



CCHS Virtual Course Fair





Photos taken prior to mask requirement



- Agriculture Ed.
- Auto Collision
- Auto Tech.
- Broadcast Media
- Building Trades
- Computer Tech.
- Culinary Arts
- Graphic Design
- Health Sciences
- HVAC
- Mechatronics
- Welding



Nichols Career Center

- Courses for Juniors and Seniors (2-year programs)
- Project based learning (3 hours a day)
- Instructors with industry experience
- Internships
- Dual Credit Opportunities

Interested in learning more?
Click the links below!

- [Auto Collision \(Body Repair\)](#)
- [Auto Technology \(Engines, Brakes, Steering and Suspension...\)](#)
- [Building Trades \(Build a House, start to finish\)](#)
- [Heating, Air Cond., and Refrig. \(Fabrication, Repair, Installation\)](#)
- [Welding \(MIG, TIG, Stick\)](#)

- [Mechatronics \(Robotics, Electronics, 3D Printing, Coding\)](#)
- [Computer Technology \(Learn Hardware One Year, and Software the Next\)](#)
- [Broadcast Media \(Camera Work, News Stories, Video editing, and more\)](#)
- [Graphic Design \(Photoshop, In Design, Illustrator, Printing\)](#)
- [Culinary Arts \(cooking, baking, catering, food safety\)](#)
- [Health Science \(Direct patient care, career exploration, CNA licensure\)](#)

NCC Ag Education



- 3 PARTS OF AGRICULTURE EDUCATION
 - Classroom/Lab, Supervised Agriculture Experience & FFA

Level 1: INTRO TO AGRICULTURE

Level 2: FOUNDATIONS OF ANIMAL AND PLANT SCIENCE

UPPER LEVEL OPTIONS:

- ANIMAL: ADVANCED ANIMAL SCIENCE, VET SCIENCE, SMALL AND SPECIALTY ANIMAL
- PLANT: HORTICULTURE, FLORAL DESIGN, LANDSCAPE AND TURF MANAGEMENT AND MAINTENANCE
- MISC.: AGRICULTURE BUSINESS MANAGEMENT, AGRICULTURAL LEADERSHIP, CONSERVATION OF NATURAL RESOURCES, FOOD SCIENCE





CAPITAL CITY

Cheerleading



CCHS Cheerleading Team

Coach Collins
cailin.collins@jcschools.us



- Experience Friday night football games and home court basketball games.
- Tryouts are March 15-18th.
- 3 Day NCA Cheerleading Camp and CMAC Competition
- Summer, fall, and winter commitment
 - Practice begins at the beginning of the summer and ends after basketball season.
- Follow us on Twitter, Instagram and Facebook for more info
 - **@CCHS_cheerteam**

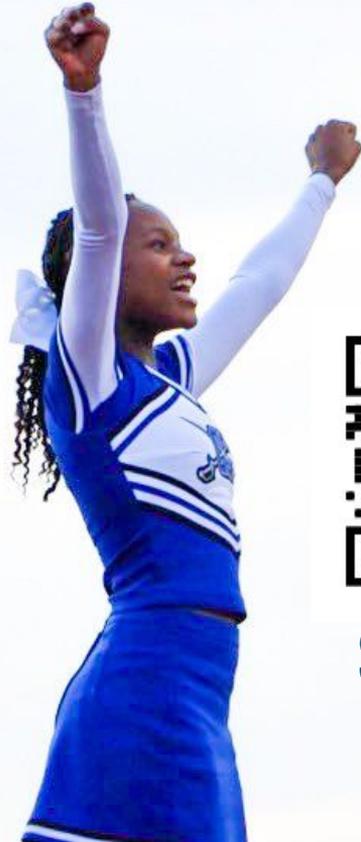
2022-2023 CCHS Cheerleading Team

Scan the QR code for the tryout application. Must use JC Schools email.

This is required if you are planning to try out for the CCHS Cheerleading team.



SCAN ME!





CAPITAL CITY DANCE TEAM



CCHS Dance Team



Opportunity to attend football and basketball games.

Half-time performances at football and basketball games

Tryouts are April 27-30th, 2021

Year-round commitment

Follow us on Instagram and Facebook

@capitalcity.dance

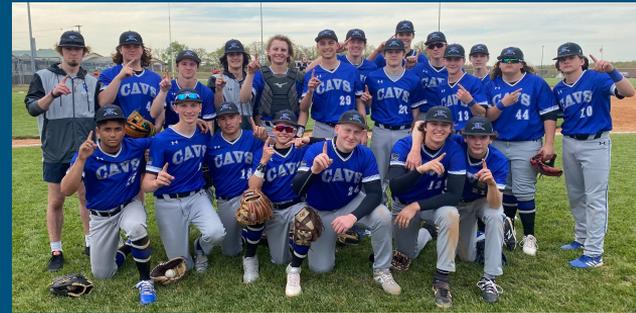
Capital City Baseball



- Exciting up and coming program!
- High school season is in the Spring
 - March - May
 - Tryouts: First 3 days of season
- During June, we have multiple teams in a summer league and hold open fields throughout the summer
- Off-Season training is offered throughout the Fall & Winter
- Follow us on Twitter & Facebook!

