

The purpose of this curriculum guide is to inform the students, parents/guardians, patrons, and teachers in the Bennington school district of offerings at our school, and additional information about continuing their education after high school.

School District:

Bennington is an independent suburban school system in North Central Douglas County, outside of Omaha. It is organized in a 7 – 2 – 4 plan. This implies that a student has seven years of Elementary (K-6) school training, two years of Junior High (7-8) school training, and four years of High School (9-12). Bennington is fully accredited school by the Nebraska State Department and the North Central Accreditation of Schools.

School Day:

The school day begins at 8:10 a.m. and concludes at 3:17 p.m. Bennington has a closed campus which means students may not leave the building at any time during the school day without the direct permission of the administration and/or parents. Students shall be present 5 of the 8 periods of the school day in order to participate in school events, unless excused by the administration.

Daily Class Periods:

Bennington’s school year is divided into two semesters that allow for a total of 174 instructional days. Bennington operates on an eight periods per day, and each period is 46 minutes. Students are required to carry 7 credited subjects per semester. 11th & 12th grade students may take fewer than 7 subjects providing they have shown documentation that they are enrolled in a post-secondary institution. This includes taking on-line post-secondary classes at Bennington High School or traveling to a post-secondary institution. Students taking less than 4 classes at Bennington High School are ineligible for NSAA activities as mandated by the NSAA policy.

High School Graduation Requirements:

Bennington High School students are required to successfully complete 50 credit hours to graduate. Bennington High School offers both a college preparatory and a general secondary educational program. Classes are offered in Business, English, Family & Consumer Sciences, Fine Arts, Foreign Language, Industrial Arts, Mathematics, Physical Education, Science, and Social Studies.

Transfer students will have their academic records reviewed by the administration to determine their accepted credits towards graduation. Credits are assigned to classes at 1 credit hour per course per semester. *Students wishing to graduate after the 1st semester of their Senior year need to make a request in writing to the Principal or Guidance Counselor no later than December 1st of their Junior year.* Students must complete the following required classes or their honors equivalent:

<u>Department</u>	<u>Minimum Required Classes</u>	<u>Credits</u>
English	(English 9, English 10, English 11, English 12)	8
Math	(Algebra)	6
Social Studies	(World Geography, World History, American History, Government)	8
Science	(Physical Science, Biology)	6
Physical Ed. & Health	(PE / Health 9)	4
Practical Arts	(Bus Comp App 1 / Personal Finance)	4
Electives		14
		Totals 50

High School Grade Classification

9 th grade	0 – 12 credits
10 th grade	13 – 24 credits
11 th grade	25 – 36 credits
12 th grade	37 + credits

Grading Scale:

Regular Courses	Weighted Courses	
A = 4.0 = 100 – 93	A = 4.5 = 100 – 93	= superior achievement
B = 3.0 = 92 – 86	B = 3.5 = 92 – 86	= above average
C = 2.0 = 85 – 77	C = 2.5 = 85 – 77	= average
D = 1.0 = 76 – 70	D = 1.5 = 76 – 70	= below average
F = 0.0 = 69 – 0	F = 0.0 = 69 – 0	= failing
P		= passing
NP		= not passing

Class Rank Policy:

Rank in class is determined for grades 9 through 12 by using the above grading scale. A student’s weighted grade point average determines the student’s rank in their class. High school classes taken in 8th grade also count towards a student’s class rank. It is recalculated at the end of every semester.

Weighted High School Courses:

Algebra	Geometry	Advanced Algebra	Pre-Calculus / Trigonometry
Calculus	Web Page Design	Internet/Multimedia	Desktop Publishing
E-Commerce	Honors Biology	Chemistry	Human Physiology/Anatomy
AP Chemistry	Physics	Honors English 10	Honors English 11
AP English/Literature	Psychology	Honors American History	French III – IV – V
Spanish III – IV – V	Sociology	Historical Literature	Cultural Anthropology
Constitutional Law			

Honor Roll:

President's List (Top Academic Honor Roll)

1. 4.0 – 3.4 grade point average
2. All grades must be A's or B's with at least two A's
3. Must have at least one weighted course with six subjects or carry five subjects with three being weighted
4. Junior High students must have 4.0 – 3.4 grade point averages with no C's

Dean's List (Regular Honor Roll)

1. 4.0 – 3.0 grade point average
2. All grades must be A's, B's, or C's
3. Must carry at least five subjects.
4. Junior High Students must have above a 3.0 grade point average, with no D's or F's.

