

Arlington Catholic High School

Program of Studies

2020 - 2021

This booklet is designed to acquaint you with the courses available at Arlington Catholic High School for freshman students. You must carry a minimum program of six full credit courses per year. Consideration should be given to your abilities, interests, and aptitudes when choosing courses. Requirements for high school graduation and college admission are important factors in course selection.

The complete Program of Studies is available on our web page under the Upper School > Academics link.

Requirements for Graduation

English	4 years
Theology	4 years
Mathematics	4 years
Science	3 years (including Biology & Chemistry)
Social Studies	3 years (including World History and US History)
World Language/Classics	2 consecutive years of the same language (3-4 years is strongly recommended)
Fine Arts/Humanities	1 credit (Class of 2022 and beyond)
Physical Education	½ credit (¼ credit in grades 9 & 10)
Health & Wellness	¼ credit (Class of 2022 and beyond)

Requirements

<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>
Algebra 1	Biology*	Algebra 2	English 4
English 1	English 2	Chemistry*	Mathematics
World History	Geometry	English 3	Science*
Language	Language	Theology 3	Social Studies*
Theology 1	Theology 2	United States History	Theology 4
Physical Education	Physical Education		
½ credit art course	Health & Wellness		

* These courses must be taken if they are still needed for Graduation

Honors and Advanced Placement Courses

Honors (Grade 9)

- In an honors level course, students are expected to have a serious, consistent work ethic, be actively engaged in class material and discussion, and be self-motivated.
- A minimum of a B+ average in the appropriate subject area in grades 7 & 8.
- Scores on standardized tests, including the High School Placement Test, that indicate the student is capable in a particular subject area.
- Scores on Arlington Catholic's Placement Exams (see Math and World Language sections)
- Since topics covered are cumulative and require considerable critical thinking, regular school attendance, including a minimal number of tardies and dismissals, is required.
- Department approval is also required

Honors & Advanced Placement (Grades 10, 11, 12)

- In an honors level course, students are expected to have a serious, consistent work ethic, be actively engaged in class material and discussion, and be self-motivated.
- Specific requirements for each course or department can be found in each department's section of this Program of Studies
- Since topics covered are cumulative and require considerable critical thinking, regular school attendance, including a minimal number of tardies and dismissals, is required.
- Standardized test scores including PSAT, SAT etc. if applicable will be considered.
- Placement tests may be required for transfer students
- Approval of current teacher or Department Chair is also required

Please note that no one standard automatically qualifies a student's placement into a course.

Department approval is required for all courses.

Students should consult with parents, teachers, and Guidance Counselors to plan a program appropriate for their abilities, interests, and future plans. While all courses at Arlington Catholic are college-prep and require strong effort, participation and critical thinking, many students should choose courses beyond that level. Arlington Catholic will encourage students to move up to an honors or AP course if we feel that this will better serve a student's abilities or future plans.

Students must complete their enrollment packet in order to be scheduled. Students with outstanding financial obligations will not be scheduled until their account is up to date. Students who do not complete the packet and choose courses by March 25th, whether for financial reasons or lack of completion, may have limited course options available to them.

Incoming students, both transfers and freshmen, must meet requirements and pass department placement exams, as required, for certain courses. Academic departments will review lists of course requests and a student's academic record before students are scheduled. Students and families who appeal the department's decision and choose a level of course at the objection of the faculty and administration may forfeit their ability to change course levels at a later date.

We will attempt to honor all approved requests; however, we reserve the right to not run an under enrolled course. Conflicts may occur in the scheduling process, students will be advised of the issue or conflict and asked to select an alternative course.

It is imperative that we have accurate course request data when we make decisions regarding the number of sections and teaching assignments. The selection of courses should be considered a serious matter; it will be extremely difficult, and many times impossible, to accommodate changes after teaching assignments and budgetary decisions have been made. Students should choose courses based on interest and ability, not by teacher as teaching assignments are not finalized until after the course selection process is completed. After the schedule has been constructed, we must limit changes as much as possible; students will be allowed to make schedule changes within the timeline and limitations listed below. Proper protocol must be followed before a change is made. No changes that overload any classes will be made. Please note, we will not accommodate course changes for teacher preference, class period, etc.

