

**Metuchen
High School**
presents

**Class of 2030
PARENT
ORIENTATION**

February 2, 2026



**METUCHEN
HIGH SCHOOL**

BULLDOGS SHOW

PURPOSE

RESPECT

INTEGRITY

DIVERSITY

EMPATHY

Metuchen High School Administrative Team



Edward C. Porowski
Principal



Brian Stike
Assistant Principal

Metuchen High School Supervisory Team



Ashley Bosgra
Supervisor
Art, Music, World
Languages, and G&T



John Cathcart
Athletic Director &
Supervisor
Health & Physical
Education



Patricia Lewis
Supervisor
Special Education

Metuchen High School Supervisory Team



Ilana Kurtin
Supervisor
School Counseling



Kate Lemerich
Supervisor
Secondary STEM



Louis Manzano
Supervisor
English Language Arts
& Social Studies



Lindsey Omark
Supervisor
Elementary
Instruction,
Instructional
Technology, &
Multilingual Learning

Tonight's Program



- I. Parent Involvement
- II. Academics
- III. Campus Life
- IV. Student Supports & Transitions
- V. Parent Communication
- VI. What Abouts
- VII. Looking Forward to Spring & Summer '26

Parent Involvement



Parent Involvement Matters!

Metuchen High School Parent-Teacher Organization

Metuchen High School Project Graduation

Metuchen Music Enrichment & Development Organization

MHS Robotics Team

Metuchen High School Booster Club



*Many
Hands,
One
Goal.*



Academics

Class of 2030 Graduation Requirements

English	4 Years
Physical Education/Health	4 Years
Mathematics	3 Years
Science	3 Years
U.S. History	2 Years
World History	1 Year
World Language	2 Years
Visual & Performing Arts	1 Year
21st Century Life and Career/Career Technical Education	1 Year
Financial Literacy	0.5 Year
Total Credits for Graduation	120
State Assessments for Graduation	As Per NJDOE



Typical Freshman Schedule

English 9
Math Course
Science Course
World History
World Language
Physical Education & Health Grade 9
Elective
Lunch

Note: Course Recommendations will be provided by current teachers/supervisors.

English Language Arts: Core Courses

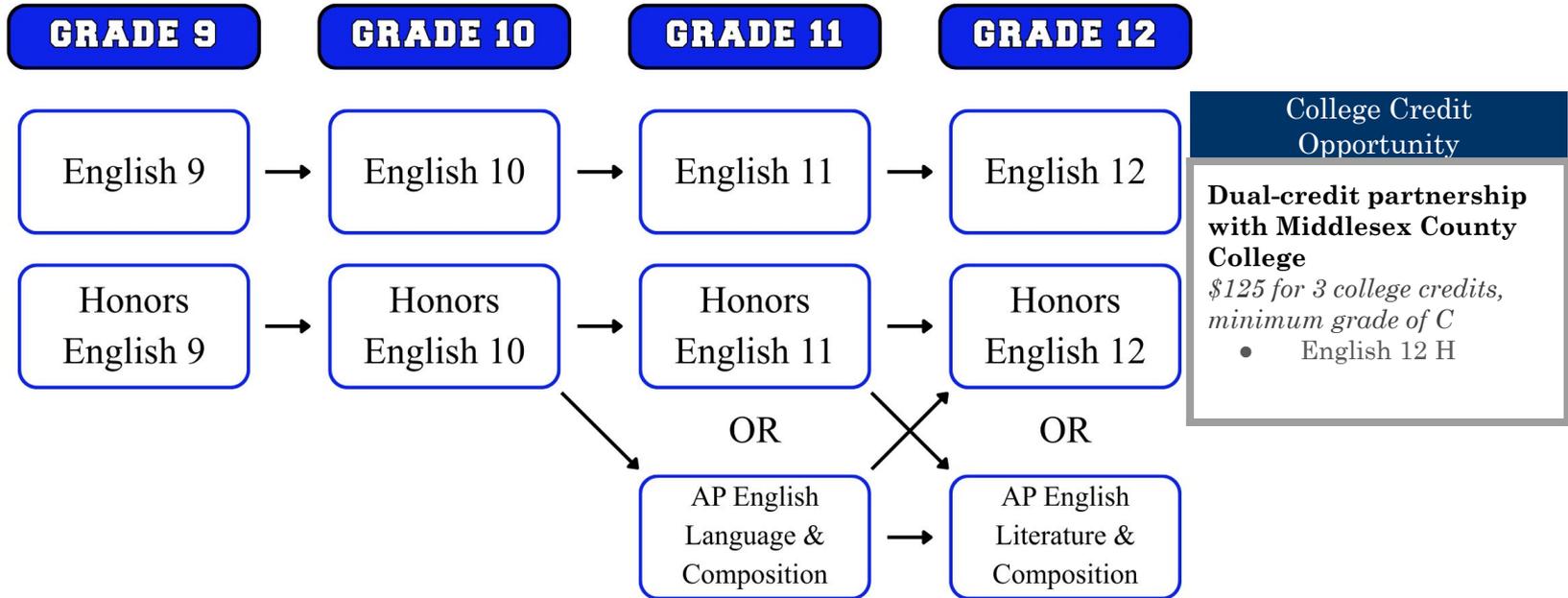
Students must complete 4 years (20 credits)

METUCHEN HIGH SCHOOL

English Curriculum Progression (Requirement: 20 Credits/All four years)

Each class earns 5.0 credits

Course placement is based on student achievement and established department criteria.