Standardized Testing:

Bennington's ACT/SAT School Code = 280 - 240

The following standardized testing is available for students at Bennington Junior/Senior High School:

7th Grade students take the Terra Nova;

8th Grade students take the EXPLORE and the Terra Nova;

10th Grade students take the PLAN;

11th Grade students have the option to take the ASVAB or the PSAT, and may take the ACT, or SAT;

12th Grade students may take the ACT or SAT.

Students are also required to take the State of Nebraska assessments in English, Math, & Science.

Early Leave & Late Arrival:

Junior and Senior students are eligible to be released from school with the permission of the school and home. The release for students will be valid as long as the student maintains a "C" average to keep their release status.

Distance Learning Program:

Students at Bennington have the opportunity to take both high school and college credit classes via Distance Learning. This program allows students here to take part in classes taught at another school. The students watch the instructor and other class participants on a screen and are able to interact with them via cameras and microphones. Homework and other assignments are then sent, faxed, or emailed to the teacher teaching the course. The courses allow students the opportunity to enrich their education.

Students taking high school courses will have the courses count towards the student's grade point average and class rank. College courses will be dependent on the teacher's qualifications. If the teacher is not endorsed to teach high school classes, the course will be a college course and will not count on the student's high school grade point average. Students taking college courses with the teacher being qualified to teach on the high school level, will be allowed to determine if they wish to have the class count towards their high school grade point average, or not to count.

Dual-Enrollment / Articulation:

Junior and Senior students may take classes through Metro Community College in a dual enrollment status, or have the possibility of dual enrollment classes through Peru State College that will be taught by teachers here at Bennington High School. The students will travel to the Metro CC campus hosting the class, or can do online or blended courses through Metro CC. The student will pay for their tuition and books, and provide their own transportation to the class. Dual-enrollment classes will count towards the student's high school grade point average, and will also be on their college transcript.

Articulation allows students to take high school classes that count towards community college credit or community college classes that count towards four-year college credits. An agreement must be made between the high school and community college, or the community college and the four-year college. The Distance Learning program or the Dual-Enrollment program can help students' articulate classes. Students interested in taking articulated courses through Peru State College or Metro Community College should see the guidance office. The courses are your basic general education courses that are required at most colleges and universities. The advantages of taking Articulated Courses are: The courses are cheaper (community college tuition costs are usually 30-40% less); The classes are smaller; You can enter college with credits on your transcript, which can benefit you when it comes time to register for classes. (If you take 6 credit hours at a community college, and you take 14 hours each semester at your degree school, you will have 34 credits at the end of your 1st year of college, and be classified as a sophomore. A similar student without the 6 credits would have 28 credits and be considered a second year freshman.)

The following information can benefit your student during their junior high and high school career. If you have any questions or do not have Internet access, contact Mr. Rischling at 238 – 2447 for more information.

Bennington Public School Information: www.benningtonschools.org

This web-site provides the district newsletter, the elementary "Badgerline", the email addresses of the teachers, the school calendar, news from the board of education, research links from the library, and a comprehensive guidance counseling section.

Homework Help: Under the Parent's Page heading in the Guidance section of the above BHS web-site, there is several links to sites that help students with various subjects they may be studying. This page also provides information about test taking strategies and grade improvement. Other helpful links at the BHS web-site include the Research Links in the Library section, and the 7th & 8th Grade Assignment, and Test Schedule link.