- Prior to the first day of school: Students may change selections based on space available.
- First cycle (A-G) of school: Students and teachers may initiate level changes of the same course as space permits.
- Second and third cycles of school: Only level changes initiated by a teacher, counselor or administrator will be allowed as space permits.
- No class changes will be made after the third cycle of school. A minimal number of level changes may be made following midyear exams prior to the start of Quarter 3 (after midyear exams) with permission of Department Chairs, Guidance and Administration.
- No elective changes will be permitted once classes have begun.

English Department

All students are required to take four years of English.

Summer reading is required each year.

Department approval is required for Honors & AP courses.

ENGLISH 1

1 Credit

English 1 provides a comprehensive foundation of close reading, writing, and grammar skills that students build upon throughout their high school career. Fiction and nonfiction reading selections from a variety of literary genres center around the theme of *Leaving for Points Unknown*. The students and teacher often collaborate regarding the choice of readings and assignments. In order to begin to think more critically about these works, freshmen consider literal and figurative language. They identify literary devices, build vocabulary, understand effective sentence structure, and practice close reading. Using the writing process, they craft personal, expository, analytical, and argumentative paragraphs and essays, as well as imaginative pieces.

Grade: 9

HONORS ENGLISH 1

1 Credit

Honors English 1 covers content similar to that of English 1. This course provides a comprehensive foundation of close reading, writing, and grammar skills that students build upon throughout their high school career; however, students are required to read and write on a more analytical level. In addition, students are often expected to work more independently. Students read both fiction and nonfiction selections from the major literary genres that center around the theme of *Leaving for Points Unknown*, and begin to think more critically about these works. They learn to identify literary language, build vocabulary, understand effective sentence structure, and practice close reading. Using the writing process, they craft personal, expository, analytical, and argumentative paragraphs and essays, as well as imaginative pieces. In an honors level course, students are expected to have a serious, consistent work ethic, be actively engaged in class material and discussion, and be self-motivated.

Grade: 9

Fine Arts Department

All students, beginning with the Class of 2022, are required to take one credit of Fine Arts or Humanities courses; note that some arts courses only earn ½ credit. Courses that fulfill this requirement are also found in the English and Social Studies Departments.

What makes AC Arts “inspiring and uplifting?”

The “spiritual” element comes into play when the learner becomes the artist.

The artist must be “inspired” to create.... (“Inspire” does mean *to breathe in the spirit*).

We offer classes that provide students with the opportunity to do just that.

FINE ARTS APPRECIATION

½ Credit

This course will provide an overview of Music and the Visual Arts. Major artists and musicians, as well as movements and styles of their work will be studied. Pieces that continue to influence the contemporary world of art and music will be stressed. Depending on the expertise of the instructor, the appreciation of the visual arts and/or music appreciation may be emphasized. The purpose of this course is to awaken an appreciation for the arts and encourage participation in other art courses in grades 10-12.

This course will meet three times each cycle and is required for all freshmen unless they are enrolled in Chorus, Music Appreciation, or the Achievement Center. Upper class students may choose to enroll in this course and replace their study three times per cycle.

Grades: 9, 10, 11, 12

ART 1

1 Credit

This course is an introduction to art. Students use a range of artistic mediums and techniques to gain a broad understanding of visual art as a whole. Student work in this class includes pencil drawings, watercolor, ink, acrylic, cut paper, ceramics, and various other mediums.

Grades: 9, 10, 11, 12

CHORUS½ Credit

Chorus is a performing class for all students who wish to develop their vocal technique and choral singing skills. Students will sing quality choral and a cappella repertoire from a variety of musical time periods and genres including sacred, classical, world music, musical theater and contemporary music. Students will work to improve sight reading, vocal technique, choral blend, harmonic independence, diction and musical expression. There will be at least one required performance each term.

This course will meet three times each cycle and is required for all freshmen unless they are enrolled in Choir, Music Appreciation, Fine Arts Appreciation, or the Achievement Center. Upper class students may choose to enroll in this course and replace their study three times per cycle.

Chorus may be repeated for additional credit with the permission of the instructor.

Grades: 9, 10, 11, 12

CHOIR½ credit

Choir is a course that will prepare students to enhance our liturgies with song. Students from this group will be chosen to serve as Mass cantors as well as lead the congregation in song as a group. Students with all levels of experience are welcome to join the choir.