○ [@cccavs_baseball](https://twitter.com/cccavs_baseball)

Coach Skinner
brett.skinner@jcschools.us



Capital City Softball



- Exciting up and coming program!
 - 2021 CMAC Champions
 - Record for last 2 years: 44-17
- High School season is in the Fall
 - August-October
 - Tryouts: First 3 days of season
- During June & July, we play in a summer league and hold open fields throughout the summer
- Follow us on Twitter, Facebook, and Instagram!
 - [@cccavs_softball](https://twitter.com/cccavs_softball)



Coach Skinner
brett.skinner@jcschools.us



CCHS GOLF TEAMS!!!!

Coach Phoenix

caitlin.phoenix@jcschools.us

- Girls Golf → August through October
- Boys Golf → March through May
- Learn a sport that you can play the REST OF YOUR LIFE!
- Follow us on Instagram, Facebook, and Twitter!
 - @CavaliersGolf



Capital City Cross Country



- Season runs from August to beginning of November.
- Summer conditioning starts in June and lasts until end of July.
- Join a sport where you compete both as an individual and as a team.
- Follow us on Twitter
 - @CCHSCavs_xc

For more info contact coach Holmstrom
magnus.holmstrom@jcschools.us



Health

- Required course in order to graduate
- Gain the understanding and importance of lifetime health and wellness
- Check out our syllabus 



Health Syllabus

Coach Skinner / Coach Grunden / Coach Young

Introduction:

Health is a required course to be taken by all students at Capital City High School. Health education is vital for preparing students for their future roles as responsible, positive, and productive members of society. It is the mission of health education to provide students with quality learning experiences that will enable them to recognize, develop, and utilize the skills needed for physical, mental, and social well-being. Through this course, the students should gain the understanding and importance of lifetime health and wellness.

Classroom Conduct:

All school rules apply. Students will show respect towards the teacher and other students. Students are expected to give maximum effort, in class, on assignments, and test/quizzes. It's the student's responsibility to show up on time, do their work, turn it in on time and treat others with respect. Students will be held accountable for their actions and their grades in the class. Excuses, bad attitude, and laziness will not be tolerated! I believe everyone has the ability to show up, work hard, do what they're supposed to do and do it the best of their ability!

Units Covered:

Introduction Unit

Food and Nutrition

- Proper Food Nutrition and Your Health
- My Plate
- Understanding the Importance of Healthy Eating Habits

Drugs and Alcohol

- Baseline Training

Physical Fitness, Muscular System

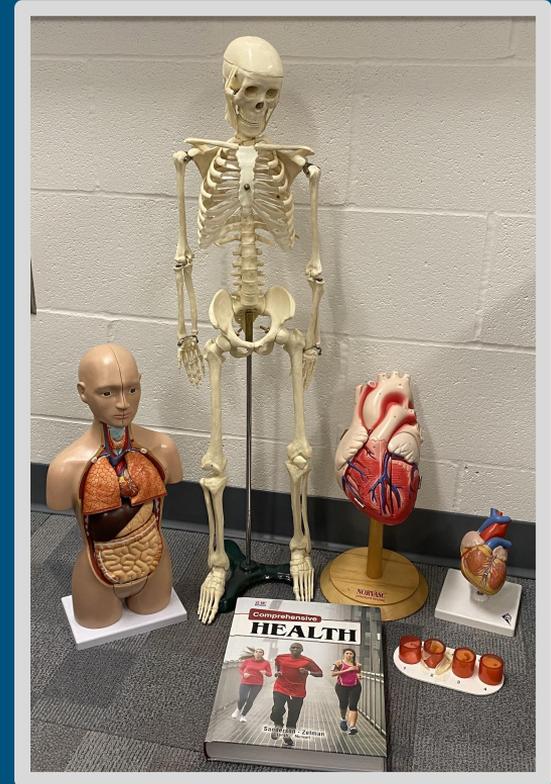
- Physical Activity for Life
- Understanding the importance of physical activity
- Different types of muscle

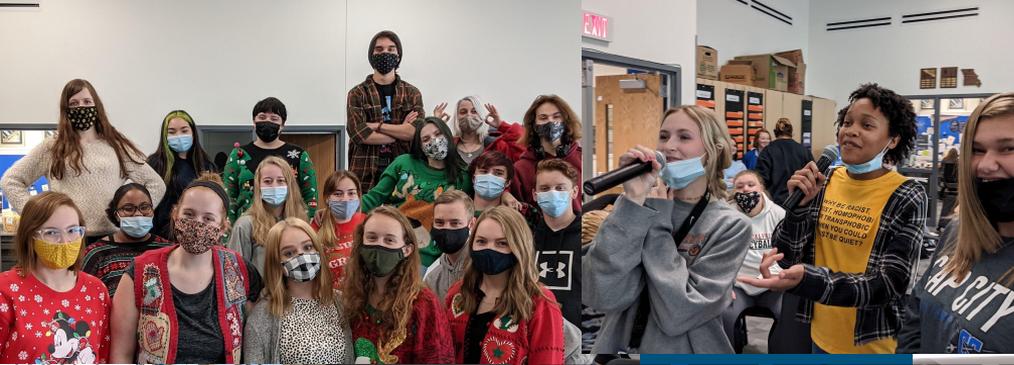
First aid and emergency, cardiovascular and respiratory system

