

SMS Forecasting Handbook

2025-2026

Forecasting Process

Forecasting is choosing electives for the next school year. Electives are graded, academic choice classes that help enrich student's learning and explore their interests and strengths. The grading scale is letter grade (A, B, C, D, F) as with other core academic classes. The electives that are offered in the schedule are based on the forecasting requests from the spring of the previous school year. To maximize the chances of all students getting into their primary forecast selections we rotate electives every trimester. Therefore, your student will choose 6 different primary electives they wish to take and 4 different alternate elective options. Alternative elective options are alternate classes students would be willing to take if their primary elective is not available due to a scheduling conflict or not being offered.

Please review the elective course descriptions on the following pages with your student. ***You will choose 6 different primary elective classes and 4 different alternate elective classes.*** You will submit your forecasting selections through StudentVue.

Courses that require application

At SMS, we have four courses that require an application: AVID, Leadership, ECoS, and Project Unify. Please see the course description for the application process and due date. The application for these four classes are due after the forecasting process, so your student might forecast for one or both of these courses and not be enrolled. In this case, your student will be enrolled in their alternate course selections.

Schedule Change Policy and Procedure

The SMS schedule is built based on student forecasting/requests in the spring. These requests dictate which classes we offer and when. It is a priority for us that all students have their primary choice classes during one of the three trimesters during the school year. However, it is possible your students' primary choice was not forecasted for enough by students and therefore may not be offered. Thus, if primary choice requests cannot be made due to scheduling conflicts, then students will be placed in the alternative classes they selected during forecasting. Only changes based on academic placement or a mistake will be made.

Other Course Considerations:

Some courses have a class size capacity due to classroom capacity and/or supply/material limitations. Some courses are yearlong (Leadership, ECoS, Band, Chinese, AVID, Spanish, and Choir). Students who forecast for a yearlong course are expected to stay in that course for the year.

ELECTIVE COURSE DESCRIPTIONS

SMS /2025-2026

ACADEMIC ENRICHMENT

AVID Elective

The AVID Elective Year 1 will build upon students' desire and determination for academic success. AVID students will learn skills and strategies to enhance learning and performance in core classes. Such skills include note-taking, time management, organization strategies, and self-advocacy. Additionally, students will participate in activities centered around exploring college and career opportunities. These include college visits and field trips focused on building relational capacity (e.g. working together to solve an escape room and more.). Application process and teacher approval is required. Contact Mrs. Surgeon or Mr. Jensen for more information: emily.surgeon@ssd6.org or rob.jensen@ssd6.org

Application due: March 12, 2025. This is a yearlong course.

AVID Elective

AVID Elective Year 2 will build upon skills and strategies learned in AVID Elective Year 1. AVID students will continue to learn and use skills and strategies that enhance learning and support college readiness. Such skills include note-taking, time management, organization, self-advocacy, tutorials, etc. Students will continue to participate in activities centered around exploring college and career opportunities (visiting colleges and participating in team-building activities). Application process and teacher approval is required. Contact Mrs. Surgeon or Mr. Jensen for more information: emily.surgeon@ssd6.org or

rob.jensen@ssd6.org

Application due: March 12, 2025. This is a yearlong course.

Math Enrichment

In math enrichment, students work on math individually, in small groups, and as a whole group class. This can include working on assignments for a current math class, reviewing or reteaching what's currently happening in math class, or working on more fundamental skills from earlier grade levels to help support math class. **Students do not forecast for Math Enrichment but can request it.** Instead, data from the iReady Diagnostic, classroom progress, student learning profiles, and ongoing curriculum-based measurements are used to determine who attends these classes. Students are monitored closely to track growth and progress. Students are evaluated each trimester to determine if they stay in the intervention class or are exited.

