Monday, March 2 ~ Course Selection Info Day

Handouts: Student transcript, Course Request Form, and Info Sheet/FAQ. The Course Guide is available on school website; and hard copies available with teachers, Counseling, house desks.

March 2-6 ~ Curriculum Information
Teachers will review next year’s course options for their subject areas with students during class time. AP Course Information will be shared in all appropriate prerequisite classrooms.

Counselors available during lunches in Cafeteria March 2-6 for questions.
Students may also submit completed forms to counselors during lunch or per the schedule below.

Note: Course Request Forms will not be accepted if missing necessary signatures. If there is a blank on the form beside the course title, it NEEDS a teacher signature. Late forms will be considered last for class assignments.

Mar 9-12 - Course Request Forms due
Mon: Geometry classes (and Colombo/Swain 3rd Algebra 2)
Tue: Algebra 2 classes (and Collins 1st and 2nd Geometry)
Wed: Algebra 1 classes (and 5th Collins, Isley, Lantz, Teegarden)
Thurs: PreCalc, Discrete/Stats, AP Stats, AP Calc AB, AP Calc BC (and Siemons 4th Algebra 1)

Per the above schedule, students will bring their Course Request Forms to Counselors in the Counseling Hallway (H1).
Note: Course Request Forms will not be accepted if missing necessary signatures. If there is a blank on the form beside the course title, it NEEDS a teacher signature. Late forms will be considered last for class assignments.

District Registration Forms were due Feb 13
District Registration Forms were mailed in January to students who live in the district and were due back to Counseling by Friday, Feb 13. The forms are comprehensive and include the District Registration Form, Documentation of Arizona Residency (and copies of proof), EIS-Technology Form, and Confinement Consent Form. You must return all four forms to Mrs. Cusack/Counseling as soon as possible. Students who are not returning to CFHS should still return the form with “Transferring” written on the front.

Open Enrollment Forms – Apply ASAP
Open Enrollment students need to reapply for open enrollment every year by going to the district website (www.cfsd16.org). The deadline was Feb 28. If approved for continued enrollment, OE District Registration Forms are mailed home by April 1 and are due back to Counseling asap.

PE Classes

Recreational Fitness ~ Silver (Group Fitness)
This course is designed to offer students a wide variety of group fitness activities that enhance physical skills, movement, and wellness. Activities may include team handball, volleyball, over the line softball, 3 on 3 soccer, basketball, and flag football. Through participation in these activities, students will develop cardiovascular fitness, muscular strength, muscular endurance, and flexibility. The concepts of teamwork and sportsmanship are emphasized. Fitness assessments will be conducted a minimum of 2 times per semester. (This class most similar to previously offered PE and Sports & Games)

Recreational Fitness ~ Blue (Group Fitness)
This course is designed to offer students a wide variety of group fitness activities that enhance physical skills, movement, and wellness. Activities may include ultimate Frisbee, lacrosse, indoor soccer, speedball, frisbee, and foot tennis. Through participation in these activities, students will develop cardiovascular fitness, muscular strength, muscular endurance, and flexibility. The concepts of teamwork and sportsmanship are emphasized. Fitness assessments will be conducted a minimum of 2 times per semester. (This class most similar to previously offered PE and Sports & Games)

Cardio Fitness (Individual Fitness)
This course is designed to offer students a wide variety of cardiovascular fitness activities that enhance physical skills, movement, and wellness. Activities may include cardiovascular endurance training, step aerobics, Yoga, Pilates, jogging/walking, dance/rhythm, basic calisthenics, and interval training. Through participation in these activities, students will develop cardiovascular fitness, muscular strength, muscular endurance, and flexibility. Fitness assessments will be conducted a minimum of 2 times per semester. (This class most similar to previously offered “Personal Fitness”)

Strength and Fitness (Individual Fitness)
This course is designed to offer students a wide variety of cardiovascular fitness activities that enhance physical skills, movement, and wellness. Activities may include cardiovascular endurance training, step aerobics, Yoga, Pilates, jogging/walking, dance/rhythm, basic calisthenics, and interval training. Through participation in these activities, students will develop cardiovascular fitness, muscular strength, muscular endurance, and flexibility. Fitness assessments will be conducted a minimum of 2 times per semester. (This class most similar to previously offered “Personal Fitness”)

Intermediate Strength and Fitness
This course is designed to build upon the strength training skills in Strength and Fitness or The Fit Female. Emphasis is on developing muscular strength and endurance and other skill related components of fitness (flexibility, cardiovascular endurance, and body composition). Students will participate in a variety of conditioning activities (Olympic and power lifting, speed, agility, and interval training) and will implement a conditioning program designed around individual needs and goals. Goal setting and related journal work will be incorporated into the course. Students will be evaluated on knowledge, improvement, and work accomplished toward goal attainment. Fitness assessments will be conducted a minimum of 2 times per semester. Course may be repeated for elective credit.
Prerequisites: Strength and Fitness or The Fit Female.

Advanced Strength and Fitness
This course is designed for the highly motivated student who wants to learn advanced techniques in developing muscular strength and endurance and other skill related components of fitness (flexibility, cardiovascular endurance, and body composition). Students will participate in a variety of conditioning activities (Olympic and power lifting, speed, agility, and interval training) and will implement a conditioning program designed around individual needs and goals. Goal setting and related journal work will be incorporated into the course. Students will be evaluated on knowledge, improvement, and work accomplished toward goal attainment. Fitness assessments will be conducted a minimum of 2 times per semester. Course may be repeated for elective credit.
Prerequisites: Strength and Fitness or The Fit Female, and Teacher approval.