- CPR and first aid
- Red Cross
- Make-up of cardiovascular system

Human sexuality

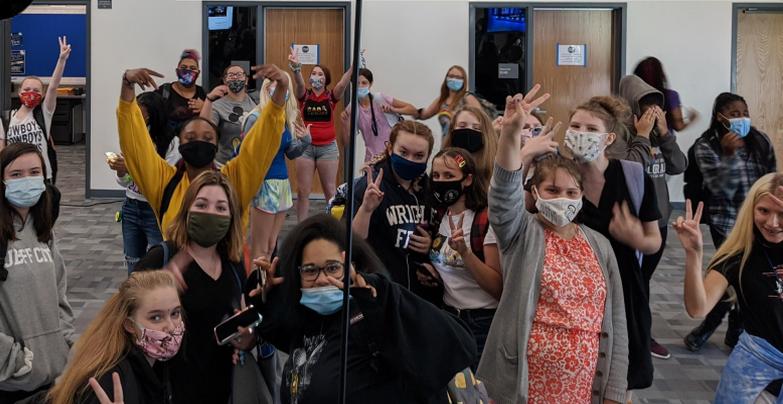
- Peer relationships/ violence and abuse
- Sexually transmitted diseases and infections
- Teen pregnancy





CAPITAL CITY

Choirs





Cap City Choirs



Three curricular choirs

Bass Choir (open to ALL students)

Treble Choir (open to ALL students)

Chorale (1 yr HS choir + audition required)

- Talk to Mr. Brand about any extenuating circumstances.

No prior singing experience necessary.
Meets daily as a class.



cchoirs.com



@capitalcitychoirs

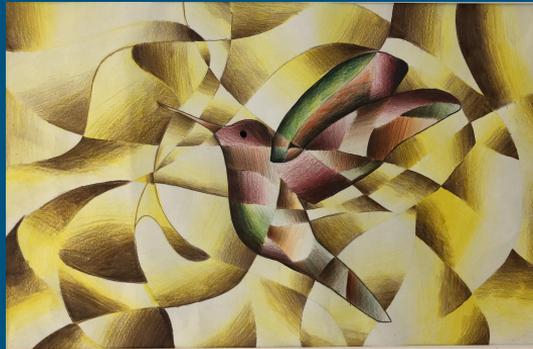
THE *Royal* BLUES



- A cappella and vocal jazz
- Extra-curricular group. Meets twice a week
- Will work around sports/other activities so you can do BOTH
- Various performance opportunities and gigs

Why take Art Classes at CCHS?

- ❑ Art teaches focus and perseverance
- ❑ Art teaches how to make decisions
- ❑ Art teaches risk taking and problem solving
- ❑ Art teaches how to learn from mistakes and use them creatively
- ❑ Develop a portfolio for college art and design programs



Art Classes at CCHS

- ❑ Intro to Art (Open to all students)
- ❑ Drawing I (prerequisite Intro to Art)
- ❑ Drawing II (prerequisite Drawing I)
- ❑ Painting I (prerequisite Intro to Art)
- ❑ Painting II (prerequisite Painting I)
- ❑ Printmaking (Open to all students)
- ❑ 3D Art (Open to all students)
- ❑ Photography (Open to all students)
- ❑ Ceramics (prerequisite Intro to Art)
- ❑ Senior Studio (painting II and drawing II, or instructor approval)



[Meet the Art Teachers here](#)

[See examples of student artwork here](#)

French

- Ever dreamed of visiting beautiful Paris?
- Ever wanted to see the French Riviera and rub noses with celebrities?
- Ever thought of a career in international relations, politics, music, dance, or art?

FRENCH IS FOR YOU

- 275 million people around the world speak French, and it is one of the fastest growing languages
- French is an official language of most major international organizations

TAKE FRENCH AT CCHS



Spanish

- Ever wanted to visit some of the exotic countries in Central and South America?
- Ever wanted to converse with those at the mexican restaurant?

THEN SPANISH IS FOR YOU

- 21 Countries have Spanish as their official language
- 477 million Native Speakers, with 572+ million total that speak Spanish
- By 2050 the US will be the Biggest Spanish Speaking Country

TAKE SPANISH AT CCHS



Latin

- Helps with English
- Problem solving skills which can be applied to ANY field
- A good challenge
- VERY useful for learning other Romance languages (Spanish, French, even German)
- Looks REALLY good on college applications
- Will help boast ACT / SAT test scores
- Greek / Roman culture and mythology
- Opportunity to learn more about your OWN culture as there are MANY things which hark back to the Romans

Business Classes at CCHS!

