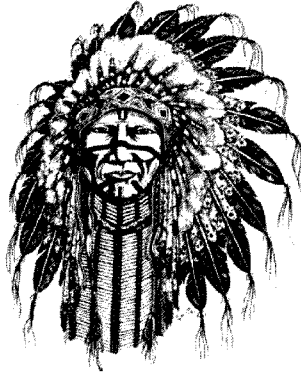


**Arapahoe High School
Student Planner/Handbook
2014-2015
Littleton Public Schools**



"WARRIORS"
2201 East Dry Creek Road
Centennial, Colorado 80122
Main Office – 303-347-6000
Attendance Office – 303-347-6030
Attendance Night Line – 303-734-6500
Main Office Fax – 303-347-6004
Library Fax – 303-347-6090
<http://arapahoe.littletonpublicschools.net>

Mrs. Natalie Pramenko, Principal

**Ms. Angela Boatright
Assistant Principal**

**Mr. Brian Ceriani
Assistant Principal**

**Mr. Darrell Meredith
Assistant Principal**

**Mr. Steven Sisler
Assistant Principal**

"Warriors always take care of one another!"

Property of:

Name _____

Address _____

Phone _____

In case of emergency, please notify:

Name _____ Phone _____

Address _____

Parent Work/Cell Phone _____

If found, please return this book to my English teacher.

Name of Guidance Counselor _____ **LPS 01673**

| | |
|----------------------|----------|
| Exhibit No.: | 50 |
| Deponent: | Pramenko |
| Date/RPR: | 11/15/14 |
| Hunter + Geist, Inc. | |

Table of Contents

Use your Student Planner! Write in it often, and fill your pages completely. If you keep your student planner, it will become a journal of your high school experiences that you can keep forever. Save all of your Arapahoe Student Planners and cherish your days as a Warrior.

(This needs to go on the page that you create for the table of contents)

A Message to All Warriors,

You are receiving this STUDENT PLANNER because we believe students do better when they know what is expected, understand how to organize, study and make good use of their time. . . This instructional tool will help, but only if YOU USE IT!

At Arapahoe, we truly believe that teenagers make a difference. A strong historical example of this is displayed near the Arapahoe main office entrance in the famous World War II mural of the “Flag Raising on Iwo Jima.” Two of the six US Marines were teenagers, and they helped save the world! At Arapahoe we need your help, spirit and commitment to **do the right things right.**

You should approach your schoolwork with the attitude of doing it because YOU want to learn it, not just, because your teacher requested you to do so. Do it for yourself! Doing it well, and to the best of your ability, will not only help you learn, it will help you prepare for college and for life.

Make the most out of your high school experience by getting involved in school activities. There are so many wonderful extracurricular clubs and activities that Arapahoe has to offer! Choose something you enjoy. See it as an opportunity to learn, develop strength and leadership skills, and to make new friends.

Take advantage of the opportunities this new school year has to offer you. We sincerely hope it is both meaningful and enjoyable. Have a great year! And remember . . .

It's always a great day to be a Warrior!

Sincerely,

Mrs. Pramenko
Principal

LPS 01675

Mission Statement

Our mission is to create an engaging teaching-learning environment that values student individuality and encourages students to:

- recognize and achieve their full potential,
- collaborate in the learning process,
- become lifelong learners, and
- participate actively in their local and global societies.

Adopted 12/10/07

Vision Statement

Arapahoe High School commits itself to continued excellence in education while utilizing the ever-changing innovations in communication and technology. While looking to the future, we also honor our unique and long-held relationship with the Arapaho Tribal Nation by appreciating their values of respect and dignity. Through positive interpersonal relationships, relevant learning, and rigorous curriculum, Arapahoe will continue to produce responsible and empowered participants who make meaningful contributions in the greater society.

We will foster a culture of excellence by:

- Upholding a positive learning environment.
- Promoting physical, emotional, and social well-being.
- Raising self-awareness, positive relationships, and unity through participation in extra-curricular activities.
- Exhibiting self-discipline and embracing responsibility.
- Acknowledging and valuing individuality by celebrating individual efforts and achievements.
- Building open relationships that foster a trusting, thoughtful, caring school community.
- Seeking input from staff, students, parents, and community members and valuing the influence this input can have on every student's future.

