their own makeup kit for use in Theater 2.

6720 Theater 3

Elective Grades: 11 – 12
Full Year – 1 Credit

Theater 3 is geared to students who show a high interest in the performing side of theater. Students in Theater 3 are those who have successfully completed Theater 2. Many of the Theater 3 students are contemplating theater as a possible career, or path of study at the University level. Class work includes scene work, improvisation, refining performing skills, advanced script writing, academic and practical study of theatrical genres and styles. Students will exit the class with two contrasting audition scenes, and a resume for college level auditions. Students will be helping to produce workshops and productions outside of class. Students are graded on written projects, scene work, directing work, and participation in class. Prerequisite: Theater 2 and instructor signature. Students must purchase their own makeup kit for use in Theater 3.

6730 Technical Theater- Stagecraft

Elective Grades: 9 – 12
Full Year – 1 Credit

Technical theater offers students interested in the “Back stage men and women in Black” area of theater production. Students will learn production techniques common to stage, film, television and related performance areas. The class offers instruction in the fundamentals of stage carpentry, production, lighting, sound and sets. The technical theater class constructs, lights and produces all aspects of Helen High productions, and offers technical support to theatrical events in other schools and the community. Students will be required to have hearing protection, a nail apron and vision protection. Students will be graded on projects, class participation and tests and quizzes over area content. This class can be offered for Vo Ed Credit.

6731 Technical Theater- Production

Elective Grades: 10 – 12
Full Year – 1 Credit

Technical Theater – Technical Production is the advanced technical theater course and meets at this time in *conjunction with Technical theater - stagecraft. It requires the successful completion of Technical Theater – Stagecraft, and the signature of the instructor.* All students in Technical Production will be assigned technical duties for productions at Helena high and will be required to work hours outside of the normal class time applying and expanding knowledge from stagecraft. Portfolio, resume, and job completion are required for the student to get a grade in the class. Each assignment per semester can and most likely will change and will require the student to act as a member of the production team as assigned. Students will be required to be at performances and rehearsals out of class time and during weekends near the production. The course can be repeated for credit and will require the student to expand their knowledge in the areas chosen or assigned.

Prerequisite: Technical Theater 6730 and instructor signature.

Career & Technical Education Industrial Technology

A minimum of 1.0 VOC credit is required.

Not all students plan to go to a four-year college, but most jobs require some training after high school. The CTE department offers Montana Career Pathways which develop the skills and knowledge required for a specific career. Careers like Construction, Welding, Automotive, Drafting, Computer Programming, Graphic Design, Marketing, Hospitality Services, Entrepreneurship, and Business are covered under these pathways. At the high school level, students will gain the basic skills and knowledge related to a career choice. Counselors are ready to help students develop a four-year plan of study and placement after high school.

HHS INDUSTRIAL TECHNOLOGY COURSES RECOMMENDED SEQUENCE OF COURSES

	Welding	Drafting	Carpentry/Building Trades	Auto
Grade 9	Welding 1	Fundamental Drafting	Fundamental Woodworking & Design	
Grade 10	Welding 1 Welding 2	Fundamental Drafting Computer Aid Drafting	Fundamental Woodworking & Design Intermediate Carpentry & Cabinet Making	Auto Tech 1
Grade 11	Welding 1 Welding 2 Welding 3 Welding/Manufacturing Work Co-Op	Fundamental Drafting Computer Aid Drafting 3D Printing & Mechanical Design	Fundamental Woodworking & Design Intermediate Carpentry & Cabinet Making Advanced Carpentry & Cabinet Making	Auto Tech 1 Auto Tech 2
Grade 12	Welding 1 Welding 2 Welding 3 Welding 4 Welding/Manufacturing Work Co-Op	Fundamental Drafting Computer Aid Drafting 3D Printing & Mechanical Design Architectural House Design	Fundamental Woodworking & Design Intermediate Carpentry & Cabinet Making Advanced Carpentry & Cabinet Making	Auto Tech 1 Auto Tech 2 Auto Tech 3

7141 Fundamental Drafting (Year 1) **Dual Credit – 3 credits**

Elective Grades: 9 – 12
Full Year – 1 Credit

This course studies basic drafting skills. Students will complete drafting projects developing skills in Geometric Construction, Lettering, Three-View Projection and Dimensioning. Those desiring to develop basic drafting skills and who have any interest in engineering or architecture are encouraged to participate. This course is a prerequisite to all course offerings in the Drafting area. The class is lab oriented, individualized instruction, and self-paced. Personal initiative is required for success in this class. Course material may be reviewed on the school website, the drafting page.

7150 Computer Aid Drafting (AutoCAD) (Year 2) **Dual Credit – 3 credits**

Elective Grades: 10 – 12
Full Year – 1 Credit

This course teaches students the basic Computer Aid CAD (AutoCAD) skills. Throughout this curriculum students will learn advanced drafting skills including Sections, Auxiliary View, and Working Drawings. This course is a prerequisite to 3D Printing & Mechanical Design and Architectural House Design. Those considering a career in Engineering or Architectural will develop advanced drafting skills that will enhance their college experience. The class is lab oriented, individualized instruction, and self-paced. Personal initiative is required for success in this class. Course material may be reviewed on the school website, the drafting page.

Prerequisite: Fundamental Drafting

7161 3D Printing and Mechanical Design (Year 3 or 4) **Dual Credit – 3 Credits**

Elective Grades: 11 – 12
Full Year – 1 Credit

This course teaches students basic and advanced 3D rendering/modeling within a Autodesk Inventor software. Students will learn the five stages of the design process. Reverse engineering varies projects and 3D print throughout the curriculum. Students will publish varies online models they have designed and learn to work collaboratively with other students from around the State of Montana, on collaborative projects. Those considering a career in Engineering will

develop important skills that will enhance their college experience. The class is lab oriented, individualized instruction, and self-paced. Personal initiative is required for success in this class. Course material may be reviewed on the school website, the drafting page.

Prerequisite: Computer Aid Drafting (AutoCAD)

**7162 Architectural House Design (Year 3 or 4)
Dual Credit – 3 Credits**

**Elective Grades: 11 – 12
Full Year – 1 Credit**

This course studies design techniques used in residential construction, while learning BIM (Building Information Modeling) Autodesk Revit Software. Students will develop a complete set of house plans using standards of planning and construction. Consideration will be given to floor plans, elevation, plot plans, wall sections, and cost of construction. Students considering a career in Architecture will benefit from this class. The class is lab oriented, individualized instruction, and self-paced. Personal initiative is required for success in this class. Course material may be reviewed on the school website, the drafting page.

Prerequisite: Computer Aid Drafting (AutoCAD)

7100 Fundamental Woodworking and Design

**Elective Grades: 9 – 12
Full Year – 1 Credit**

Through demonstrations, lectures and shop experience with wood-working tools, machines, and materials, students become experienced with basic aspects of shop safety, tool use, measuring, drafting plans, and other related materials/activities. Grades are based on craftsmanship, work habits, effort, assignments, tests, and attitude. Students' materials for the basic projects are provided. Students furnish their own materials for their final/personal project.

7170 Intermediate Carpentry and Cabinet Making

**Elective Grades: 10 – 12
Full Year – 2 Credits**

Intermediate Carpentry & Cabinet Making is a 2-period class that prepares students for a career in construction and develops lifelong skills. Students will learn safety, terminology, construction math, hand and power tools used by carpenters, and an overall orientation to the construction trade. Skills will be introduced and reinforced through the design and construction of a model. Lectures and bookwork will cover all aspects of home construction from footings to finish. Upon completion of the model house, students will design and build cabinetry to include door and drawer construction. Demonstrations and safety tests will be given on each machine used. Grades are based upon craftsmanship, techniques, safety, and efficient use of time. Students furnish materials for final/personal projects.