Reading Enrichment

In reading enrichment, the curriculum is designed to meet the students at their ability level. Teachers reteach concepts that are presented in the grade-level courses. These strategies are key in developing confidence, independence and ultimately gaining academic success. **Students do not forecast for Reading Enrichment but can request it.** Instead, data from the iReady Diagnostic, classroom progress, student learning profiles, and ongoing curriculum-based measurements are used to determine who attends these classes. Students are monitored closely to track growth and progress. Students are evaluated each trimester to determine if they stay in the intervention class or are exited.

VISUAL & PERFORMING ARTS

Band 7/8

The Performance Standards of the band are set to develop the skills introduced in Band during 6th grade. Musicians will learn and perform a variety of music. Music theory and group performance concepts are addressed as part of the band curriculum. The band performs in various concerts, parades, community performances, and several festivals throughout the year. **This is a yearlong course.**

Choir 7/8

This class is dedicated to learning a variety of music. Students broaden their vocal ability by singing music of many languages, cultures, and time eras. Students will also expand their understanding of music and the language of music through musical symbols. The choir performs in a few outside-of-school concerts and community events throughout the year.

This is a yearlong course.

Art - Sources of Strength

We will make art using a variety of mediums creating positive inspiration for ourselves and others. We will look at marketing and branding and lead school-wide campaigns, creating art, videos, and activities to positively grow our school culture! We will play games, and collaborate with our peers and the greater community to grow our understanding of the power that our diverse strengths have to help us battle stress and achieve goals.

Art - Ceramics/Sculpture

Do you love working with your hands to create unique and functional works of art? In sculpting, we will learn about how to work with clay to make bowls or vases and sculptural pieces. Students will grow their understanding of the history of clay and its uses while exploring personal ideas. We will experiment using glaze transfers and glazing applications for the glaze firing of our work.

Art - Drawing and printmaking [Video](#)

Using a variety of media we will explore drawing with expressive qualities - value, space, line, form, color, and texture. Students will grow their artistic skills while developing personal style. Through printmaking, we will explore the possibilities involved in creating multiple originals. Students will gain experiences in various printmaking which may include screen printing, gelli plate printing, block printing, or collagraphy.

Art - Kaleidoscope [Video](#)

In this class, we will experiment with a variety of different mediums and play with mixing and layering those mediums together! Learn color theory and painting techniques with watercolor and acrylic paints! We will learn about other artists as we develop skills and explore personal styles. We will work in 2-D but will also create works in 3-D using sculptural methods.

Movie Making & Videography [Video](#)

Movie Making will give kids a chance to explore various forms and facets of filmmaking; including script writing, sound design (including music), camera work, and editing. They will participate in multiple projects, such as movie previews, stop-motion, and feature films, with specific thematic direction. Students must expect to work productively and respectfully with other members of a group (or production team). They will learn the equipment and, after a little hard work, come away with a finished project to keep and show off and inspire more creativity. And of course, kids will have a whole lot of fun.

Photography [Video](#)

This class focuses on the art and craft of making high-quality photographs, not just "taking pictures". Students will learn composition, exposure, and a variety of settings and controls on a camera in order to make better photographs in a variety of settings. You'll get to check out a Nikon DSLR camera to bring between home and school for the whole trimester. We'll also learn the basics of post-processing using software to improve upon the photos we take.

APPLIED SCIENCE

[ECoS](#) (8th grade only)

Experiential adventure-learning class that is your 8th-grade Science credit and also counts as an elective. ECoS is a yearlong, two-hour block class during the last two periods of the day, and includes several weekend/evening trips to locations all around Oregon: camping, hiking, backpacking, caving, x-country skiing, snowshoeing, surfing, rock climbing, and more! This class is for motivated students who enjoy learning science and new skills in diverse environments and stepping out of their comfort zones with a community of learners. Application process and teacher approval is required. Contact Mr. Geisen or Mr. Jensen for more information: michael.geisen@ssd6.org or rob.jensen@ssd6.org

Application due: March 12, 2025. This is a yearlong course.

