

# ***Welcome!***



**Seaman High School  
Freshman Center**

# PEOPLE TO KNOW

## **ADMINISTRATION**

**Laura Lyons** - Principal

**Shelly Prengel** - Asst. Principal - SFC

**Travis Brown** - Asst. Principal/Activities Director

## **COUNSELING DEPARTMENT**

**Shanna Martin-Sloyer** - Freshmen

**Steve Alexander** - Lead Counselor

## **ATHLETIC DEPARTMENT**

**Steve Bushnell** - Athletic Director

**BEGIN**  
**with**  
**the END**  
**in mind!**

# **SFC Support Staff**

**Nielle Naylor** - SFC Secretary

**Treva Summers** - Attendance Secretary

**Kristi Wittmaier** - SFC Nurse

**Officer Phil McKay**- District Police Officer

**Deputy Doug Fehr** – School Resource Officer

# Your Student's Freshman Year

## Teaming

- 3 Teams (Red, White, Blue)
- Approx 100 students each who all have same core teachers

Allows for better support academically and socially so freshmen have successful start to high school

# **Your Student's Freshman Year**

## **Career and Life Planning (CLP)**

- Everyday for 40 minutes
- Viking Vibes time
- Mentoring
- Focused study
- Social-Emotional lessons

## **ASAP (After School Assistance Program)**

Tuesdays/Thursdays 3:15-4:25

# Your Student's Freshman Year

## Viking CREW

**(Community. Relationships. Engagement. Welcoming.)**

- Freshman mentorship program.
- 2-3 upperclass students assigned to each freshman Career and Life Planning hour.
- Develop relationships with freshmen.
- Encourage school connectedness and engagement.

# Your Student's Freshman Year

## Student Involvement

- Research consistently shows that students connected to high school through sports, fine arts, clubs, and organizations are more successful academically, socially, and have better attendance than those who are not.
- Encourage your student to be thinking about activities in which to become involved.
- Something for everyone!



# Block Schedule

## Rotating Days

TIME	RED	BLUE	RED	BLUE	RED
7:55-9:20	1	2	1	2	1
9:25-10:50	3	4	3	4	3
10:55-12:50	5	6	5	6	5
12:55-1:35	CLP	CLP	CLP	CLP	CLP
1:40-3:05	7	8	7	8	7

# REQUIRED FRESHMAN COURSES

## LANGUAGE ARTS

7010 Fr. Language Arts  
7000 Honors Fr Language Arts

## SOCIAL STUDIES

12306 Modern World History

## CAREER EXPLORATION

5200 Success 101

## HEALTH/PE

10101 Physical Dimensions

## SCIENCE

11300 Biology

## MATHEMATICS

8400 Math I  
8405 Honors Math I  
\*8410 Math I Lab  
\*Math Strategies

\*Placement based on MAP  
scores and/teacher rec

# TYPICAL FRESHMAN SCHEDULE

## SEMESTER I

1. Fr Language Arts
2. Biology
3. Math I
4. Modern World History
5. Phys. Dimensions/Success 101
6. Elective (or Math Lab or Math Strategies)
7. Elective (or Reading Strategies)
8. Elective

## SEMESTER II

1. Fr. Language Arts
2. Biology
3. Math I
4. Modern World History
5. Phys. Dimensions/Success 101
6. Elective (or Math Lab or Math Strategies)
7. Elective (or Reading Strategies)
8. Elective

# REQUIREMENTS FOR GRADUATION

**Language Arts** - 4 credits

**Lab Science** - 3 credits

**Social Studies** - 3 credits  
(incl. Amer. History & Gov't)

**Math** - 3 credits

**Physical Education** - 1 credit  
(incl. Phys. Dim.)

**21st Century  
Personal Finance** - .5 credit

**Fine Arts** - 1 credit  
(music, art, brdcst journ,  
print journalism, debate, theater,  
speech, debate, forensics)

**Success 101** - .5 credit

**Electives** - 9 credits

# WEIGHTED GRADES

## APPLICABLE COURSES:

### Language Arts

Honors Fr. Lang. Arts  
Honors Soph. Lang. Arts  
Honors Jr. Lang. Arts  
AP Lang. & Composition  
AP Sr Comp & Lit.

### Math

Honors Math I  
Honors Math II  
Honors Math III  
AP Calculus

### Social Studies

AP US History  
AP US Government  
AP European History

### Science

Honors Chemistry  
Honors Physics

### Electives

AP Studio Art  
AP Computer Science Princ.

# WEIGHTED GRADES, Cont.

## GRADUATION HONORS AWARDED:

### Summa Cum Laude

- Take 11 or 12 of the 16 weighted classes:
  - 3 in Language Arts
  - 3 in Math
  - 1 in Social Studies
  - 1 in Science
  - 4 or 5 of your choice
- If a student takes 11 classes they must earn all As.
- If they choose 12, they can have a maximum of 2 semesters of Bs in weighted classes.

### GRADING SCALE

Weighted	Trad.
A=5	A=4
B=4	B=3
C=3	C=2
D=2	D=1
F=0	F=0

**Magna Cum Laude:** 4.05 and up (but not Summa)

**Cum Laude:** 3.75 - 4.04

# CONSIDERING HONORS FRESHMAN YEAR

## Honors Math I

All freshman students are required to take Math 1. Students who want to extend Math 1 topics further have the option to enroll in Honors Math I.

