

PROGRAM OF STUDIES 2020-2021

INTRODUCTION

Old Colony Regional Vocational Technical High School is located on an 80-acre campus in Rochester, Massachusetts, the geographical center of the five-member town school district that includes Acushnet, Carver, Lakeville, Mattapoisett, and Rochester. Old Colony is committed to providing quality vocational-technical and academic programs. Graduates receive a high school diploma and a Technical Program Certificate of Completion. Old Colony's four-year program of studies allows students to directly enter the job market as skilled workers or to continue their education at any college, university, or technical school. Old Colony offers many post-secondary academic opportunities, and as part of the Career Vocational Technical Education Program (CVTE) our students are eligible to earn college credit through articulated credit, courses, and early college placement at Bristol Community College. Students who meet specific criteria enroll in these courses at no cost. Also, college credits can be awarded for technical training received at Old Colony from a variety of post-secondary institutions including New England Tech and Johnson and Wales University. Old Colony is fully accredited by the New England Association of Schools and Colleges.

MISSION

Our mission is to prepare and support students for the global demands of society and the workforce through rigorous, vocational-technical and academic courses. This foundation is established within a safe environment that values students' interest, needs, and diversity fostering responsible, productive citizens in our community.

NONDISCRIMINATION CLAUSE

Every student is entitled to equal educational opportunities. A student may not be subjected to discipline or more severe punishment for wrongdoing nor denied the same rights as other students because of his or her race, color, gender identity, religion, national origin, housing status, sexual orientation, limited English proficiency, or disability as defined and required by state and federal laws. Additionally, we prohibit retaliation against individuals who oppose such discrimination and harassment or who participate in an equal opportunity investigation. School policies and procedures ensure that all students have access to the full range of educational programs. If students would like access to a course requiring a prerequisite which they have not taken, they are asked to visit their guidance counselor for options to gain access to this coursework.

CORE VALUES

Community
Integrity
Perseverance
Professionalism
Respect

BELIEFS ABOUT LEARNING

- All students are provided with the most current vocational, technical, and academic courses of instruction that allow for differences in student interests, aptitudes and abilities.
- Students' compassion towards others is paramount in fostering interpersonal connections collaboratively to ensure a safe, productive and respectful learning environment.
- Each student establishes relationships with community organizations to maximize student learning and promote postsecondary and career opportunities.
- Students will develop effective communication and leadership skills that build upon traits creating reliable work ethic of a civic-minded, lifelong learner.
- Students are encouraged to persevere with professional, academic, and personal integrity.

LEARNING EXPECTATIONS

ACADEMIC & CAREER

OC Students are expected to:

- Develop critical thinking and reasoning skills
- Work independently and collaboratively
- Utilize technical skills and knowledge to solve problems
- Create individual education and career plan
- Communicate with clarity, focus, and consideration of audience and purpose

SOCIAL

OC Students are expected to:

- Exhibit professional skills and behavior
- Accept personal responsibility
- Demonstrate self-respect and empathy for others
- Collaborate with peers and school community

CIVIC

OC Students are expected to:

- Participate in community events
- Model the conduct required of an engaged and responsible citizen
- Demonstrate an understanding of civic duties within their local communities, while exploring global challenges

PROMOTION AND GRADUATION REQUIREMENTS

In order to graduate from Old Colony, each student must complete four (4) years of high school and a minimum number of courses as outlined below. All students must successfully complete all courses in order to be promoted.

Core courses include: English, Math, Science, Social Studies, Shop/Technical Related, and Shop/Technical majors.

Old Colony offers additional courses including Physical Education/Fitness, Health & Wellness, Applied Studies, or “Cougar Time,” a flexible enrichment/intervention block.

Students found to be deficient in fulfilling the academic requirements for promotion and/or graduation must attend a summer school program during July and August. Prior approval must be obtained from the Old Colony Guidance Department before enrolling in any summer courses and evidence of the satisfactory completion of all summer courses (with at least a grade of “C”) must be submitted. Any student who does not attend, does not meet the attendance requirements, or does not pass all of their required academic summer courses (with at least a grade of “C”) to promote into the next grade level, forfeits his/her enrollment to Old Colony RVTHS. Since shop grades constitute 1/2 of the year’s credit, there are no provisions for any shop make-up.

All students will be required to complete a student portfolio as a graduation requirement, and the portfolio will be a condition of promotion from each grade. Students must pass each of the MCAS exams required by the Commonwealth of Massachusetts Department of Education.

ENGLISH LANGUAGE ARTS

The goal of the English Language Arts Program is to provide literature-based education founded on intensive reading, writing, speaking and listening skill mastery. Over the four-year course of studies, the students will be presented with curriculum that will scaffold skills necessary for post-secondary goals of continued education and placement in the work force. The program provides students with a solid body of knowledge derived from the following: reading high quality works of literature; discerning characteristics of and approaches to fiction, non-fiction, prose, verse, drama, and informational texts, incorporating multi-faceted technologies; and gaining experience in confronting global issues and conflicts. Benefiting from a curriculum aligned to the Massachusetts State Frameworks, students at Old Colony RVTHS will develop the skills necessary to become critical readers and effective writers of narratives, research, formal argument, and expository essays. In addition, students receive a strong background in mastering extended texts, while synthesizing and analyzing a variety of sources.

