



WINNACUNNET  
HIGH SCHOOL

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**HOME OF THE WARRIORS**

# The Course Selection Process

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*Class of 2030*

# Administration

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Principal: William McGowan

Assistant Principal Class of 2029 – Amy Hood

Assistant Principal Class of 2028 – Ryan Stevens

Assistant Principal Class of 2030 – Karen Schweizer

Director of Athletics – Aaron Abood

Director of School Counseling – Heather Cronan

Director of Special Education – Amy Therrien

Director of Teaching & Learning – Donna Couture

Director of Technology – Jason Saltmarsh



# Welcome Class of 2030

## Course Selection Presentation

### School Counseling Department

Heather Cronan – Director

Tarnya Fegan– Mental Health Clinician

Emily Ferzoco – School Counselor

Jennifer Francoeur – School Counselor

Sydney Gillis – Admin. Assistant

Karen Langmaid– Registrar

Joseph LeClaire– Behavior Intervention Counselor

Kara Page – School Counselor

Melinda Shofner– College & Career Counselor

Meaghan Varrell – 504 Counselor

Amy Waterhouse– School Counselor

Talley Westerberg – Social Worker

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# Timeline for Course Selection

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January	Program of Studies is available online on WHS website
January 16th -February 11th	Middle School Teachers complete student recommendations in PowerSchool
February 11th	Class of 2030 Course Selection Night
February 12th - March 20th	PowerSchool Portal is open for students to sign up for all classes based on teacher recommendations
February 17th - March 20th	High School Counselor Visits
March 18th	Step Up Day
August 11, 12, 13	Fresh Start Program - students will receive their schedule and tour their class schedule

# Freshman Required Courses

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**English:** Freshman English (3 trimesters)

**Freshman Seminar** Trimester 1 (1 trimester)

**Math :** Geometry Honors/Algebra 1 Accelerated/Algebra 1 Prep/ Math I Essentials (3 trimesters)

**P.E./ROTC:** Fitness Sports & Games/ ROTC (1 trimester)

**Science :** Biology H/Physical Science H/ Physical Science CP/  
Physical Science Essential Skills (2 or 3 trimesters)

**Social Studies:** Global Perspectives I & II Honors/College Prep or  
Essential Skills (1 trimester each)



# Freshman Electives At a Glance

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## ART EDUCATION

Art in the Community  
Beginning Art I & II  
Drawing  
Watercolor

## ENGLISH

Dystopian Literature  
Nature and Environmental Literature  
Public Speaking  
WHTV (broadcast television)  
Winnachronicle (Journalism)

## FAMILY & CONSUMER SCIENCE

Child Growth and Development I & II  
Fashion & Fabrics  
Foods & Nutrition I

## MARINE CORPS JROTC

Leadership Education I/PE  
Leadership Education II

## MUSIC EDUCATION

Advanced Modern Band  
American Popular Music  
Band  
Beginning Guitar/ Guitar Ensemble  
Beginning Strings/String Ensemble  
Chorus  
Introduction to Modern Band  
Introduction to Piano and Keyboard  
Intro to Theatre: Broadway Musicals  
Music in Cinema  
Music Recording and Sound  
Production



# More Electives

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## TECHNOLOGY/BUSINESS EDUCATION

Design, Create, Innovate  
Introduction to Business  
Intro to Computer Graphics  
Robotics  
Woodworking Technology I

## WORLD LANGUAGES (6 credits)

French I  
French II  
Latin I  
Spanish I  
Spanish II

## SOCIAL STUDIES

American Civil War  
Asia Rising  
Cultural Geography  
Crime and Punishment I  
Europe Reborn  
Modern Issues (debate)  
Sports & Society  
This is Africa  
The 60's  
Vietnam Revisited  
Women's Study  
World War II  
World History I



# Schedule Information

- Year is divided into 3 trimesters
- 6 courses per trimester
- Courses can be a full year, 2 trimesters, or 1 trimester

