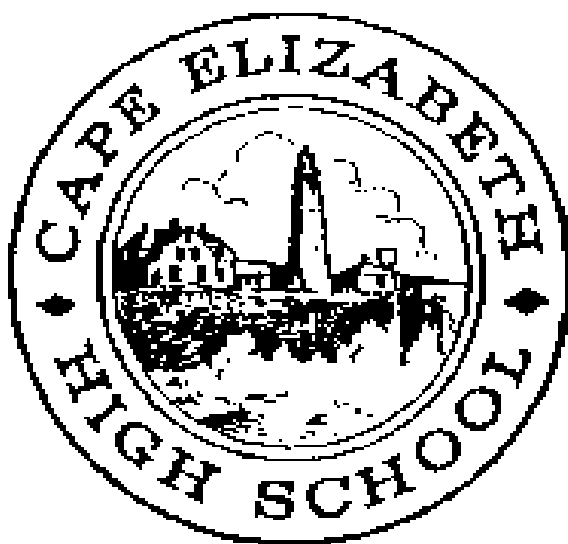


CEHS School Counseling

Grade 9 Parent Handbook



Class of 2029
September, 2025

How to Contact Us

MAIN OFFICE: 799-3309

FAX: 767-8050

Principal: Joe Greenberg

Admin Assistant: Cynthia Morgan

Asst. Principal: Elizabeth Yarrington & Andrew Lupien: cehsap@capeelizabetschools.org

For: Attendance, administrative questions, student absences, teachers

SCHOOL COUNSELING OFFICE:

799-7265 ext. 4401

Counselors:

Grades 9 & 11

Eamon Keenan

eeenan@capeelizabetschools.org

Grades 10 & 12

Brandy Lapointe

blapointe@capeelizabetschools.org

College Counselor:

Elizabeth Thomas

ethomas@capeelizabetschools.org

Registrar:

Eileen Hetrick

ehetrick@capeelizabetschools.org

Admin Assistant:

Kate Thibeault

kthibeault@capeelizabetschools.org

For: Primary contacts for student concerns (social/emotional, academic, and post-secondary planning)

SOCIAL WORKERS:

Jennifer Shumway, LCSW

799-3309 ext 4437 jshumway@capeelizabetschools.org

Danielle Grimes, LCSW

799-3309 ext 4451 dgrimes@capeelizabetschools.org

For: Confidential assistance with student social emotional concerns and referrals

HEALTH OFFICE: 799-3309 ext 4420

Nurse: Jill Young, RN, BSN

For: Health records, health questions, student medications

ATHLETIC OFFICE: 799-3309 ext 4410

Athletic Director: Jeffrey Thoreck

Admin Assistant: Susan Ray

For: Scheduled sports events, athletic issues, coaches, questions & policies

SPECIAL EDUCATION: 799-3309

Case Managers: Ben Raymond, Dan Meeken, Elaine Brassard, Kim Huchel

For: Questions about IEP's and referrals

WEBSITES:

For general High School information, a link to the PowerSchool Portal, the Program of Studies and access to the staff email directory: <https://cehs.cape.k12.me.us/>

[School Counseling website](#): helpful information about academics, post-secondary planning, financial aid and more.

High School Academic Expectations

High School academic expectations represent a significant shift from middle school. The workload is increased as is the degree of difficulty.

English: This year-long course is a study of the foundations of literature through the reading of fiction, poetry, and drama. Students work on developing mastery of narrative and expository writing. In addition, students study grammar and vocabulary as complements to the reading and writing units. All freshmen consistently practice discussion and presentation skills.

Physics: Students will cover topics in forces, energy, waves and electromagnetic radiation through inquiry and collaborative thinking. Evaluation will be based on knowledge, experimental design, data analysis and scientific communication. Students will use conceptual reasoning and basic mathematical reasoning in solving physics problems. Honors will cover topics with more mathematical rigor including trigonometry.

World History I: This year-long course introduces students to basic concepts including geography, vocabulary and skills of cultural and historical inquiry. The content focus of this course includes the Golden Ages of China, Islam & 800-1500 Europe, as well as a review of world religions & belief systems. Reading and analysis of original sources, expository writing, note-taking and organization are emphasized.