ENGLISH 9 Honors
ENGLISH 9 College Prep

5 credits

The first year in the four-year sequence of the integrated Language Arts Program is designed to provide students with a foundation for studies in literature and writing. Using a thematic approach, students study multiple genres including: fiction and nonfiction extended texts, short stories, drama, and poetry. Students read, analyze, discuss and write open responses to demonstrate knowledge of the provided reading passage and the expectations of the writing prompt by being able to state a claim and then provide textual evidence to support the claim. Writing assignments focus on the process of writing (prewriting, drafting, revising and editing). Principles of grammar are infused into the process as needed. In the Old Colony RVTHS Honors section, additional work is required, such as increased levels of homework, in-depth analysis of major topics and themes, and independent study research projects. Students are expected to take

their writing to the next level so that their pieces are thought-provoking as well as functional. All students, in grade 9, will prepare for the MCAS exam.

ENGLISH 10 Honors
ENGLISH 10 College Prep

5 credits

The second year in the four-year sequence of the English Language Arts Program will emphasize the in-depth analysis and interpretation of fiction, non-fiction (memoir, essay and autobiography), poetry and drama. A continuation of the writing process, begun in the previous year, will focus on composition. Emphasis is placed on responding to a prompt, developing a topic, connecting it to a piece of literature, while incorporating sentence complexity and rich language. In addition, students will be assigned extended text reading that will be presented in a flipped classroom environment, where nonfiction and fiction reading passages are analyzed and connected to themes that are common across the genres. Students in the Honors course will have additional required work as noted in the course guide, such as increased levels of homework, in-depth analysis of major topics and themes, and independent study research projects. All students, in grade 10, will continue preparation for the MCAS exam.

ENGLISH 11 Honors
ENGLISH 11 College Prep

5 credits

The third year of the English Language Arts Program reflects the belief that students learn when they can demonstrate an understanding of the following essential questions: 1.) What is the relationship between literature and place?; 2.) How does literature shape or reflect society?; 3.) What makes American Literature American? Language, literature and informational texts, and composition and media are addressed in the classroom to meet the Massachusetts State Frameworks. A diverse selection of literary study includes Native American folklore, Puritan writings, Transcendentalism, American Gothic, the Harlem Renaissance, as well as, historical and contemporary extended texts. The students will complete a resume as part of the portfolio graduation requirement. All junior English Language Arts teachers must teach the elements of the Research Paper. In the Old Colony RVTHS Honors section, additional work is required, such as increased levels of homework, in-depth analysis of major topics and themes, and independent study research projects.

ADVANCED PLACEMENT ENGLISH LANGUAGE & COMPOSITION **5 credits**
GRADE 11

An option for the third year of the English Language Arts Program is AP English Language and Composition. This course develops close reading and analytical skills of non-fiction texts written throughout the world and in various time periods and broadens and refines students' writing skills for a variety of genres and purposes with a focus on argumentation. The required reading is typically dense texts written for a variety of purposes and is selected for the opportunity to analyze rhetorical strategies of the speaker/author. The coursework centers on analysis, synthesis and argument, both as students read and write for the purpose of students developing as skillful readers and writers. This course is on a college level and the expectations are demanding. Students in this course also prepare exclusively for the AP English Language and Composition exam and often use materials created and recommended by the College Board.

ENGLISH 12 Honors
ENGLISH 12 College Prep

5 credits

The fourth year of the English Language Arts Program reflects the belief that students learn when they can demonstrate an understanding of the following essential questions: 1.) How are audience and purpose essential in mastering all communication skills?, 2.) What is the difference between responding to authority versus one's own moral compass?, 3.) How does literature help us to overcome, persevere, and meet our goals when faced with adversity or something that takes us out of our comfort zone?, 4.) Why is it important to be an individual? Language, literature and informational texts, and composition and media are addressed in the classroom to meet the Massachusetts State Frameworks. A diverse selection of literary study includes British Literature (*Frankenstein*), Existentialist writings ("Metamorphosis", *The Stranger*), (Dystopian Literature (*1984*) extended texts. In the Old Colony RVTHS Honors section, additional work is required, such as more frequent in-depth assignments requiring analysis of major topics and themes, and independent study research projects.

ADVANCED PLACEMENT ENGLISH LITERATURE & COMPOSITION **5 credits**
GRADE 12

An option for the fourth year of the English Language Arts Program is AP English Literature and Composition. This course develops close reading skills of prose, with a focus on extended texts, short stories and poetry, while also cultivating students' writing skills. The required reading is typically dense texts written for a variety of purposes with a focus on analysis of writer's purpose, audience expectations, genre conventions and figurative language. This course is on a college level and the expectations are demanding. Students in this course also prepare exclusively for the AP English Literature and Composition exam and often use materials created and recommended by the College Board.