We will promote best practices by:

- Continuing to integrate technology to keep pace with 21st century learning.
- Fostering and rewarding new, creative, and imaginative approaches and ideas.
- Providing practical, differentiated learning experiences.
- Ensuring meaningful, relevant essential learnings.
- Implementing common assessments to measure academic growth.
- Developing cross-curricular integration.
- Using a variety of resources to solve problems.
- Remaining flexible and adaptable through times of change.

We will develop procedures to:

- Foster collaboration to fuel student achievement and continued school improvement.
- Utilize positive intervention strategies to allow all students to reach their full potential.
- Nurture students to become academic achievers who:
 - Take ownership and pride in their education.
 - Realize and develop their creative talents.
 - Read, write, listen, and speak with purposeful reflection and intent.
 - Develop meaningful communication skills that utilize creativity and technology.

Arapahoe High School dedicates itself to a vision that extends far beyond the walls of the classroom. By recognizing the full potential of each student along with the rapidly changing demands of the 21st century, Arapahoe compels its students, staff and community members to achieve a higher level of education—one that weaves together the world of intellectual pursuit with the spirit of responsibility, compassion and courage. Welcoming the challenge of these opportunities, Arapahoe students will not only embrace but enrich the world that awaits them.

Library/Media Center

Mr. Tracy Murphy, Librarian

Mr. Karl Fisch, Director of Technology

Mrs. Karla Brachtenbach, Library Clerk

Hours: 6:45 a.m. to 3:30 p.m. M-TH
6:45 a.m. to 3:00 p.m. F and before holidays

Students seeking to do research or have a place to study may visit the Library/Media Center before school, during unscheduled time, during lunch or after school.

During the spring and summer of 2014, the library was extensively remodeled. When planning the design for the new library, much thought was placed in not only updating the facility, but in making it a place that will meet multiple learning styles. Within the walls of the library, students should be able to find space and resources to meet their individual learning needs. Areas of the library have been specifically designed for a wide variety of uses.

These areas include

- **A food and drink area near the front of the library.** With a tile floor and comfortable, but non-upholstered furniture, this is the only area of the library where food and drink are permitted. Students pressed for time may bring their lunch or snacks into the library and work on their school assignments in a much quieter environment than that of the school's cafeteria. Students are expected to keep this area clean by picking up after themselves before they leave. A water dispenser for filling water bottles is also located in this area.
- **A quiet study area with individual study carrels.** This area is located in the northwest corner adjacent to windows looking west. Also found in this area is a laptop counter along the windows. Students in this area are asked to work independently and silently.
- **A comfortable seating area** is found in the northeast corner next to a large window facing east. Upholstered chairs and ottomans along with tables with built-in laptop swivel tablets are scattered throughout this area. For those who work best in a less conventional environment, this might be the place for them.
- **Small group table seating** is located in the southeast corner, immediately to the right as one enters the library. Seating for up to sixty-four students is found at round, square and rectangular tables. This area works well for students that need to spread out individually, work with a partner or in small groups. Although talking is permitted, even encouraged, in this part of the library, students are expected to respect the needs of others by using quiet voices.
- **Five small group study rooms** are located next to the table seating area. Each of these rooms may seat up to eight people and contain a large (10' x 4') table, large LCD monitor, and two white boards. The tables provide power for charging portable devices and students may connect their devices to the wall mounted monitor via HDMI, VGA, or USB2 connections. Students working on a group project, studying for an exam, or preparing a group presentation may use these rooms.
- **Teacher conferencing area** has been set aside for teachers to meet with students. This space is located right at the front of the library as one walks in and is located next to the book shelves found in the middle of the facility.

Services

The library staff is available to assist with

- Research assignments
- Class assignments
- Reading recommendations
- Technology related to completing school assignments
- Reserving materials
- Requesting materials from other LPS schools
- Reference questions
- Faxes/Photocopying

Borrowing Periods

- Regular Collection – three weeks
- Reference and Reserved Materials – overnight
- Magazines – one week

Fines and Fees

- Regular Collection - .25 per day
- Overnight Materials - \$1.00 per day
- Magazines - .25 per day
- Maximum Fine per Item - \$5.00
- Lost Materials - Replacement Cost
- Printing of School Assignments - .10 per sheet after the 2nd sheet of one document and for each page of multiple copies of any document.
- Personal Copies - .10 per page
- Color Printing - .50 per page

Expectations

- Food and drink is permitted only in the food and drink area located near the front of the library.
- Use of electronic devices (iPods, MP3 players, cell phone, and laptop computers) should not distract others nor call attention to yourself.
- No talking on cell phones is allowed. This includes checking voice mail as doing so may give staff the impression that you are talking on your phone.
- See the library's webpage for detailed guidelines regarding student behavior expectations and policies on the use of electronic devices in the library. .
- Students are expected to be courteous to one another and to the library staff.
- To check out materials, students must show their school ID cards.