Fundamental Woodworking or Equivalent recommended

7180 Advanced Carpentry and Cabinet Making

**Elective Grades: 11 – 12
Full Year – 2 Credits**

Advanced Carpentry and Cabinet Making is a 2-period class that continues and refines the skills learned in the intermediate class to produce larger, more complex projects. Learning will be achieved through individual projects and independent working. Emphasis will be placed upon Finish Carpentry. Job opportunities and apprenticeships will be available to advanced students through jobsite visits and introductions to community business partnerships. Students furnish materials for personal projects.

Prerequisite: Intermediate Carpentry and Cabinet Making with a minimum “C” grade and instructor approval.

7205 Auto Tech 1

**Elective Grades: 10 – 12
Semester – .5 Credit**

Automotive Technology I is a one-semester course. This is a good class for everyone to take; if you are going to drive a vehicle you should know something about it! And- it's a fun class. At the beginning of the semester students will learn shop safety procedures with a large emphasis on vehicle lifting. After a brief section on tools, we will move into vehicle systems. Students will learn in depth the operation and diagnosis of engine mechanical, fuel, ignition, cooling and lubrication systems. Towards the end of the semester students will learn basic vehicle maintenance including tire service. The method of instruction is a combination of lecture and demonstration, but I work hard to provide as many structured shop activities as possible to provide for a competency-based learning environment. This course is the first of

a three-year automotive program. Sophomores are strongly encouraged to take this class so they will have the opportunity to complete all three automotive courses.

7206 Auto Tech 2

Elective Grades: 11 – 12
Full Year – 2 Credit

Automotive Technology II is a two-period, year-long course that will instruct students in shop safety procedures, small engines, electrical systems, brakes, and drivetrain systems. Students will also learn workplace skills to help prepare them for an entry-level position or further training in the automotive industry. The method of instruction will be a combination of lecture and demonstration, to be followed by student practice to provide for a competency-based learning environment. This course is the second of a three-year automotive program.

Prerequisite: Auto Tech 1 with a minimum “C” grade and instructor approval.

7207 Auto Tech 3

Elective Grade: 12
Full Year – 2 Credits

Automotive Technology III is a two-period year-long course that will instruct students in shop safety procedures, steering and suspension, careers, engine performance and HVAC systems as well as review what has been learned in previous classes. Students will learn workplace skills to help prepare them for an entry level position or further training in the automotive industry. The method of instruction will be a combination of lecture and demonstration, to be followed by student practice to provide for a competency-based learning environment. Students are allotted a large amount of time in the shop; they are to use this time efficiently to achieve various repairs and competencies, and a large portion of their grade will be based off flat rate. This course is the final course of a three-year automotive program and is open to Seniors only.

Prerequisite: Auto Tech 2 with a minimum “C” grade and instructor approval.

7230 Welding 1

Elective Grades: 9 – 12
Full Year – 1 Credit

Are you looking for an exciting and fun class that could lead to employment? This one-hour per day class is designed to give you the fundamental knowledge of SMAW(Arc), OFW(Gas) welding, GMAW (MIG) welding, OFC cutting and Plasma cutting along with related subjects and hands on learning. Students will apply the concepts they learned for one project in the second semester. Students will be required to pay for the materials for their personal project. Students must supply their own protective clothing (coveralls, gloves, safety glasses, leather boots, tape measure, pliers and 3 ring binder). See your instructor for information about buying approved safety glasses at a reasonable cost.

7240 Welding 2 **WLDG107 Dual Credit (2 Credits)**

Elective Grades: 10 – 12
Full Year – 2 Credits

Do you like designing and building your own projects using advanced types of welding equipment and technology? Welding II can give you these opportunities, along with the skills to enter the work force and obtain lifelong skills. In this advanced course students will develop skills in out-of-position welding of SMAW, GMAW and GTAW welding. Students will practice on weld coupons until they reach a high enough level of proficiency to consistently produce quality welds. Students will design and draft project plans, develop bill of materials for projects, welding project fabrication, recognize, recall, and recite welding symbols for blueprint reading along with related subjects. Students will have a chance to become American Welding Society certified in welding in the spring. The student will have to pay for the certification on their own. Students must pay for the materials for all personal projects while in class. Students must supply their own protective clothing (coveralls, gloves, safety glasses, leather boots, pliers, tape measure, and MIG pliers). See your instructor for information about buying approved safety glasses at a reasonable cost.

This course can be used to earn dual credit with Helena College OR MSU Northern for 2 credits. Students will need to check with the college they would like to attend in Montana to make sure the credit will transfer from Helena College or MSU Northern to the college of their choice in Montana. Talk to your instructor for more information.

Prerequisite: Completion of Welding 1 with a minimum of “C” grade and written permission from instructor.

7250 Welding 3
WLDG107 Dual Credit (2 Credits)

Elective Grades: 11 – 12
Full Year – 2 Credits

This is an advanced course that will further your welding knowledge. It is primarily a lab-based, project-oriented class designed for employment readiness. The class is designed to prepare the student for post-secondary education or employment. The focus of this course will be to strengthen and advance student welding and engineering skills as they apply to personal metal manufacturing projects, careers, and related industrial certifications. All costs of projects will be assumed by the student. Students will focus on the fabrication of advanced welding projects, strengthening plan and print reading skills, small business mass production project and training for AWS welding certifications with Helena College.

Students must supply their own protective clothing (coveralls, gloves, safety glasses, leather boots, pliers, tape measure and MIG pliers). See your instructor for information about buying approved safety glasses at a reasonable cost. This course can be used to earn dual credit with Helena College for 2 credits OR MSU Northern for 4 credits. Students will need to check with the college they would like to attend in Montana to make sure the credit will transfer from

Helena College or MSU Northern to the college of their choice in Montana. Talk to your instructor for more information.

Prerequisite: Completion of Welding 2 AND instructor's written consent.

7258 Welding 4
WLDG107 Dual Credit (2 Credits)

Elective Grade: 12
Full Year – 2 Credits

This is an advanced course that will further your welding knowledge. It is a lab-based, project-oriented class designed for employment readiness. The class is designed to prepare the student for post-secondary education or employment. The focus of this course will be to strengthen and advance student welding and engineering skills as they apply to personal metal manufacturing projects, careers, and related industrial certifications. All costs of projects will be assumed by the student. Students will focus on writing skills and building a portfolio for employment or post-secondary education. Students will train for AWS welding certifications in conjunction with Helena College. Students must supply their own protective clothing (coveralls, gloves, safety glasses, leather boots, pliers, tape measure and MIG pliers). See your instructor for information about buying approved safety glasses at a reasonable cost.

This course can be used to earn dual credit with Helena College for 2 credits OR MSU Northern for 4 credits. Students will need to check with the college they would like to attend in Montana to make sure the credit will transfer from Helena College or MSU Northern to the college of their choice in Montana. Talk to your instructor for more information.

Prerequisite: Completion of Welding III AND instructor's written consent.

7251 Welding/Manufacturing Work Co-Op

Elective Grades: 11 – 12
Full Year – 1 Credit

Cooperative welding/manufacturing education is a program in which welding students who, through a cooperative arrangement between the school and employers, receive classroom instruction and related on-the-job training in a welding occupation. Students enrolled in Welding II classes are eligible to apply for Welding/Manufacturing Working Co-op Experience. Students accepted for this program will be released from school for one class period each day upon availability of employment and will work in a Helena-area business for at least minimum wage. School credit and grade reflect the number of hours worked and the quality of performance on the job. Students must maintain acceptable classroom grades to remain eligible for release time and credit. Students furnish transportation and must be 17 years old to participate.