- Accounting
- Business Law
- Career Connections
- Computer Applications
- Web Design



Want to get more involved? Join FBLA!

- FBLA-PBL inspires and prepares students to become community-minded business leaders in a global society through relevant career preparation and leadership experiences. Intracurricular activities include career exploration, civic service, economic education, and technical skill advancement. FBLA-PBL also works to encourage and support entrepreneurship.

Web Design

- Hands on project based learning.
- Learn the basics of Photoshop and Dreamweaver.
- Introduction to HTML and CSS.
- Opportunity to advance into Web Design 2.
- Learn about website security and writing secure code.



Business Classes

Accounting

- All students, regardless of their occupational choice, can benefit from accounting instruction since it is an integral part of every business institution and organization. This course is designed to build a basic understanding of manual and automated accounting principles, concepts, and procedures.

Computer Applications

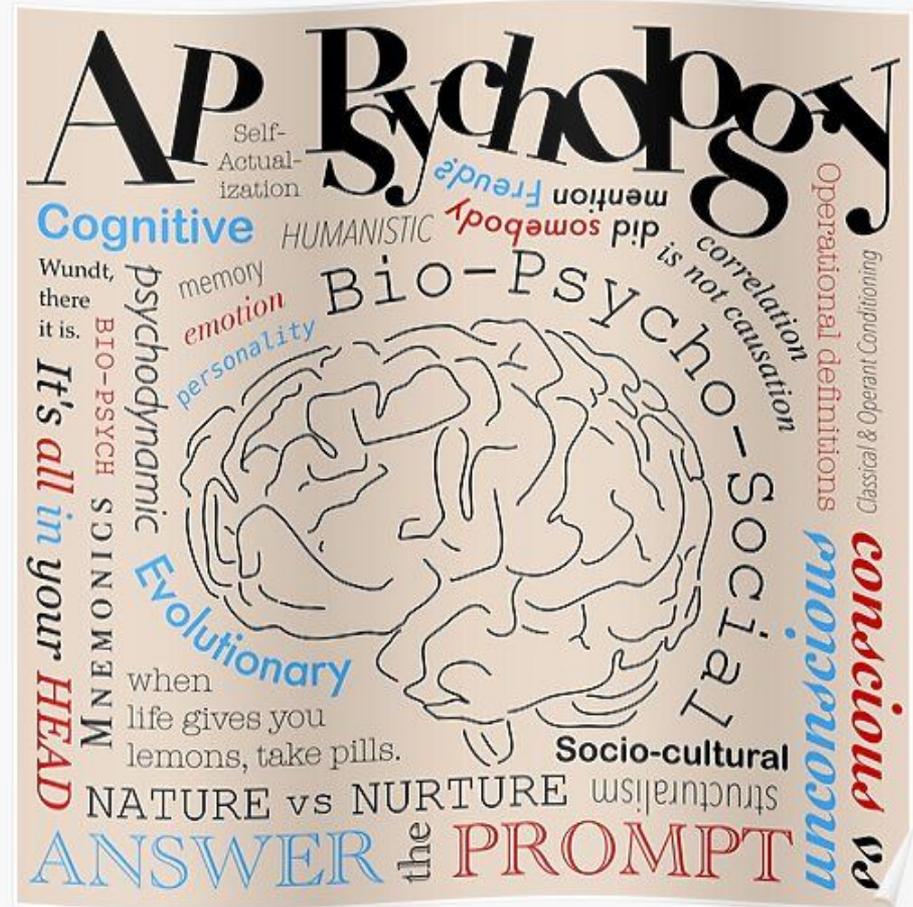
- This course provides a foundation for advanced computer skills
- You will learn how to use the following Microsoft Office Programs that are widely used in the business world:
 - Microsoft Word
 - Microsoft Excel
 - Microsoft PowerPoint

Business Law

- Business Law I helps develop an understanding of how law affects you in everyday living and helps to gain knowledge of legal terms and forms.
- Several phases of law are covered as follows: ethics and sources of law, the dual court system, the trial process, criminal law, and tort law.
- From a study of Business Law I, students should gain a genuine respect and an intelligent appreciation for the law that affects them both at home and at work.