Internet Opt-Out Policy

Student use of the Internet for purposes of research and retrieval of current information related to curricular content areas is a generally accepted practice and is considered an essential instructional tool, thus it comes under the opt-out category. Littleton Public Schools uses a district-wide filtering service. If a student/parent decides that the Internet should not be used as an instructional/learning tool, the student/parent may pick up and complete an Internet Opt-Out Form in the Arapahoe High School Library Media Center. It is the responsibility of the student to notify his/her teachers that he/she cannot use the Internet for class assignments. It is also the responsibility of the student to refrain from using the Internet at Arapahoe High School.

Works Cited

- For citing resources, Arapahoe High School follows the ***MLA Handbook for Writers of Research Papers, Seventh Edition***
 - MLA recommends double spacing citations.
 - Titles of books, periodicals, websites, and online databases should be italicized rather than underlined.
- **Easy Bib School Edition**

All AHS students may create their own Easy Bib account, good until they graduate, to assist them with citing sources accurately. In addition, this is an excellent resource for organizing their research information. To make sure you are authenticated as an Arapahoe student, access Easy Bib for the first time at school. Thereafter, the account may be accessed from anywhere in the world.

In the middle of difficulty lies opportunity!
-Albert Einstein

Many quotes in your STUDENT PLANNER come from "The American Patriot's Almanac" by William Bennett and John T. E. Cribb

Guidance Center

The Arapahoe Guidance Center is open from 7:00 a.m. until 3:30 p.m. daily to accommodate students. Our facility offers opportunities for students to pursue independent college/ career/scholarship computer searches. Parent Guidance Office Volunteers assist students daily with these searches.

Counselors

All students are assigned by alpha and remain with that same counselor throughout high school. However, you may request to see any counselor.

| | |
|------------------------------|------------------------------|
| Mr. Kirk Bast | A-CI |
| Ms. Rachel Conkey | Co-Go |
| Ms. Lindsay Gillespie | Gr-La |
| Ms. Shannon Kershaw | Le-O |
| Mrs. Kelly Talen | P-So |
| Mr. Scott Wadsworth | Sp-Z |
| Ms. Bree Dougan | School Psychologist |
| Mrs. Jan Lewallen | Post Grad Coordinator |

Administrators

All students are assigned by grade and remain with that same administrator throughout high school.

| | |
|-----------------------------|----------------------|
| Mr. Brian Ceriani | Class of 2018 |
| Mr. Steve Sisler | Class of 2017 |
| Ms. Angela Boatright | Class of 2016 |
| Mr. Darrell Meredith | Class of 2015 |

Guidance Services:

| | |
|----------------------|--|
| Counseling | Personal, Social, Developmental |
| Guidance | College, Career, Academic, Military |
| Testing Availability | Preparation, Administration and Interpretation |
| Registration | Course Selection and Scheduling |
| Special Programs | Alternative Education Opportunities |
| | Community Referrals |
| Liaison | Home, Faculty |

Parent appointments and phone calls are welcome. Please call 303-347-6010.

Arapahoe High School

School Code for College and Testing Registration: 060928

Students May Register for the ACT and SAT Tests On-Line at:

www.act.org

www.collegeboard.com

LPS 01679

**Arapahoe High School
Graduates Recommend**

Homework at Arapahoe is Essential!

Not all learning takes place in class. With the Variable Schedule homework ties the days of instruction together. Homework prepares you for college rigor, offers opportunity for review of class instruction, teaches self-discipline, autonomy and study habits, reinforces focus on learning and is good for you! Our teachers may not all grade homework every day, but it will be reviewed and valued.

- Do homework Sunday through Thursday.
- Take Friday and Saturday off!
- Average nearly two hours of homework each night. Our Variable Schedule requires it.
- When you don't have homework—**REVIEW** notes, tests, etc.
- Prepare questions to ask in class.

"Once students begin with a strong commitment to academics they tend to stay strong".