MATHEMATICS

Honors, and the College Prep Math courses are offered for students in grades 9, 10, 11, & 12. The Honors courses are designed for those students who have a strong background in mathematics and are planning on pursuing higher education. College Prep courses are designed for students planning on attending technical schools, two-year colleges or furthering their study in their chosen vocational area, entering the workforce or military service. All levels prepare students in their freshman and sophomore years for the MCAS exam. In their junior year, the course work becomes more specific to graduation plans. Placement in all mathematics courses after Algebra I is contingent upon successful completion of the prerequisites and teacher recommendation. All students must pass four years of mathematics.

Courses for Grade 9

ALGEBRA II Honors

5 credits

Freshmen who have shown proficiency of the Algebra I standards on the math placement test will be enrolled in this class. This course is recommended for students with a strong mathematical background capable of doing advanced work on a daily basis. Topics covered include an in-depth study of linear and quadratic equations, inequalities, systems of equations, graphing, polynomial

functions, and factoring, operations with rational expressions, polynomial division and synthetic division, powers, roots, radicals, exponential and logarithmic functions, polynomial functions, rational functions, and conic sections.

ALGEBRA I Honors

5 credits

This course in algebra gives students a strong foundation of algebraic skills. Topics include fundamental properties of real numbers, linear equations, absolute value, inequalities, factoring, quadratic equations, and data analysis. Modeling and problem solving skills are stressed. It is recommended for students who are capable of doing work on an advanced level and at an accelerated pace.

ALGEBRA I College Prep

5 credits

This course covers the traditional topics in algebra focusing on fundamental properties of real numbers, linear equations, absolute value, inequalities, factoring, quadratic equations, data analysis and problem solving.

Courses for Grade 10

GEOMETRY Honors

5 credits

This course is recommended for those students who are capable of doing challenging work on a regular basis. Topics include plane geometry, formal proofs, coordinate geometry, area, perimeter, volume and other properties of polygons, parallels, triangle congruence, circles, and special right triangles including Pythagorean Theorem.

GEOMETRY College Prep

5 credits

This course covers properties of angles, parallel lines, triangles, geometric proofs, circles, area, perimeter and volume of polygons, congruence and similarity of triangles, special right triangles and Pythagorean Theorem.

Courses for Grade 11

PRECALCULUS HONORS

5 credits

This course is recommended for students with strong mathematical ability who are planning to further their education at a four-year college. It reviews algebra topics necessary for success in calculus and further study of coordinate geometry, polynomial functions of higher degree, synthetic division, complex numbers, and the fundamental theorem of algebra, and parent functions. Right triangle trigonometry, general angles and radian measures, inverse trigonometric functions, solving right triangles, laws of sines and cosines, graphs of trigonometric functions and their translations, and trigonometric identities are also covered.

ALGEBRA II Honors**5 credits**

This course is recommended for students with a strong mathematical background capable of doing advanced work on a daily basis. Topics covered include an in depth study of linear and quadratic equations, inequalities, systems of equations, graphing, polynomial functions, and factoring, operations with rational expressions, polynomial division and synthetic division, powers, roots, radicals, exponential and logarithmic functions, polynomial functions, rational functions, and conic sections.

ALGEBRA II College Prep**5 credits**

This course provides a continuation of the study of algebra for those students planning on additional education after graduation. It reviews in depth topics from Algebra I such as properties of real numbers, linear and quadratic equations, inequalities, graphing functions, add, subtract, multiply and divide polynomials, factoring, operations with rational expressions, polynomial division and synthetic division.

Courses for Grade 12**Advanced Placement CALCULUS AB****5 credits**

AP Calculus AB is an introductory college-level calculus course, with a focus on differential and integral calculus. Student work is demonstrated in both verbal and written forms, and instructors focus not only content, but also the underlying mathematical concepts. Topics are considered analytically, numerically, graphically and verbally. Students in this course also prepare exclusively for the AP Calculus AB exam and often use materials created and recommended by the College Board. Students must successfully complete Pre-Calculus before taking AP Calculus AB.

PRECALCULUS HONORS**5 credits**

This course is recommended for students with strong mathematical ability and reviews algebra topics necessary for success in calculus and further study of coordinate geometry, polynomial functions of higher degree, synthetic division, complex numbers, and the fundamental theorem of algebra, and parent functions. Right-triangular trigonometry, general angles and radian measures, inverse trigonometric functions, solving right triangles, laws of sines and cosines, graphs of trigonometric functions and their translations, and trigonometric identities are also covered.

TRIGONOMETRY**5 credits**

Students will learn fundamental concepts of Trigonometry. Concepts will include defining trigonometric functions and angle. Right Triangle Trigonometry and its applications will be discussed throughout the year. Applying trigonometric function by using the inverse, cofunctions, evaluating functions and applications of functions along with applying radian and degree measure will be major focuses. Students will be exposed to graphs of functions and they will also be exposed to the basic Trigonometric Identities and its functions. In addition, students will solve triangles using the Law of Sines and Cosines.

ALGEBRA & TRIGONOMETRY APPLICATIONS

5 credits

The Algebra & Trigonometry Applications course is a course of rigor that incorporates Algebra II and fundamental mathematical concepts, including right triangular trigonometry and its applications. Problems-of-the-Day may include PSAT, SAT, & Accuplacer style questions. The course promotes creativity, innovation, critical thinking, problem solving, communication and collaboration.