Prerequisite: Completion of Welding 2 or Welding 3 with a minimum of "C" AND instructor's written consent

All items can be bought locally. American Welding and Gas and General Distributing give a student discount. Rock Hand, Power Townsend, Murdoch's, Lowe's, and Home Depot. If you have any questions or cannot afford an item, please contact Cindy Galbavy 324-2180 or cgalbavy@helenaschools.org

Welding Supplies for Welding Students

Gloves- they need to have welding gloves and look something like following picture.



Safety Glasses- that are Z87 approved. The first pair is for a student that doesn't wear glasses. The second pair is for students that wear glasses.



This pair fits over glasses.



You can also purchase if you want but I provide welding goggles: Shade 5 glasses

Pliers – They need one pair of following pliers. Please buy cheap pliers.



Boots – They need a pair of leather boots. You can purchase used ones at any thrift store. Here are examples of the boots.



Coveralls 100% cotton or old pair of jeans 100% cotton. Jeans cannot have any frays on them.

or

These coveralls are about \$45.00 or more at Murdoch's, or an old pair of jeans (100% cotton) and this coat is a must and I believe they run around \$30.00 at American Welding & Gas and General Distributing.



Measuring Tape 25'-



Hat – an old hat that is cotton or you can buy a welding cap.



Welpers or MIG Pliers-



9351/9352 Health Careers Explorations

Elective Grades: 11 – 12 Full Year – 2 Credits

The Health Career Exploration Class is a two-hour class (1 credit per semester) designed to provide high school students with the opportunity to develop the skills and knowledge for health occupations. The class is two semesters and is offered as an elective class or for vocational credit to juniors and seniors. The class emphasizes training in medical terminology, basic health care skills, basic human anatomy, safety practices and ethics. Instruction is delivered through the classroom, laboratory, practicum, and job shadowing settings. After successful completion of this class the students will be eligible to obtain a Certified Nursing Assistant certification, and students will find options for employment or further education in health care professions.

Prerequisite: Passing grades in two (2) years of math and (2) years of science as well as successfully completing the application process available from the counseling department.

PROJECT LEAD THE Way® BIOMEDICAL SCIENCES

Project Lead The Way® Biomedical Sciences program is a high school program designed for students interested in Health Science careers. The program is divided into four sections, each section building upon the previous. This dynamic program uses hands-on, real-world problems to engage and challenge students. Students interested in math, science, and the human body will find the PLTW Biomedical Sciences program a great introduction to the numerous medical fields. It will also teach them how the skills they learn are used in the biomedical sciences.

The Biomedical Sciences program is integrated into the high school curriculum. It is designed to augment the high school science and math college preparatory programs to establish a solid background in biomedical science. Courses count for either Career and Technical Education or elective credit.

7610 Principles of Biomedical Science (Biomed 1) Elective Grades: 9 – 12 Full Year – 1 Credit

In this course, students explore concepts of biology and medicine as they take on roles of different medical professionals to solve real-world problems. Over the course of the year, students are challenged in various scenarios including investigating a crime scene to solve a mystery, diagnosing, and proposing treatment to patients in a family medical practice, tracking down and containing a medical outbreak at a local hospital, stabilizing a patient during an emergency, and collaborating with others to design solutions to local and global medical problems.

7620 Human Body Systems (Biomed 2) Elective Grades: 10 – 11 Full Year – 1 Credit

Students examine the interactions of body systems as they explore identity, communication, power, movement, protection, and homeostasis. Students design experiments, investigate the structures and functions of the human body, and use data acquisition software to monitor body functions such as muscle movement, reflex and voluntary action, and respiration. Exploring science in action, students build organs and tissues on a skeletal manikin, work through interesting real-world cases and often play the role of biomedical professionals to solve medical mysteries.

Suggested prerequisite: 7610 Biomed 1 or Biomed teacher approval.

7630 Medical Interventions (Biomed 3) Elective Grades: 11 – 12 Full Year – 1 Credit

Students investigate the variety of interventions involved in the prevention, diagnosis, and treatment of disease as they follow the lives of a fictitious family. The course is a “How-To” manual for maintaining overall health and homeostasis in the body as students explore: how to prevent and fight infection; how to screen and evaluate the code in human DNA; how to prevent, diagnose and treat cancer; and how to prevail when the organs of the body begin to fail. Through these scenarios, students are exposed to the wide range of interventions related to immunology, surgery, genetics, pharmacology, medical devices, and diagnostics. Lifestyle choices and preventive measures are emphasized throughout the course as well as the important roles scientific thinking and engineering design play in the development of interventions of the future.

Suggested prerequisite: 7620 Biomed 2 or Biomed teacher approval.

7640 Biomedical Innovations (BioMed 4) Elective Grades: 12 Full Year – 1 Credit

Students in Biomedical Innovations (Biomed 4) will be challenged with project-based learning by conducting independent research, designing an innovation, exploring environmental health, applying real-world experience for improving emergency medicine and completing an independent project in an area of interest. This course is designed to provide students time to immerse themselves in solving real-world problems. Students will present their work to the community at the end of the year. This course is designed for 12th grade students that want to further their knowledge in biomedicine and improve their research skills.

Suggested prerequisite: Either 7630-Medical Interventions or three science classes (or concurrently enrolled in the 3rd science class).

BUSINESS INFORMATION TECHNOLOGY, MARKETING AND COMPUTER SCIENCE EDUCATION

The ability to use computers to perform everyday tasks is one of the most important skills for the 21st Century. Business-related skills permeate every aspect of our lives, regardless of our chosen career field. These skills will also carry over into all other high school curriculum.

In today's technological world, business skills give the extra edge when competing for jobs whether in Montana, the United States, or the world. The Business Information Technology program at Helena High helps to prepare students by placing emphasis on the development of each student's ability and potential. Work ethics are learned through everyday class procedures. A cooperative work experience is available to upper-level students; membership in Business Professionals of America, a co-curricular student organization, is an option.

Marketing Education is a process composed of activities designed to create exchanges that satisfy individual and organizational objectives. The Marketing Ed, Sports and Entertainment Management, Small Business Management and SBM II courses are designed around national standards for Marketing Management, Entrepreneurship, and Business Administration. All of these courses are designed to help deliver a good or service to users/consumers, change behaviors, or influence ideas. Career opportunities in marketing can be found in all types and sizes of business. In the 21st century, economic survival in nearly any business setting or profession will depend on the ability to understand and execute business skills such as marketing. Marketing Education provides those skills.

Business and Marketing Education Course Offerings

Freshmen Year	Sophomore Year	Junior Year	Senior Year
7330 Career Planning	7310 Personal Finance	7310 Personal Finance	7310 Personal Finance
7331 Law and Justice	7330 Career Planning	7330 Career Planning	7330 Career Planning
7398 Bengal Computer Apps	7340 Law and Justice	7340 Law and Justice	7340 Law and Justice
7400 Marketing I	7370 Accounting I	7370 Accounting I	7370 Accounting I
	7398 Bengal Computer Apps	7380 Business Co-Op	7380 Business Co-Op
	7400 Marketing I	7398 Bengal Computer Apps	7398 Bengal Computer Apps
		7400 Marketing I	7400 Marketing I

7310 Personal Finance

Elective Grades: 10 – 12
Full Year – 1 Credit

Personal Finance uses an experiential and simulation environment to provide students hands-on personal finance skills for life that includes investing, savings, credit management, career planning, college funding, retirement planning, employment related forms, employment benefits, filing taxes, time management, banking, check writing and account management, renting and home ownership, automobile financing, insurance and more.