**Arapahoe High School
"Warrior Fight Song"**

**Whenever we compete, we want our opponents to hear our Warrior
Pride!**

**Very few high schools have a Student Body who knows its fight song.
Warriors, learn it!**

**We're Warriors of the Tribe Arapahoe
Courageous, loyal braves where e'er we go
Beneath our colors bold, the black and gold
We'll cheer our team to victory! Fight! Fight!
Dear alma mater, now we sing to thee,
A symbol brave and strong you'll always be.
Our pride in you will ever grow
'Cause that's the spirit of Arapahoe!**

WARRIORS ALWAYS TAKE CARE OF ONE ANOTHER!

*Anthony Sitting Eagle
Arapaho Tribal Elder*

The Variable Schedule A Privilege – Not a Right!

The Variable Student Scheduling system was established at Arapahoe High School in 1967. It enables students to gain a more diversified educational background, to become independent learners, as well as more self-disciplined, to deal with responsibility and develop time management skills. The scheduling system is similar to the college semester system. Class periods are less than one hour; however most classes meet fewer than five periods each week. The periods per week vary with the time demands of the course. **For example:** Western Civilization meets Monday, Wednesday, and Friday for three periods every week; Chemistry Labs meets for two consecutive periods on Tuesday or Thursday for a total of two periods a week; Mythology meets on Tuesday and Thursday, two periods every week. Credit is awarded on a semester hour basis; the number of credits is equal to the number of class periods the class meets. Thus, Western Civilization, which meets Mon.-Wed.-Fri., is worth three semester hours of credit.

Unscheduled Time

Variable Scheduling allows students the opportunity for "unscheduled time." **Students should use unscheduled time for working on class assignments, seeking out teachers for additional help, meeting with counselors about course and career planning, visiting the Study Center, computer labs or the Library/Media Center, and pursuing other endeavors. (Unscheduled time is not synonymous with "Free Time!")**

When unscheduled, teachers are generally available in their departmental offices. Variable Scheduling affords students unscheduled time during the school day so students may become independent learners, develop self-discipline and experience some control over the school day. Violators of unscheduled time may lose this privilege. **Freshmen-Sophomores are required to take a minimum of four courses everyday. Juniors-Seniors are expected to take a minimum of three courses everyday.**

Because half of the classrooms are being used during lunch periods, it is important that students not use the hallways near occupied classrooms. **Congregating or loitering in the hall during class time is discouraged.** The Library is open from 7:00 a.m. to 3:30 p.m. Students may have unscheduled hours which may not occur during the same time as their classroom teachers. It is important to remember **TEACHERS ARE AVAILABLE TO ASSIST STUDENTS IN EACH DEPARTMENTAL OFFICE THROUGHOUT THE SCHOOL DAY.**

Study Center

All students are encouraged to use the resources provided in the Study Center. This includes teacher and peer tutors, computers and study space. The Study Center is designed to provide **academic assistance** to any student in addition to help available through departmental offices.

The student may choose to simply drop-in or he/she may register for the Study Center class through their counselor for credit. The Study Center is located at the west end of the building in the glass atrium next to the gymnasiums.

Reducing Stress

- Exercise and eat regularly
- Avoid excessive caffeine
- Communicate
- Make prioritized lists of assignments and tasks
- Estimate the amount of time you think each task will require and add 15% to accommodate for unplanned delays and interruptions
- No negative self-talk! Challenge yourself to think positive or neutral thoughts: "Things are hard now, but they will get better as I complete my work and get some help."
- Procrastination almost never pays off; don't wait for additional information to come your way. Start working as soon as possible, especially on large projects.
- Take a break from stressful situations: listen to music, play an instrument, walk, workout, hang with family and friends, draw, write, whatever your passion is!
- Build a great support network from family, friends, teachers, or staff at school who will help you cope in a positive way.

Student Council Officers

Executive Officers:

| | |
|-------------------|----------------|
| President | Sanjay Patil |
| Vice President | Jayla Hodge |
| Secretary | Erica Petersen |
| Treasurer | Chris Foster |
| Publicity Officer | Jaylin Hodge |

Senior Class – Class of 2015

| | |
|-------------------|------------------|
| President | Whitney Byrd |
| Vice President | Natalie Betts |
| Secretary | Nikita Wyant |
| Treasurer | Matthew Borcic |
| Publicity Officer | Mandee Middleton |
| Ambassador | Kaytee Dobbs |
| Ambassador | Tram Nguyen |

Junior Class – Class of 2016

| | |
|-------------------|-----------------|
| President | Sam Bartolome |
| Vice President | Aly Decolati |
| Secretary | Atlee Witt |
| Treasurer | Caroline Carman |
| Publicity Officer | Capri VanGilder |

Sophomore Class – Class of 2017

| | |
|-------------------|---------------------|
| President | Allison Swomley |
| Vice President | Tia Decolati |
| Secretary | Nicole Seavall |
| Treasurer | Christopher Keiffer |
| Publicity Officer | Matthew Parone |

Freshman Class – Class of 2018

Elected in Fall 2014

Do not let what you cannot do interfere with what you can do!