SCIENCE

In all of the science courses students are expected to demonstrate an understanding of the basic principles of science, demonstrate the ability to work safely and effectively with equipment while conducting experiments, and employ problem-solving skills. Courses in grades 9 are designed to meet the requirements of the MCAS Biology Test.

Courses for Grade 9

BIOLOGY Honors

5 credits

This is an accelerated course. Students are expected to do advanced work, labs and projects. Students will investigate the diversity, complexity, and interconnectedness of life on earth. The course focuses on the study of the cell and its major functions, genetics and biodiversity, evolution, and the study of the environment as well as human anatomy and physiology. This is a laboratory-based course

BIOLOGY College Prep

5 credits

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Courses Offerings for Grade 10

BIOLOGY Honors

5 credits

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and the study of the environment as well as human anatomy and physiology. This is a laboratory-based course.

**Please note, 2020-2021 is a transition year for Science. Starting 2021-2022, all grade 9 students will be enrolled in Biology and will take the MCAS Biology exam in June.*

Courses Offerings for Grade 11

CHEMISTRY Honors

5 credits

This is an accelerated course designed for those students who are planning on attending a four-year college or university. Topics covered include, but are not limited to: atomic structure, physical and chemical changes, the structure and properties of elements and compounds, types of chemical reactions, chemical equilibrium, reaction rates and energy associated with chemical changes. Emphasis will be placed on the development of higher reasoning, independent thinking and problem solving skills. Projects, group activities, computer technology in data analysis, videos, and laboratory exercises will be performed to support class discussion.

PHYSICS College Prep

5 credits

This course stresses the study of forces and the laws that affect all mass in the universe. It provides an introduction to gravity, Newton's laws, electromagnetism, and wave motion of light and sound. Students perform lab experiments that are designed to reinforce topics and with emphasis placed on the development of critical thinking, problem solving skills. The utilization of the SI system of measurements, accuracy and precision will be incorporated into laboratory activities.

STEM FORENSICS

5 credits

This college preparatory course provides students with intensive forensic training using techniques, procedures, analysis, and crime scene investigations commonly practiced by many U.S. crime labs. Training includes various biotechnology protocols, and several case projects to deliver topics such as fingerprint biology, ballistics, plaster casting, data analysis, blood-typing and DNA fingerprinting. The course promises plenty of mock investigations to keep students engaged for this biology, chemistry and mathematics-based study.

Courses Offerings for Grade 12

PHYSICS Honors

5 credits

This course is an in depth study of the forces and laws that affect all mass in the universe. Topics covered include: gravitational forces, Newton's Laws of Motion, electromagnetic forces, and wave properties of light and sound. Students will use experimental investigations to illustrate concepts and confirm their understanding of physical laws. The utilization of the SI system of measurements, accuracy, precision and statistical analysis of error will be incorporated into laboratory activities.

ANATOMY**5 credits**

This college preparatory course will be an introduction to the human body integrating the anatomy and physiology of cells, tissues, organs, the systems of the human body, and the mechanisms of homeostasis. It includes the study of the gross and microscopic structure of the systems of the human body with special emphasis on the relationship between structure and function.

STEM FORENSICS**5 credits**

This college preparatory course provides students with intensive forensic training using techniques, procedures, analysis, and crime scene investigations commonly practiced by many U.S. crime labs. Training includes various biotechnology protocols, and several case projects to deliver topics such as fingerprint biology, ballistics, plaster casting, data analysis, blood-typing and DNA fingerprinting. The course promises plenty of mock investigations to keep students engaged for this biology, chemistry and mathematics-based study.

CHEMISTRY College Prep**5 credits**

This course is designed for those students who are planning on attending a four-year college or university. Topics covered include, but are not limited to: atomic structure, physical and chemical changes, the structure and properties of elements and compounds, types of chemical reactions and, chemical equilibrium. Emphasis will be placed on the development of critical thinking and problem-solving skills. Laboratory demonstrations and exercises will be performed to clarify class discussions.

SOCIAL STUDIES

In all social studies courses, students analyze cause and effect of social issues. Research and writing skills are developed through papers and essays along with oral and visual projects. Students discuss the significance, bias, and reliability of historical evidence. In honors courses, more emphasis is placed on critical thinking of the subject matter in addition to comparing and contrasting the various aspects of controversial issues.

Courses for Grade 9**U.S. HISTORY I Honors****2.5 credits**

In U.S. History I, students examine the historical and intellectual origins of the United States during the Revolutionary and Constitutional eras. They learn about the important political and economic factors that contributed to the outbreak of the Revolution as well as the consequences of the Revolution, including the writing and key ideas of the U.S. Constitution. Students also study the basic framework of American democracy and the basic concepts of America government such as popular sovereignty, federalism, separation of powers, and individual rights. Students study America's westward expansion, the establishment of political parties, and economic and social change. Finally, students will learn about the growth of sectional conflict, how sectional conflict

led to the Civil War, and the consequences of the Civil War, including Reconstruction. Students taking this course should anticipate instruction fostering student inquiry and be able to do advanced work independently. There will be a strong emphasis on oral and written communication and presentations.