7331 Career Planning

Elective Grades: 9 – 12
Semester – .5 Credit

Career Planning is a semester class that uses a variety of technology and keyboarding tools to help students determine career possibilities and identify educational requirements for those careers, create letterheads, resumes and cover letters, as well as guide students through the job search process, interview process and career development process.

7340 Law and Justice

Elective Grades: 9 – 12
Semester – .5 Credit

This class provides a wide exposure to the legal rights and responsibilities of people in many circumstances, Law and Justice covers a broad base of everyday legal activities in which an individual is likely to become involved. Topics include criminal and civil law, contracts, consumer protection, and personal property. Guest speakers from Helena's legal community enhance the content of the class. Students will participate in a mock trial experience, putting court procedures into practice.

7370 Accounting 1**ACTG101 Dual Credit Helena College (3 Credits)****Elective Grades: 10 – 12****Full Year – 1 Credit**

Accounting is the language of the business world. Accounting will help students understand the financial activities of a business and will better prepare them to prepare business financial records. Students will learn the basic principles of the accounting cycle from analyzing and recording everyday transactions to preparing and interpreting financial statements and supporting data. Activities from both a service and merchandising business will be emphasized. Payroll deductions and related payroll taxes are also covered. Students will utilize the manual accounting method.

This class may be taken for UM-Helena college credit and Helena High credit. Students wishing to pursue Accounting 2 can do so as an Independent Study, based on instructor approval.

7380 Business Co-Op Work Experience**Elective Grades: 11 – 12****Full Year – 1 Credit**

Cooperative business education is a program in which business students who, through a cooperative arrangement between the school and employers, students receive classroom instruction and related on-the-job training in a business occupation. Students accepted for this program will be released from school for one class period each day upon availability of employment and will work in a Helena-area business for at least minimum wage. School credit and grade reflect the number of hours worked and the quality of performance on the job. Students must maintain acceptable classroom grades in order to remain eligible for release time and credit. Students furnish transportation and must be 16 years old to participate. **Students in all business classes qualify.**

Prerequisite: Instructor approval and signature

BENGAL BUSINESS – COMPUTER APPLICATIONS
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Bengal Business – Computer Applications requires students to behave as would be required in a real-world situation. Students clock-in at the beginning of each period and their success is determined by completion of class modules, which are completed at their own pace.

7398 Microsoft Office Excel**Elective Grades: 10 – 12****Semester – .5 Credit**

Skills covered in this course are the skills needed to get the most out of Excel by earning the Microsoft Office Specialist: Excel Associate certification. This certification demonstrates competency in the fundamentals of creating and managing worksheets and workbooks, creating cells and ranges, creating tables, applying formulas and functions, and creating charts and objects.

MARKETING EDUCATION

Marketing Education prepares students in the area of marketing, business and communications. Strategies of these classes will strengthen students' knowledge in entrepreneurship, management, product planning and development, advertising, and promotion.

The program primarily uses the “hands-on” approach to learning including actual product development and operation of the Helena High School store, the *Catty Shack*. Job Co-Op is another actual work experience option available to students enrolled in Marketing 1 or, Small Business Management. In addition, students are eligible to take advantage of DECA membership allowing for participation in community service projects, event planning, competition, and travel!

7400 Marketing 1**Elective Grades: 9 – 12****Full Year – 1 Credit**

Marketing 1 is intended for those who want to learn business operations and develop basic employment skills. If you want to continue your education in business administration, management, marketing, advertising, public relations or simply choose to enter the business world, give this course serious thought. You will receive experience in business communications, sports and entertainment marketing, product development, business planning, advertising-including social and digital media marketing, sales, and customer service. This class also allows for opportunities in DECA which

plans and implements Night to Shine and options to compete at state and national levels in marketing and business entrepreneurship. Vocational or elective credit can be applied to this class.

7411 Small Business Management Year 1/Catty Shack Elective Grades: 10 – 12
Small Business Management Year 2/Catty Shack 1 Credit per Year
Dual Credit (3 Credits) – University of Iowa

Small Business Management 1 & 2 (SBM) is an advanced course in business ownership, management and marketing. You will study entrepreneurship topics covering merchandising and display, financing, advertising layout and design, and additional aspects of creating a business plan. This class primarily revolves around operating the Helena High School store, the Catty Shack. The Catty Shack is a retail-training laboratory which provides opportunity for development of skills and knowledge through “hands-on” experience in purchasing, selling, pricing, promotion, product and service planning, customer service, individual and group critical thinking and decision-making skills.

Vocational or elective credit can be applied to this class.

Prerequisite: Small Business 1 for Small Business 2

COMPUTER SCIENCE

7309 Robotics

Elective Grade: 9 – 12
Full Year – 1 Credit

Robotics will offer students the opportunity to design, build, and program a variety of robots as they apply the fundamentals of science, math, and technology. Students will learn and apply coding, inverse kinematics, electronics, and principles of engineering during construction and testing. This course does not replace the traditional math and science courses needed to pursue a degree in engineering but instead supplements the experience so students will appreciate the connection between robotics and engineering. Students should have a high interest in robotics.

Prerequisites: Algebra I (B or higher) and keyboarding skills. Recommended prerequisite: Geometry (B or higher)

7312 Computer Science Principles (AP Option)

Elective Grades: 9 – 12
Full Year – 1 Credit

Computer Science Principles is an introductory course into computer systems, data, the internet, cybersecurity, and programming. NO background coding knowledge is needed. We will explore many aspects of programming, including functions, lists, loops, traversals, parameters, returns, and libraries. This course uses the programming language JavaScript in App Lab as our programming environments, so students will be coding fun and helpful apps that can be downloaded onto their phones. The AP test consists of a multiple-choice section as well as a create task, to which we will devote at least 10 hours of class time, where students will have flexibility and freedom to create their own exciting program. After the AP test, we will have an opportunity to explore other interesting topics in computer science.

7314 Computer Science A (AP Option)

Elective Grades: 10 – 12
Full Year – 1 Credit

CSA is a second-year course for students who have completed Computer Science Principles and would like to further explore topics in coding and computer science. We will be coding using Java as our programming language, still in code.org. Java is an object-oriented programming language that will allow us to explore many exciting topics and projects throughout the year, including processing strings and arrays, writing complex conditional statements, using sorting algorithms, and developing classes. Join this class for opportunities to showcase your computer science creativity.

Prerequisite: Completion of Computer Science Principles or completion of Algebra II.

FAMILY AND CONSUMER SCIENCE – CULINARY ARTS

CTE Industries / Pathway: Hospitality & Tourism

Dual Credit Option: Missoula College, Course 105 Safety and Sanitation

Certification Option: *ProStart* – National Restaurant Association

The Culinary Pathway includes a sequence of four courses leading to a career in the Hospitality and Tourism industry. Intro to Culinary Arts is open to 9-12 as a semester class for developing personal cooking and nutrition skills. Students in **Culinary I, II and III** utilize the National Restaurant Association curriculum *ProStart*. Culinary I and II develop the

students' skills in culinary arts and expose the students to the world of professional cooking. Students have opportunities to work with industry partners in outside catering and events. Culinary III is the capstone experience for the culinary student, offering the opportunity for dual credit from Missoula College in Safety and Sanitation, externships with local chefs and state and national competitions.

Culinary I, II and III are 2-hour block classes for students (10-12 grade) who have successfully passed **Intro to Culinary** or can pass the class final exam with work experience knowledge. Application details are available from the counseling center.

7520 Intro to Culinary Arts and Nutrition

**Elective Grades: 9 – 12
Semester – .5 Credit**

The first course of the series is **Intro to Culinary Arts** is open to all students, one semester. The course is designed to introduce basic nutrition and cooking skills for individual and family cooking. The course is based on a whole foods approach with an emphasis on sustainability, local, and fresh foods, safety and sanitation, nutrition basics, the relationship between disease and diet and food culture in American life.