–John Wooden

Warrior Athletics

Centennial League

(M=Male, F=Female)

Fall

Cross Country (M/F)
Football (M)
Golf (M)
Soccer (M)
Softball (F)
Tennis (M)
Volleyball (F)

Winter

Basketball (M/F)
Swimming (F)
Wrestling (M)

Spring

Baseball (M)
Golf (F)
Lacrosse (M/F)
Soccer (F)
Swimming (M)
Tennis (F)
Track (M/F)

Year-Round – Cheerleaders (F) and Tom Toms (F)

Philosophy

At Arapahoe High School, we believe that the athletic/activity programs are an integral part of the total school program. There are educational values and experiences in athletics that cannot be found in the classroom. Athletes are subject to mental and physical discipline, make decisions, exhibit courage, and work hard. Even in team sports, athletes compete against themselves, striving always to improve their own performances.

We ask that every athlete give 100% when making a commitment to an athletic program. We believe our primary objective is to teach wholesome attitudes: An appreciation for physical fitness, personal health, team loyalty, personal sacrifice, teamwork, cooperation, dependability, and the ability to accept challenges. A winning program depends upon effort and attitude as well as performance.

The LPS Athletic Code of Conduct will be in effect 24 hours a day, 7 days a week for 365 days a year. It applies to all athletes whether in season or out of season, on school property, at school sponsored/sanctioned events, on or off campus. Consequences of code violations may carry over from year to year and may be in effect for the duration of the athlete's high school participation.

Sportsmanship

Because athletics must operate within the framework of sound educational principles, it follows **that**:

1. Athletic teams at Arapahoe High School come under the jurisdiction of, and are required to abide by, the rules of the Colorado High School Activities Association, so that all athletes may compete under identical standards.
2. Those who take advantage of the privilege of athletics either as a participant or as spectator are expected to conduct themselves in a manner that does not detract from the educational principles, which direct the basic organization.
3. Athletes and officials are human beings—they are not perfect and never will be. Everyone involved in a contest may make a mistake. Competitors, coaches, officials and spectators enter into competition knowing that errors are a normal part of an activity and are likely to happen.

Fans and Spectators are expected to:

1. Show Warrior Spirit and encourage our team without insulting our opponents.
2. Stand and remove head gear during the National Anthem.
3. Cheer **for** their team rather than against their opponents.
4. Maintain self-control at all times while conducting themselves as responsible citizens.
5. Show **RESPECT** for opponents in every way possible.
6. Bring School ID card for admission.
7. Be humble in victory, and gracious and not bitter in defeat.
8. Leave the site of an activity including the parking lot—as soon as possible after the activity is completed.
9. Wear appropriate clothing at sporting events (no body paint).

Fans and Spectators will not:

1. Use negative chants, which focus on or exploit mistakes.
2. Participate in chants or behaviors, which use obscene or insulting language, gestures, or which mention or imply topics, which would tend to ridicule, taunt, harass, intimidate, humiliate, demean or embarrass others in attendance, incite or abuse opponents, or bring disrespect upon game officials.
3. Engage in any action that endangers the safety of participants, spectators, or officials.
4. Bring music devices, or radio equipment to athletic contests or make use of noisemakers in the stands.
5. Throw anything onto the playing surface or at players, coaches, officials, cheerleaders, band members, supervisors, police, fans, or guests.
6. Leave an athletic event before it is over and expect to return at a later time.
7. Wear costumes, including but not limited to; masks inappropriate representations of the warrior mascot or barrels.

Violations of the spectators' code of conduct may result in dismissal of the event, prohibition from future event attendance, and/or suspension from school.