PE I: This semester course focuses on a variety of lifetime skills and activities designed to develop and encourage cooperation, “team building” and mutual support. Students will have an opportunity to play non-traditional cooperative games and team problem solve with imaginative initiatives. They will also be introduced to new experiences in a blend of team and individual sports skills that can be used throughout a lifetime of fitness and enjoyment. Students will be evaluated on knowledge, testing, projects, presentations and active participation.

Health: One semester course that focuses on healthy decision making and self awareness. Teenage topics of discussion will include: nutrition, personal health, drug and alcohol use, first aid, relationships, sexuality and stress management. Evaluation will be based on a combination of knowledge testing, projects, presentations and participation in class discussions.

Mathematics: Students will likely study Algebra 1, Geometry, or Algebra 2. The pace and content are significantly more rigorous at the high school level.

Reading in High School and Beyond

The ability to read is essential for students to succeed both in school and throughout their lives. In early stages of this process, students learn to match letters to sounds, to recognize a collection of site words and to use comprehension strategies. As students progress through the stages, they are developing ever more sophisticated reading tools. By the time students reach high school, they are asked to be sophisticated readers who use reading as a tool to gain new knowledge. Their teachers will call on them to synthesize new knowledge with their previous knowledge as well as to analyze texts critically.

How does a student successfully move through the stages of reading?

- **Daily reading:** Experts have found that even 20 minutes of daily reading will greatly increase reading proficiency.
- **Wide reading:** Students should explore a variety of genres, topics and authors.
- **Balanced reading:** Students should accept the challenge of a classic text, but easy reads are important as well as they help build fluency and speed.
- **Active reading:** As students read they should be applying a wide range of comprehension strategies such as predicting, questioning, visualizing, summarizing, and monitoring comprehension.

SCHEDULING

The Add-Drop period for making schedule changes is the first eight days of regular classes for year-long courses and the first four days for semester-long classes.

We offer a wide range of electives for such a small high school but that means not every elective is available every period.

Students make schedule changes through the School Counseling Office with their School Counselor.

DAILY SCHEDULE

	MAROON DAY	GOLD DAY
7:55- 9:10	1	5
9:10- 9:20	Morning Break	
9:20- 10:35	2	6
10:35- 11:10 11:15- 12:30	Lunch A 3	Lunch A 7
OR	OR	OR
10:40- 11:55 11:55- 12:30	3 Lunch B	7 Lunch B
12:35- 1:00	Achievement Period/ Advisory	
1:05- 2:20	4	8
Lunch A — Floors 1 & 3		Lunch B — Floor 2 & Math

EARLY RELEASE SCHEDULE		
	MAROON DAY	GOLD DAY
7:55- 8:45	1	5
8:45-8:55	Morning Break	
8:55- 9:40	2	6
9:45- 10:30	3	7
10:35- 11:20	4	8

Achievement Period

The Achievement Period is a 25-minute block of time between 12:35 and 1:00pm, Monday – Thursday when all classes will stop. Teachers will be available to provide extra time and attention to students.

Advisory Program

All CEHS students are assigned a staff advisor. Advisory groups are organized by grade level. The same advisor will stay with the student all four years of high school. Each group will have 12 or 13 students. A student's Advisor group will be the same as his/her Achievement Period group. Consequently, there will be daily contact between student and advisor. Specific advisory activities will be held on Fridays. The goals are connecting every student with a positive and caring adult in school (in addition to a supportive network of peers), recognizing students when things go well and noticing when things may not.

The Achievement Center

Located on the main floor of the high school, the Achievement Center is open to students during the school day.

The goal is to provide individualized academic support—above and beyond what is already provided by our outstanding classroom teachers—to every student at Cape Elizabeth High School.

A place for all students, offering a variety of academic services:

- Individualized academic support
- Small study groups
- Appointments with English and Math teachers as available.

Note: Students access center resources during their free time – primarily during study halls.