This course will meet three times each cycle and is required for all freshmen unless they are enrolled in Chorus, Music Appreciation, Fine Arts Appreciation, or the Achievement Center. Upper class students may choose to enroll in this course and replace their study three times per cycle.

Grades: 9, 10, 11, 12

MUSIC APPRECIATION½ Credit

Music Appreciation is a non-performing class for all students who love music and would like to develop skills and knowledge to enhance their enjoyment and appreciation of all types of music. This course will include an introduction to the elements of music such as melody, harmony, rhythm, texture, style, and form, as well as learning about the evolution of music throughout history. Students will be exposed to music from a variety of genres and time periods from medieval music to contemporary popular music.

This course will meet three times each cycle and is required for all freshmen unless they are enrolled in Choir, Chorus, Fine Arts Appreciation, or the Achievement Center. Upper class students may choose to enroll in this course and replace their study three times per cycle.

Grades: 9, 10, 11, 12

BAND

Band is a non-credit course that is offered by Elfman Music during the WIN period on a weekly basis. Information on signing up and fees will be available to families in September.

Grades: 9, 10, 11, 12

THEATER ARTS1 Credit

Using “The Performance Cycle” developed by The New England Arts for Literacy Project, this course introduces students to the art of play production. Each performance cycle unit revolves around a central text, and all activities are designed to reflect the theme of the text. Students will be introduced to various aspects of theatre such as playwriting, acting, set design, lighting, sound, costuming, directing, and dramaturgy. At the end of each unit, students will create and perform an ensemble piece in which they will have the opportunity to apply their skills.

Grades: 9, 10, 11, 12

Mathematics Department

All students are required to take four years of math, which generally includes Algebra 1, Geometry, and Algebra 2.

Any version of the TI-84 or TI-84 Plus graphing calculator is required in all math classes.

Note: Freshman students wishing to enroll in Honors Algebra 1 or Advanced Geometry must take the department placement exam. A grade of B- is required to remain in Advanced or Honors Math courses. A year end grade of A- and departmental approval are both required to move from an Honors level course to an Advanced level course; as well as to move from a college-prep level to an Honors level course. Departmental approval is required for Honors & AP courses.

ALGEBRA 1

1 Credit

Algebra 1 is designed to give the students a solid foundation in basic algebraic concepts and skills which include sets, structure of number systems, equalities, and graphing in the coordinate plane. Highlighting some of the key areas of introductory geometry and basic logical reasoning, provides students the underlying groundwork for future mathematics courses.

Grade: 9

HONORS ALGEBRA 1

1 Credit

This course is designed for the student well prepared by fundamental pre-algebra. Moving at a rapid pace, students are challenged by a highly competitive atmosphere. Students discover and develop algebraic concepts and skills by relating their knowledge of numbers to the variable. Topics include the language of sets, linear equalities, and inequalities, quadratic equations, linear systems, and functions. Numerous word problems provide practical application of the concepts being developed. Students must take the Math Placement exam to be considered for this course.

Grade: 9

ADVANCED GEOMETRY**1 Credit**

This course is designed for highly motivated students with exceptional math skills and a strong background in Algebra. The course integrates Algebra concepts in the study of Geometry. The work centers around two basic understandings: the development of geometrical principles on a plane, and the nature of mathematical proofs. These two objectives are met by starting with undefined terms, such as point, line and plane, and then proceeding through the axioms and postulates to the theorems. In this approach, concepts are important as they relate to one another. The course concludes with the study of Area and Volume. In Advanced Geometry the subject matter is studied in greater depth, with more difficult proofs, than in the Honors Geometry course. Students must take the Math Placement exam to be considered for this course.

Grade: 9

Physical Education

PHYSICAL EDUCATION

¼ Credit

Physical Education is a requirement for all Freshmen and Sophomores. The Physical Education class is an introduction to basic skills and movement by participation and instruction in the following activities: Badminton, Basketball, Flag Football, Lacrosse, Paddle Tennis, Pilo-Polo, Ping Pong, Whiffle Ball, Soccer, and Ultimate Frisbee. . Students will work on individual skills as well as group work and teamwork by participating in a variety of structured recreational games. Physical Education class will also utilize and understand the importance of the Wellness Center and the Turf Field. The Program helps students develop socially, emotionally and physically in a healthy environment with emphasis placed on good sportsmanship and fair play.