Extracurricular Activities

Arapahoe offers students membership in a wide variety of school sponsored activities, clubs, and organizations.

| | |
|-------------------------------------|---------------------------------|
| Academic Peer Coaches | Key Club |
| Art Club | LINK Crew |
| Color Guard | "MUSE" |
| DECA (Assoc. of Marketing Students) | National Honor Society |
| Drama Club | Journalism |
| Enrichment Programs | Spanish Club |
| FBLA (Future Business Leaders) | Speech & Debate |
| FCCLA (Family/Career Leaders) | Student Council |
| French Club | TSA (Technology Student Assoc.) |
| Instrumental Music | Vocal Music |

Academic Eligibility

Eligibility for competition in interscholastic athletic and spirit squads at Arapahoe High School is determined in accordance with the rules and regulations of CHSAA (Colorado High School Activities Assoc.), the Centennial League, and Littleton Public Schools requirements. In order to participate in activities sanctioned by the CHSAA, a student must be actively enrolled in a minimum of 2.5 Carnegie units of credit. Eligibility will be checked once a week and will be effective for the following week. To maintain eligibility, a student cannot fail more than .5 Carnegie units of credit. To translate Arapahoe High School Variable Scheduling hours to Carnegie Units:

| <u>Variable Scheduling Hours</u> | <u>Carnegie Units</u> |
|----------------------------------|-----------------------|
| 3, 4, or 5 hour course | .5 |
| 2 hour course | .25 |

There has been a growing concern over the increasing number of athletes with D's and F's. Athletes who are ineligible, of course, cannot compete, but it is felt that a more positive approach is needed to remedy this situation.

Student Activity Tickets

All students are encouraged to purchase Activity Tickets which are good for most activities/athletic contests throughout the year. The cost is \$30. The ticket provides free admission to home extracurricular events with the exception of theater productions. Otherwise, student admission is \$3 per event. These fees are used for school organizations, clubs and teams to assist in funding various activities; i.e., forensics, vocal music, orchestra/marching band, newspaper, spirit squads, and athletic teams. All students who participate in these programs are expected to purchase Activity Tickets to support these groups.

In addition to free admission to most "home" school sponsored events, the Activity Ticket provides each student with a copy of each edition of the student newspaper, the *Arapahoe Herald*, finances guest entertainers at school assemblies, finances athletic, academic and activity chenille letters, end of the year achievement award plaques and pays membership fees to CHSAA.

Homework

Homework is an expectation!

Recent HOMEWORK research/study by METLIFE AMERICAN stated:

- Homework helps students practice and apply information/ learnings shared in class.
- Homework review of class material helps students prepare for tests.
- Homework provides teenagers with a sense of responsibility and accomplishment.
- Students who believe homework is not important tend to receive below average grades, do not plan to attend college, and are more stressed about school.
- Achieving students do homework at least 5 out of every 7 days.

We are getting you “college ready” and we know you will be doing substantial homework in college.

With our Variable Schedule, not everything can be learned in the classroom. You are expected to do your part independently at home, in the library or in our cafeteria. Stay prepared by following up on school work outside of class.

Arapahoe is a rigorous high school, but we offer a lot of opportunity to get help from teachers in our Study Center, our departmental offices or any office wherever there are adults available to you. **Advocate for yourself.** Ask for help if you need it, and don't wait until you are earning a D or an F. See a teacher for help anytime you are achieving below a “C”.

Helpful Hints

- **Focus on the daily learning goal.**
- **Learn the vocabulary of the course.** Learn basic facts, ideas, principles, definitions. Be able to state them in your own words.
- **Think!** Thinking is the manipulation and application of facts and principles. Your thinking will be as clear as your understanding of these facts and principles. This is not easy and requires effort.
- **Test yourself.** Try to answer your own questions. Check your answers with the book and/or the teacher.
- **Review your work.** Review today's work before you study tomorrow's. Put the current assignment in perspective. Does it make sense?
- **Questions.** Prepare questions to ask in class. The Arapahoe staff is very good at answering questions and it values student questions.
- **Meet with Teachers** – Review your study plan to be sure you are focusing on the most important points.
- **AHS Seniors** tend to do more homework than freshmen!
- **Eat Breakfast** - Starting your day off with a healthy breakfast will make you feel great and perform better in school and sports. You will perform better in school, meet your vitamin and mineral needs for the day, eat more fiber and less fat, and are less likely to be overweight. Fiber and protein are the most filling and keep your blood sugar levels steady for the longest period of time. That's great if you have a late lunch!

Ten Ways to Study – That Work!

