



Welcome

Counselors

- Mrs. Choi: A-Da
- Ms. Coleman: De-I
- Mrs. Nedwick: J-Mo
- Ms. Cortes: Mu-Sanc (and EL/Newcomers)
- Mr. Napora: Sand-Z

Please contact your alpha-counselor if you have any questions.

Icela Sabory, Counseling Secretary 805-498-3676 x1015

Eunice Reyes, Counseling Secretary 805-498-3676 X1016



Your Counselor

Counselors are available to support you with:

- Academic Planning and Course Selection Guidance
- College and Career Planning/Preparation
- Social/Emotional Support and Intervention

Contacting your counselor (AFTER the new school year begins):

- Students may visit their counselor during daily walk-in times, before school, nutrition, during lunch, or after school. This method is best if you have a concern or question that can be addressed quickly.
- Parents and students may make an appointment in the Counseling Office with Mrs. Sabory or Mrs. Reyes. This method is best if you have a concern or question that may take more time to address. Extensions 1015 and 1016. You may also email your counselor anytime.
- For an urgent matter which requires immediate attention and cannot be addressed through the other methods, you may come in to see your counselor anytime. Please first check in with your teacher and the Counseling Secretary.

Additional Contacts

NPHS Athletics:

Michelle Tucker, Athletic Secretary
Michael Godfrey, Assistant Principal of Athletics
Jason Klein, Athletic Coordinator

AP OF ATTENDANCE:

Linda Eckelkamp

AP OF ACTIVITIES:

Carly Adams

TEACHER EMAILS & WEBSITES:

www.nphs.org then ACADEMICS

Contacting your counselor:

Please email-

Mrs. Icela Sabory isabory@conejousd.org

Mrs. Eunice Reyes ereyes@conejousd.org

CVUSD

Graduation Requirements

SUBJECT	Credits	Years
ENGLISH	40 Credits	4 Years
SOCIAL SCIENCE (World, US, Gov/Econ)	30 Credits	3 Years
MATHEMATICS *	30 Credits	3 Years
SCIENCE (1 Life, 1 Physical)	20 Credits	2 Years
HEALTH	5 Credits	1 Semester
PHYSICAL EDUCATION **	20 Credits	2 Years
CTE or LANGUAGE or VPA	10 Credits	1 Years
ELECTIVES	75 Credits	
TOTAL	230 Credits	

*Must pass Algebra I or Integrated Math I (requirement can be met in 8th grade but middle school classes do not count toward 30 **high school** math credits)

You can review your transcript and graduation status by using [Q](#).

NPHS

Minimum Four year College Requirements

SUBJECT	Credits	Years
ENGLISH	40 Credits	4 Years
SOCIAL SCIENCE (World, US, Gov/Econ)	30 Credits	3 Years
MATHEMATICS (at least Algebra 2)	30 Credits	3 Years
SCIENCE (1 Life, 1 Physical- Chemistry Required for UC's)	20 Credits	2 Years
VISUAL PERFORMING ART	10 Credits	1 Years
WORLD LANGUAGE (30 RECOMMENDED)	20 Credits	2 Years
ELECTIVES	Highly recommended to go above and beyond required classes	
PHYSICAL EDUCATION (Graduation Requirement)	20 Credits	2 Years
HEALTH (Graduation Requirement)	5 Credits	1 Semester

“A-G” includes College Prep and higher level courses

All courses must be completed with ‘C’ grade or higher. CSU/UC approved course list for NPHS is available online at <https://doorways.ucop.edu/list> or on Counseling Website

NPHS SCHEDULE

ODD DAYS

EVEN DAYS

OPTIONAL “Zero” Period (approximately 50-55 minutes) meets *every* day all year

Period 1 (approximately 100 minutes)
10-credit class meets every other day
for 36 weeks

Period 2 (approximately 100 minutes)
10-credit class meets every other day for 36
weeks

BREAK

Period 3 (approximately 100 minutes)
10-credit class meets every other day
for 36 weeks

Period 4 (approximately 100 minutes)
10-credit class meets every other day for 36
weeks