SEE PROGRAM OF STUDIES FOR OPTIONAL ENGLISH ELECTIVES



Social Studies

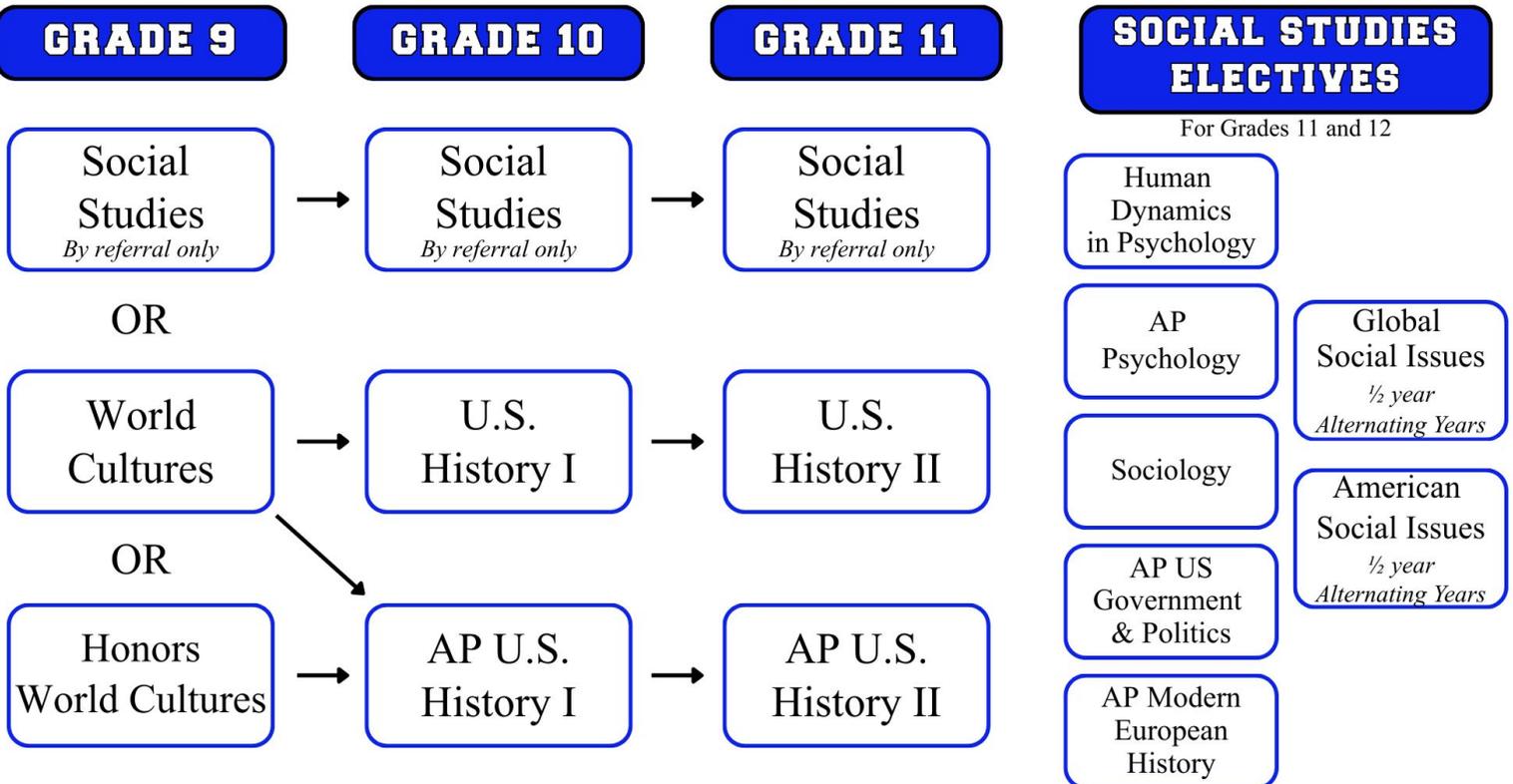
Mx. Louis Manziano, Supervisor

Social Studies: Core Courses

METUCHEN HIGH SCHOOL

Social Studies Curriculum Progression (Requirement: 15-20 Credits/Three or four years)
Each full year class earns 5.0 credits

Course placement is based on student achievement and established department criteria.