1. **Use your STUDENT PLANNER** every day.
2. **Study in a quiet place**—the same place each day.
3. Gather all the materials you'll need before you begin.
4. Don't wait for "inspiration" to strike—it probably won't.
5. A well kept **3-ring notebook for each course** can help you keep organized.
6. **Study in "spurts"** of 30 minutes with a five minute break between. We recommend at least three or four "spurts" each evening.
7. **Good notes** are your insurance against forgetting. Don't try to memorize what the teacher says...write down the meaning in your own words. Have a separate notebook for each course.
8. **Frequent review** of your notes, quizzes, tests and related material will help improve grades. Most of us forget that this is homework, too. There is a purpose for homework.
9. **Read for meaning.** Put the meaning in your own words. It must make sense to you!
10. Research shows that studying and preparing for class is **"good for you."** Study two hours per day and take Friday/Saturday off.

Whether you think you can or think you can't, you are right!

LPS 01685 Henry Ford

Arapahoe High School Graduation Requirements

Minimum Graduation Requirements:

Students must pass a minimum of 188 semester credits in grades 9–12.

Please note:

The Colorado Commission on Higher Education (CCHE) recommends students intending to attend Colorado four year colleges/universities to have as minimums:

- 4 years of Language Arts
- 4 years of Mathematics (Algebra 1–higher)
- 3 years of Science (two must be laboratory courses)
- 3 years of Social Studies
- 1 year of World Language
- 2 years of academic electives

Take more courses than the minimum. Rigorous courses are important for college admission

I. Language Arts – 35 semester credits (4 years) distributed as follows:

- A. English 9-S1 and S2, or Integrated English 9/US History-S1 and S2, or Honors English 9-S1 and S2 or Honors English 9-S1 and S2.
- B. English 10-S1 and S2, or Honors American Literature S1 and S2.
- C. Electives – remaining semester credits necessary to total 35 semester credits.
- D. Alternate electives – Journalism classes qualify for elective credit, a maximum of three credits of 3rd year World Language, Drama: History/Literature.

II. Social Studies – 30 semester credits (4 years) distributed as follows:

- A. U.S. History S1 and S2, Honors U.S. History S1 and S2, or Integrated U.S. History/English S1 and S2.
- B. World Geography and Civilizations S1 and S2, or Honors World Geography and Civilizations S1 and S2.
- C. Western Civilization S1 and S2 or Honors Western Civilization S1 and S2.
- D. American Government or Advanced Placement American Government and Politics.
- E. Economics or Advanced Placement Economics.
- F. Electives – 3 semester credits.

III. Mathematics – 4 semesters (8 semesters strongly recommended)

IV. Science – 4 semesters (6 semesters strongly recommended)

V. Fine Arts – 6 semester credits selected from any one or combination of the following: Visual Arts or Performing Arts

- A. Alternate Courses – Public Speaking and Technology Studies.

VI. Practical Arts – 6 semester credits distributed as follows:

- A. Business Technology I
- B. Other credits may be selected from one or combination of the following: Business and Marketing Education, Journalism, Technology Education, Area Career Technical Education (ACTS) or Culinary Essentials.
- C. Alternate Courses – Stagecraft (Theatre)

VII. Physical Education – 12 semester credits distributed as follows:

- A. Health in the eleventh grade
- B. One course in swimming or proficiency demonstrated by passing the swimming skills waiver test. (Completed in the ninth or tenth grade.)
- C. Two semester credits of Physical Education may be waived for completion of four seasons of Marching Band.
- D. Alternate Course – Theatre Movement. **Beginning with the class of 2017, this course will not be offered as Physical Education credit.**

VIII. Electives – In addition to the required credits, each student must select sufficient elective courses to complete a total of 188 credits for graduation from Arapahoe High School. (2 years of same World Language strongly recommended)

Single Gender Classes are popular and available throughout our course offerings for all grades. Placement is voluntary and students may Opt-Out or Opt-In to Single Gender Classes.

OPT-Out Procedures

Parents can expect the use of consistent standards at AHS for opting out of programs, events or activities. Under no circumstances will students intentionally be made to feel different, nor will parents choosing to exercise their right to opt-out be criticized for their decision. Opt-out applies to the Board-adopted curriculum and related activities that occur regularly or as a matter of course. Opting-out of an assignment always requires a showing of a bona fide reason. Replacement of assignments/activities will be provided at the Administration/Teacher discretion.