U.S. HISTORY I College Prep

2.5 credits

In U.S. History I, students examine the historical and intellectual origins of the United States during the Revolutionary and Constitutional eras. They learn about the important political and economic factors that contributed to the outbreak of the Revolution as well as the consequences of the Revolution, including the writing and key ideas of the U.S. Constitution. Students also study the basic framework of American democracy and the basic concepts of America government such as popular sovereignty, federalism, separation of powers, and individual rights. Students study America's westward expansion, the establishment of political parties, and economic and social change. Finally, students will learn about the growth of sectional conflict, how sectional conflict led to the Civil War, and the consequences of the Civil War, including Reconstruction. There will be a strong emphasis on oral and written communication and presentations.

Courses for Grade 10

U.S. HISTORY II Honors

2.5 credits

In U.S. History II, students analyze the causes and consequences of the Industrial Revolution and America's growing role in international relations. Students study the goals and accomplishments of the Progressive movement and the New Deal. Students also learn about the various factors that led to America's entry into World War I and World War II as well as the consequences of World War II for American life. Finally, students study the causes and course of the Cold War, important economic and political changes during the Cold War, such as the Civil Rights movement, and recent events and trends that have shaped modern-day America. Students taking this course should anticipate instruction fostering student inquiry and be able to do advanced work independently. There will be a strong emphasis on oral and written communication and presentations.

U.S. HISTORY II College Prep

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In U.S. History II, students analyze the causes and consequences of the Industrial Revolution and America's growing role in international relations. Students study the goals and accomplishments of the Progressive movement and the New Deal. Students also learn about the various factors that led to America's entry into World War I and World War II as well as the consequences of World War II for American life. Finally, students study the causes and course of the Cold War, important economic and political changes during the Cold War, such as the Civil Rights movement, and recent events and trends that have shaped modern-day America. There will be a strong emphasis on oral and written communication and presentations.

Courses for Grade 11

MODERN WORLD HISTORY Honors

2.5 credits

In Modern World History Part I, students study the rise of the nation state in Europe and the economic and political roots of the modern world, including the Industrial Revolution, 19th-century political reform in Western Europe, and European imperialism in Africa, Asia, and South America. They also examine the causes and consequences of the great military and economic events of the past century, including the rise of nationalism, World War I, the Great Depression, World War II, the beginnings of the Cold War, and the continuing persistence of political, ethnic, and religious conflict in many parts of the world. Students taking this course should anticipate instruction fostering student inquiry and be able to do advanced work independently. There will be a strong emphasis on oral and written communication and presentations.

MODERN WORLD HISTORY College Prep

2.5 credits

In Modern World History Part I, students study the rise of the nation state in Europe and the economic and political roots of the modern world, including the Industrial Revolution, 19th-century political reform in Western Europe, and European imperialism in Africa, Asia, and South America. They also examine the causes and consequences of the great military and economic events of the past century, including the rise of nationalism, World War I, the Great Depression, World War II, the beginnings of the Cold War, and the continuing persistence of political, ethnic, and religious conflict in many parts of the world. There will be a strong emphasis on oral and written communication and presentations.

Courses for Grade 12

U.S. HISTORY III & Government Honors

2.5 credits

In U.S. History III, students will analyze the causes and consequences of the major issues of the 1970's, 1980's, 1990's and ending with 9/11. Students will then review selected topics in Economics, Financial Literacy and Contemporary Issues as well as an in depth analysis of the structure of the Federal, State and Local Governments culminating in a senior project that will focus on local or national issues such as civil discussion and climate change.

In this honors based program, students taking this course should anticipate instruction fostering student inquiry and be able to do advanced work independently. There will be a strong emphasis on oral and written communication as well as challenging assignments involving the use of Project Based Learning including Hyperdocs.

U.S. HISTORY III & Government College Prep

2.5 Credits

In U.S. History III, students will analyze the causes and consequences of the major issues of the 1970's, 1980's, 1990's and ending with 9/11. Students will then review selected topics in Economics, Financial Literacy and Contemporary Issues as well as an in depth analysis of the structure of the Federal, State and Local Governments culminating in a senior project that will focus on local or national issues such as civil discussion and climate change.

In this college prep based program, students taking this course should anticipate instruction fostering student inquiry and be able to do advanced work independently. There will be a strong emphasis on oral and written communication.

PHYSICAL EDUCATION and WELLNESS PROGRAM

The mission of Physical Education and Wellness Program at Old Colony High School is to encompass a well-balanced program that prepares students with the knowledge and skills necessary to be physically fit and healthy for life in the 21st century. Growing scientific evidence demonstrates a significant connection between physical fitness and the cognitive, emotional, and social well-being of the individual, which makes regular participation in physical education more crucial to all aspects of life. Students will gain a fundamental understanding about the importance of lifelong fitness in a safe and enjoyable environment.

The Health Education program is designed to meet the National Health Education Standards. It addresses physical, social and emotional issues facing students to help them develop healthy lifestyles.