School Counseling Timeline

GRADE 9

1. Freshman parents attend a 9th grade Parent Night in September
2. Freshmen attend an extracurricular Activities Fair
3. Freshmen take the “Maine Through Year Assessment” in October
4. School Counselor Classroom Lesson in September
5. Freshmen meet individually with their School Counselor

GRADE 10

1. Sophomore parents attend a 10th grade Parent Night in September
2. Sophomores may elect to take the PSAT in October
3. Sophomores take “Maine Through Year Assessment” in the fall and spring.
4. School Counselor Classroom Lesson in the 1st semester
5. Sophomores meet individually with their counselor

GRADE 11

1. Junior parents attend an 11th grade Parent Night in September
2. Juniors may elect to take the PSAT exam in October
3. School Counselor Classroom Lesson in the 1st semester
4. Juniors will take the Maine Science Assessment in the spring
5. College Counselor Lessons and first appointments in the 2nd semester
6. Juniors and their parents attend virtual College Admissions Panel and Financial Aid Webinar in the spring

GRADE 12

1. Seniors work with the College Counselor to navigate the college application process
2. Senior parents attend a 12th grade Parent Night in September
3. Seniors complete and submit college applications
4. Seniors and parents file FAFSA after October 1st
5. Seniors and parents file CSS Profile, if required
6. Students select college by May 1st
7. Seniors complete two week Senior Transition Project in May

College Preparation

With many students now applying to college in the early fall of their senior year, the first three years of high school are especially important in the admissions process. The foundation of any college application relies on the courses students take and how well they do in those courses.

Standardized admissions test scores such as the SAT or ACT may also be considered although most colleges are now “test optional” and no longer require them for admission. See www.fairtest.org for a complete list.

Colleges also want students to pursue activities that genuinely interest them. For some students this may mean exploring one or two activities. For others it might mean more. Quality and commitment are *far* more important than quantity. Encourage your student to get involved, try something new, and explore their genuine interests.

Although it is too soon for your student to be thinking much about college, you may want to start your own research now. [The CEHS School Counseling website](#) has a wealth of college-related information and resources.

HIGH SCHOOL ACTIVITIES WORKSHEET

EXTRACURRICULAR, PERSONAL AND VOLUNTEER ACTIVITIES

ACTIVITY	9	10	11	12	NOTES:

WORK EXPERIENCE:

Job Title	Employer	Dates	Hours/Week

Recognition, Honors and Awards:

Name: _____ **Class Of:** _____ **Date:** _____

CEHS PLANS:

Graduation Requirements	Freshman Year	Sophomore Year	Junior Year	Senior Year
1 English - 4 Years	1 _____	1 _____	1 _____	1 _____
2 Math - 3 Years	2 _____	2 _____	2 _____	2 _____
3 Science - 3 Years	3 _____	3 _____	3 _____	3 _____
4 Soc. Studies - 3 Years*	4 _____	4 _____	4 _____	4 _____
5 Phys. Ed. -- 2 Sem	6 _____	6 _____	6 _____	6 _____
6 Technology -- 1 Sem	7 _____	7 _____	7 _____	7 _____
7 Fine Arts -- 2 Sem	8 _____	8 _____	8 _____	8 _____
8 Tech or Fine Art--1 Sem	9 _____	9 _____	9 _____	9 _____
9 Health -- 1 Sem	10 _____	10 _____	10 _____	10 _____
Electives:	_____	_____	_____	_____
10 World Language	11 _____	11 _____	11 _____	11 _____
11 Other	12 _____	12 _____	12 _____	12 _____
12 Other	13 _____	13 _____	13 _____	13 _____
	60 Credits	60 Credits 120 Credits	60 Credits 180 Credits	60 Credits 230 Credits

*3 Years of Soc. Studies credits are spaced out across 4 years.

CEHS Care Closet

As we have seen an uptick in Cape students and families struggling to meet their basic needs, the Student Support Team has begun a new initiative: the CEHS Care Closet.

Our hope is to provide students access to personal care items, non-perishable food, and gift cards for items that they and their families cannot afford.

HELP US TO REACH OUR GOAL

\$2,500

We are hoping to raise \$2500 each school year to purchase personal care items, food, clothing, or meet other needs as they arise.

How you Can Help

- ➔ Donate by check payable to: Cape Elizabeth High School
- ➔ Donate cash
- ➔ Donate \$25 Hannaford and/or Cumberland Farms gift cards
- ➔ Donate Items from the list below:
 - Shampoo and conditioner
 - Deodorant
 - Toothbrushes, dental floss & toothpaste
 - Menstrual products
 - Body wash
 - Razors & shaving cream
 - Mens and womens socks (new in packages only)

Cash or individual items can be brought to the School Counseling Office



QUESTIONS?

Contact:

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