College Admission Testing Preparation: Under the Test Prep Info heading in the Guidance section of the above BHS web-site, there is several links to sites that help students with ACT and SAT reviews. They can also register online and take a number of practice tests. Students are also encouraged to sign up for the John Baylor Test Prep classes offered at BHS.

Financial Aid & Scholarship Information: Under the Scholarships & Financial Aid heading in the Guidance section of the above BHS web-site, there is several links to sites that help students and their parents/guardians with the financial aid process. Students can perform a number of scholarship searches and also have information about various types of financial aid and have some information about local scholarships.

Scholarships: Most scholarships use the following criteria in making their awards to students

- Academic achievement based on ACT scores, Grade Point Average, and Class Rank.
- Leadership ability and practice in school and community organizations.
- Volunteer actions and Service to their community.
- The number of activities the student participates in and out of school, including the workforce.
- The amount of Financial Need the student and family have in order to attend college.

College Fairs:

Students are encouraged to attend College Fairs. College representatives from throughout the area will be gathered to answer any questions' students may have. The Greater Omaha College Fair and The Greater Nebraska College Fair will be held this fall for all students.

University of Nebraska Admission policy:

Students meeting the following requirements are assured admittance in the University of Nebraska:

<u>Category</u>	<u>Units (Years)</u>	<u>Requirements</u>
English	4 Units	All units must include intensive reading and writing experience.
Mathematics	3 Units	Must include Algebra I, Algebra II, & Geometry.
Natural Sciences	3 Units	Including at least 2 units from biology, chemistry, physics, and earth sciences.
Social Studies	3 Units	One unit of American and/or world history and one additional unit of history, government, and/or geography.
Foreign Language	2 Units	Must include two units of the same foreign language. Students who are unable to take two years of foreign language in high school may still qualify for admission, however they will be required to take two semesters of foreign language at the University of Nebraska. Students entering the College of Arts & Sciences, Fine & Performing Arts College, and Journalism College all require 4 Units (years) of foreign language.
Additional Academic	1 Unit	UNKearney – One Unit chosen from any academic discipline. UNLincoln – One additional unit of mathematics that builds on Algebra I & Algebra II. UNOmaha – One Unit chosen from any academic discipline.
Total	16 Units	

In addition to meeting the core requirements, students seeking admission to the University shall be ranked in the 50th percentile or higher of their graduating class in an accredited high school,

- Or have received an ACT composite score of 20 or greater,
- Or have received an SAT total score of 950 or greater.

Applications from individuals who do not meet the requirements for assured admission will receive individual review by an admissions officer. Students who are admitted through the Admission by Review process will be admitted in full standing but may have certain conditions attached to their enrollment at the University of Nebraska.

Private / Public College Admission policy

<u>Category</u>	<u>Units (Years)</u>
English	4 Units
Mathematics	3 Units
Natural Sciences	2 Units
Social Studies	3 Units

It is also encouraged that students take additional courses in foreign language, fine & performing arts, and computer literacy.

Community College Admission policy

Students interested in attending a Community College (Metro, Southeast, Iowa Western) must have graduated from an accredited high school or completed the requirements for a GED.

2009 – 2010 ACT test dates (Registration Dates not available at this time, check their website)

<u>Test Date</u>	<u>Regular Registration Postmark Deadline (Regular Fee)</u>	<u>Late Registration Postmark Deadline (Regular Fee plus Late Fee)</u>
September 12, 2009	August 7, 2009	August 21, 2009
October 24, 2009	September 18, 2009	October 2, 2009
December 12, 2009	November 6, 2009	November 20, 2009
February 6, 2010	January 5, 2010	January 15, 2010
April 10, 2010	March 5, 2010	March 19, 2010
June 12, 2010	May 7, 2010	May 21, 2010

2009 – 2010 SAT I and SAT II (subject) test dates

<u>Test Date</u>	<u>Regular Registration Postmark Deadline</u> (Regular Fee)	<u>Late Registration Postmark Deadline</u> (Regular Fee plus Late Fee)
October 10, 2009	September ?, 2009	September ?, 2009
November 7, 2009	October ?, 2009	October ?, 2009
December 5, 2009	October ?, 2009	November ?, 2009
January 23, 2010	December ?, 2009	January ?, 2010
*March 13, 2010	January ?, 2010	February ?, 2010
May 1, 2010	April ?, 2010	April ?, 2010
June 5, 2010	May ?, 2010	May ?, 2010

*Only the SAT I will be offered.