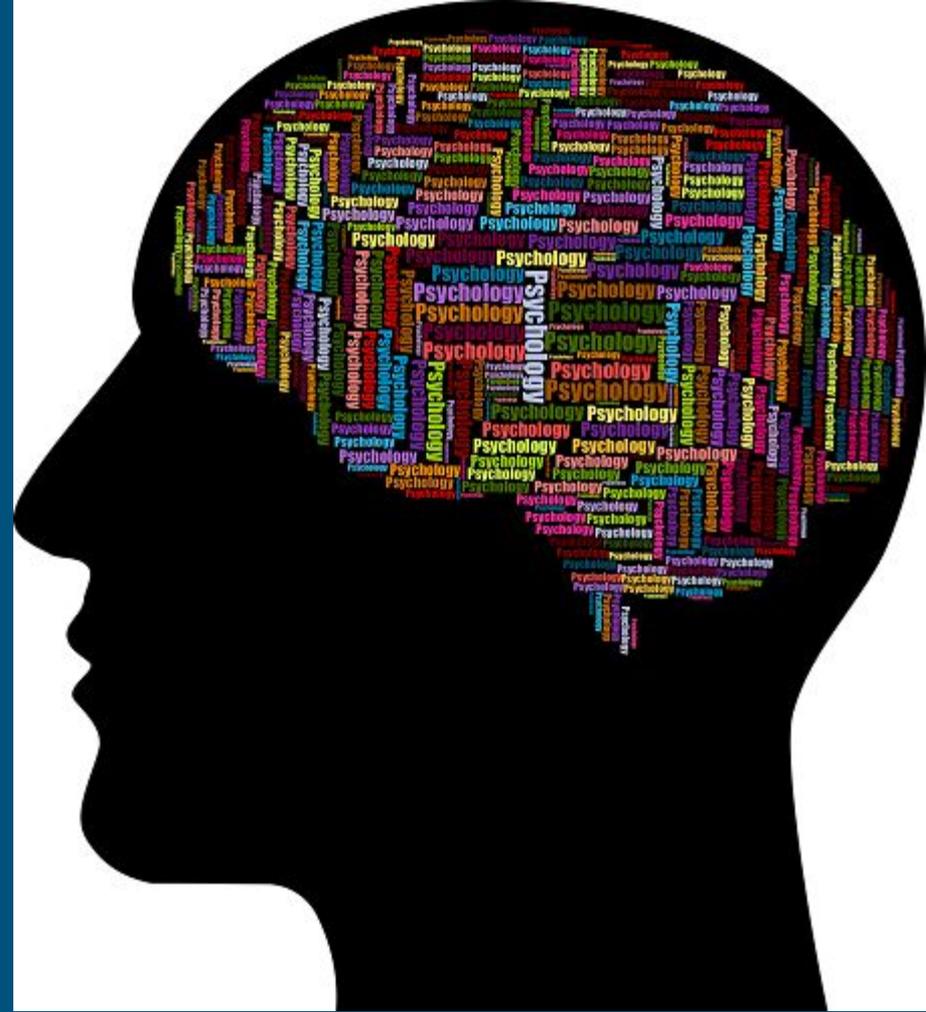
AP Psychology

- AP Psych is a college level psychology course.
- Students can earn college credit with a strong score on the AP test.
- Throughout the year long, students will go through 9 units of study and learn a lot of new information including:
 - Human Development
 - Brain parts and biology
 - Consciousness and sleep
 - Learning and Conditioning
 - Psychological Disorders and treatments
 - Social Psychology

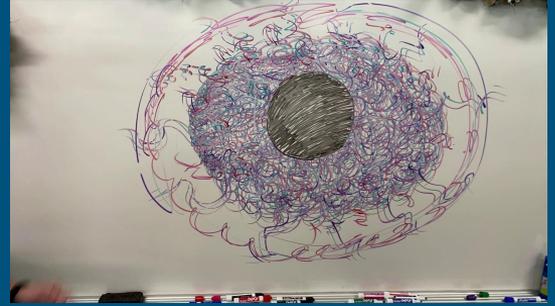
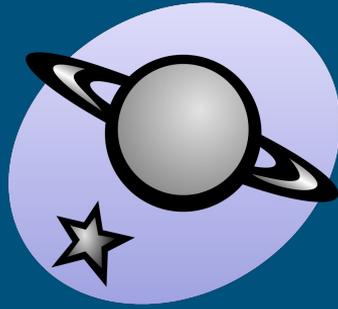


Psychology

- Psychology is a semester long introduction to the subject of Psychology.
- Students will get a general survey of Psychology content including:
 - Memory
 - Approaches to Psychology
 - Learning
 - Biological basis of behavior
 - Brain and Nervous systems
 - Social Relationships
 - Theories of Development



Astronomy 1 and 2



Astronomy 1 and 2 are each a half credit adding up to one non math based science. We cover everything from how the solar system formed, galaxies, telescopes, planet formation, and stars. This is an in depth class for investigative skills, critical thinking, and analysis. We cover several interactive lessons with engaging projects such as movie making, virtual reality simulations, and planning for space travel.



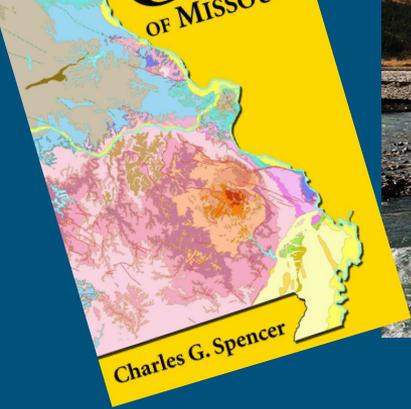
COMMUNITY GARDENS ARROSS THE USA



Environmental Science

Do you love your home? Do you want to keep it safe and protected? In environmental science you will learn the importance of conservation efforts in your area to protect your natural resources and make plans to improve your school!