CAREER-TECHNOLOGY

STEAM [Programming](#)

Students will learn programming/coding involving many fun applications. These applications will involve the use of robotics and animation. Animation will be done primarily with Scratch, a block-based coding website. Tasks will involve the creation of video games along with other animations. Robotics applications will vary and involve fun missions and challenges. No previous programming experience is required, and projects will allow for a range of skill levels.

STEAM [Circuits](#)

Students will learn the basics of circuits and build a variety of fun projects. These will involve the use of components such as LEDs, DC motors, switches, solar panels, and more. Students will learn how to use tools such as wire strippers, soldering irons, and other various tools. Projects will include fan making, light stands, art spinner boxes, fountain making, and more.

STEAM [Woods](#)

Students will learn the basics of woodworking and building. Students will learn how to use tools such as handsaws, drills, clamps, and more. Students will learn various woodworking concepts and apply them to a lot of fun projects. Projects will involve the building of useful items like desk organizers, but will also involve challenges such as bridge building.

[Foods](#)

Students will learn the basics of cooking and food preparation, measuring ingredients, and baking. Students will have a chance to learn about safe ways to prepare foods and add some recipes to their own cookbooks.

[Quilting](#)

In this hands-on course, students will explore the art of creating beautiful, functional quilts while learning about its rich history and cultural significance. They will be introduced to basic quilting techniques such as piecing, applique, and hand or machine quilting, as well as how to select fabrics, measure, and sew. Throughout the course, students will have the opportunity to design their own quilt patterns, work on individual or group projects, and develop practical skills in creativity, problem-solving, and attention to detail.

SECOND LANGUAGE

[Chinese](#)

This course will develop a working knowledge of the Mandarin sound system, basic sentence structure, and fundamental grammatical concepts with related terminology. The basic language skills of reading, listening, speaking, and writing will be targeted. Students will also be introduced to the cultural and geographic environment of China.

This is a year-long course.

[Spanish](#)

This fun, interactive course for middle school students is filled with diverse, multimedia language activities. Students begin their introduction to Spanish by focusing on the four key areas of foreign language study; listening, speaking, reading, and writing. Students should expect to be actively engaged in their own language learning, become familiar with common vocabulary terms and phrases, comprehend a wide range of grammar patterns, participate in simple conversations, and respond appropriately to basic conversational prompts.

This is a year-long course.

FITNESS

Project Unify

Project UNIFY creates programs and teams that include regular education and special education students together on a team to prepare, practice, and compete with other schools in our area. Project Unify has two primary goals. First, we aim to advance the social, emotional, and academic outcomes of students with and without disabilities. Second, we hope to promote tolerance, understanding, compassion, physical health, and outreach among all our students. Application required. Application process and teacher approval is required. This class replaces your PE portion of the Health and Wellness class for one trimester. Contact Mr Dart for more information: berit.dart@ssd6.org

Application due: March 12, 2025

Strength and Conditioning

This class will focus on speed, agility, core power and strength, cardiovascular endurance, coordination, muscular balance, and injury prevention strategies while working in the weight room, with functional and plyometric movements in the gym and wrestling room. Students participating in extracurricular athletics are not excused from the course workouts due to their sports practice.

INNOVATIVE AND APPLIED STUDIES

Creative Writing

In creative writing, students will write creatively! Students will read and write creative non-fiction, fiction, short stories, poetry, lyrics, screenplays, comics/graphic novels, or really anything else that involves creative writing and reading. Students will have time to write, get feedback on, and revise their writing in class and won't have any work outside of class.

Leadership

In leadership, students go above and beyond to lead the culture and activities of the school. Students work collaboratively to plan events such as assemblies, spirit activities, socials, and more. They also work diligently on regular school systems such as the production of Outlaw News, the running of the student store, and the creation of the yearbook. This class does require an application. Please contact Mr. Schiedler about the application process. **Application due: March 12, 2025. This is a yearlong course.**

Travel Agent

What type of adventure is on your bucket list? Where do you hope to travel to one day? Let's check it out and create extensive brochures and a travel plan for your top destinations. What will you do there? Where can you stay? How much will it all cost? You will create 5-6 travel plans with different budgets, present them to the class, and learn how to travel in various environments around the state, country, and world!