Yearlong Course = 6 credits

Two Trimester Course = 4 credits

One Trimester Course = 2 credits

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# WHS Daily Bell Schedule

Block	Start Time	End Time
<b>Warning</b>	7:40 AM	
<b>1</b>	7:45 AM	8:40 AM
<b>2</b>	8:44 AM	9:39 AM
<b>Break</b>	9:39 AM	9:47 AM
<b>3</b>	9:47 AM	10:42 AM
<b>4</b>	10:46 AM	11:41 AM
<b>5A</b>	11:44 AM	12:12 PM
<b>5B</b>	12:12 PM	12:40 PM
<b>5C</b>	12:40 PM	1:07 PM
<b>Warrior Block</b>	1:11 PM	1:31 PM
<b>6</b>	1:35 PM	2:30 PM

# Freshman English

Heterogenous, Yearlong, 6 Credits

	Block 1	Block 2	Block 3	Block 4	Block 5	Advisory	Block 6
Trimester 1:		English 9				Warrior Block	
Trimester 2:		English 9				Warrior Block	
Trimester 3:		English 9				Warrior Block	

# Math

Geometry Honors, Algebra I Accelerated , Algebra I Prep., Math I Essential Skills  
Based on teacher recommendation  
Yearlong, 6 credits

	Block 1	Block 2	Block 3	Block 4	Block 5	Advisory	Block 6
Trimester 1:		English 9	Geometry H, Alg. I, or Math I			Warrior Block	
Trimester 2:		English 9	Geometry H, Alg. I, or Math I			Warrior Block	
Trimester 3:		English 9	Geometry H, Alg. I, or Math I			Warrior Block	

# Science

Physical Science (Essential Skills, College Prep, Honors) = 2 trimesters, 4 credits

Biology Honors = Yearlong, 6 credits

Based on teacher recommendation

	Block 1	Block 2	Block 3	Block 4	Block 5	Advisory	Block 6
Trimester 1:		English 9	Geometry H, Alg. I, or Math I	Biology H		Warrior Block	
Trimester 2:		English 9	Geometry H, Alg. I, or Math I	Biology Honors or Physical Science pt. 1 (ES, CP, Honors)		Warrior Block	
Trimester 3:		English 9	Geometry H, Alg. I, or Math I	Biology Honors or Physical Science pt. 2 (ES, CP, Honors)		Warrior Block	

# Social Studies

Global Perspectives I (Honors, CP, ES) AND Global Perspectives II (Honors, CP, ES)  
Level based on teacher recommendation  
1 trimester, 2 credits (each)

	Block 1	Block 2	Block 3	Block 4	Block 5	Advisory	Block 6
Trimester 1:		English 9	Geometry H, Alg. I, or Math I	Biology H		Warrior Block	
Trimester 2:		English 9	Geometry H, Alg. I, or Math I	Biology Honors or Physical Science part 1 (ES, CP, Honors)	Global Perspectives I (H, CP, ES)	Warrior Block	
Trimester 3:		English 9	Geometry H, Alg. I, or Math I	Biology Honors or Physical Science part 2 (ES, CP, Honors)	Global Perspectives II (H, CP, ES)	Warrior Block	

# Physical Education/ROTC

Fitness, Sports, & Games OR ROTC

Student can select preference

1 trimester, 2 credits (each)

	Block 1	Block 2	Block 3	Block 4	Block 5	Advisory	Block 6
Trimester 1:		English 9	Geometry H, Alg. I, or Math I	Biology H	PE/ ROTC	Warrior Block	
Trimester 2:		English 9	Geometry H, Alg. I, or Math I	Biology Honors or Physical Science part 1 (ES, CP, Honors)	Global Perspectives I (H, CP, ES)	Warrior Block	
Trimester 3:		English 9	Geometry H, Alg. I, or Math I	Biology Honors or Physical Science part 2 (ES, CP, Honors)	Global Perspectives II (H, CP, ES)	Warrior Block	

# Freshman Seminar

Required for all Freshman  
Always taken during 1<sup>st</sup> trimester  
1 trimester, 2 credits

	Block 1	Block 2	Block 3	Block 4	Block 5	Advisory	Block 6
Trimester 1:	Freshman Seminar	English 9	Geometry H, Alg. I, or Math I	Biology H	PE/ ROTC	Warrior Block	
Trimester 2:		English 9	Geometry H, Alg. I, or Math I	Biology Honors or Physical Science part 1 (ES, CP, Honors)	Global Perspectives I (H, CP, ES)	Warrior Block	
Trimester 3:		English 9	Geometry H, Alg. I, or Math I	Biology Honors or Physical Science part 2 (ES, CP, Honors)	Global Perspectives II (H, CP, ES)	Warrior Block	