LUNCH

Period 5 (approximately 100 minutes)
10-credit class meets every other day
for 36 weeks

Period 6 (approximately 100 minutes)
10-credit class meets every other day for 36
weeks

OPTIONAL Period 7 (approximately 50-55 minutes) meets *every* day all year

9th graders are required to take **SIX CLASSES**

Typical Freshmen Lineup:

English

Math

Science

Health/Careers & Geography

PE

Elective



The Course Registration Process

1. Complete [Course Request Form](#) as best you can...make sure that it is signed and that it **INCLUDES TWO ALTERNATES** for **EACH ELECTIVE!!!** (for ALL incoming students)
2. Meet with Counselor:
 - If you are currently attending a CVUSD school, click [HERE](#) for dates.
 - If you are an incoming student who will be *new* to the District, your counselor will reach out to you/your parents or guardians **AFTER** you have enrolled in CVUSD.

The Course Contract



Newbury Park High School 9th Grade Course Selection Contract

Student Name _____
 Student ID# _____
 Home Phone _____ Cell Phone _____
 Student E-mail Address _____
 Parent/Guardian E-mail Address _____

- Directions:**
- Review Courses at: <http://dev.nphs.org/courseing/course-registration/course-profile/>
 - Complete this contract (including signatures)
 - Use the contract to guide your course selections in Q.
 - Email your **completed** and signed form to your alpha counselor.

NPHS Course Selection Guidelines

Schedule changes will **not** be made to accommodate teacher requests, period requests, extracurricular or athletic activities.

A required schedule change will be made for a student who failed a course or who completed a pre-approved summer school course.

A requested schedule change will be made only if it improves the integrity of your schedule for graduation or college entrance requirements **AND** if there is space available. Schedule change requests can be addressed in August during Schedule Pick-Up Day.

Athletics

If you play a NPHS team sport, you will earn 5 credits each season toward your 20-credit PE requirement. If you play a NPHS team sport as a freshman, are not required to take PE 9. Your sport will be added to your schedule (at a period 7) after your coach adds you to a team roster. For Athletic information, visit www.nphsathletics.com. If you intend to play a NCAA/NAIA sport in college, it is **your** responsibility to review the following eligibility requirements: [NCAA](http://www.ncaa.org), [NAIA](http://www.niaa.org).

Prerequisites

If a course requires a prerequisite or an audition, as indicated in the column next to the course title, make sure that you qualify **BEFORE** you select it. If you do not qualify, choose a different course! For more information about specific prerequisites/auditions:

<http://dev.nphs.org/courseing/course-registration/summer-school/prerequisites/>

Honors Placement

If you are CURRENTLY taking an honors course in your intended honors subject, and if you are earning a B or higher as your final grade, you may choose the next sequential honors course. If you are NOT currently taking an honors course in your intended subject, you must earn an A in all final marking periods. If you do not earn an A in all final marking periods, you need to complete an **Academic Water Form**.

Student and parent/guardian signatures, typed in the spaces below, indicate that course selections have been both reviewed and agreed upon by both parties. Signatures are required to complete the course selection process.

Student Signature _____ Parent/Guardian Signature _____ Date _____

Course Selection

Turn this form over and review the course offerings. Select a course for EACH space, and include TWO alternate for elective choice.

REQUIRED COURSES	
1. English	Course: _____
2. Math	Course: _____
3. Science	Course: _____
4. Health	Course: Health/Geography/Career Prep. If you plan to take health period 7, select an additional course and two alternates: Course: _____ Alternates (be sure to choose 2): 1. _____ 2. _____
5. PE	If you are NOT going to play a NPHS freshman sport or take NPHS Online PE, select a course from the PE category: PE Course: _____ If you are going to play a freshman NPHS sport, and you don't want to take a PE course during the school day, OR if you plan to take NPHS Online PE period 7, choose an elective and two alternates: Course: _____ Alternates (be sure to choose 2): 1. _____ 2. _____
6. Elective	Course: _____ Alternates (be sure to choose 2): 1. _____ 2. _____

If you want a 7th period class, indicate your first choice AND an alternate:

1st CHOICE Course: _____
 ALTERNATE Course: _____

Summer School

If you plan to attend summer school in order to either REMEDIATE (repeat) a course (to improve a D or F) or to meet a prerequisite for a sequential course, or to ACCELERATE (take a course for the first time to earn additional credits or to meet a prerequisite for a sequential course), indicate the summer school course you plan to take (including location) AND the course you intend to take at NPHS after you successfully complete the summer school course.