PHYSICAL EDUCATION & FITNESS – Grades 9-12

1 credit

The Physical Education & Fitness program at Old Colony emphasizes the physical development of the individual and utilizes a variety of activities, both team and individual, which are designed to help students become lifelong participants of physical activity. In the units that are taught, students will learn important physical, social, and mental skills that they will be able to take with them and use in everyday situations. All students will receive quality instruction and assessments during each planned activity. Students must engage in all activities to achieve the best possible participation grade. Activities to be covered will include soccer, volleyball, basketball, badminton, weight training, yoga, floor hockey, flag football, wiffleball, kickball, ultimate frisbee, as well as other activities that will enhance movement. When leaving our program, students will have the knowledge, tools, and ability to become lifelong participants of physical activity, and practitioners of good health.

HEALTH & WELLNESS EDUCATION I– Grade 9

0.5 credit

Freshmen Health provides students with a deeper understanding of age appropriate health issues, and equips them to better deal with the social and emotional adjustments of high school. In this trimester course, students will gain a fundamental understanding of the key concepts and practices of the components of health and wellness, effective communication/decision making, being a health literate consumer, alcohol/tobacco and other drugs, sexual decision making, mental health disorders, bullying, and suicide prevention.

HEALTH AND WELLNESS EDUCATION II – Grade 10

0.5 credit

Sophomore Health will assist students in gaining the knowledge and skills necessary to understand their personal physical fitness levels and health related needs to sustain a healthy and active lifestyle. In this trimester course, students will gain a fundamental understanding of the key concepts and practices of healthy growth and development, nutrition, physical fitness, stress

management, healthy life skills and relationships, disease prevention and control, safety and injury prevention, violence prevention/conflict resolution, HIV/AIDS, and STIs.

APPLIED STUDIES

0.5 credit

The Applied Skills course has been designed for special education students, grades 9 through 12 in an effort to support them in their general education courses. In grades 9 & 10 Academic support includes Topics of Digital Literacy, Topics of Life & Career Readiness and Topics of Health Education. Students who require specialized instruction are assisted with assignments from both career/technical related and/or academic classes. A variety of materials, instructional approaches, supports and assistive technology are provided in order to meet the unique needs and challenges of each student. Students are also taught specific organizational and study strategies. Some of the topics may include but are not limited to: discovering your learning style, effective time management, reading strategies, writing effective essays, independence/self-advocacy, and test taking strategies. Additionally, there is an emphasis on the remediation of concepts in science, math, language arts, history, and MCAS preparation. Please note, students in this program must meet the necessary criteria to take this course.

VOCATIONAL PROGRAMS:

EXPLORATORY

Prior to students' selection of a vocational technical program, all students participate in Exploratory. The Exploratory program allows students to get to know what the different programs are like and the potential career pathways available in each of them. During this program, each student will explore 8 different shop areas. Students select five. Three are assigned on a space available basis and to ensure that all students explore at least 1 non-traditional shop. Each Program Exploratory has a "Related" (classroom) and a "Shop" (hands-on) component. Students are graded daily in both Shop and Related and receive an grade for each program and an overall average for Exploratory. The Exploratory average, in conjunction with the students' shop selection after completion of Exploratory is used to determine the students' vocational program placement.

AUTOMOTIVE TECHNOLOGY & THEORY

79 credits - 4 years

As a student of Old Colony's Automotive Technology Program, you will be knowledgeable in all entry-level phases of the automotive trade necessary to repair today's vehicles in any modern auto repair facility. Students in our NATEF (National Automotive Technicians Education Foundation) Certified Master Automotive Technology Program learn how to diagnose, service and repair both domestic and foreign automobiles. You will also learn how to troubleshoot problems of all kinds, using the latest engine analyzers, hand-held scanners, and other computerized diagnostic equipment. All areas of the NATEF Master Accreditation task list are covered, including: engine repair, brake systems, computerized engine performance, heating and air conditioning, steering and suspension, manual and automatic transmission and electrical systems.

CAD DRAFTING & THEORY

79 credits - 4 years

Computer Aided Design Drafting students are trained in architectural and technical drafting. They acquire skills essential to achieve success in a productive career, as well as, become a qualified and prepared member of the workforce in the drafting field. In addition, our students are provided with knowledge to reach further academic goals should they choose to continue their education at the postsecondary level. In their freshman year, students develop fundamental technical and architectural/engineering drafting techniques using free-hand sketching and AutoCAD. In their sophomore year, students develop critical thinking skills to solve design problems associated with manufacturing and engineering and further refine fundamental technical drafting skills using SolidWorks. In their junior year, CADD students are introduced to all phases of architectural design using AutoCAD and Chief Architect to create a full set of residential construction drawings. In their senior year, students are introduced to civil drafting principles and light commercial building. In addition, our seniors complete a combination of private and community “live work” projects and a senior design project of their choice. The CAD Drafting program is certified by the American Design Drafting Association (ADDA). Upon graduation, our students receive their Apprentice Drafter certification from the ADDA and have the opportunity to earn their Certified SolidWorks Associate (CSWA) Certificate.