Social Studies: Electives

Offerings for 11th and 12th grade

- Human Dynamics in Psychology
 - American Social Issues*
 - Global Social Issues*
- AP Psychology
- Sociology
- AP Government and Politics
- AP Modern European History
- The Holocaust*
- Genocide after WWII*

College Credit Opportunities

Dual-credit partnership with Middlesex County College

\$125 for 3 college credits, minimum grade of C

- Psychology
- Sociology

Dual-credit partnership with Kean University

\$300 for 3 college credits, minimum grade of C

- (Not Available 24-25) The Holocaust
- (Not Available 24-25) Genocide after WWII

* = run in alternating years

Financial Literacy

Students must complete a one semester course

- Graduation Requirement
- 2.5 Credits
- Available beginning in 9th Grade
- Staff: Social Studies or Business

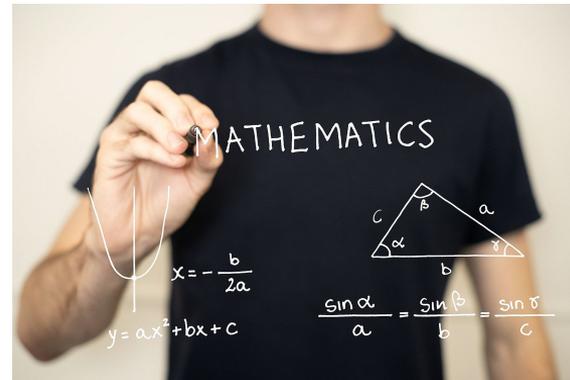
Topics of Study Include:

- * Personal Finances & Budgeting
- * Career Exploration
- * Entrepreneurship
- * Spending, Credit, Saving & Investing



Mathematics

Ms. Kate Lemerich, Supervisor



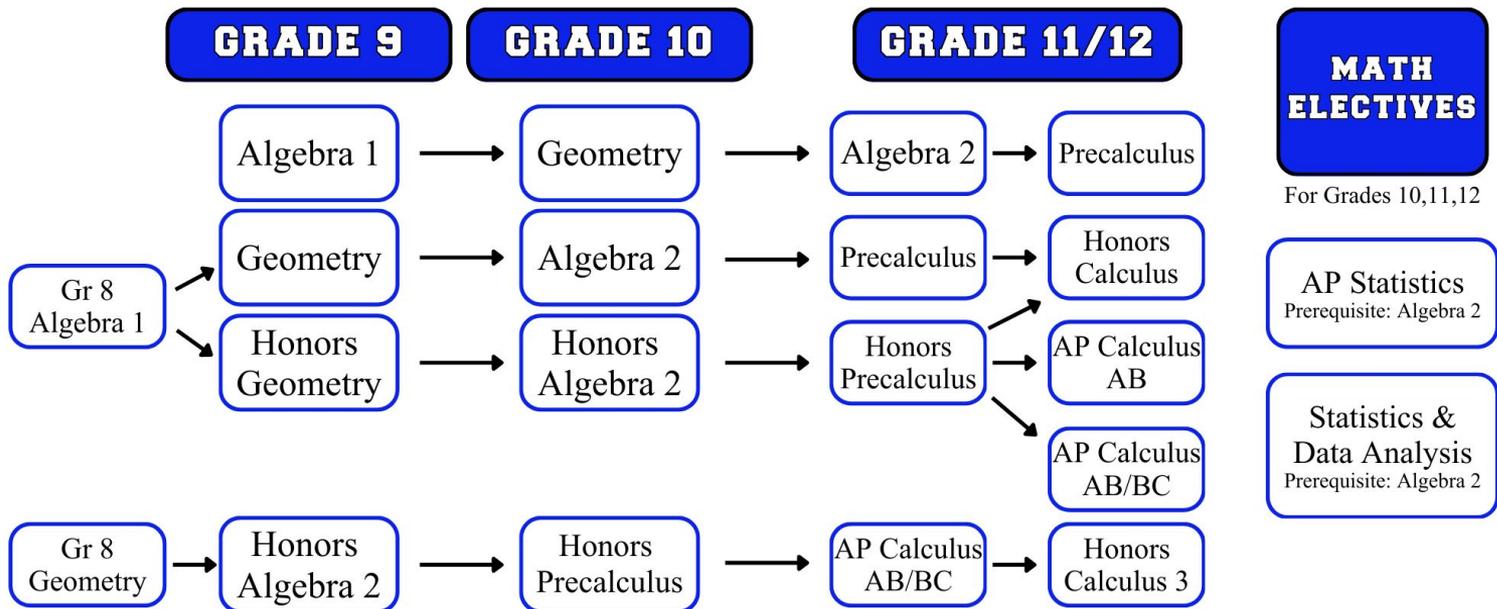
Mathematics

METUCHEN HIGH SCHOOL

Math Requirements: Three years of math, including Algebra 1 (or the content equivalency), Geometry (or the content equivalency), and a third year of mathematics that builds on the concepts and skills of algebra & geometry. Four years (20 credits) is recommended for a stroger college prep program.