Summer School Course I Plan to Take: _____ Location of Course: _____
 Course I Want If I Complete Summer School: _____ Alternate Choice: _____
 1. _____
 2. _____

NPHS GRADE 9 COURSE SELECTIONS (* indicates UC a-g approved)

English		Food & Nutrition CP*	
English 9.1	Per IEP	Public Safety Careers*	
English 9 CP*		Woodworking Principles	
English 9 Honors*	B in Eng. 8 H or A's in Eng. 8 CP	Social Science	
Essential English	Per IEP	AP Human Geography*	
Math		Visual & Performing Arts	
Algebra 1A.1	Per IEP	Art Media*	
Algebra 1A		Beginning Band*	
Algebra 1 CP*	C in Math 8 CP	Broadcasting 1*	
Algebra 1 Honors*	A in Math 8 CP or B in Math H	Chamber Orchestra H*	audition required
Algebra 2 CP*	C or higher in Geometry CP	Concert Band*	
Algebra 2 Honors*	B in Geometry Honors or A's in Geometry CP	Concert Choir*	
AP Comp. Sci. Principles*	C or higher in Algebra 1	Color & Design*	
AP Computer Science A*	C or higher in Algebra 1	Computer Graphics*	
Essential Math	Per IEP	Concert Orchestra*	instructor permission required
Geometry CP*	C or higher in Algebra 1 CP or Algebra 1B CP	Drawing*	C or higher in Art Media or teacher approval
Geometry CVS*	C or higher in Algebra 1 CP or Algebra 1B CP	Introduction to Guitar*	
Geometry Honors*	B or higher in Algebra 1H or A's in Algebra 1CP	Music Appreciation*	
Science		Music Fundamentals & Theory CP*	
Biology Honors*	B- or higher in Honors Science 8	Theater 1*	
Earth Science.1	Per IEP	Vocal Ensemble Honors* (women) audition required	
Earth Science CP*		Vocal Ensemble Honors* (mixed) audition required	
Physical Education		Wind Ensemble* audition required	
Adapted PE	Per IEP	Wind Ensemble H* audition required	
Dance- Beginning		World Languages	
Dance Team	audition required IN-PERSON	Chinese 1 CP*	
PE 9		French 1 CP*	
Weight Training		Spanish 1 CP*	
English (electives)		Spanish 2 CP*	C or higher in Spanish 1 CP
Journalism CP*		Non-Departmental	
CTE (electives)		AVID	teacher/counselor rec.
Broadcasting 1*		Computer Programming 1*	
Business-Intro*		Directed Studies	per IEP
Emergency First Responder		Essential Communication Living	per IEP
Entrepreneurship*		Essential Life Skills	per IEP
		Leadership	application required
		OASIS	
		Yearbook	application required

NPHS GRADE 9 COURSE SELECTIONS Zero Period and Period 7 classes (* indicates UC a-g approved)

PERIOD ZERO CLASSES	
Jazz Ensemble*	instructor permission IN-PERSON
Journalism (Advanced)*	application required
Orchestra/Strings CP*	instructor permission
Studio Jazz Ensemble H*	audition required
Vocal Ensemble*	audition required
PERIOD 7 CLASSES (options include in-person, hybrid, or online)	
Algebra 2 CP*	C or higher in Geometry CP HYBRID
Earth Science CP*	HYBRID
English 9H*	HYBRID
Ethnic Studies*	HYBRID
Geometry CP*	C or higher in Algebra 1CP or Algebra 1B HYBRID
Health	HYBRID
Mock Trial	application required IN-PERSON
Online PE 9	ONLINE
Beginning Strings CP*	HYBRID
Stagecraft ROP*	C or better in Tech Theater / interview req'd IN-PERSON
Stage Prod. Honors ROP*	C or better in Stagecraft IN-PERSON
Technical Theater CP*	IN-PERSON
Work Experience	employment required HYBRID

