



Class of 2023

Course Selection

Freshman
101

Graduation Requirements:

- 4 credits each semester for a total of 28 credits to graduate
- **English** – 4 credits (1 credit every year)
- **Math** – 4 credits
- **Social Studies** – 4 credits (1 credit every year; 1 credit must be non-American course)
- **Science** – 4 credits (1 credit must be Biology)
- **Physical Education/Health** – 1 credit
- **Physical Education/Safety Education** – 1 credit
- Graduation Project requirement

Keystone Exam Requirement:

Students must attain proficiency or better on the Keystone Exams in

- ❖ Algebra I
- ❖ Literature
- ❖ Biology



Course Leveling:

Career Prep

- Entering work force

College Prep (CP)

- Attend post-secondary education
- Strong academic record and work ethic

Honors

- Accelerated courses - more rigorous
- Self-directed, self-motivated, independent learners

Advanced Placement (AP)

- To receive AP credit, must take the AP exam. If not, Honors credit will be given

Grade Point Average (GPA):

AP+	AP	Honors	CP & Career
A = 5.5	A = 5	A = 4.5	A = 4
B = 4.5	B = 4	B = 3.5	B = 3
C = 3.5	C = 3	C = 2.5	C = 2
D = 2.5	D = 2	D = 1.5	D = 1

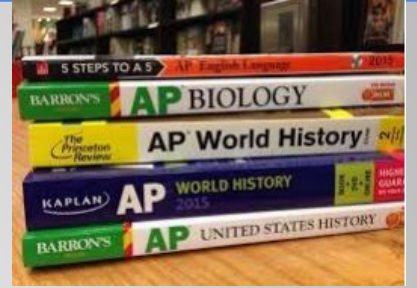
- Grade point average is determined by dividing the number of credits into the quality points earned.
- GPA will be used for the purpose of naming the valedictorian and salutatorian.



Honors Program:

To graduate with Honors designation on diploma, a student must earn the following in grades 10 – 12:

- 5 Honors courses with a minimum grade of B or better in each
- 4 AP courses with a minimum grade of B or better in each
- 3 levels of the SAME Foreign Language in grades 9 – 12 with a minimum grade of B or better in each
- All required core courses must be College Prep level or higher
- Students must maintain an overall, cumulative GPA of 3.75



How Your Grades Can Affect You:

College:

- 4-Year Universities have a requirement for admissions, usually 3.0 or higher
- 2-Year colleges may not have a requirement, but some of the programs do

Scholarships: FREE MONEY!

- Many scholarships are based on your academic performance
- The higher your GPA, the more scholarships you may be eligible for
- Colleges have their own scholarships they can give you, many based on GPA

How Your Grades Can Affect You:

Athletic/Activity Eligibility:

- Good grades = Play
- Research shows that involvement in sports/activities/clubs helps make you a better student
- Time management, commitment, teamwork, responsibility

Jobs/References:

- You are more hireable when you perform better
- People you use as references or letters of recommendations will have better things to say

[Video](#)

Where Will You Go?



NCAA Freshman Eligibility Standards:

→ [NCAA Student Guide](#)

→ [Core Course GPA](#)

- ◆ Click “FREE New Member Account”
- ◆ Enter School ID: 392655
- ◆ Enter School Code: 718600409

How to plan your high school courses
to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

4 English courses (one per year)
+ 4 math courses (one per year)
+ 4 science courses (one per year)
+ 4 social science (and/or additional) courses (one per year)

16 NCAA core courses

Sample Block Schedule:

	Fall	Spring
<i>Block 1 (7:40 – 9:13)</i>	CP Algebra I	CP Algebra I
<i>Block 2 (9:21 – 10:49)</i>	PE/Health	CP Biology
<i>Block 3 (10:57 – 1:03)</i>	Hon US History II	Elective
A Lunch/Class Class/ B Lunch/ Class Class/C Lunch		
<i>Block 4 (1:11 – 2:45)</i>	Elective	CP Foundations of Literature

OUR
SCHEDULE!