Each class earns 5.0 credits

Course placement is based on prerequisites, student achievement and established department criteria.



SEQUENCES CAN BE MODIFIED BASED ON INDIVIDUAL STUDENT NEED AND UPON APPROVAL OF THE DEPARTMENT SUPERVISOR AND SUPERVISOR OF SCHOOL COUNSELING

Science

Ms. Kate Lemerich, Supervisor



Science

METUCHEN HIGH SCHOOL

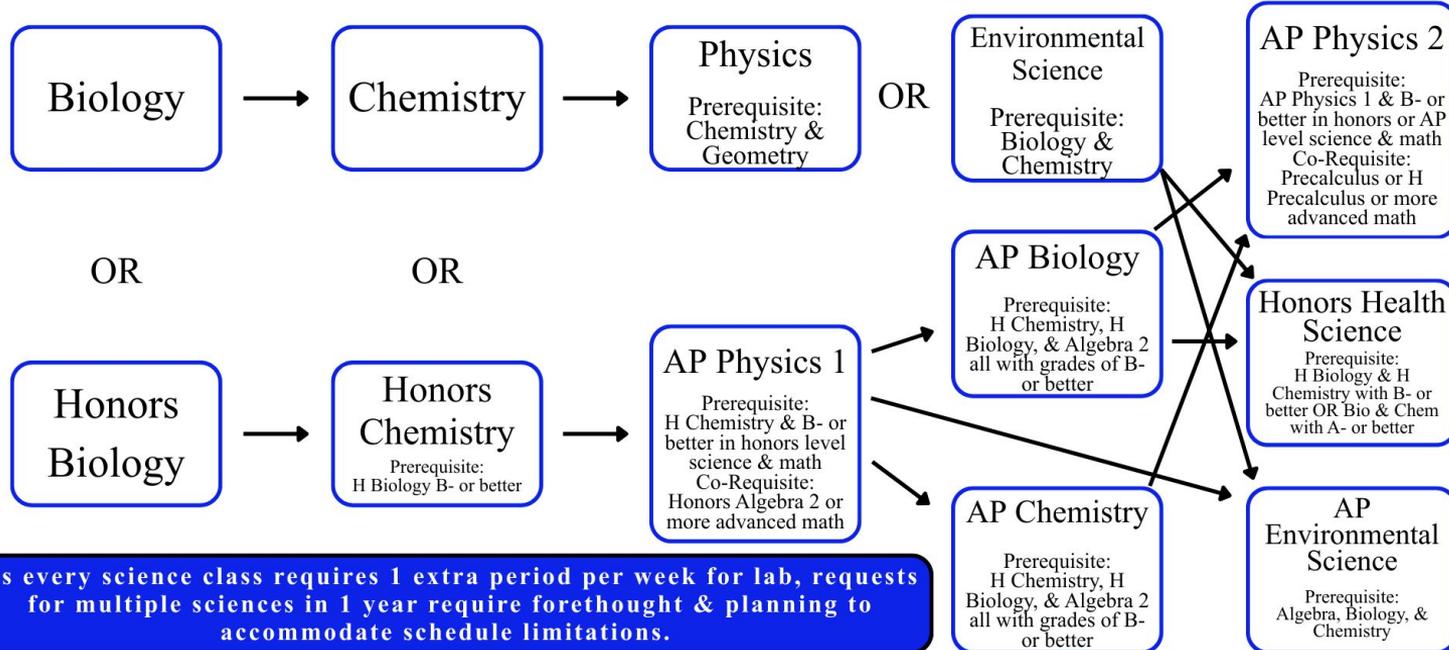
Science Requirements: Three years of science in 1) biology/life science, 2) chemistry, environmental science, or physics and 3) one additional science course.
Four years (24 credits) is recommended for a stronger college prep program.
Each class earns 6.0 credits

Course placement is based on prerequisites, student achievement and established department criteria.

GRADE 9

GRADE 10

GRADE 11/12



As every science class requires 1 extra period per week for lab, requests for multiple sciences in 1 year require forethought & planning to accommodate schedule limitations.