Grades: 9, 10

Science Department

All students are required to take three years of science, including **Biology and Chemistry**.
Department approval is required for all **Honors and AP** courses.

HONORS BIOLOGY 1

1 Credit

Honors Biology 1 is designed for freshmen who plan to take four years of science at Arlington Catholic and have demonstrated high aptitude in mathematics and reading comprehension. It is a laboratory-based course intended to provide those students with an in-depth knowledge of biology and to further develop their investigative and interpretive skills. Its content is taught on a molecular level, allowing students a better understanding of the rapid advances in biology. Topics include: cells, DNA structure, protein synthesis, genetics, evolution, biochemistry, as well as a deeper study of life processes as they relate to various organisms. This course requires independent research and study.

Grades: 9, 10

BIOLOGY 1

1 Credit

Biology 1 is a required laboratory course offered to freshmen and sophomores. This course is designed to heighten awareness of the interdependence of living organisms with the environment. Topics covered include: cell structure and function, the cell cycle, biochemistry of organic nutrients, classification, energy transformations, DNA, genetics, evolution and life processes as they relate to various organisms.

Grades: 9, 10

Social Studies Department

All students are required to take three years of Social Studies, which includes World History in the freshman year and US History in the junior year. AP Seminar may be used to fulfill the three year requirement, but does not, for juniors, replace US History.

Department approval is required for Honors and AP courses.

WORLD HISTORY

1 Credit

This course is a survey of the great civilizations of the world. Beginning with pre-history, and ancient cultures, students will study The Middle East, China, India, Africa, Asia, Southeast Asia, East Asia and Europe. The course concludes with a study of the Renaissance. Students develop skills in geography and writing, as well as in document reading and analysis.

Grade: 9

HONORS WORLD HISTORY

1 Credit

This course is a study of the great civilizations of the world, beginning with Prehistory through the Renaissance. Students will study The Middle East, China, India, Africa, Asia, Southeast Asia, East Asia and Europe. The main aspects of a civilization are covered: culture, government structure, belief systems, societal structure, and geography. Emphasis will be placed on critical reading and writing as well as the development of a student's analytical skills. In an honors level course, students are expected to have a serious, consistent work ethic, be actively engaged in class material and discussion, and be self-motivated.

Grade: 9

Technology Department

COMPUTER PROGRAMMING

1 Credit

This course provides a foundation in computer programming. Students will gain an understanding of computer science principles. Topics include: variables, data representation; using decision and looping structures; manipulating arrays. Completion of this course will place the student in a strong position to excel in an advanced Computer Science course.

Grades: 9, 10, 11, 12

Theology Department

All students are required to take four years of Theology.

Active participation is expected in all classes.

Departmental approval is required for Honors courses.

COMMUNITY SERVICE REQUIREMENT

In keeping with our mission as a Catholic school and to living out our Core Values, students are required to complete community service hours each year. As part of their Theology course, students will reflect on their service from a Christian perspective.

Required Hours:

Freshmen: 20 hours

Sophomores: 20 hours

Juniors: 10 hours

Seniors: 10 hours

Service sites must be approved by the Campus Ministry office; the “Ministry” section of the school website lists approved locations and contacts. *Students are strongly encouraged to find volunteer opportunities at their local parish, Saint Agnes Parish or Saint Agnes School.* **Service done in school or for Arlington Catholic does not typically count toward the Service Requirement. Any exceptions must be approved by the Campus Minister BEFORE completion.**

Students may choose to complete their service hours over the summer. All service must be completed no later than March 1st of each year; service hours for seniors must be completed by the end of the first quarter. Students will be required to submit their service information through a Google Form in order to receive credit for their service. A sample of each grade’s service will be verified with the sponsoring location.

As Community Service is both essential to our mission as a Catholic school as well as a graduation requirement, students who do not complete the requirement may be ineligible to return to Arlington Catholic.

THEOLOGY 1

1 Credit

FUNDAMENTALS OF CATHOLIC BELIEF

This course introduces the four-year Theology curriculum. Its purpose is to help students examine and deepen their own understanding of the fundamental beliefs of the Catholic faith. Students explore the nature of God and faith and the meaning of God's call to act with unconditional love and live with a Catholic worldview. In addition, such basic doctrines as the Trinity, the Incarnation, and the Paschal Mystery are studied. Students are encouraged to apply these concepts to their own lives.