There are many projects that involve finding ways to make our school and community more environmentally friendly. We will continue to build on the plans from previous years as well as make new proposals as we see the need.

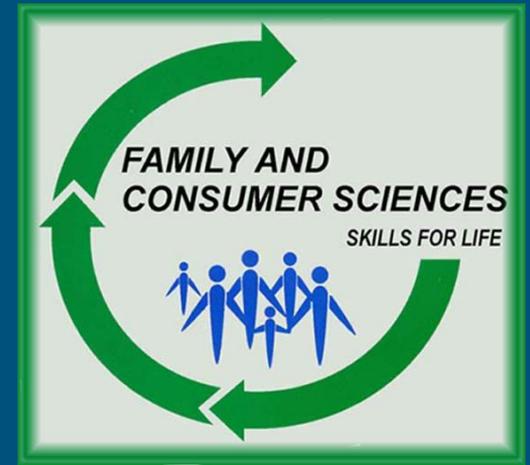


Geoscience

Let's be real. Science doesn't ROCK in everyone's opinion. However, if you are needing to get your science credits in but Chemistry and Physics are not what you want to learn. Come to Geoscience class.

In Geoscience we will learn about the rocks that make up our world. How they formed? The different kinds? How they actually affect your life? What can we learn from them? The list goes on and on...

FACS at CCHS



FACS classes help students learn about families and communities by providing practical solutions to problems involving food science and nutrition, apparel and interior design, child development and family relations and becoming an informed consumer.

FACS Classes at CCHS

Child Development

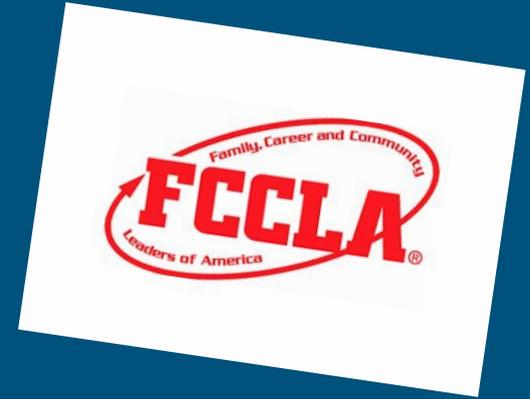
School Age Child

Interior Design

Foods I

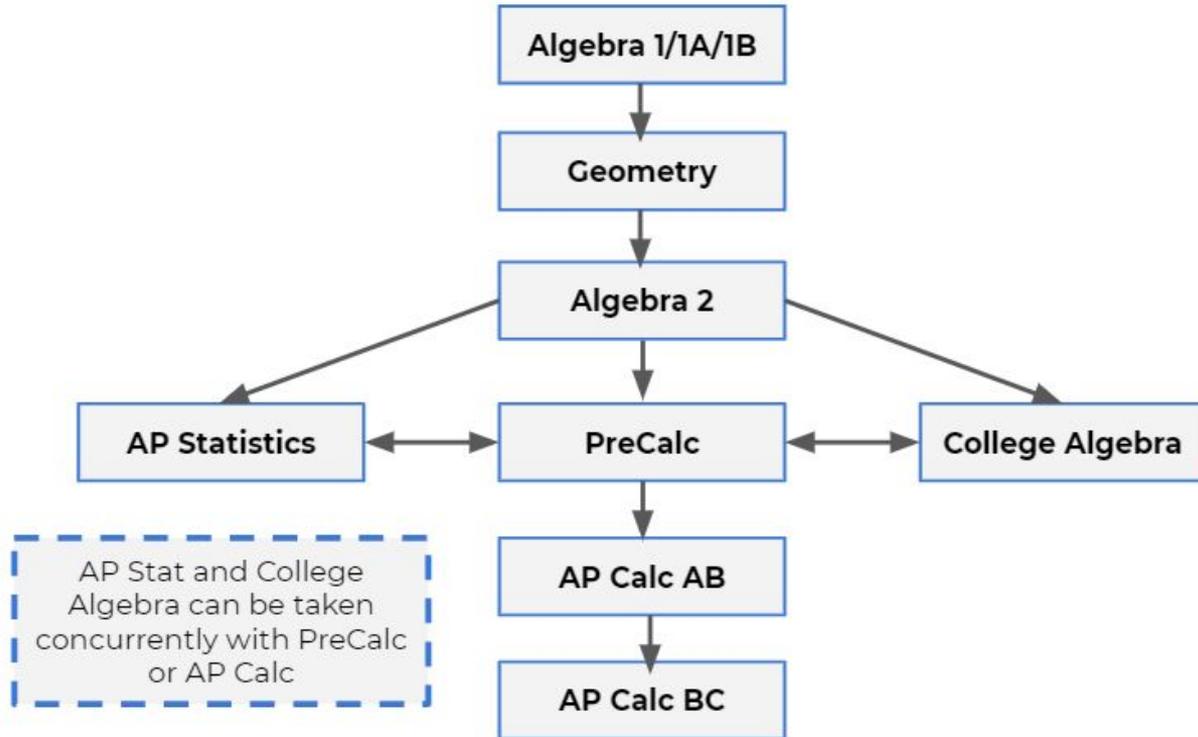
Foods II

Textiles for Living



Join FCCLA where their four Pathways can help build real world skills by developing projects, participating in Competitive Events, and engaging with youth leaders from around the nation!