CEC

Most CEC classes are year-long, are off-campus, and require a free 5th and 6th period. To learn more about CEC classes, click [HERE](#). To register for a CEC class, follow [these instructions](#). Because you will not know if you are accepted into the CEC class for which you applied until after your course selections are due, choose your NP classes as if you are not in a CEC class. If/after you are able to register for a CEC class, let your counselor know so that he or she can adjust your NP schedule accordingly.

General Information:



Newbury Park High School 9th Grade Course Selection Contract

Student Name _____

Student ID# _____

Home Phone _____ **Cell Phone** _____

Student E-mail Address _____

Parent/Guardian E-mail Address _____

Directions/Guidelines:

Directions:

1. Review Courses at:
<http://dww.nphs.org/counseling/course-registration/course-profiles/>
2. Complete this contract (including signatures)
3. Use the contract to guide your course selections in Q.
4. Email your **completed** and signed form to your alpha counselor.

NPHS Course Selection Guidelines

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A required schedule change will be made for a student who failed a course or who completed a pre-approved summer school course.

A requested schedule change will be made only if it improves the integrity of your schedule for graduation or college entrance requirements **AND** if there is space available. Schedule change requests can be addressed in August during Schedule Pick-Up Day.

Athletics:

Athletics

If you play a NPHS team sport, you will earn 5 credits each season toward your 20-credit PE requirement. If you play a NPHS team sport as a freshman, are not required to take PE 9. Your sport will be added to your schedule (as a period 7) after your coach adds you to a team roster. For Athletic information, visit: www.nphsathletics.org . If you intend to play a NCAA/NAIA sport in college, it is **your** responsibility to review the following eligibility requirements: [NCAA](#) [NAIA](#)

Prereqs./Honors:

Prerequisites

If a course requires a prerequisite or an audition, as indicated in the column next to the course title, make sure that you qualify **BEFORE** you select it. If you do not qualify, choose a different course! For more information about specific prerequisites/auditions:

<http://dev.npha.org/counseling/courses-sequences-flowcharts-prerequisites/>

Honors Placement

If you are **CURRENTLY** taking an honors course in your intended honors subject, and if you are earn a B or higher as your final grade, you may choose the next sequential honors course. If you are **NOT** currently taking an honors course in your intended subject, you must earn an A in all final marking periods. If you do not earn an A in all final marking periods, you need to complete an [Academic Waiver Form](#).

Course Selection:

Course Selection

Turn this form over and review the course offerings. Select a course for EACH space, and include TWO alternates for elective choice:

REQUIRED COURSES	
1. English	Course: _____
2. Math	Course: _____
3. Science	Course: _____
4. Health	Course: Health/Geography/Career Prep. if you plan to take health period 7, select an additional course and two alternates: Course: _____ Alternates (be sure to choose 2): 1. _____ 2. _____
5. PE (OR elective IF you play a freshman NPHS sport or take NPHS Online PE)	if you are not going to play a NPHS freshman sport or take NPHS Online PE, select a course from the PE category: PE Course: _____ if you are going to play a freshman NPHS sport, and you don't want to take a PE course during the school day, OR if you plan to take NPHS Online PE period 7, choose an elective and two alternates: Course: _____ Alternates (be sure to choose 2): 1. _____ 2. _____
6. Elective	Course: _____ Alternates (be sure to choose 2): 1. _____ 2. _____