Get Involved ~ Clubs, Sports, Music

Baseball -----[Streeter Stuart](#)

Boys Basketball-----[Larry Bellew](#)

Girls Basketball -----[Megan Quinn](#)

Bowling-----[Chris Vital](#)

Cheerleading -----[Janna Ames](#)

Cross Country -----[Tom Ecker](#)

Field Hockey -----[Matt Soto](#)

Football -----[John Brubaker](#)

Golf -----[Tom Reustle](#)

Boys Lacrosse -----[Zach Charles](#)

Girls Lacrosse-----[Caroline Lovett](#)

Girls Soccer -----[Carli Brill](#)

Boys Soccer -----[Paul Taylor](#)

Softball -----[David Stokes](#)

Swimming -----[Eric Urban](#)

Boys Tennis -----[Greg Hammond](#)

Girls Tennis -----[Alison Fetter](#)

Track & Field -----[Ben Schober](#)

Boys Volleyball -----[Chris Telesco](#)

Girls Volleyball -----[Tim Joyce](#)

Wrestling -----[Brandon Verinalli](#)

[Club Booklet 2018-2019](#)

[Music Department](#)



Counseling Services

You will have the same counselor all through high school:

Brandy Basile	Last Name A – De	(717) 872 – 9520 ext. 1810 Brandy.basile@pennmanor.net
Dana Wile	Last Name Df – Hh	(717) 872 – 9520 ext. 1817 Dana.wile@pennmanor.net
Gail Ulmer	Last Name Hi-Mi	(717) 872 – 9520 ext. 1815 Gail.ulmer@pennmanor.net
Marjean Long	Last Name Mo – Sc	(717) 872 – 9520 ext. 1818 Marjean.long@pennmanor.net
Rhoda Snyder	Last Name Sd-U	(717) 872 – 9520 ext. 1816 Rhoda.snyder@pennmanor.net
Melissa Ostrowski	Last Name V- Z	(717) 872 – 9520 ext. 1822 Melissa.ostrowski@pennmanor.net