21st Century Life and Careers

Ms. Kate Lemerich, Supervisor



21st Century Life and Careers

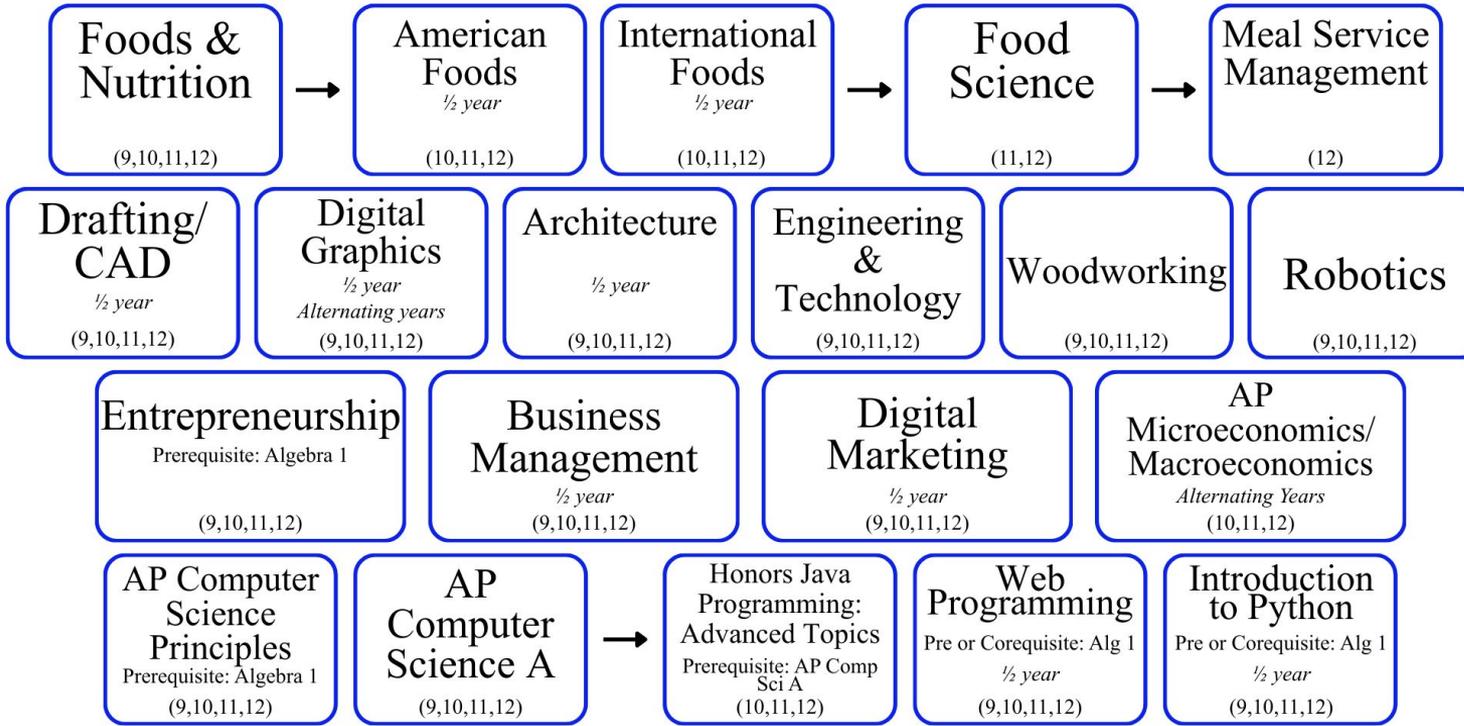
METUCHEN HIGH SCHOOL

21st Century Life & Careers Curriculum Progression (Requirement: 5 credits)

Full year class earns 5.0 credits

Half year class earns 2.5 credits

Classes available to noted grade levels and in progression where noted with arrows



Visual and Performing Arts

Ms. Ashley Bosgra, Supervisor



Visual Art

METUCHEN HIGH SCHOOL

Visual Arts Curriculum Progression (Requirement: 5 credits of visual OR performing arts)

Full year class earns 5.0 credits

Half year class earns 2.5 credits

Course placement is based on prerequisites, student achievement and established department criteria.

Studio Courses

Art 1:
Intro to
Art

Art II: 2D
Art II: 3D
½ year each
Prerequisite:
Art I

Ceramics
Alternating years

Honors Art 3:
Portfolio
Development
Prerequisite:
Art II

Honors
Art 4
Prerequisite:
Honors Art 3

AP Art &
Design
Prerequisite:
Honors Art 3

For students planning to submit a portfolio for college applications, we recommend taking Honors Art 3 in grade 10 followed by Honors Art 4 OR AP Art & Design in grade 11. This sequence may require submitting a Request to Advance Form and having a portfolio reviewed and accepted, demonstrating strong artistic skills.

Media Courses

Digital
Photo 1
½ year

Digital
Photo 2
½ year
Prerequisite:
Digital Photo 1

Media
Production 1
½ year
Alternating years

Media
Production 2
½ year
Prerequisite:
Media Production 1
Alternating years

Academic Course Open to grades 11-12

AP Art
History

Alternating years

^ Satisfies VPA or 21st Century Requirement ^

Performing Arts

METUCHEN HIGH SCHOOL

Performing Arts Curriculum Progression (Requirement: 5 credits of visual OR performing arts)

Full year class earns 5.0 credits

Half year class earns 2.5 credits

For Ensembles: Students are placed into Level 1 upon entry to MHS. Each level is a prerequisite for the next.