Selecting an English Class

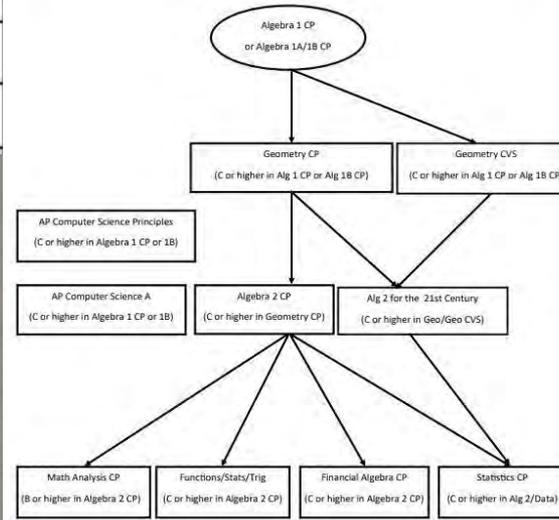
English	
English 9.1	Per IEP
English 9 CP*	
English 9 Honors*	B In Eng. 8 H or A's in Eng. 8 CP
Essential English	Per IEP

Math	
Algebra 1A.1	Per IEP
Algebra 1A	
Algebra 1 CP*	C in Math 8 CP
Algebra 1 Honors*	A in Math 8 CP or B in Math H
Algebra 2 CP*	C or higher in Geometry CP
Algebra 2 Honors*	B in Geometry Honors or A's in Geometry CP
AP Comp. Sci. Principles*	C or higher in Algebra 1
AP Computer Science A*	C or higher in Algebra 1
Essential Math	Per IEP
Geometry CP*	C or higher in Algebra 1 CP or Algebra 1B CP
Geometry CVS*	C or higher in Algebra 1 CP or Algebra 1B CP
Geometry Honors*	B or higher in Algebra 1H or A's in Algebra 1CP

Selecting a Math Class

Refer to these flowcharts:

The chart below indicates typical COLLEGE PREP course progressions for students who take Algebra 1 CP or Algebra 1A/1B during their freshman year. Students typically take one math course per year so they end up with the fourth math class in the sequence during their senior year. Pay attention to prerequisites! Any deviation from a math sequence should be discussed with the Math Department Chair and your counselor.



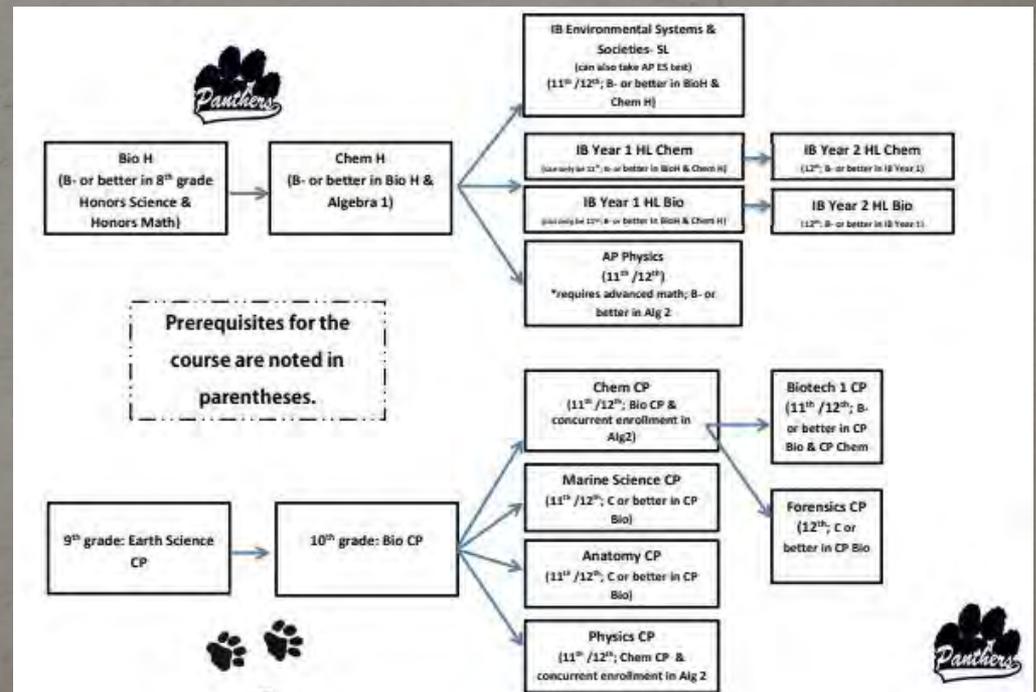
The chart below indicates a typical COLLEGE PREP course progression for students who take **Geometry H** in their freshman year. Students typically take one math course per year so that they end up with the fourth math class of the sequence during their senior year. Pay close attention to the prerequisites! Any deviation from a math sequence should be discussed with the Math Department Chair and your counselor.