INTRODUCTION TO THE HEBREW SCRIPTURES

This course is designed as an introduction to the Bible as well as a study of the Hebrew Scriptures. It offers students an opportunity to read the Bible and learn how to understand and apply its truths to their own lives. Through a study of basic biblical themes, the course develops an understanding of how God has worked in human history and still works in our world today.

Grade: 9

World Language Department

All students are required to take a minimum of two consecutive years of French, Italian, Latin or Spanish. Students are strongly encouraged to take 3 or 4 years of a Language.

A minimum of a B- average in an honors course is required to remain at that level.

A minimum of a B+ average in the appropriate prerequisite college preparatory course(s) is required to move to the honors level.

Departmental approval is required for all Honors and AP courses.

Please note: Incoming freshmen must take the department placement test in order to be placed in a College Prep 2 or Honors level 2 course.

FRENCH 1

1 Credit

French 1 is for students who have never studied French before or have had very little French at the middle school level. Emphasis is on developing communicative competence by practicing listening, speaking, reading, and writing skills with basic structures and vocabulary. Developing an understanding of the customs and cultures of the French-speaking world is also emphasized. In order for students to have an immersive language experience which facilitates acquisition, the class is conducted mostly in French and students are encouraged to speak as much French as possible.

Grades: 9, 10, 11

HONORS FRENCH 1

1 Credit

Honors French 1 is for students who have never studied French before or have had very little French at the middle school level and are generally strong students academically. Emphasis is on developing communicative competence by practicing listening, speaking, reading, and writing skills with basic structures and vocabulary. Developing an understanding of the customs and cultures of the French-speaking world is also emphasized. In order for students to have an immersive language experience which facilitates acquisition, the class is conducted mostly in French and students are encouraged to speak as much French as possible.

Grades: 9, 10, 11

FRENCH 2**1 Credit**

French 2 is for students who have completed a French 1 course either at the middle school level or at the high school level. This course builds on the listening, speaking, reading and writing skills developed in level 1 and continues to explore the customs and cultures of French-speaking countries. In order for students to have an immersive language experience which facilitates acquisition, the class is conducted in French and students are expected to speak only French during class time. Please note: Incoming freshmen must take the department placement test to enroll in this level.

Grades: 9, 10, 11, 12

HONORS FRENCH 2**1 Credit**

Honors French 2 is for students who have completed a French 1 course either at the middle school level or at the high school level and are generally strong students academically. The course builds on the listening, speaking, reading and writing skills developed in level 1 and continues to explore the customs and cultures of French-speaking countries. In order for students to have an immersive language experience which facilitates acquisition, the class is conducted in French and students are expected to speak only French during class time. Please note: Incoming freshmen must take the department placement test to enroll in this level.

Grades: 9, 10, 11, 12

ITALIAN 1**1 Credit**

Italian 1 is for students who have never studied Italian before or have had very little Italian at the middle school level. Emphasis is on developing communicative competence by practicing listening, speaking, reading, and writing skills with basic structures and vocabulary. Developing an understanding of the customs and culture of Italy is also emphasized. In order for students to have an immersive language experience which facilitates acquisition, the class is conducted mostly in Italian and students are encouraged to speak as much Italian as possible.

Grades: 9, 10, 11

HONORS ITALIAN 1**1 Credit**

Honors Italian 1 is for students who have never studied Italian before or have had very little Italian at the middle school level and are generally strong students academically. Emphasis is on developing communicative competence by practicing listening, speaking, reading, and writing skills with basic structures and vocabulary. Developing an understanding of the customs and culture of Italy is also emphasized. In order for students to have an immersive language experience which facilitates acquisition, the class is conducted mostly in Italian and students are encouraged to speak as much Italian as possible.

Grades: 9, 10, 11

ITALIAN 2**1 Credit**

Italian 2 is for students who have completed an Italian 1 course either at the middle school level or at the high school level. This course builds on the listening, speaking, reading and writing skills developed in level 1 and continues to explore the customs and cultures of Italy. In order for students to have an immersive language experience which facilitates acquisition, the class is conducted in Italian and students are expected to speak only Italian during class time. Please note: Incoming freshmen must take the department placement test to enroll in this level.