Capital City Math Courses



College Level Math Courses

College Algebra (MATH 113)

- Dual Enrollment through LU
- College Algebra reviews and builds on concepts from Algebra 1 & 2
- The content will review many concepts tested on the ACT and SAT
- Ideal for students planning to major in: Education, English, Music, or Fine Arts

AP Statistics (MATH 117)

- Dual Enrollment through LU or AP Exam for College Credit
- Weighted Course for GPA
- Hands-on labs
- Statistics is used by more people than any other math
- Ideal for students planning to major in: Business, Sciences, Communication, Political Science, or Humanities

All of these courses are just a semester in college. However, at CCHS, they span the whole school year. In addition, the class sizes will be much smaller at CCHS than at a college or university.

College Level Math Courses

Pre-Calculus (MATH 121)

- Dual Enrollment through LU
- Weighted Course for GPA
- Ideal for students planning to major in: Physics, Chemistry, Technology, Mathematics, Engineering, or Computer Science.

AP Calc AB (MATH 123)

- Dual Enrollment through LU **or** AP Exam for College Credit
- Weighted Course for GPA
- Ideal for students planning to major in: Physics, Chemistry, Technology, Mathematics, Engineering, or Computer Science.
- AP Calc BC is also offered

All of these courses are just a semester in college. However, at CCHS, they span the whole school year. In addition, the class sizes will be much smaller at CCHS than at a college or university.

Theatre at CCHS!



Interested in being on stage or behind the scenes? Talk to Mrs. LeCure about how to get involved!
courtney.lecure@jcschools.us or find her in room 206!

Drama Classes at CCHS!

What is Drama I?

Drama I is an introductory theatre performance course. Students can expect to learn about the basics of theatre, as well as perform in pantomime, improvisation, monologues and acting scenes. We play a lot of games that focus on developing creativity and thinking on our feet. Students will be expected to perform in front of classmates, to be good audience members and to memorize for performances. This is a good class for those who either want to get out of their shell and work on presentation skills in a safe environment and/or for those who love being creative and creating stories.

What is Drama II?

Drama II is the next level of theatrical performance training at CCHS (Drama I is a prerequisite). Drama II students can expect to go deeper into the skills and history learned in Drama I, as well as writing original scenes and analyzing scripts. If you took Drama I and are interested in learning more about theatre and performance, Drama II is for you!



LOVE TO ACT OR PERFORM?
WANT TO BE THE STAR OF
YOUR OWN PERFORMANCE?

DO YOU ALWAYS THINK
YOU'RE RIGHT? OR WANT
TO WIN ARGUMENTS
AGAINST YOUR PEERS AND
PARENTS?



WANT TO HELP SPREAD
AWARENESS ABOUT ISSUES
AND CONCERNS REGARDING
YOUR INTERESTS?



Then Speech and Debate is for you!!!

Speech and Debate Classes and Information

Classes offered:

Debate I

We break down the basics of constructing arguments, look at topical and controversial issues, and teach students how to construct well rounded arguments through fact-based research.



Debate II

Students will take a deeper approach to constructing arguments, analyze philosophy and moral dilemmas of topics and societal issues, and debate more advanced resolutions.



Competitive Speaking

Students will use all types of literature (poetry, prose, novels, plays, etc.) to construct theatrical performances for competitions throughout the Speech and Debate season!



Competition! -Speech and Debate

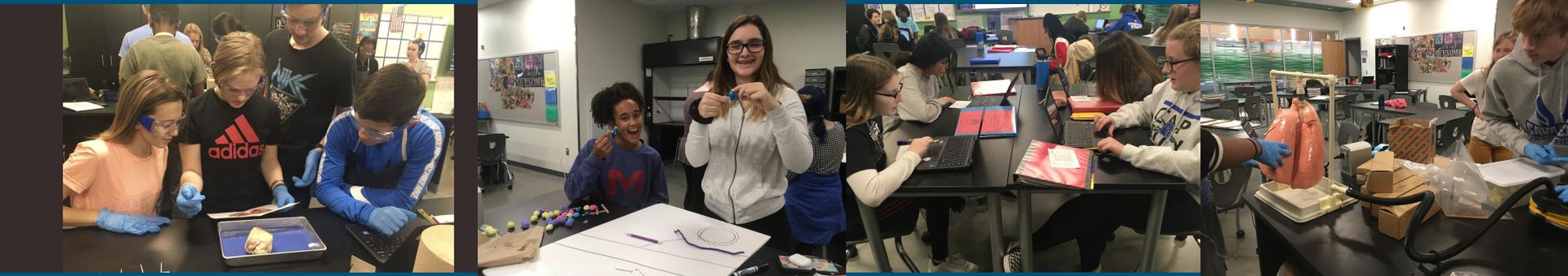
Compete throughout the year at weekend tournaments!