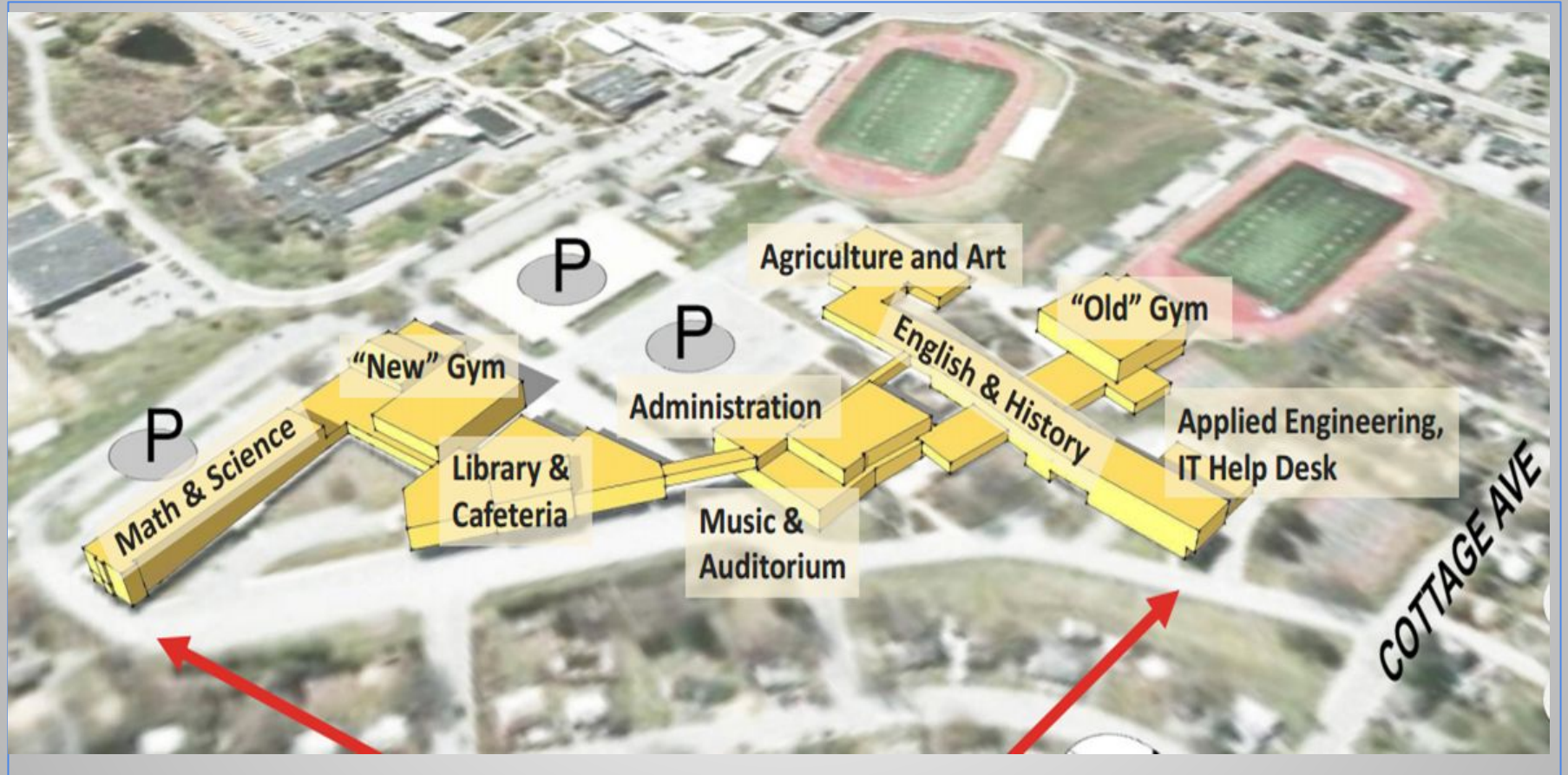
Administration

- Philip B. Gale, Ed.D.—Principal
- Douglas C. Eby —Assistant Principal—Grade 12
- Jason D’Amico, Ed.D.—Assistant Principal—Grade 11
- Dorina A. Andes —Assistant Principal—Grade 10
- Kimberly A. Marsh —Assistant Principal—Grade 9

[Student Code of Conduct](#)



The Current Building



1st Graduating Class in the New Building!



Advocate For Yourself

- PMHS has a larger student population, so you need to advocate for yourself.
- Having a problem? Figure out what resources you need and who can help.
- Take control of your high school experience.



Agriculture Electives

Agriculture: Fall

251 – Into to Ag, Food and Natural Resources

261 - Intro to Ag Mechanics

Agriculture: Spring

252 – Animal Science

267 – Wildlife & Natural Resource Mgt.

278 – Plant Science

262 – Welding

264 – Engines

269 – Construction

271 – Agribusiness & Leadership

Applied Engineering & Technology Electives

Applied Engineering & Tech: Fall

710 – 9th Grade Experiencing Tech

Applied Engineering & Tech: Spring

711 – Design Drafting

7112 – Honors Engineering Design Drafting

719 – Honors Engineering Principles (Alg 1 Pre-Reg.)

722 – Materials Design & Production

727 – Woodworking Technology

7271 – Honors Woodworking Technology

749 – Computer Animation

751 – Electronics & Robotics

Art Electives

Art: Fall or Spring

311 – Foundation of Design/Art I

312 – Drawing & Painting

320 – Trends in Ceramics & Crafts

321 – Traditions in Ceramics & Crafts

345 – Yearbook/Creative Publications Design (Application)

361 – Commercial Art

392 – Video Production (with counselor permission)

Art: Spring

398 – Television Production (with counselor permission)

Family Consumer Sciences Electives

FCS: Fall or Spring

630 – Introduction to Family & Consumer Science

Foreign Language Electives

Foreign Language: Fall

521 – French I

531 – German I

551 - Spanish I

552 - Spanish II

Foreign Language: Spring

522 – French II

531 – German II

552 – Spanish II

553 – Spanish III

[Meet the German Teacher](#)

[Why Take French](#)

[German is 4U](#)

Music: Fall or Spring

851 - Classic Piano

888 – Guitar I

887 – History of Rock

Music: Spring

883 – Girls Chorus

Music: ALL YEAR

880 – Band

881 – Orchestra

882 – Chorus



What Happens Next

- 1/31/19 – Elective Presentation during AP
- 2/4/19– Teachers will make recommendations on your **PINK** sheet
- 2/7/19 – Course Selection Night at PMHS 6:30 – Auditorium
- 2/11/19 – **PINK** sheets due to HOMEROOM (B8 – 2nd period) teachers
- 2/19/19 - Career Readiness paper due to HOMEROOM (B8 – 2nd period) teachers
- 2/19 & 2/20 – Students will enter courses into Sapphire
- 2/25/19 – Send home course verification sheets home for parent signature
- 3/1/19 – Course verification sheets due