# Electives!

	Block 1	Block 2	Block 3	Block 4	Block 5	Advisory	Block 6
Trimester 1:	Freshman Seminar	English 9	Geometry H, Alg. I, or Math I	Biology H <b>ELECTIVE</b>	PE/ ROTC	Warrior Block	<b>ELECTIVE</b>  World Language
Trimester 2:	<b>ELECTIVE</b>	English 9	Geometry H, Alg. I, or Math I	Biology Honors or Physical Science part 1 (ES, CP, Honors)	Global Perspectives I (H, CP, ES)	Warrior Block	<b>ELECTIVE</b>  World Language
Trimester 3:	<b>ELECTIVE</b>	English 9	Geometry H, Alg. I, or Math I	Biology Honors or Physical Science part 2 (ES, CP, Honors)	Global Perspectives II (H, CP, ES)	Warrior Block	<b>ELECTIVE</b>  World Language



# Total Credits For Graduation

English	18 cr., 4 successive courses
Math	14 cr., 3 successive courses
Science	14cr., 3 successive courses
Social Studies	16 cr. 7 successive courses and concentration course
PE/ROTC	6 cr., 3 successive courses
Wellness	4cr., 2 successive courses
Fine Arts	2cr., 1 course
ICT	2cr. 1 course
Freshman Seminar	2cr., 1 course

Total Credits Required  
to Graduate = 110

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**You must pass  
your classes to  
earn credit to  
graduate**

**Every class is worth credits!**  
*(except Study Halls)*

You can earn up to 36 credits  
a year and you have the  
potential to earn 144 credits  
before graduation!

# Athletic Contact Information

Athletic Director, Aaron Abood  
[aabood@winnacunnet.org](mailto:aabood@winnacunnet.org)

Admin. Assistant, Heather Ziolkowski  
[hziolkowski@winnacunnet.org](mailto:hziolkowski@winnacunnet.org)

## Athletic Eligibility

*Students must pass 5 classes in the  
proceeding trimester to be eligible*

- Winter Sports Eligibility  
determined by Trimester 1
- Spring Sports Eligibility  
determined by Trimester 2
- Fall Sports Eligibility  
determined by Trimester 3

# Selecting Classes on the PowerSchool Portal

# If You Do Not Attend a Sending School

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Please email our registrar, Karen Langmaid,  
[klangmaid@winnacunnet.org](mailto:klangmaid@winnacunnet.org)

Please speak to your current teachers about recommendations for next year.

You can use the Course Selection worksheet to select your courses.



# Scheduling Tips

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- English & Freshman Seminar are selected for you.
- Select all required classes (teachers have put in the recommendations).
- If you have question about the recommendation, please speak with your current teacher or school counselor directly.
- Some classes have two or three parts, and the credits are connected to the second or third part. Make sure to SELECT ALL the courses.



# More Tips

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- Read the descriptions for each course.
- Watch the credit numbers at the bottom of the page.
- Sign up for 32–36 credits.
- Study halls do not issue credits.
- Make sure to click submit when completed.
- This is not first come first serve.



# Sign Into the WHS PowerSchool Portal

You will use this link to sign into the PowerSchool portal:

<https://Winnacunnet.powerschool.com/public/home.html>

- Username = student ID Number (current student ID)
- Password = Welcome2WHS

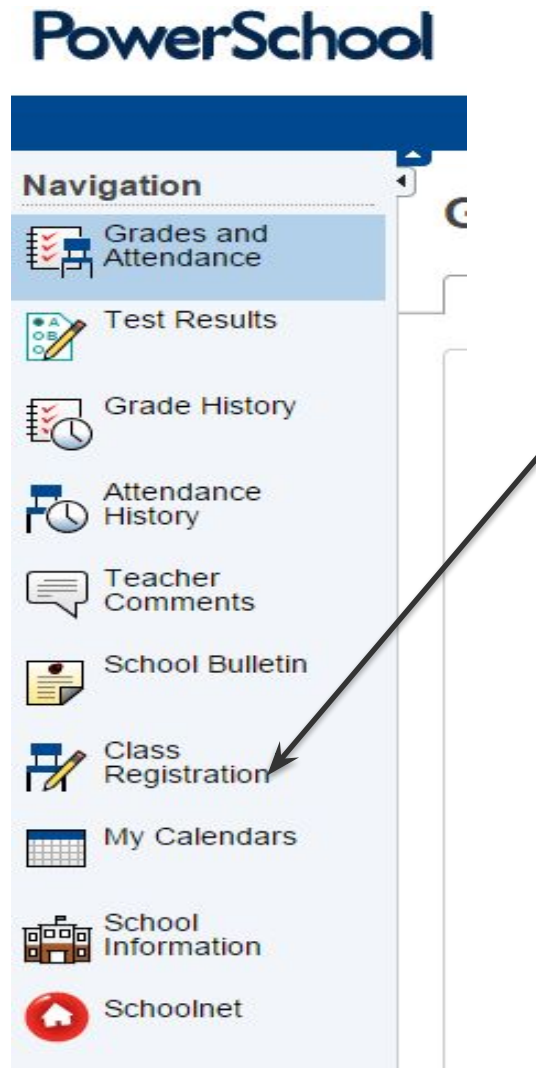
*\*Private and charter schools will register and fill out worksheet\**





# How to Request Courses on PowerSchool:

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1. Log into the PowerSchool account
2. Check student name
3. Select “Class Registration”

# Freshman English & Freshman Seminar Have Been Preselected

SIS Course Requests

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← → ↺

https://winnacunnet.powerschool.com/admin/powerschedule/requestsetup/requestformpreview.html?mode=preview&...

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Navigation

Grades and Attendance

Grade History

Attendance History

Teacher Comments

Student Reports

School Bulletin

Class Registration

Balance

MySchoolBucks

My Schedule

School Information

## Welcome to the Winnacunnet High School Class Registration System for 2021-2022

Welcome to your freshman year! Please use the boxes below in order to select your 9th grade classes.

[View course requests](#)

**Pre-selected Classes**

These courses are required for all incoming students and will be automatically assigned by the system.

Number of requests to generate : 1

**Freshman English**

ENG107 - 6 credits  
The freshman English

**Freshman Seminar**

FROSH1 - 2 credits  
The Freshman Seminar

**Math Required Courses**

Click the edit button to request a course ➡

Use this box to select your required math class(es).

Number of requests to generate : 1

**Physical Education Required Courses**

Click the edit button to request a course ➡

Use this box to select your required physical education class(es).

Number of requests to generate : 1

**Science Required Courses**

Click the edit button to request a course ➡

Use this box to select your required science class(es).

Number of requests to generate : 1

**Social Studies Required Courses**

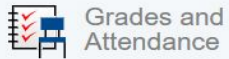
Click the edit button to request a course ➡

Use this box to select your required social studies

# For Each Subject Area, Select the Pencil Icon, and a List of Courses Will Appear.

## ! Subject Areas with a Red Exclamation are Required !

### Navigation



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[View course requests](#)

### Pre-selected Classes

These courses are required for all incoming students and will be automatically assigned by the system.

Number of requests to generate : 1

#### Freshman English

ENG107 - 6 credits

The freshman English

#### Freshman Seminar

FROSH1 - 2 credits

The Freshman Seminar



### Math Required Courses

[Click the edit button to request a course](#) ➔

Use this box to select your required math class(es).

Number of requests to generate : 1



➔  
Required

### Physical Education Required Courses

[Click the edit button to request a course](#) ➔

Use this box to select your required physical education class(es).

Number of requests to generate : 1



### Science Required Courses

[Click the edit button to request a course](#) ➔

Use this box to select your required science class(es).