7531 Culinary I

**Elective Grades: 10 – 12
Semester – 1 Credit**

Culinary I is an exciting and innovative hospitality/culinary arts education designed specifically for students interested in a career in the food and hospitality industry. The course is based on the National Restaurant Association program, *ProStart*, which provides classroom training in all aspects of culinary careers including job seeking skills, management, nutrition and food preparation skills. Two-hour block class, signature of instructor required with application. Application available in Rm 50 or Counseling Office.

Prerequisite: Intro to Culinary Arts 7520 or signature of instructor with passing semester exam at 75% without class pre-requisite.

7541 Culinary II

**Elective Grades: 10 – 12
Semester – 1 Credit**

Culinary II continues the study of a professional career in hospitality /culinary arts. Catering for the school events will be part of the culinary arts curriculum. Two-hour block class, signature of instructor required with application. Application available in Rm 50 or Counseling Office.

Pre-Requisite: Culinary I (7531)

7540 Culinary III

**Elective Grades: 11 – 12
(Spring) Semester – 1 Credit**

Culinary III is the capstone experience for students who have successfully completed Intro, Culinary I and II. **Safety and Sanitation 105 – is integrated into the class for those who would like dual credit / manager certificate from ServSafe.** Students may be involved in a competition team, training with a chef mentor and work independently in externships/internships in the community. Application available in Rm 50 or Counseling Office.

Pre-Requisite: Culinary II (7541)

OTHER COURSE OFFERINGS

8115 HHS Internship

**Elective Grades: 11 – 12
Semester – .5 Credit**

This is a .5 elective credit opportunity where students spend 4 hours per week in a work setting at a job site that interests them. Students must apply for this unpaid internship, and enrollment is limited. An internship requires maturity and professional behavior and is limited to juniors and seniors. A resume, cover letter, and letter of recommendation are required; some job sites may also require an interview. In addition to those requirements, an applicant's counselor and administrator must approve the application. Not all placements are possible. Due to HIPAA regulations, many internships in medical and other health care settings are not possible. While not under HIPAA guidelines, internships in accounting and law are typically not available because of privacy/confidentiality rules. See Mrs. Strietzel for more information and an application.

1700 Student Leadership

Elective: 9 – 12
Full Year – 1 Credit

The Helena High School Student Leadership course is designed to develop servant leaders who positively influence their school and community through intentional action, reflection, and skill development. Students enrolled in this course are the Helena High School Student Council Executive Board and play an active role in shaping school culture. Students learn and practice leadership through structured lessons, real-world projects, and Student Council activities. The course emphasizes eight core skills: communication, teamwork, relationships, creativity, goal setting, time management, follow-through, and reflection. Students plan and lead major school events, complete independent leadership projects, participate in book studies, and engage in public speaking. Elected Student Council officers are required to be enrolled in the course. The remaining seats are for any student who wants to participate actively in Student Council.

8140 Library/Media/Technology

Elective: 10 – 12
Semester – .5 Credit

EARN CREDIT WHILE YOU WORK AND LEARN! This class will provide students with a working knowledge of libraries and library technology services. Students will learn what is required to keep the library and computer labs operational and organized. Students will be responsible for maintaining a section of print materials. They will also be expected to assist patrons and complete other tasks as assigned. Job skills such as punctuality, attendance, enthusiasm, and attention to detail are emphasized as well as professionalism and courtesy. This class is performance-based as is any job and can provide students with employment references.

Prerequisites: 1) Application 2) Limited Enrollment

8261 Native American Tutoring

Elective: 9 – 12
Full Year – 1 Credit

This class is offered for Native American Freshmen. Students will attend this class daily to learn study skills and receive tutoring to increase their academic success. They will also learn about the history and heritage of Montana Indian tribes and explore contemporary Native American issues. Please contact your student's school counselor or the IEFA Coordinator at the high schools for more information.

This class is offered for Native American Sophomores, Juniors and Seniors. Students will develop study skills and effective behaviors that support academic success. They will learn about cultures of Montana Indian Tribes and explore contemporary Native American issues. They will also learn basic counseling and academic mediation skills that will benefit them in the school setting, in the community and in their own personal growth. Students may qualify to mentor or tutor at the middle schools or elementary schools through the high school-based Native American to Native American mentoring program by maintaining a 2.0 or higher GPA and securing IEFA Coordinator approval. Students may enroll in this class more than one year with instructor approval. Please contact your student's school counselor or the IEFA Coordinator at the high schools for more information. *Native American students not enrolled in these classes, but who demonstrate a need or desire for tutoring or connecting with IEFA personnel to increase their academic success, should schedule a study hall as one of their class periods so that IEFA staff can work with them during the regular school day.*

Human Performance & Health

A minimum of 1.5 HP and .5 HE are required.

HUMAN PERFORMANCE AND HEALTH ENHANCEMENT REQUIREMENTS

A student must have 1.5 credits of Human Performance and 0.5 credits of Health Enhancement to graduate: Two (2) semesters of Freshmen Human Performance, one (1) semester of Sophomore Human Performance and one (1) semester of Health Enhancement. Junior and Senior students entering the Helena School District without the required Human Performance credits required to graduate, may select an elective to meet the graduation requirements. A student may only be enrolled in two Human Performance classes in the same semester. In Freshman and Sophomore classes, a pre and post physical assessment, the Fitnessgram, is required by the Helena School District.

Dress for Human Performance Class

To succeed in Human Performance, appropriate attire is necessary. Students are requested to wear a crew neck t-shirt with sleeves – t-shirt length covers the top of the shorts when arms are raised, shorts with sufficient length to cover the gluteal area or sweats, and tennis shoes that tie. Students' clothing must allow for safety and performance of movement and provide for modesty. **It is recommended that students wear the school colors of red, grey or white.**

Physical Education and Health Course Offerings

Grade 9	Grade 10	Grade 11	Grade 12
Required (pick one)	Required	No PE Requirements	No PE Requirements
Freshman HP Sports and Fitness Freshman HP Personal Wellness Freshman Weight Training	Sophomore H.P./Health Enhancement Sophomore Health Enhancement All Sophomores take either a semester of Soph PE/Health in opposite semesters or a full year of Sophomore Health Enhancement.	<p style="text-align: center;">PE Electives</p> Weight Training Athletic Training Lifetime Sports	<p style="text-align: center;">PE Electives</p> Weight Training Athletic Training Lifetime Sports

Freshman H.P.

**Required Grade: 9
Full Year – 1 Credit**

FRESHMAN HP CORE OPTIONS: Students must choose from the following year-long classes.

Freshmen will have three class options to satisfy their Freshmen Human Performance credit. The classes are co-ed and are designed to help students achieve and maintain a healthy level of physical fitness through fitness workouts and game play situations. All three class options will use the Fitnessgram twice a year for fitness testing and will do some type of conditioning activities at least twice a week, using heart rate monitors for at least one of those days. All students will be responsible for knowing the thirteen major muscle groups and an exercise that goes with each muscle, the FITT Principle and 5 Components of Fitness. All classes will participate in a dance unit twice during the year. Specific activities will be incorporated in each option to allow individual student success.

9100 Freshman HP Sports and Fitness Activities

Freshman Sports and Fitness Activities emphasize physical fitness improvement through participation in a variety of physical activities. Students learn how to achieve and maintain a healthy level of physical fitness through participation in fitness workouts and individual, dual and team sports. Students may be required to use heart rate monitors for their workouts.