HOUSE and MILL CARPENTRY & THEORY

79 credits - 4 years

The House and Mill Carpentry Department offers students educational experiences in all aspects of residential construction. The main goal of the House and Mill Carpentry program continues to be preparation for our students to work in the residential building and remodeling industry but it also allows them to work in entry level positions in commercial construction and mill working. In the freshmen year students develop hand tool and basic carpentry skills. They are also introduced to stationary and portable power tools and are tested for proper use and safety. During the sophomore year students further develop their skills by constructing individual and group projects. The freshmen and sophomore years are typically spent training in the shop. The beginning stages of house building, planning, construction sequences, and various building materials are introduced. In the junior year students continue the study of house building by developing framing techniques and learning basic building code requirements. The senior year consists of studying roof framing and interior finish work. During the junior and senior year the students usually participate in offsite construction projects in the community, improving their hands-on skill and developing a strong work ethic.

COSMETOLOGY & THEORY

79 credits - 4 years

The Old Colony Cosmetology department trains all of our students for the successful achievement of their MA State Board of Cosmetology operator’s license. All students are trained for entry level positions in hair, nail & skin care salons. Our clinical shop setting provides grades 11 and 12 with the experience of serving clients from our community as well as staff and students throughout the school to provide hands on experience. Licensed students in cosmetology may work in a salon prior to graduation.

Career Opportunities:

- Hair Stylist
- Competition Stylist
- Salon Trainer
- Salon/Spa Owner
- State Board Examiner
- Platform Artist/ Demonstrator
- Hair Colorist
- Distributor Sales Consultant
- Salon/Spa Manager
- State Board Inspector

- Cosmetology Instructor
- Make-up Artist
- Skin Care Specialist

- Hairpiece/extension Specialist
- Nail Technician

CULINARY ARTS & THEORY

79 credits - 4 years

The Culinary Arts Department offers students comprehensive instruction in the four major areas of the food service industry in our state of the art kitchen, bakery, and in the Cougar's Den, our full service dining room/bakery which serves breakfast and lunch to faculty, staff, and outside guests. Culinary Arts is a production shop serving 50-75 people a day meals prepared in our kitchen, bakery, and short order grill. Students also gain valuable experience in larger scale functions including buffets, receptions, and banquets. These experiences allow us to prepare students for entry-level positions and employment in Baking, Kitchen, Short Order, and Customer Service including dining room, bakery counter, and cashier.

ELECTRICAL & THEORY

79 credits - 4 years

In the modern high tech electrical field, there is a need for quality people who are technically skilled to meet today's requirements for great paying positions. To meet these demands, we work with an electrical advisory board to maintain cutting edge training for our electrical students using the latest equipment. Students are trained in the areas of residential, commercial and industrial electricity and specialty areas such as solar power and alarm systems. An on-campus residential dwelling is also used by our students to facilitate practice wiring for new work wiring, services, alarm systems, and heating systems. The department works with the school to install and maintain the electrical infrastructure of the school. The department also participates in a variety of community projects where students strengthen and apply their skill. The Electrical Department has an active co-op program where electrical contractors and companies in the area provide our students with hands-on trade experience.

ELECTRONIC ENGINEERING TECHNOLOGY & THEORY 79 credits - 4 years

The Electronics Engineering Technology program at Old Colony is designed to establish a solid foundation for students to either continue their education in the field of Electrical and Electronic Engineering and related disciplines or seek employment as an entry level electronic technician. Take a moment and look around you. Electronics impact almost every aspect of our lives today. On the lighter side we have smart phones, drones, video games and mobile electronics. On the more practical side we have robotics, green technologies, aerospace, automated manufacturing and advanced medical applications that all rely on electronics to perform their "magic". Each of these areas requires a team of engineers and technicians with specialized training in electronics to design, develop, build, repair and market their technology. Students are taught the basic concepts which provide a common foundation for all of these technologies. Topics include:

- Basic AC and DC Theory
- Analog Circuits
- Digital Circuits
- Microcontroller Programming
- Programmable Logic Controllers (PLC's)
- Wireless Technology Development (C.E.T./ETA) Exam
- Robotics Programming & Construction
 - Introduction to Drone Technology
- PCB Design and Layout
 - Audio Systems
 - Surface Mount Technology
- Project Design and Preparation for the Certified Electronic Technician

Students will also become proficient in the use of:

- Basic Hand Tools
- Digital and Analog Multimeters
- Logic Probes
- AC and DC Power Supplies
- Circuit Simulation Software
- Soldering and Desoldering Equipment
- Digital and Analog Oscilloscopes
- Frequency Counters
- LCR Meters
- Microcontroller Programming

GRAPHIC COMMUNICATION and DESIGN & THEORY

79 credits - 4 years

Graphic Communication & Design is a program designed to instruct students in the many areas of the Graphic Communication/Printing Industries. Areas include Graphic Design Fundamentals, Electronic Prepress, Press Technologies through Binding & Finishing Operations. Students will use 21" iMac computers to learn the latest versions of Adobe's Creative Suite Software which includes InDesign, Illustrator, and Photoshop. Students are introduced to Digital Photography, Image Capture and Photo Retouching. Students will also learn current Printing Technologies, as well as Binding & Finishing Techniques as required by the Massachusetts VTE Curriculum Frameworks for Graphic Communication. As part of their training, students work on required projects as well as real life work assignments. The Graphic Communication & Design Department operates as a live production shop which produces print materials for the surrounding communities.