History of WWII

Learn about planes, weaponry, battle strategy, and world politics as we study WWII. How did it start? Who was involved? What was the chronological sequence of events and flight technology? Who were the famous pilots and how did they make history? Who were the leaders and how did they make decisions? What is it like to have your town bombed and live through it?

Mythology

In this engaging elective, students will embark on a captivating journey through the myths and legends of ancient cultures from around the world. Exploring stories from Greek, Roman, Egyptian, Norse, and other mythologies, students will uncover the heroes, gods, monsters, and moral lessons that have shaped human imagination for centuries. Through reading, discussion, independent research, presentations, and creative projects, students will develop a deeper understanding of how these myths reflect the values, beliefs, and histories of ancient civilizations.

(6-year planning document and example scenarios continued onto the next page)

The purpose of the 6-year plan is that it is a tool to guide and prepare students to meet the class requirements to graduate high school and meet any post-secondary education requirements. The classes chosen and put onto the plan across 6 years are likely to change year to year just as the student’s interests and needs continue to grow, develop, and change. For this reason, students should come back to their 6-year plan each year during forecasting to make adjustments as needed that keep or put them on the path toward meeting requirements for their individual goals. Students in middle school primarily use their 6-year plan to map out elective classes, as electives are opportunities to explore possible career paths and passions.

6-Year Planning Document

Full Name: _____ Date: _____ Counselor: _____

Six Year Planning Handout

Subject	7th Grade	8th Grade	Freshmen (9th)	Sophomore (10th)	Junior (11th)	Senior (12th)	Credit Total
Electives Up to 6 classes							7.5
Applied Arts/ Second Language***							3
Health			Health 1		Health 2		1
PE					IEE PE (1.0)		1.5
English			English 9 English 9 Honors	English 10 English 10 Honors	IEE English <i>or Choice</i>	AP Literature <i>or Choice</i>	4
Math	Math 7	Math 8	Algebraic Arithmetic Algebra Geometry	Algebra Geometry Algebra 2 or Statistics	Geometry Algebra 2 or Statistics Math 111/112	Algebra 2 or Statistics Math 111/112 AP Calculus	3
Science		Science 8 ECoS	Biology	Physical World Chemistry	IEE Science		3
Social Studies			Global Studies	US History	Government/AP Gov (.5)	Economics (.5)	3
Total	8 Classes	8 Classes	7.5 credits/ 15 classes	7.5 credits/ 15 classes	7.5 credits/ 15 classes	7.5 credits/ 15 classes	26

MINIMUM REQUIREMENTS FOR SISTERS HIGH SCHOOL GRADUATION - TOTAL of 26 CREDITS*, 28 CREDITS HONORS DIPLOMA**

English	4 credits	Applied/Fine Arts	3 credits
Social Science	3 credits	Physical Education	1.5 credits
Science	3 credits	Health	1 credits
Mathematics	3 credits	Electives	7.5 credits

*Once you have met requirements for a subject, the extra classes in that subject will count as elective credit on your transcript.

**Talk to your school counselor about Honors Diploma requirements.

***Second language is required for admission to a 4-year college or university

<p>_____ Parent/Guardian signature & date Parent phone and parent email:</p>
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Example scenarios of how to use a 6-year plan:

- The student wants to be in an apprenticeship program that uses a math placement test for the order of assigning apprenticeships. Student plans to take the highest level of math earning a C or higher their senior year to prepare for the test.
- The student wants to attend a four-year university that requires two credits in a second language. The student plans to take Chinese in their 10th and 11th grade years.
- The student is an athlete and wants to compete at the collegiate level. They will plan to take in-person classes (instead of online) to be NCAA eligible.
- The student wants to earn an Honors Diploma. They use the 6-year plan to map out advanced courses required for this type of diploma.