Grades: 9, 10, 11, 12

HONORS ITALIAN 2**1 Credit**

Honors Italian 2 is for students who have completed an Italian 1 course either at the middle school level or at the high school level and are generally strong students academically. The course builds on the listening, speaking, reading and writing skills developed in level 1 and continues to explore the customs and cultures of Italy. In order for students to have an immersive language experience which facilitates acquisition, the class is conducted in Italian and students are expected to speak only Italian during class time. Please note: Incoming freshmen must take the department placement test to enroll in this level.

Grades: 9, 10, 11, 12

LATIN 1**1 Credit**

This course is designed for students who have had no previous study of Latin. Latin-derived English vocabulary and the general principles of how such words are formed will be a major focus of the course. In addition, important aspects of Roman civilization will be presented.

Grades: 9, 10, 11

HONORS LATIN 1**1 Credit**

This course is designed for students who have had no previous study of Latin and are generally strong academically. Students will work at a more intensive pace than in Latin 1. The major focus of the course is Latin vocabulary, grammar and reading comprehension. In addition, important aspects of Roman civilization will be presented. Students will be prepared to take the Level 1 National Latin Exam in the spring.

Grades: 9, 10, 11

LATIN 2**1 Credit**

This course builds on the skills learned in Latin 1. Students will be expected to do work involving the active production of Latin as well as reading comprehension of increasingly authentic Latin prose. In addition, important aspects of Roman history and civilization will be presented. Please note: Incoming freshmen must take the department placement test to enroll in this level.

Grades: 9, 10, 11, 12

HONORS LATIN 2**1 Credit**

This course builds on the skills learned in Honors Latin 1. Taught at a more rigorous pace than Latin 2, students will be expected to do work involving the active production of Latin as well as reading comprehension of increasingly authentic Latin prose. In addition, important aspects of Roman history and civilization will be presented. Students will be prepared to take the Level 2 National Latin Exam in the spring. Please note: Incoming freshmen must take the department placement test to enroll in this level.

Grades: 9, 10, 11, 12

SPANISH 1**1 Credit**

Spanish 1 is for students who have never studied Spanish before or have had very little Spanish at the middle school level. Emphasis is on developing communicative competence by practicing listening, speaking, reading, and writing skills with basic structures and vocabulary. Developing an understanding of the customs and cultures of the Spanish-speaking world is also emphasized. In order for students to have an immersive language experience which facilitates acquisition, the class is conducted mostly in Spanish and students are encouraged to speak Spanish in class.

Grades: 9, 10, 11

HONORS SPANISH 1**1 Credit**

Honors Spanish 1 is for students who have never studied Spanish before or have had very little Spanish at the middle school level and are generally strong students. This course is taught at a more rigorous pace than Spanish 1. Emphasis is on developing communicative competence by practicing listening, speaking, reading and writing skills with basic structures and vocabulary. Developing an understanding of the customs and cultures of the Spanish-speaking world is also emphasized. In order for students to have an immersive language experience which facilitates acquisition, the class is conducted mostly in Spanish and students are encouraged to speak as much Spanish as possible.

Grades: 9, 10, 11

SPANISH 2**1 Credit**

Spanish 2 is for students who have completed a Spanish 1 course either at the middle school level or at the high school level. This course builds on the listening, speaking, reading and writing skills developed in level 1 and continues to explore the customs and cultures of Spanish-speaking countries. In order for students to have an immersive language experience which facilitates acquisition, the class is conducted in Spanish and students are expected to speak only Spanish during class time. Please note: Incoming freshmen must take the department placement test to enroll in this level.

Grades: 9, 10, 11, 12

HONORS SPANISH 2**1 Credit**

Honors Spanish 2 is for students who have completed a Spanish 1 course either at the middle school level or at the high school level and are generally strong students academically. Taught at a more rigorous pace than Spanish 2, this course builds on the listening, speaking, reading and writing skills developed in level 1 and continues to explore the customs and cultures of Spanish-speaking countries. In order for students to have an immersive language experience which facilitates acquisition, the class is conducted in Spanish and students are expected to speak only Spanish during class time. Please note: Incoming freshmen must take the department placement test to enroll in this level.

Grades: 9, 10, 11, 12