Selecting a Science Class

Science	
Biology Honors*	B- or higher in Honors Science 8
Earth Science.1	Per IEP
Earth Science CP*	

Refer to this flowchart:



Health & Careers/Geography

Health and Careers/Geography is a **REQUIRED** course for graduation. MOST students will be taking at NPHS as freshmen during the school day. Health is a 18-week course, and Careers/Geography is a 18-week course. Exceptions to the health & careers/geography combo are:

- Students who opt for a period 7 health class
- Students who take Health in Summer School – **note that, although taking Health in Summer School “opens up” a space in the schedule for another elective, *no specific elective is guaranteed* (and NPHS gives elective priority to upperclassmen first and incoming freshmen last)**
- **Summer School Options – Your Responsibility to ensure accreditation.**

Selecting a PE Class

Physical Education	
Adapted PE	Per IEP
Dance- Beginning	
Dance Team	audition required IN-PERSON
PE 9	
Weight Training	

Selecting Electives/Alternates

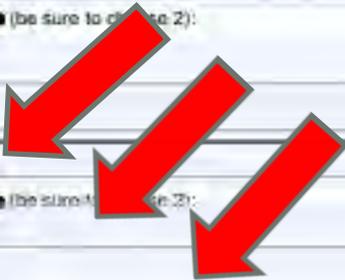
Course Selection

Turn this form over and review the course offerings. Select a course for EACH space, and include TWO alternates for elective choice:

REQUIRED COURSES	
1. English	Course: _____
2. Math	Course: _____
3. Science	Course: _____
4. Health	Course: Health/Geography/Career Prep. if you plan to take health period 7, select an additional course and two alternates: Course: _____ Alternates (be sure to choose 2): 1. _____ 2. _____
5. PE (OR elective IF you play a freshman NPHS sport or take NPHS Online PE)	if you are not going to play a NPHS freshman sport or take NPHS Online PE, select a course from the PE category: PE Course: _____ if you are going to play a freshman NPHS sport, and you don't want to take a PE course during the school day, OR if you plan to take NPHS Online PE period 7, choose an elective and two alternates: Course: _____ Alternates (be sure to choose 2): 1. _____ 2. _____
6. Elective	Course: _____ Alternates (be sure to choose 2): 1. _____ 2. _____

CHOOSE TWO
DIFFERENT
ALTERNATES FOR
EVERY ELECTIVE!!!

This includes courses added in lieu of health/PE if health/PE are not taken during the school day!



7th Period:

IF you want a 7th period class, indicate your first choice AND an alternate:

1st CHOICE	Course: _____
ALTERNATE	Course: _____

Summer School:

Summer School

If you plan to attend summer school in order to either **REMEDiate** (repeat) a course (to improve a D or F or to meet a prerequisite for a sequential course), or to **ACCELERATE** (take a course for the first time to earn additional credits or to meet a prerequisite for a sequential course), indicate the summer school course you plan to take (including location) **AND** the course you want to take at NPHS after you successfully complete the summer school course.

Summer School Course I Plan to Take:	Location of Course:
Course I Want IF I Complete Summer School:	Alternate Choices: 1. _____ 2. _____

Signatures:

Student and parent/guardian signatures, typed in the spaces below, indicate that course selections have been both reviewed and agreed upon by both parties. Signatures are required to complete the course selection process.

Student Signature _____ Parent/Guardian Signature _____ Date _____

The signatures can be typed into the document. Doing so indicates your approval for the selected courses. When finished, IF YOU ARE A CURRENT CVUSD STUDENT, print the Contract and bring it with you to school on your assigned day.

IF YOU ARE A STUDENT FROM OUTSIDE THE CVUSD, email the saved form to your [Alpha Counselor](#).