Ensembles

Choir 1
Choir 2
Choir 3

OR

Honors Choir 3
(prerequisite Choir 2, teacher recommendation)

Choir 4

OR

Honors Choir 4
(prerequisite Choir 3 or H Choir 3, teacher recommendation)

Band 1
Band 2
Band 3

OR

Honors Band 3
(prerequisite Band 2, teacher recommendation)

Band 4

OR

Honors Band 4
(prerequisite Band 3 or H Band 3, teacher recommendation)

Orchestra 1
Orchestra 2
Orchestra 3

OR

Honors Orchestra 3
(prerequisite Orchestra 2, teacher recommendation)

Orchestra 4

OR

Honors Orchestra 4
(prerequisite Orchestra 3 or H Orchestra 3, teacher recommendation)

Non Performing Courses

Music Technology

Satisfies VPA or 21st Century Requirement

Music in American History

½ year

Music in Modern America

½ year

Musical Theater

½ year

Alternating years

Music Foundation

½ year

Alternating years

AP Music Theory

By Teacher Recommendation only

World Languages

Ms. Ashley Bosgra, Supervisor



World Languages

METUCHEN HIGH SCHOOL

World Language Curriculum Progression (Requirement: 10 Credits/Two consecutive years in one language (3-4 years highly recommended)
Each class earns 5.0 credits

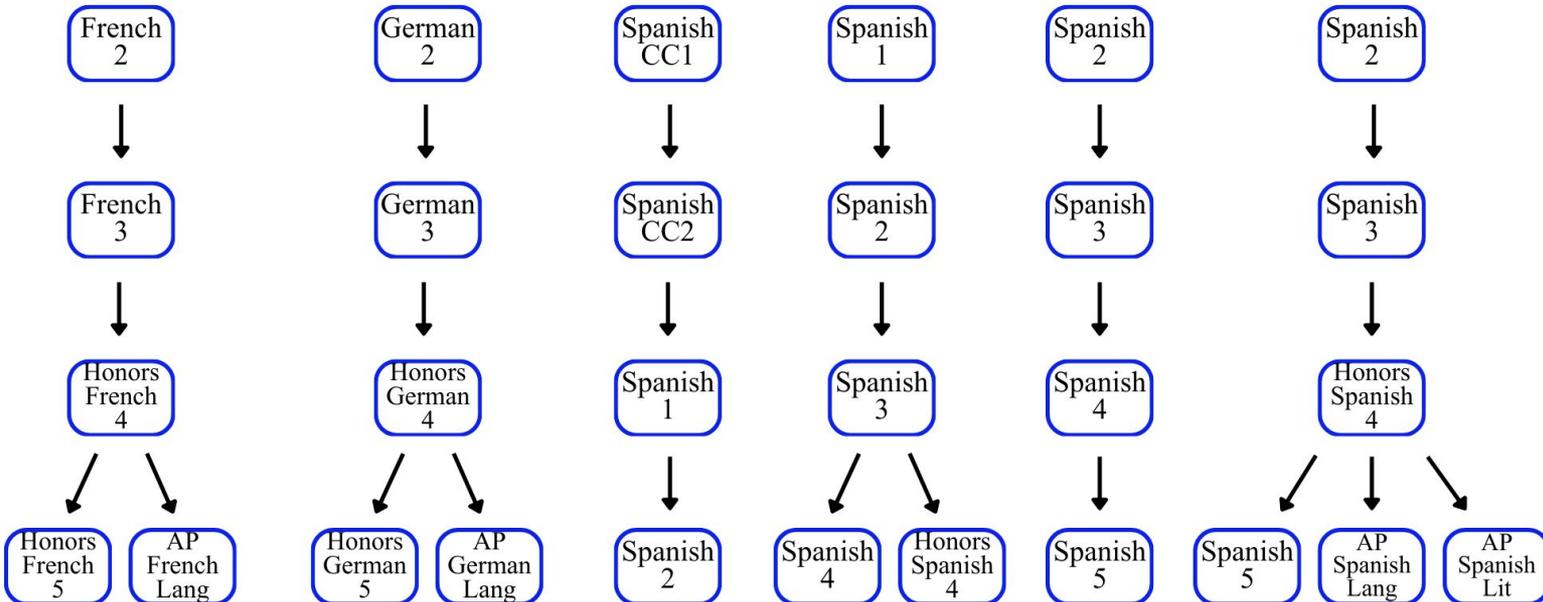
FRENCH

GERMAN

SPANISH

Completion of French or German 8 in middle school.

Recommended sequences based on the following but not limited to middle school performance, teacher recommendation, heritage/native speaker background knowledge.



NJ State Seal of Biliteracy Global Seal of Biliteracy



GLOBAL SEAL OF BILITERACY

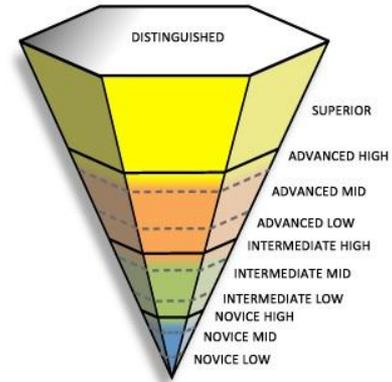
The New Jersey Department of Education State Seal of Biliteracy identifies graduating high school students who are able to demonstrate proficiency in English in addition to one or more world languages.