9102 Freshman HP Personal Wellness

Freshman Personal Wellness emphasizes individual improvement in personal wellness. This class appeals to students who do not enjoy a traditional team sports environment. Students will learn how to achieve and maintain a healthy level of physical fitness by participating three days per week in a variety of individual and group fitness activities with a minimal amount of individual, dual and team activities. The primary focus of this class is improving personal wellness. Students will utilize heart rate monitors for their workout at least once per week.

9343 Freshman Weight Training

The emphasis of this class is to improve muscular strength/endurance, speed and agility through an athletic based workout program. Students will learn how to improve their health and skill related physical fitness. A minimal number of games are played in this class. Individual improvement is measured with the Fitnessgram, weight maxes, dot testing, and a variety of other assessment techniques. Students will utilize heart rate monitors for their workout once per week.

9200 Sophomore H.P.

**Required Grade: 10
Semester – .5 Credit**

The emphasis of this class is to expose students to lifetime activities along with a variety of individual and team activities. All students will complete five major units including archery, fishing, knots and rappelling, air rifles, and dance. Fitness is developed and assessed throughout the semester through a wide variety of planned activities (i.e. heart rate monitors, Fitness testing, and a variety of planned activities and workouts). Students will also participate in a number of individual, group and team games. Examples of games include: Ultimate Frisbee, speedball, softball, volleyball, cricket, basketball, badminton and pickleball. This course follows the same common expectations that are standard for all Helena High School HP courses.

Prerequisite: Freshman HP

9205 Sophomore Health Enhancement

**Elective: Grade 10
Full Year – 1 Credit**

The Sophomore Health Enhancement class combines Weight Training and Integrated Health, providing a well-rounded approach to physical and mental wellness. In the Weight Training portion, students will focus on building strength, improving fitness, and learning proper techniques for weightlifting. Alongside this, the Integrated Health component covers a variety of important health topics, including nutrition, sexual education, wellness, the effects of alcohol and drugs, and an introduction to anatomy and physiology. This class is designed to help students develop a balanced understanding of physical fitness and overall health, equipping them with the knowledge and skills to make informed decisions about their well-being.

Prerequisite: Freshman Weight Training

9210 Health Enhancement

**Required Grade: 10
Semester – .5 Credit**

Health Enhancement focuses on the mental/emotional, physical, and social well-being of students throughout the entirety of their lives. Emphasis is placed on the various aspects of healthy living in today's society. Written work, tests, and projects are used to evaluate students' understanding of current health issues and information.

9330 Athletic Training/First Aid

**Elective: 10 – 12
Full Year – 1 Credit**

Students will learn the basic principles of athletic training. These experiences will include anatomy, the basics of injury assessment and taping for injury prevention, as well as exploration of professional careers related to physical education and athletic training. The class will also teach the basic procedures for First Aid and offer an opportunity for certification in First Aid. Fee required.

Prerequisite: Students successfully passing Freshman H.P. and instructor signature.

9346/9347 Advanced Weight Training

**Elective: 10 – 12
Semester – .5 Credit**

Weight Training is a co-educational class open to all 10th-12th graders who have successfully passed Freshmen Human Performance. The course consists of flexibility work, running, plyometric conditioning, and agility drills, with the most emphasis on individual and group weight training programs.

Prerequisite: Successful completion of Freshman H.P.

9400 Lifetime Sports

Elective: 11 – 12
Full Year – 1 Credit

The emphasis of this class is to provide opportunities for students to explore a variety of recreational activities that can be enjoyed throughout their lifespan. Students will participate in different individual and team activities during this class. Examples include: Ultimate Frisbee, Field Games, Badminton, Pickleball, Shuffleboard, Basketball, Volleyball, Winter Survival, Fencing, Fly-tying, and Table Tennis. Students will also use a number of community facilities in order to receive the full recreational experience. Examples of community-based activities include: Disc Golf, Archery, Bowling, Skiing, Skating, Snow Shoeing, Cross Country skiing, Shooting Sports, Kayaking, Golf, Climbing, and Rafting. **Students are required to pay a \$150 fee to help cover the cost of using community and commercial facilities. There may be scholarships available to qualifying students.**

Prerequisite: Successful completion of Freshman and Sophomore H.P.

SPECIAL SERVICES

1601 Reading Lab

IEP: 9-12
Full Year- 1 Credit

Using the intensive Read 180 and System 44 programs, students engage in individualized, adaptive instruction focused on phonemic skills, vocabulary development, fluency, comprehension strategies, and writing. In addition to the Read 180 curriculum, students read and analyze supplemental fiction and nonfiction texts to build critical thinking skills and strengthen their ability to understand and respond to complex texts. The goal of this course is to help students gain the confidence and tools needed to become more independent, proficient readers across all content areas.

Prerequisite: Teacher approval

1800 Practical English 1

IEP: 9 – 12
Full Year – 1 Credit

This course is designed to teach students functional oral and written communication skills. For example, students will learn to write business letters, memos, fill out job applications, and give speeches for various situations. Students will also be instructed in reading and listening skills and learn how to write an introductory research paper. Small class size will allow for individualized instruction.

Prerequisite: Teacher approval and current IEP team recommendation.

1800 Practical English 2

IEP: 9 – 12
Full Year – 1 Credit

This course emphasizes writing, vocabulary development, and communication skills. A variety of literature is examined. Classroom methods include lectures, audiovisual materials, textbook reading, and discussions. Focus will be on writing about personal experiences through journaling to support communication skills, emotional growth and self-reflection.

2801 Practical World Cultures

IEP: 9 – 12
Full Year – 1 Credit

This course features the interrelationship of geography, history, and culture in the major regions of the world. This class also focuses special attention on how other regions of the world are similar to the community in which the student lives. The major goal of this course is for the student to appreciate the likeness and differences of all the people in the world. *This is based on a yearly rotation schedule.

Prerequisite: Teacher approval and current IEP recommendation.

2803 Practical American History
2804 Practical American Government

IEP: 9 – 12
Full Year – 1 Credit

This course is designed to explore the differences in government, the U.S. Constitution, division of power, how citizens influence government, how decisions are made at local, state, and federal levels. It will increase the students' understanding of geography, local/state history, and economics. *This is based on a yearly rotation schedule.

Prerequisite: Teacher approval and current IEP recommendation.

3801 Practical Math 1

IEP: 9 – 12
Full Year – 1 Credit

This course provides individualized instruction in functional math skills, including telling time, basic budgeting, measurement, and real-world problem solving, based on each student's unique learning needs. It is designed to teach students life-long mathematics skills, as well as basic math skills, allowing them to address the challenge of being on their own.

Prerequisite: Teacher approval and current IEP recommendation.

3801 Practical Math 2

IEP: 9 – 12
Full Year – 1 Credit

This differentiated mathematics course prepares students for Pre-Algebra by strengthening math fluency, building academic stamina, and supporting emotional regulation

Prerequisite: Teacher approval and current IEP recommendation.

4801 Practical Science 1

IEP: 9 – 12
Full Year – 1 Credit

This course is a functional approach program designed for students in 9 – 12 grades. Students will either participate in Earth Science or Biology depending on the year.

Prerequisite: Teacher approval and current IEP recommendation.

4801 Practical Science 2

IEP: 9 – 12
Full Year – 1 Credit

This course is a differentiated approach program designed for students in 9 – 12 grades. Students will either participate in Earth Science or Biology depending on the year while fostering emotional regulation skills and building educational stamina.

Prerequisite: Teacher approval and current IEP recommendation.