Number of requests to generate : 1





### Social Studies Required Courses

[Click the edit button to request a course](#) ➔

Use this box to select your required social studies



# Sample Selection

Math Required Courses						
Use this box to select your required math class(es).						
	Course Name ▲	Number	Course Description	Credits	 Prerequisite Note	Alerts
<input type="checkbox"/>	Algebra 1 Accelerated	MAT125	This is an accelerated course intended for students who plan to attend a four- year college. Traditional algebra topics will be stressed including quadratic functions. In addition, selected topics from probability, statistics, and geometry will be included. Students should expect a rigorous pace with assignments every night.	6	"B" or better in 8th grade Pre-Algebra with teacher recommendation. Note: Students who took Algebra I in grade 8 may repeat Algebra I in high school for high school credit.	
<input type="checkbox"/>	Algebra 1 Prep PT 1	MAT161	This course is the first in the Algebra I series. In this course students will study algebraic topics such as operations with signed numbers, evaluating expressions, solving linear equations and inequalities, and ratios and proportions.	2	Requires Algebra I Part 2 and 3	
<input type="checkbox"/>	Algebra 1 Prep PT 2	MAT162	This course is the second in the Algebra I series. In this course students will study algebraic topics such as graphing linear equations, and	2	Requires Algebra I Part 1 and 3	

- Click on the pencil icons to select courses.
- Courses are in alphabetical order
- Read the Course Description
- Read the Prerequisite Note
- The Course Recommended Will Be Bolded










# Select the Course You are Requesting by Checking the Box on the Left-Hand Side and Then Click “okay” at the Bottom of the Screen

*Note: If you are recommended for Algebra I, you must select all 3 parts. Algebra I part 1, Algebra I part 2 and Algebra I part 3. It will not let you submit if you do not select all 3.*

Math Required Courses						
			Statistics, and geometry will be included. Students should expect a rigorous pace with assignments every night.			
<input checked="" type="checkbox"/>	Algebra 1 Prep PT 1	MAT161	This course is the first in the Algebra I series. In this course students will study algebraic topics such as operations with signed numbers, evaluating expressions, solving linear equations and inequalities, and ratios and proportions.	2	Requires Algebra I Part 2 and 3	
<input checked="" type="checkbox"/>	Algebra 1 Prep PT 2	MAT162	This course is the second in the Algebra I series. In this course students will study algebraic topics such as graphing linear equations, and inequalities, systems of linear equations and inequalities, and topics in both probability and statistics.	2	Requires Algebra I Part 1 and 3	
<input checked="" type="checkbox"/>	Algebra 1 Prep PT 3	MAT163	This course is the third and final course in the Algebra I series. In this course students will study algebraic topics such as rules of exponents, factoring and basic operations with polynomials. Functions.	2	Requires Algebra I Part 1 and 2	

# You Must Hit Submit When Done or Classes Will Not Be Saved

*You must select between 33-36 credits saved !*

<b>Technology Education Department</b>	Click the edit button to request a course ➡	 
The technology education department offers a wide variety of electives including engineering, architecture, computer graphics & woodworking.		
Number of requests to generate : 1		
<b>World Language Department</b>	Click the edit button to request a course ➡	 
The World Language department offers a wide variety of classes including Spanish, French & Latin.		
Number of requests to generate : 1		
<b>Additional Requests</b>	Click the edit button to request a course ➡	 
Requests that are currently not associated with any requirement group.		
Requires between 30 and 45 credit hours. Requesting <b>40</b> credit hours. Requesting <b>0</b> additional credit hours.		



Submit

# Error Messages

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education department offers a wide  
s including engineering,  
puter graphics & woodworking.

sts to generate : 1

**Request Submission Failed** ✕  
1. You did not select a course for this requirement: **Science Department**

Department  
age departm  
including Spanish, French & Latin.

sts to generate : 1

sts

currently not associated with any  
n

Click the edit button to request a course ➡

# Helpful Handouts

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## Program of Studies

WHS Diploma Requirements, pg. 3-6

Freshman Elective Courses at a Glance, pg. 21-22

## Course Selection Worksheet

Guide for you- do not need to submit

## Course Selection Guide Letter





# **A Word From Your Teachers.....**

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**English: Mrs. Plonski**

**Social Studies: Mrs. Roberge**

**Science: Mr. Edgar**

**Math: Mr. Dow**





**Summer Enrichment  
Winnacunnet Classes of 2030 & 2029**

**Monday, July 6, 2026- Thursday, July 23, 2026**

**Monday through Thursday 8:30-11:30 am**

# Thank You!

Check out the Winnacunnet  
website at  
[www.winnacunnet.org](http://www.winnacunnet.org)  
for updated information

If you would like a tour –  
stay here

OR

Proceed to dining hall to  
check out electives and  
extracurricular activity fair