Newbury Park High School Future Freshman Course Registration Dates

March 16

**Future Freshman
Virtual Parent Night**

Please register prior to the meeting to receive Zoom invitation.



April 6-7

Sequoia Middle School

Counselors come on campus to meet students.

April 12

Sycamore Middle School

Counselors come on campus to meet students.

April 11

**Redwood Middle School
and Other CVUSD Schools**



FOR MORE INFORMATION VISIT

Phone: 805-498-3676

<http://dev.nphs.org/>

H/AP Classes

For all students looking to challenge themselves with an AP/H class :

- If currently enrolled in an honors course, a B- or higher is needed to continue at that level
- If currently enrolled in a CP (college-prep) course, two A's are needed to move up a level
- If neither of the above occur, then an academic waiver will need to be filed. Placement may occur only on a space-available basis.
- If a student requests to level change FROM H/AP into CP *after* the school year begins, it will be on a space-available basis (that means a student may not be able to level change if there are no seats...and the student may have to stay in the H/AP class or find an alternative such as a study hall or TA position).

In short...CHOOSE WISELY!

D or F Grades

- Unlike middle school, if a student in high school earns an F in any course required for graduation, the course must be repeated.
- Students who plan to go directly to a 4-year college will need to repeat any D grade to be MINIMALLY eligible (and to improve GPA).

Seniors should earn C grades or better!

Remediating D or F Grades

- Summer School –
 - Conejo Unified School District (remediation)
 - Any accredited school YOU choose up to 40 credits
 - Community College
- It is YOUR responsibility if you decide to pursue an online class: You need to find out accreditation, have the transcript mailed to NPHS registrar, register on your own, NCAA, UC A-G approval, etc.

International Baccalaureate

- Program for highly motivated juniors and seniors
- Offers in-depth coursework at university level
- Students who wish to take IB-level courses in all disciplines (English, 2nd language, history, science, math and an elective) should consider the IB Diploma
- For more information about this opportunity, visit the IB page of the NPHS website.
- To apply, submit a Full IB Course registration form to ddogancay@conejousd.org for approval, prior to registering with counselor



Tips for Students



Develop effective study skills

- Time management
- Identify and utilize efficient study methods that work for you
- Seek help when needed and access [academic resources](#)
(attend teacher tutoring hours, form study groups, consult with counselor)

Maintain good grades

- Your grades should be an accurate reflection of your abilities.
- Reasonably challenge yourself, but be careful not to take on more than you can handle

Monitor your grades

- Communicate with your teachers
- Regularly check your grades using Q

Maintain a healthy lifestyle

- Successful students get adequate sleep,
- eat nutritious foods, and have a balance between their
- home, school and social lives!



Stay Informed

- Listen to bulletin announcements & check the NPHS Counseling Website and Calendar of events
- Read the Naviance Email, Panther Tale
- Get involved in school activities (clubs, athletics, etc.)
- Get to know your teachers, see your counselor and ask questions
- Register and use Naviance!!!



SPECIAL INTEREST AREAS

Extra/Co-Curricular Participation

Athletics (must have 2.0 GPA or higher to participate)

Clubs

Music Program

H, AP, IB

Digital Arts Technology Academy (DATA)

Majors Program

Future Panther Night

Tuesday, April 12th @ 5:30 pm

Music Performances

Club Information

Dance Team Demo

Counseling FAQs

Athletics

Student Store

Sign Up for Sports and Clubs

...and much more!

Freshman Orientation

Week of August 15th, 2022

Tours

Mandatory ID Pictures

Pick up:

Schedule

Pre-purchased P.E. Clothes

Student Activity Card Cards

Text Books

Spirit Packs (if Purchased ahead of time)

Resources & Staying Informed

College and Career Center (B-1)

Tutoring Centers

Wellness Center

Counseling Office



- [Counseling Website](#)
- [Calendar](#)
- Principal's Smore Newsletters
- [NPHS Main Website](#)

*THANK YOU FOR
ATTENDING THIS EVENING*



NPHS COUNSELING STAFF

Q & A