2015 Functional Life Skills

IEP: 9 – 12
Full Year – 1 Credit

This course is preparing for transition in a supported life skills setting, group setting or a vocationally supported environment. Skills are taught specific to student's short-term objectives that stem from the individual education plan. Skills may include daily life skills such as cooking, cleaning, money identification and usage, behavioral management, communication training, pre-vocational skill readiness, school-based jobs, community skills, work with grade level adapted materials. Some students may be placed with Administrative approval for an individual course of study specific to the needs of the IEP that are not able to be met for the student through other coursework.

Prerequisite: Teacher approval and current IEP team recommendation.

8422 Practical Social Skills

IEP: 9 – 12
Full Year – 1 Credit

Individual and interpersonal social skills are focused on, which include initiating a conversation, introductions, offering emotional support, being assertive, accepting responsibility, and more. The students acquire skills through discussion

and role-playing activities.

Prerequisite: Teacher approval and current IEP team recommendation

8411 Employability 1

Elective: 9 – 12
Full Year – 1 Credit

This employability course provides Pre-Employment Transition Services (Pre-ETS)-aligned instruction emphasizing school-based job experiences, workplace readiness skills, job exploration, and self-advocacy to support successful transition to post-secondary employment.

Prerequisite: Teacher approval and current IEP team recommendations

8412 Employability 2

Elective: 9-12
Full Year – 1 Credit

This employability course provides Pre-Employment Transition Services (Pre-ETS)-aligned instruction emphasizing school-based job experiences, workplace readiness skills, job exploration, resume and cover letter development, interview skills, and self-advocacy to support successful transition to post-secondary employment.

Prerequisite: Teacher approval and current IEP team recommendations

8806 Core Curriculum Lab

Elective: 9 – 12
Full Year – 1 Credit

This course provides students with an opportunity to learn and practice strategies related to study skills, organization, and time management while preparing students for the transition from high school to post-secondary education or employment. The personal strategies component of the course will teach students skills related to work completion, study strategies, and organization. The transitions portion of the course will emphasize application of effective organizational skills and study strategies and will teach students the skills necessary to be successful self-advocates. Students will bring assignments and study materials in order to apply and practice their skills towards work in core academic classes. This is a pass/fail elective course.

Prerequisite: Recommendation from IEP Team

Name: _____

Graduation Year: _____

Planning for Graduation: My Four-Year Plan

9 th Grade Freshman	10 th Grade Sophomore	11 th Grade Junior	12 th Grade Senior
English 1 credit	English 1 credit	English 1 credit	English 1 credit
World Cultures 1 credit		American History 1 credit	American Government 1 credit
Math 1 credit	Math 1 credit	Math 1 credit	(College Prep Math Requirement) __ credit
Earth Science 1 credit	Biology 1 credit	(College Prep Science Requirement) credit	credit
H.P. (P.E.) 1 credit	H.P./Health 1 credit	credit	credit
credit	credit	credit	credit
credit	credit	credit	credit
Total 9th Grade Credits: _____	Total 10th Grade Credits: _____	Total 11th Grade Credits _____	Total 12th Grade Credits: _____

ADDITIONAL CREDIT REQUIREMENTS

- 7 Credits of Electives
- 1 Credit or Fine Arts (Music, Art, Drama, Photography)
- 1 Credit of Voc Ed. (Welding, Culinary, Business, Marketing, etc.)
- 2 Consecutive Years of a World Language (for Out of State Admissions)

Your Total # of Credits: _____
23 Credits Needed to Graduate

Monday Early Release **Class Schedule**

Period 0.....7:32 – 8:15

Period 1.....8:20– 9:03

Period 2.....9:08 – 9:51

Announcements/Nutrition Break.....9:51 – 9:56

Period 3.....10:01 – 10:44

Period 4.....10:49 – 11:32

Lunch.....11:32 – 12:07

Period 5.....12:11 – 12:54

Period 6.....12:59 – 1:42

Period 7.....1:47 – 2:30

Tuesday – Friday Class Schedule

Period 0.....7:25 – 8:15

Period 1.....8:20 – 9:10

Period 2.....9:15 – 10:05

Announcements/Nutrition Break.....10:05 – 10:10

Period 3.....10:15 – 11:05

Period 4.....11:10 – 12:00

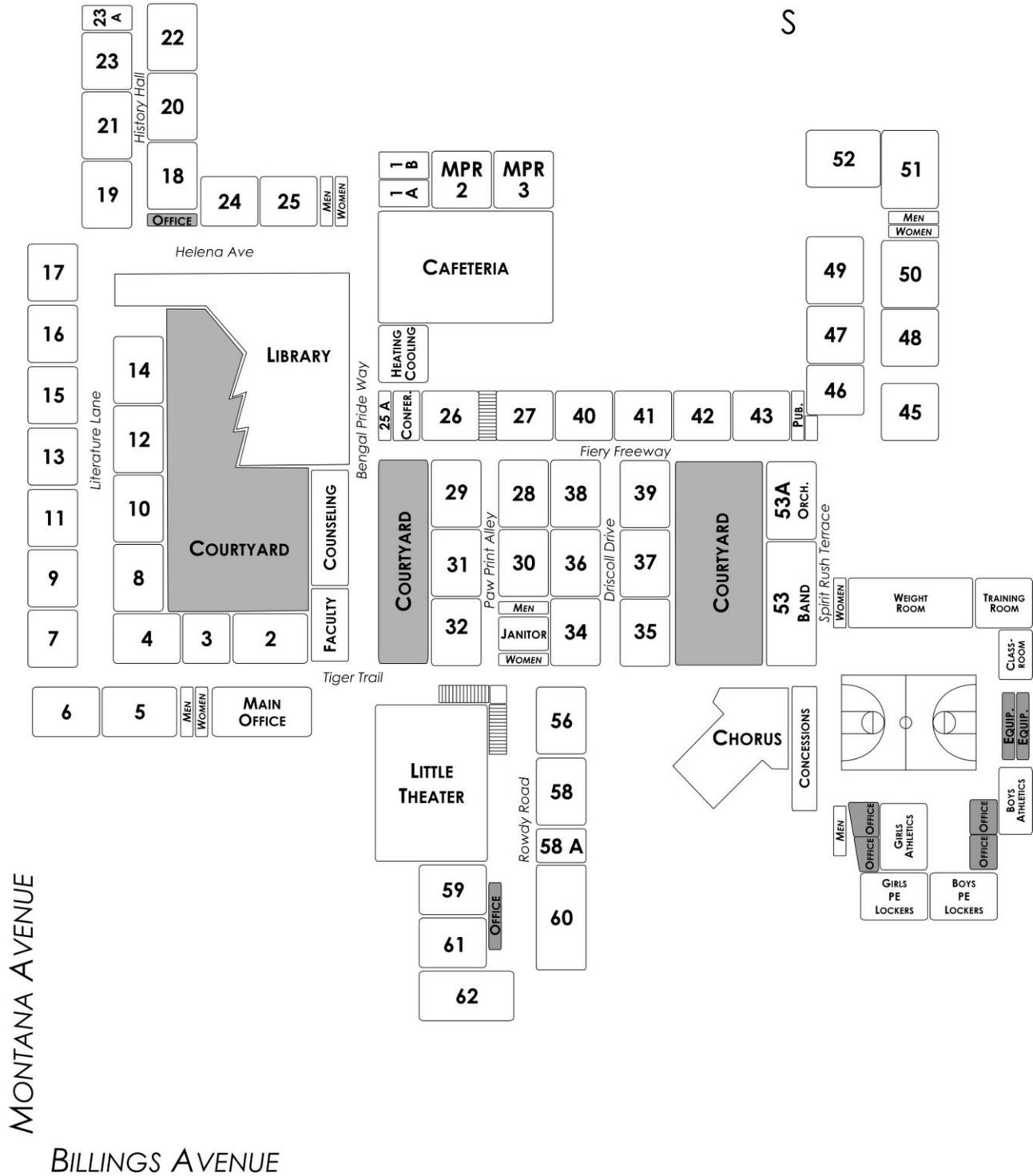
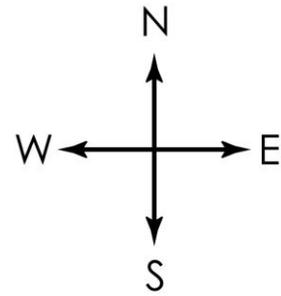
Lunch.....12:00 – 12:30