HEALTH CAREERS & THEORY

79 credits - 4 years

The Health Careers program at Old Colony provides students with an introduction to the diversity of opportunities in the field of allied health care, as well as quality preparation to enter the world of employment and/or further training and education within the health field. These goals are accomplished through applied theory, instruction within the clinical laboratory, and relevant clinical affiliations. The Health Careers curriculum meets the Massachusetts Vocational Technical Frameworks for Health Assisting. All students enrolled in the Health Careers program receive instruction leading to state certification as a nursing assistant. Supervised externship experience is provided in both long term and acute care settings. Co-operative education and placement opportunities are available to all senior students. This experience provides students with further development of their competencies, and a realistic work environment. Academic preparation includes a solid foundation in the principles of anatomy and physiology, understanding the disease process, investigation into the concepts of health promotion and disease prevention, and attention to relevant and contemporary health issues.

COMPUTER SCIENCE & THEORY

79 credits - 4 years

Students will be trained in all aspects of software development. Students are introduced to the applications development life cycle, as well as development concepts. Hands-on training includes:

- Intro to Video Game Design
- Java Programming
- Introduction to Object Oriented Program Design
- Mobile Application Development
- HTML5 and CSS3

- JavaScript
- WordPress Content Management System
- Dynamic website design with PHP and MySQL
- Software development for community members

Sophomore year students participate in AP Computer Science Principles which is an introductory college-level computing course. Students cultivate their understanding of computer science through working with data, collaborating to solve problems, and developing computer programs as they explore concepts like creativity, abstraction, data and information, algorithms, programming, the internet, and the global impact of computing.

BUSINESS TECHNOLOGY & THEORY

79 credits - 4 years

The Business Technology students will strengthen their skills in the more complex operations of Microsoft Office applications. Additionally, students will reinforce their office skills with project-based activities that integrate multiple aspects of today's modern office. Hands-on training includes: Microsoft Office Business Edition-Word, Excel, Access, PowerPoint, Publisher, and Outlook. In addition, curriculums in Accounting I & II, Financial and Banking Concepts, and Customer Service are taught to all Business Technology students.

MACHINE and TOOL TECHNOLOGY & THEORY

79 credits - 4 years

The main function of this course of study is to teach the safe and proper set-up and operation of equipment common to the machine tool industry. In addition, technical information relating to trade and industrial practices is part of the program. The curriculum is designed to produce a well-rounded entry level machinist. This is accomplished by a series of projects set up by instructors, as well as projects brought in by local industries. Some machine used in completing these projects are: lathes, milling machines, grinders, drill presses, and Computerized Numerical Control equipment (C.N.C.). Our Machine Shop Technology Program is aligned with National Institute for Metalworking Skills (NIMS). Students enrolled in the program can earn credentials in NIMS Level 1 credential program starting in their junior year. Seniors are eligible to further their NIMS credentials with additional testing.

METAL FABRICATION and JOINING & THEORY

79 credits - 4 years

We perform many types of welding processes in the Metal Fabrication & Joining Technologies Department, such as Shielded Metal Arc Welding (SMAW) Gas Metal Arc Welding (GMAW), Flux Cored Arc Welding (FCAW), Gas Tungsten Arc Welding (GTAW) Oxy-Fuel Welding, Brazing, and soft soldering. (OFW, OFB, TS) along with Pipe Welding. The cutting processes are OxyFuel Cutting (OFC) Plasma Arc Cutting-Air (PAC-A) and Carbon Arc Cutting-Air (CAC-A). We also teach ornamental iron work, sheet metal, frame work, railing layout and design, and metal repair on existing parts and equipment.

The students learn how to operate and work with tools and the following equipment.

- A drop shear that will cut Mild Steel, Aluminum, and Stainless Steel up to 1/4" x 10'
- A hydraulic press brake that will bend Mild Steel, Aluminum, and Stainless Steel 1/4" x 10'
- A variety of other metal working machines such as a Box and Pan Brake, Pedestal Grinder, Band Saws, Hossfeld Bender Iron Worker, Power Rolls Drill Presses and an ornamental iron forming machine. The students also learn the art of Blacksmithing to understand how metal fabrication and welding started centuries ago.

The Welding/Fabrication shop fabricates a variety of projects for different businesses in the surrounding area, as well as for residents of the community. Our welding students can receive their welding qualification also known as a Welding Certification in compliance with (D1.1 Structural Welding Code – Steel) by the AWS (American Welding Society) in the Shielded Metal Arc Welding process. This is a legal certification and future qualifications to follow in the GMAW and GTAW process.

Our mission is to teach every student the trade skills necessary to become well versed in the Welding and Metal Fabrication Field. This field is highly competitive and our students upon graduation will have a better understanding and knowledge to give him or her an advantage moving forward as a tradesperson.