College Admission Standards

<u>Admission Policy</u>	<u>Class Rank</u>	<u>Average ACT</u> Range (1-36)	<u>Average SAT</u> Range (400-1600)
Highly Selective	Top 10%, very strong academic record	27-31	1220-1380
Selective	Top 25%, strong academic record	22-27	1150-1230
Traditional	Top 50%, good academic record	20-23	950-1070
Liberal	Many accepted from lower half of class	18-21	870-990
Open	All accepted to limit of capacity	17-20	830-950

*Taken from the *Get a Jump* college planning guide, 2002

Recommended Courses for various Careers

The below information lists helpful high school courses for students interested in various career fields. This information comes from the *Central Community College High School Preparation Guide*.

M = most helpful, I = important, and H = helpful.

	Automotive Technology	Business Administration	Construction Technology	Information Technology	Registered Nursing	Human Services
Algebra	I	M	I	M	M	H
Geometry			M	H	H	
Adv. Algebra		I		I	M	
Pre-Calculus					H	
Business Math	I	M	I	I		I
Gen. Science	I	H	I		M	I
Chemistry	I				M	
Physics	I		H		M	
Psychology	I	I		H	M	I
Computer Lit.		M	I	M	H	I
Accounting	I	M	I	M	H	
Eng. Comp.	I	M	H	M	M	M
Speech	I	M	I	M	M	I

High School Planning Calendar

Freshmen & Sophomores

- ___ Improve your study skills to maintain a high Grade Point Average and Class Rank.
- ___ Learn about different types of colleges and careers through the school's Career Awareness program.
- ___ Students interested in extra curricular activities at a post-secondary institution should try to attend summer camps & clinics in their fields of interests.
- ___ Freshman considering a 4-year post-secondary option should consider enrolling in the school's ACT prep course.
- ___ Take the PLAN test during your sophomore year.
- ___ Sophomores should attend the Career Fair at Iowa Western Community College in March.
- ___ Join various activities and volunteer to help others. Most employers and colleges prefer people that can do multiple tasks. Many scholarships reward students who are active and volunteer in high school.

Juniors

- ___ Attend the college fair in your area. (Greater Omaha College Fair @ UNO in October)
- ___ Take the PSAT test in the fall, if you are planning on attending a 4-year school.
- ___ Visit with college/career representatives that come to high school and go visit colleges that interest you.
- ___ Juniors considering a 4-year post-secondary option should consider enrolling in the school's ACT prep course.
- ___ Take the ACT or SAT in the spring, if you are planning on attending a 4-year school.
- ___ Attend camps and clinics of activities you may have an interest in pursuing after high school.
- ___ Consider possible dual-enrollment or college classes to help start on the post-secondary experience.
- ___ Continue your activities and volunteer time. Form good relationships with adults who can write letters of recommendation for you.

Seniors

- ___ Continue talking with college/career representatives, going on college visits, & attending a college fair. Continue your activities and volunteer time. Form good relationships with adults who can write letters of recommendation for you.
- ___ Students interested in post-secondary athletics should register with the NCAA-Eligibility Center to be eligible to participate in those activities. Fine Arts students should be putting portfolios together, or auditioning at post-secondary institutions they may wish to perform at.
- ___ Retake the ACT or SAT, or take a placement test (ASSETT/COMPASS) at a community/career college.
- ___ Apply for admission to post-secondary education and complete scholarship applications.
- ___ Attend our high school financial aid presentation in November.
- ___ Complete the FAFSA after January 1 and file the FAFSA form before March 1.
- ___ Fill out local scholarship applications since they provide a very good opportunity of receiving financial aid.
- ___ Make a decision about your post-secondary life.