Period 5.....12:35 – 1:25

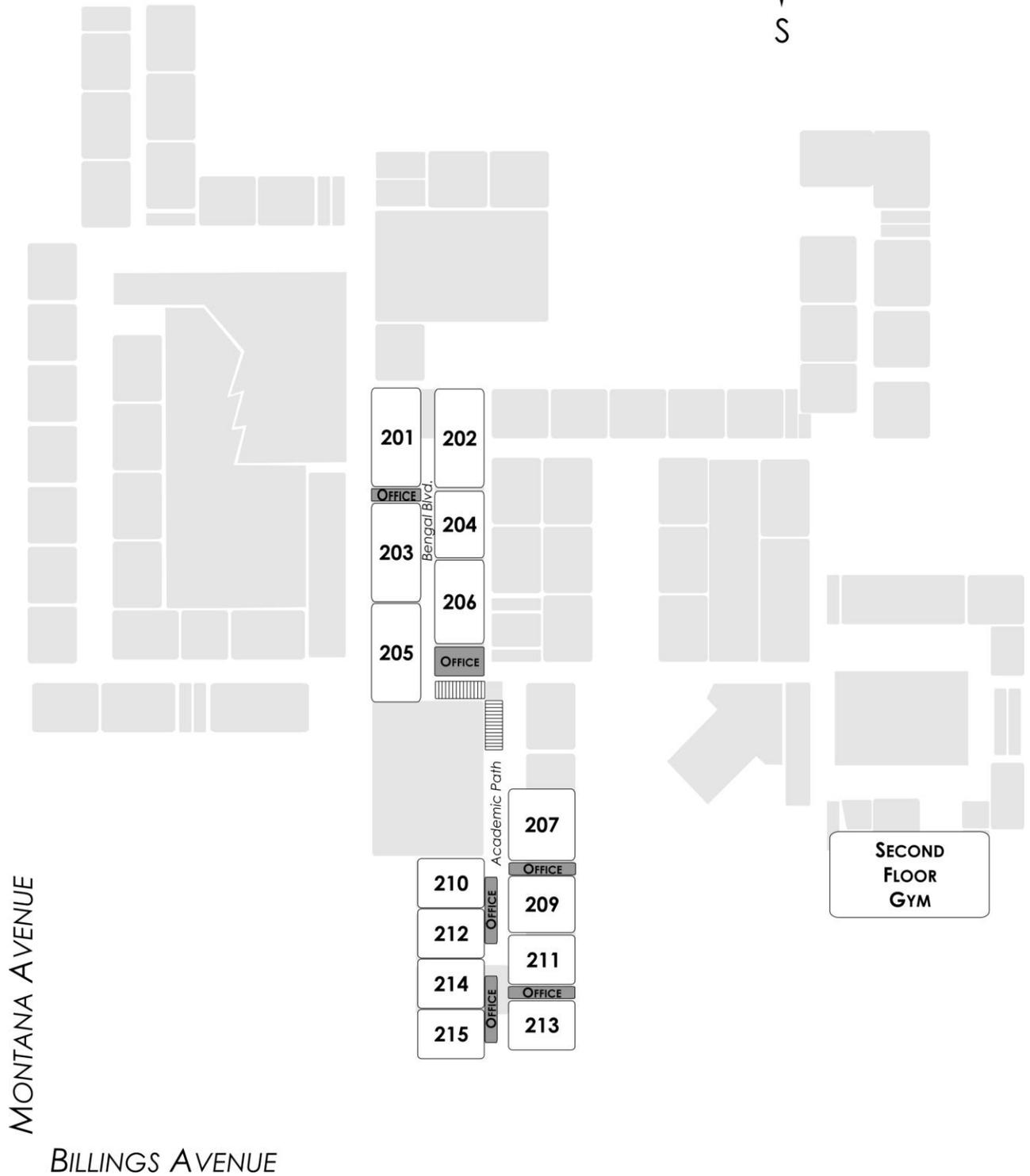
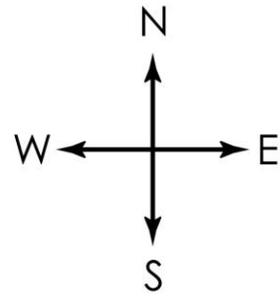
Period 6.....1:30 – 2:20

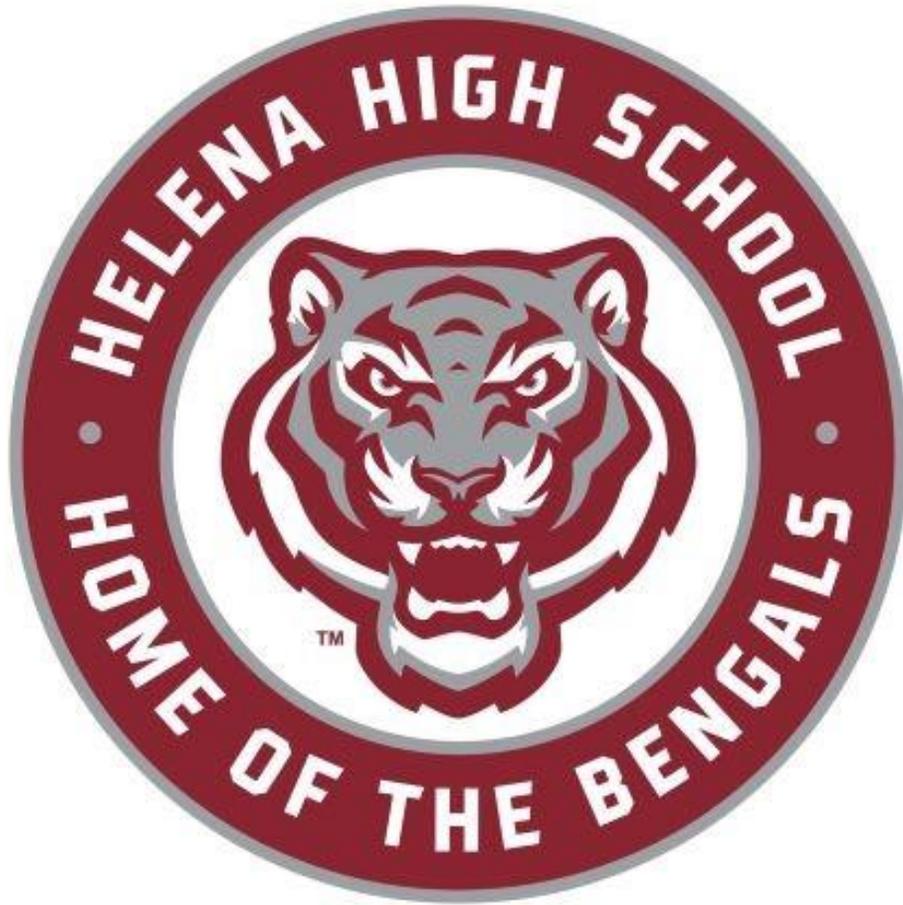
Period 7.....2:25 – 3:15

HELENA HIGH SCHOOL (MAIN LEVEL)



HELENA HIGH SCHOOL
(UPPER LEVEL)





GO BENGALS!