Lifetime Sports & Fitness
This is an advanced course for students interested in individualized sports and racquet-based activities. This course is designed to offer students a wide variety of fitness activities that enhance physical skills, movement, and wellness. Activities may include badminton, golf, pickle ball, tennis, frisbee golf, archery, and table tennis. Through participation in these activities, students will develop cardiovascular fitness, muscular strength, muscular endurance, and flexibility. Fitness assessments will be conducted a minimum of 2 times per semester. This course does not meet the required graduation credit. Course may be repeated for elective credit.
Prerequisite: previous class credit or The FIt Female, and Teacher approval.

Summer PE – See FAQ

2016 Bell Schedule
The bell schedule will be the same next year with the regular school day starting at approximately 8:30 and ending at 3:30. All students must take at least six classes and may request up to seven. Freshmen and Sophomores not assigned to seven classes will be assigned to six classes and a Study Hall.

Off-site JTED Courses Available
There are a number of free off-site courses available to CFHS students through JTED, including Culinary Arts, Nursing, Fire Services, Cosmetology, Aviation Technology, and Law/Public Safety. These courses are held outside of school hours and would be in addition to the 6 courses required at CFHS. Visit pima.jted.org or contact Mrs. Bayley in Counseling for more info.
FAQ Sheet

Q: What’s a District Registration Form? Do I need to do something about this?
   A: Every current student who lives in district 16 must complete a District Registration form. These were mailed home in January and were due back to the Counseling office (Mrs. Cusack, Registrar) by Feb 13. The forms are comprehensive and include the District Registration Form, Arizona Residency Documentation Form (which requires two pieces of residence evidence), EIS-Technology Form, and Confinement Consent Form. Students who are not returning to CFHS should still return the form with “Transferring to ...” written on the front. Students must return the completed District Registration Forms for their Course Request Forms to be considered. Check with your parent(s) to ensure the District Registration Forms have been completed and submitted. If unsure or if need new forms, see Mrs. Cusack in Counseling.

Q: I’m an Open Enrollment student. What do I need to do?
   A: Open Enrollment students need to reapply for open enrollment every year by going to the district website (www.cfsd16.org) and completing the OE Application. The deadline for first consideration is February 28. After the application is reviewed and accepted, OE District Registration Forms will be mailed home by April 1. Students/Families need to return those completed forms by the stated deadlines to ensure return to CFHS. Course Request Forms will be processed upon receipt but will not be considered valid until the Open Enrollment process is complete in April. (Students are not penalized in class assignments if they meet all OE deadlines.) Students should see Mrs. Cusack in Counseling if they have questions about district registration or open enrollment.

Q: When / Where is my Course Request Form due?
   A: Completed Course Request Forms are to be turned in to counselors. Counselors will be available to review and accept forms during lunch in the cafeteria March 2-6, and in the counseling hallway March 9-12 when students will be sent down from math classes. Course Request Forms will not be accepted if missing necessary signatures. If there is a blank on the form beside the course title, it NEEDS a teacher signature. Late forms will be considered last for class assignments.

Q: I’ve lost my forms. What do I do?
   A: If you can’t find them in your backpack, you can request another copy of the Course Request Form from Counselors in the cafeteria or Mrs. Berg in Counseling, or you can download forms from the CFHS website.

Q: Where can I see the Course Description Guide?
   A: To save paper and copying expense, an electronic copy is posted on the school website. Copies are also available for viewing at each house desk, and teachers have a hard copy, as well.

Q: Can I take PE somewhere else / in the summer?
   A: Students must take their PE credits at CFHS. However, CFHS Community Schools does offer an approved summer PE course. Students can only take .5 of their required PE during the summer; the other .5 PE must be taken during the school year. The summer PE class is Recreational Fitness: Blue (Group Fitness). As two different PE classes are required, the PE taken during the school year must be from the Individual Fitness options. The 2015 summer PE sessions are May 27-June 19 (session 1), June 22-July 16 (session 2), and July 6-29 (session 3). The class meets 8:00-2:00 daily and the cost is $240 (plus $25 registration fee). Information about Summer PE can be found at www.cfsd16.org/schools/communityschools/catalinafoothills.html and registration is under way.

Q: Can I take other classes or Credit Recovery in the summer?
   A: Counseling approves outside coursework for credit recovery only (i.e., student has failed a required course). A summer Course Emporium option (supervised online coursework) is offered through CFSD Community Schools for students to make up failed credits. Students who have failed required courses should see their Counselor to receive approval to register for summer Course Emporium. Session 1 is May 27-June 19 and Session 2 is June 22 – July 16. Cost is $125 per session (plus $25 registration fee).

Q: I’m not coming back to CFHS next year. What do I do?
   A: If there’s a possibility that you’re coming back, fill out the materials as if you were returning but let Mrs. Cusack in Counseling know as if when your plans to go elsewhere become definite. If you’re absolutely not coming back, please turn in the District Registration Form with “Not returning; Going to (Salpointe/TUSD/Alaska)” so we know to not hassle you or your family about missing forms. You can also note this on a Course Request Form and turn it in blank (no course requests) to Counseling.

Q: Can I see a counselor about course selection?
   A: Absolutely. Students are asked to start by speaking with a Counselor in the cafeteria during lunch March 2-9. If your questions cannot be answered there, the counselor will write a note for you to take to Mrs. Berg, Counseling Secretary, and she will schedule an individual appointment for you with your counselor. Students who are transfers or who need special help with credit recovery plans due to deficiencies (failed or missed courses) are encouraged to see their Counselor.