Selective Service:

All males are required by Federal Law to register with the selective service 30 days before their 18th birthday. They may come to the Guidance Office for a form or register online at www.sss.gov. Failure to register can keep financial aid from those students looking at going to college.

College Athletic Participation:

Students that may be interested in participating in college athletics need to fulfill academic requirements before they can participate.

Students who plan to participate in activities at post-secondary institutions governed by the NCAA need to register with the NCAA Eligibility Center at www.ncaaclearinghouse.net. Students will need to do this during their junior year and make sure they have sent their ACT/SAT examination scores to the NCAA Initial Eligibility Center. Students must take certain courses to participate in athletics.

To check out these requirements, go to www.ncaa.org or www.naia.org or www.njcaa.org.

Athletic/Activity Recruiting Information: (The amount of scholarships offered in each division is located on the next page.)

- NCAA Division I – Highest level of competition with strong training & top facilities. They offer Financial Aid on a yearly basis. (Ex: *University Nebraska – Lincoln, Creighton University*)
- NCAA Division II – Strong level of competition with nice facilities. They offer Financial Aid on a yearly basis, however schools may have regulations placed on the amount of aid they can give to student athletes. (Ex: *University of Nebraska – Omaha/Kearney, Wayne State College*)
- NCAA Division III – Smaller 4 year schools that provide a good level of competition. They do not offer any athletic scholarships but offer academic scholarships to athletes that qualify. (Ex: *Nebraska Wesleyan University*)
- NAIA - Smaller 4 year schools that provide a good level of competition. They offer Financial Aid on a yearly basis, however schools may have regulations placed on the amount of aid they can give to student athletes. (Ex: *Peru State College, Midland Lutheran College*)
- NJCAA Division I, II, III – Small 2 year schools that provide athletes the ability to work on their skills or academics in order to gain a scholarship to 4 year schools. Division I schools offer athletic scholarships, Division II schools offer partial scholarships, and Division III schools offer no athletic scholarships. (Ex: *Iowa Western Community College*)

Students interested in participating in athletics or other activities at a post-secondary institution may consider these options:

- Make contact with the post-secondary schools you may be interested in during your junior year by completing online questionnaires or sending letters/emails to coaches or sponsors of activities. Students may want to keep a personal profile/resume of their academic & athletic achievements in order to submit this to their schools of interest.
- Attend summer or weekend camps that may be sponsored by the post-secondary schools you may be interested in attending. Students can compete or perform in various leagues/clubs in the area to increase their opportunity to be noticed by coaches/sponsors.
- Make a highlight video tape/dvd or obtain a game video tape/dvd that can show off your skills. Make sure to correctly identify yourself and the color of the team you are participating with on your tape/dvd.
- Take visits to post-secondary schools that you are interested in attending or go to their athletic events / activities they offer. Observe how the coaches/sponsors work with their students and what type of team/group they have together. If possible, talk to students that are participating or talk to students that attend the post-secondary school about the team/group. It's a good idea to visit with alumni about the choices they made and their experiences in participating in various activities.
- Gauge the interest of the post-secondary coaches or sponsors of the activities you are interested in. The more a coach or sponsor personally contacts you, the more serious they are about recruiting you to their post-secondary institution. Good communication skills and strong character helps make a positive impression for you on the people that might offer you an opportunity to perform at their level.
- Understand and learn the terms & definitions of the recruiting process and the NCAA rules & regulations. Much of this information can be found online or it is provided by the guidance office. Students should also visit with their high school coaches or sponsors about the possible opportunities available to them.
- Keep all of your options open and be willing to accept a wide variety of responses.

The guidance office and the activity director have lots of information about recruiting and the number of athletes from Bennington High School who have participated in post-secondary athletics. Students and parents are encouraged to make an appointment to get free help in this process.