

A photograph of the Frederick Law Olmsted building, a large, multi-story, light-colored stone building with a prominent central tower and a green-tiled roof. The building has many windows and a classical architectural style. An American flag is visible on a pole in front of the building. The image is framed by a light green border with yellow and red vertical stripes on the left and right sides. A red arrow points from the left side towards the text.

Welcome to  
Frederick Law Olmsted #156  
Home of the Owls

Principal  
Mrs. Cotto

Assistant Principals  
Mrs. Dulak  
Mr. Fredo  
Ms. Potempa



OLMSTED AT  
KENSINGTON

THINK. EXPLORE. CREATE  
IN A FAMILY OF LEARNERS

# Guidance Counselors

Mr. Van Remmen  
Last Names A-L

Mrs. Caruana  
Last Names M-Z

Ms. Lukasik  
Grade 5-8

**School Psychologist**

Mrs. LaRuffa

**School Social Worker**

Ms. Tomaino



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# A student at Frederick Law Olmsted can expect

- A rigorous course load as we are a college prep school
- To take Swim for Freshman Physical Education class
- To take AP Language and Composition Junior Year
- To earn more than the required 22 credits to graduate
- To graduate with an Advanced Regents Diploma



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# Graduation Credit Requirements

New York State	
4 English	1 Art or Music
3 Math	2 Physical Ed
3 Science	3.5 Electives
4 Social Studies	1 Foreign Language
.5 Health	

Olmsted	
4 English	1 Art or Music
4 Math	2 Physical Ed
4 Science	3 Electives
4 Social Studies	3 Foreign Language/GT
.5 Health	.5 Methods of Inquiry

\*Minimum of 22 credits needed to graduate

# Exam Requirements

**Regents Diploma Requirements:** 5 Regents Exams- ELA, Algebra 1, Living Environment, Global 10, US History

**Advanced Regents Diploma Requirements:** ELA, Algebra 1, Geometry, Algebra 2, Living Environment, Earth Science, Global 10, US History, Foreign Language (3rd year) or Green Tech

**Regents Diploma with Mastery:** Score of 85 or above on 3 Math or 3 Science exams

**Regents Diploma with Honors:** Average Score of 90 or above on all 5 Regents exams

**Advanced Regents Diploma with Honors:** Average Score of 90 or above on ELA, Algebra 1, Geometry, Algebra 2, Living Environment, Earth Science, Global 10, US History

# GREEN TECHNOLOGY PROGRAM OF STUDY

Program Description			Grade	Courses
<b>Green Technology</b>	CTE Pathway	Students explore emerging energy sources including geothermal, wind, solar, hydro, and nuclear energies. Using CAD (Computer Aided Design) and 3D printing, students solve real-world challenges of energy production and consumption, efficiency, and conservation. Students in this program will be prepared to pursue careers in engineering, natural resource management, construction, and manufacturing.	9	Career and Financial Management
			10	Design & Drawing for Production
			11	Green Technology 11
			12	Green Technology 12

## COLLEGE AND CAREER OPTIONS

Career	New York State College Options
Construction	Erie Community College
Manufacturing	Alfred State College
Natural Resources and Mining	Rochester Institute of Technology
Repair and Maintenance Services	Morrisville State College
Education and Health Services	Bryant and Stratton College

# Freshman Year Courses

English 1	Methods Of Inquiry
Global Studies 9	Art or Music/GT
Algebra 1	Health
Earth Science	Swim
Earth Science Lab	Spanish or French 2

\*Should Earn 7.5 Credits



# Methods of Inquiry

This course focuses on the development of 21st century skills, critical thinking, research, and creative problem solving. Emphasis is placed on metacognition, goal setting, and ownership of one's own learning through authentic independent and collaborative projects.

It is a .5 credit Olmsted required course taken Freshman year

All Freshman are required to take swim



# College Planning: 9th Grade

Create a high school plan- Think about plans for after high school. Work? College? Trade School?

- Speak with your guidance counselor as to what classes would align with those plans. Talk with teachers, recent college graduates, professionals in the community, and others who are in careers and jobs of interest to you.

Look for jobs, internships, or volunteer positions that will help you learn more about your field of interest.

Participate in extracurricular activities

- Explore your interests in sports, clubs, music, drama, or volunteer activities. Colleges look at academics as well as extracurricular activities.

# Sophomore Year Courses

English 2	Geometry
Global Studies 10 or AP World ( Require 85 in Global 9)	French or Spanish 3
Career and Financial Management A & B	Elective
Chemistry/Environmental	Physical Education
Chemistry Lab	

\*Should Earn 15 Credits

# College Planning: 10th Grade

Meet with your counselor

- Make sure courses are aligning with future plans and goals.

Participate in extracurricular activities and community service/volunteer work

Attend college and career fairs

Tour college campuses

Take the PSAT

- Given in school in October. Prepares you for the SAT you will take Junior year.

## Junior Year Courses

AP Language	Spanish 201/Elective
US History or AP US History (85 average in Global 10 or AP World)	2 Electives
Algebra 2	Physical Education
1 Science	

\*Should Earn 22.5 Credits

## College Planning: 11th Grade

Make a list of your abilities, social/cultural preferences, and personal qualities.

List things you may want to study and do in college.

Create College Board account

- You can search colleges and their programs on the website. You will also sign up for the SAT on the website.

Explore colleges- Attend college fairs and tour college campuses. Take the SAT in Spring of Junior year.

- See your guidance counselor for a fee waiver

Participate in extracurricular activities and community service/volunteer work

## Senior Year Courses

English 4 or AP Literature (85 in AP Lang)	3 Electives
Participation in Government, Economics	Physical Education
Precalculus	1 Science Class

\*Should Earn 30.5 Credits



# College Planning: 12th Grade

Meet with your counselor

- Discuss after high school plans. Consider taking the SAT again to increase your score.

Choose colleges you want to apply to

- Create Common Application account to apply to many colleges at once and keep up with deadlines. Apply to at least one college by Thanksgiving

Ask teachers for letters of recommendation

Participate in extracurricular activities and volunteer/community service

Complete FAFSA, TAP, and Say Yes applications. Apply for scholarships

# AP Courses

- AP Biology
- AP Environmental Science
- AP World
- AP US History
- AP Language
- AP Literature
- AP Calculus
- AP Statistics
- AP Computer Science Principles
- AP Studio In Art 2D
- AP Psychology

# Electives

- Studio in Art
- Web Design
- Advertising Art
- Studio in Ceramics
- Business Computer Applications
- Physics
- Studio in Sculpture
- Psychology and Street Law
- Anatomy & Physiology
- Drawing & Painting
- Methods of Inquiry
- Band
- Career and Financial Management A & B
- Chorus
- Spanish 201
  - Dual credit with Buffalo State
- Orchestra

# FAQS

What do I do if I need extra help with my school work?

- Ask your Guidance Counselor for an application for peer tutoring which is available before or after school.

When do I take the PSAT and SAT?

- PSAT is taken in October of Sophomore and Junior year, the SAT is taken in May of Junior year

What if I want to play sports at a Division 1 or Division 2 college?

- Let your Guidance Counselor know of your intention to play NCAA (National Collegiate Athletic Association) by the beginning of your Sophomore year