Students who earn the Seal of Biliteracy will receive a certificate with the seal (image) and insignia (term) noting their name and language(s) of attainment from the NJDOE. In addition, the insignia will appear on student transcripts.

Students are assessed on the following skills:

- Interpersonal Listening & Speaking
- Presentational Writing
- Interpretive Reading & Listening

Students may test their Junior or Senior year. Testing is not limited to languages offered at MHS. This year students tested in 11 different languages!



American Council on the Teaching
of Foreign Languages

Health & Physical Education

Mr. John Cathcart, Supervisor

Health & Physical Education

	Health	Physical Education
Grade 9	Physical & Emotional Growth and Development <i>Lifelines*</i>	Variety of physical activities.
Grade 10	Driver's Education	Lifetime recreational sports
Grade 11	Practical Approach to Wellness <i>Lifelines*</i>	★ Lifetime sports ★ Team sports ★ Dual or individual activities
Grade 12	Preparing for Independence	

MANDATORY:

- ★ 5 Credits for each year of enrollment **or**
4 Credits for each year of enrollment for students who take a Lab Science
- ★ Mandatory CPR & AED training

Special Education

Dr. Patricia Lewis, Supervisor

Special Education

- **In-Class Resource:** Co-taught by content area teacher and special education teacher with modifications
- **Resource /Replacement:** Modified programs, Departmentalized
- **Self Contained Special Classes:** Individualized programs across content
- **Study Center:** Organizational & study strategies; supplemental help for content area classes
- **Metuchen Internship Learning Experience (MILE):** Opportunities to learn prevocational and vocational skills with job sampling and job coaching
- **Related Services:** Speech, OT, PT, Behavior Analyst as per IEP

Multilingual Learning

Ms. Lindsey Omark, Supervisor

Multilingual Learning:

Developing English Language Proficiency Through ESL

■ Program Placement & Scheduling

- An ESL program is provided to our Multilingual Learners (MLs).
- ESL is scheduled as a single or double period based on each student's English language proficiency.
- The ESL course is taken in lieu of an elective class and/or their English 9-12 course.
- Placement is determined using multiple measures (screening, prior records, ACCESS, teacher input).

■ Instructional Focus

- Targeted instruction in *listening, speaking, reading, and writing* in academic English.
- Regular collaboration between ESL teachers and content-area teachers to align instruction and supports.

■ Accommodations & Supports

- Classroom accommodations aligned to student proficiency levels (e.g., extended time, language scaffolds, modified assignments).
- Ongoing monitoring and adjustments are made as students grow in proficiency.

The Scheduling Process

NOW:

Course Selection Process

1. Review the [Program of Studies 2025-26](#) with your child for a full overview of all courses offered.
2. Use the [Rising 9th Grade Course Selection Guide](#) to consider electives and detailed scheduling information.
3. Parents/Guardians (with their child) will enter their elective choices in [Genesis](#)
 - a. Be sure to click the **GREEN** submit button so your requests are entered!
 - b. Requests due by 8am **February 13th** in Genesis
 - c. Make sure to sign the “**Understanding of the Scheduling Process**” in Genesis.

Course Modification Requests (Level Changes)

Course Modification Request Window
<p>March 23-June 29 Level Changes Doubling Up</p>
<p>March 23-May 15 Course Acceleration (Formerly Request to Advance)</p> <p><i>Firm Deadlines</i></p>

Course Modification: Help!

Course Recommendations

I'm thinking I want to take an Honors/AP course, accelerate through self-study, or double up in Geo + Alg 2.

Find out more information below.



HELP!

What do I do?



How do I prepare for my meeting with my counselor?



What's Next?



I did everything, now what?



Campus Life

Student Conduct

- ★ Attendance
- ★ Earning Credit for Classes
- ★ Behavioral Expectations
- ★ Harassment, Intimidation, & Bullying
- ★ Parent-Student Handbook
- ★ Cell Phones & Personal Internet-Enabled Devices

The Transition to High School & Student Supports



Transition to High School



Characteristics of a Successful Ninth Grader

- ★ Explores Interests
- ★ Gets Involved
- ★ Builds Relationships
- ★ Increases Self-Advocacy
- ★ Manages Time
- ★ Finds Appropriate Ways to Resolve Conflicts
- ★ Seeks Out Help, When Needed

Helping Your Child Transition to MHS

- ★ Listen to your child
- ★ Show support
- ★ Help your child manage their social media distractions
- ★ Watch for signs of stress or anxiety
- ★ Avoid putting **your** stress or worries on your child
- ★ **Root for involvement**



MHS Athletics

Fall

Football

Girls' Tennis

Cross Country

Field Hockey

Soccer

**Cheerleading
(Sideline &
Competitive)**

Winter

**Ice Hockey
(Co-Ed/Co-Op)**

Swimming

Basketball

Winter Track

Wrestling

**Cheerleading
(Sideline &
Competitive)**

Spring

Golf

Boys' Tennis

Baseball

Softball

Track & Field

**Boys Lacrosse
(Co-Op)**

MHS Clubs & Organizations

**The Pride of Metuchen
Marching Band**

Jazz Band (Competing)