This class takes place during the first half of seminar. Students can join in the Fall or Spring semester. Students who meet the class requirements receive weighted GPA on their final transcript.

**This class might be a good fit for you if when you were in middle school you...**

- Had little to no missing work
- Came in for help before/after school when needed without prompting
- Had an 8th grade MAP score of 240 or higher
- Had a teacher recommend that you would be a good honors class student

## Honors Freshman Language Arts

This course is designed for accelerated 9th grade students. In addition to the regular freshman language arts program, this course will offer an enriched program of literature, composition, and other related skills. Students will gain a deeper and broader understanding of reading, writing, speaking, listening, viewing and critical thinking through a variety of units.

**This class might be a good fit for you if when you were in middle school you...**

- Had little to no missing work
- Enjoyed reading and writing
- Finished both Lang. Arts semesters with an A or a high B.
- Had a teacher recommend that you would be a good honors class student

**A good rule of thumb when considering honors courses: 1) Do you enjoy the subject area? and 2) Do you enjoyed being challenged academically?**

LAW ENFORCEMENT							
	LANGUAGE ARTS 4	MATH 3	SCIENCE 3	SOCIAL STUDIES 3	OTHER REQUIREMENTS 3	PATHWAY 3.5	OTHER ELECTIVES
9th GRADE (8)	Freshman Lang Arts  OR Honors Freshman Lang Arts (1)	Math I  OR Math I Honors (1)	Biology (1)	Modern World History (1)	Success 1(1.5)  AND Physical Dimensions (5)  AND Fine Arts (5) Intro to Speech And Drama, Beginning Acting	Intro to LPSS (5)	2
10th GRADE (8)	Sophomore Lang Arts  OR Honors Sophomore Lang Arts (1)	Math I (1)  Math IA (plus Math I) (2)  OR Honors Math I (10)	Physical Science,  Chemistry,  or Other Science (1)		Fine Arts (5) Intro to theatre	Law Enforcement I (1)  Public Safety Physical Education (1)	2.5
11th GRADE (8)	JLA Survey of Am Lt., JLA Modern Am Lt., Honors JLA AP Lang & Comp, OR AP Lt & Comp (1)	Math II (1)  Math IA (plus Math I) (2)  OR Math II Honors (1)	Chemistry,  Physics  OR Other Science (1)	US History I&I,  AP US History I&I,  OR College US History (1)	Personal Finance (.5)	Law Enforcement I (1)	2.5
12th GRADE (4)	Senior Writing (.5) Senior Reading (.5)			US Government (1) AP Government, OR College US Gov't (.5)			
	RELATED CAREERS				RELATED DEGREES		
	Police Officer	Detective			Criminal Justice	Psychology	
	Forensic Psychologist	Fire Inspector			Social Work		
	Corrections Officer	Fire Safety			Law		
	Police Dispatcher				Forensic Science		



# WASHBURN INSTITUTE OF TECHNOLOGY

## **ADMISSION REQUIREMENTS:**

- Junior or Senior
- On Track to Graduate & Good Attendance
- Application
- HS Recommendation Form
- Pass the WU Tech. Entrance Exam (Accuplacer in Arithmetic & Reading)

# QUALIFIED ADMISSIONS for Kansas Regents Universities

## QUALIFICATIONS

ACT 21+

OR

ESU, PSU, FHSU, WSU - 2.25 GPA

KSU - 3.25 GPA

KU - 3.25 GPA

OR 2.0+ and ACT 21

2.0 cumulative GPA in

college courses taken in HS

## RECOMMENDED CURRICULUM

Language Arts - 4 years

Math - 4 years

Natural Science - 3 years

(biology, chemistry, physics)

Social Science - 3 years

Foreign Language - 2 years

# **RECOMMENDED COLLEGE PREP Four Year High School Plan**

**Language Arts - 4 years**

**Mathematics - 4 yrs.**

**Science - 3 years**

(biological science, chemistry, physics)

**Social Studies - 3 years**

(Amer. history, Amer. gov't, geography,  
psychology, or world history)

**Foreign Language - 2 years**

**Speech - 1 semester**

# NCAA ATHLETIC ELIGIBILITY GUIDELINES

## NCAA Div I or II Eligibility Requirements

At least a 2.5 in the core curriculum

**AND**

ACT of at least a sum score of 68  
(4 parts of ACT added together,  
roughly a composite score of 17)

## NCAA Core Curriculum (16 credits)

4 yrs - Language Arts

3 years - Math

3 years Social Studies

2 years of Nat/Phys Science

4 years - additional courses

(math, science, language arts  
or world languages)

Must have 10 core credits by end of  
your junior year.

7 core must be in language arts, math,  
and science.

# DRIVER EDUCATION

- Enrollment in April
- Offered during Summer
- For 9<sup>th</sup> graders or older (Age 15 by Aug. 15th)
- Classes begin after conclusion of regular school year
- Student receives 1/2 credit on pass/fail basis upon completion of class

# **SCHEDULE CHANGES for FRESHMEN**

- Any changes to schedules need to be made on May 31 & June 1 & 2
- Students will receive information regarding their schedule before they leave for summer.

# SEAMAN HIGH SCHOOL WEBSITE

**To view the Program Planning Guide online, visit:**

<https://shs.seamanschools.org/common/pages/DisplayFile.aspx?itemId=76762696>

# FRESHMAN ORIENTATION

**FRESHMAN ORIENTATION** for students and parents will be held in August prior to the first day of school.

Check Schoology and the calendar this summer for the date.