Jazz Band (Non-Competing)

Choral Club

**The Pride of Metuchen
Color Guard**

Chamber Orchestra

**Footlighters
(Fall Play, Spring Musical)**

MHS Clubs & Organizations

Art Honor Society

Model Congress

Science Honor Society

Mock Trial

Math Honor Society

World Language Clubs

National Honor Society

Math Club

Tri-M Honor Society

Science Club

English Honor Society

Creative Writing Club

World Language Honor Society

Robotics Club

Blue Letter Yearbook

Future Teachers of Metuchen

Bulldog's Bark Newspaper

Business & Investment/DECA

MHS Clubs & Organizations

Student Council	Asian Heritage Club	Black Student Union
Class Cabinet	Gender & Sexuality Alliance	Peers to Volunteers
Peer Leadership	Bring Change to Mind	French Club
Breaking the Chain Through Education	Unified Physical Education/Club	Spanish Club
Power of Friendship	Safety Ambassadors	German Club
Waksman Research	Innovative Impact Club	Fashion Club
American Sign Language	Crochet Club	House Band
Dungeons & Dragons	Environmental Club	Outdoor Club



Student Support

Academic: Response to Intervention

Response to Intervention is a school-wide, multi-level prevention system that integrates assessment and intervention to maximize student achievement and reduce behavior problems.

With RtI, schools identify students at risk for poor learning outcomes, monitor student progress, provide evidence-based interventions, and adjust the intensity and nature of those interventions based on a student's responsiveness.

RtI may be used as part of the determination process for identifying students with specific learning disabilities or other disabilities.

Center on Response to Intervention at American Institute for Research (2015).

Response to Intervention

ENGLISH/LANGUAGE ARTS	MATHEMATICS
<p>Identification of students based on assessment data, grades, classroom observations/teacher feedback.</p>	
<p>Tier 2 Push-in instructional model to provide support.</p>	
<p>Tier 2: English 9, 10</p>	<p>Tier 2: Algebra I, Geometry, Algebra II</p>
<p>Tier 3 Targeted pull-out instruction.</p>	
<p>English 9 & 10 Pull-Out Instruction English 11 & 12: Graduation Requirement Test Preparation/ Portfolio Assessment</p>	<p>Supplemental Instruction: Graduation Requirement Test Preparation/ Portfolio Assessment</p>

Student Services

■ The Child Study Team

- Learning Disability Teacher Consultant (LDTC)
- School Psychologist
- School Social Worker

■ Their Roles Include

- Case Management
- Educational planning and programming
- Counseling & crisis intervention

Additional Supports

- ★ School Counseling Department
- ★ Student Assistance Counselor
- ★ Wellspring Counselor
- ★ Rutgers NEST Clinicians
- ★ Student Orientation Program
- ★ Student Ambassadors Program
- ★ Peer Leadership Program
- ★ Peer Tutoring (Honor Society Students)



Parent Communication

GET CONNECTED & STAY CONNECTED!



@MHSPorowski



What Abouts

Official Practice Start Dates 2026

Band Camp	Mid August - Dates TBA
Fall Play	Auditions: Early August Rehearsals Begin in September
Cheerleading	Tryouts: May/June Practices: Throughout Summer
Football	Official Practice Starts: August 10th
Girls' Tennis	Official Practice Starts: August 10th
Cross Country	Official Practice Starts: August 17th
Field Hockey	Official Practice Starts: August 17th
Soccer	Official Practice Starts: August 17th

Looking Forward... Spring & Summer 2026



SPRING 2026: LOOKING FORWARD...

Attend extracurricular events that are open to the public to get a better sense of the school community.

Engage in discussions about your child's interests and what classes and extracurricular activities may foster their interests.

Monitor confirmation of student course enrollment based on recommendations so that you are aware of what assignments may be coming your child's way over the summer.

Monitor announcements for fall sports sign ups and the need for getting physicals accomplished.

SUMMER 2026: LOOKING FORWARD...

Encourage your child to get any summer assignments completed earlier, rather than later.

Keep your eyes peeled for information about Summer Student Orientation Programming Dates/Times.

Playing/trying out for a fall sport?

Make sure your vacation plans do not impact their participation.

Remember that the school counselors are not available over the summer - they will be available near the end of the summer for any scheduling conflicts. Pay attention to communication about their availability.

Remember that supervisors may be on vacation, as well. They'll be back in touch with you when they are available.

Summarizing Our Main Points...

- ★ Plan Appropriately for 2026-2027
- ★ Stay Connected From Now On!
- ★ Get Involved as a Parent
- ★ Follow Mr. Porowski's Advice

Yesterday Built Us,

Today Drives Us,

Tomorrow Awaits!



THANK YOU!