Get out of school to compete and win awards!

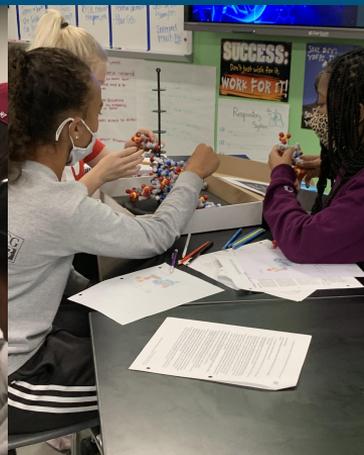
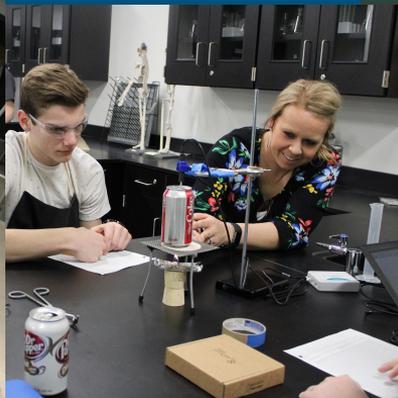
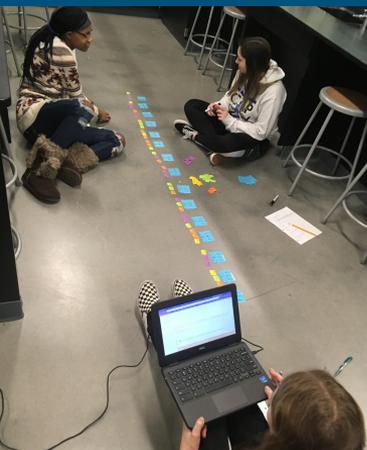
Speech and Debate is the only organization / sport in CCHS to have State and National qualifiers EVERY YEAR!

Very flexible schedule and allows you to also be part of other sports/organizations while being on the team!





Science Electives: PLTW Biomedical Sciences



Science Electives: PLTW Biomedical Sciences



PLTW BIOMEDICAL SCIENCES

**ENGAGING STUDENTS IN HANDS-ON
ACTIVITIES, PROJECTS, AND
PROBLEMS; EMPOWERING THEM TO
SOLVE REAL-WORLD CHALLENGES;
AND INSPIRING THEM TO RE-IMAGINE
HOW THEY SEE THEMSELVES.**

DID YOU KNOW?

- You can earn college credit for each course in the sequence through Missouri S&T.
- You can engage in real-world, career-oriented skills within the classroom environment.
- You can engage in hands-on labs and model building.
- You can potentially earn your BACE certification by the time you leave high school!



PLTW Biomedical Sciences Courses

Principles of Biomedical Science

(1 credit) 9-12 Grade

**Prerequisite: Teacher recommendation.

**Can be taken in place of Physical Science.

By engaging in activities like dissecting a sheep heart, analyzing medical history documents and autopsy reports, students explore concepts of biology and medicine to determine factors that led to the death of a fictional person.

Human Body Systems

(1 credit) Grade 10-12

**Prerequisite: Biology

In order to determine the identity of a skeleton using both forensic anthropology and DNA analysis, students examine the interactions of human body systems and apply what they know to solve real-world medical cases.

Medical Interventions

(1 Credit) Grade 11-12

**Prerequisite: Biology

Students delve into activities like designing a prosthetic arm as they follow the life of a fictitious family and investigate how to prevent, diagnose, and treat disease.

Biomedical Innovations

(1 Credit) Grade 12

**Prerequisite: MI

Students build on the knowledge and skills gained from previous courses to design their own innovative solutions for the most pressing health challenges of the 21st century.

Join the Yearbook Staff (full year course)

Do you want hands on experience creating a historical text for the school? Join the Capsule Yearbook Staff.

Students involved in yearbook design on desktop computers, learn the fundamentals of design and marketing, while also getting exposure to cool tech and professional camera equipment!

This course is eligible to all incoming sophomores, juniors and seniors!



Join the Newspaper Staff (full year course)

The CCHS Plume newspaper is a totally digital platform that allows you to share your voice instantly and professionally.

Gain fundamental journalism experience and see first hand your work published on the Internet!

Whether you like to write objectively, for leisure, opinion pieces, sports, or even make comics, the Newspaper Production course has a lot to offer you!

[Visit our website!](http://CCHSPLUME.COM)



Journalistic Writing: “a little bit of everything” (1 semester course)

Journalistic Writing is designed for students with an interest in journalism and those who intend to take Newspaper Production or Yearbook Production, but also want an introduction to the world of journalism!

This course provides instruction in news, feature, sports, in-depth, and opinion writing; ethics and media law; interviewing; researching and page design. There will also be opportunities for learning photography and advertising.

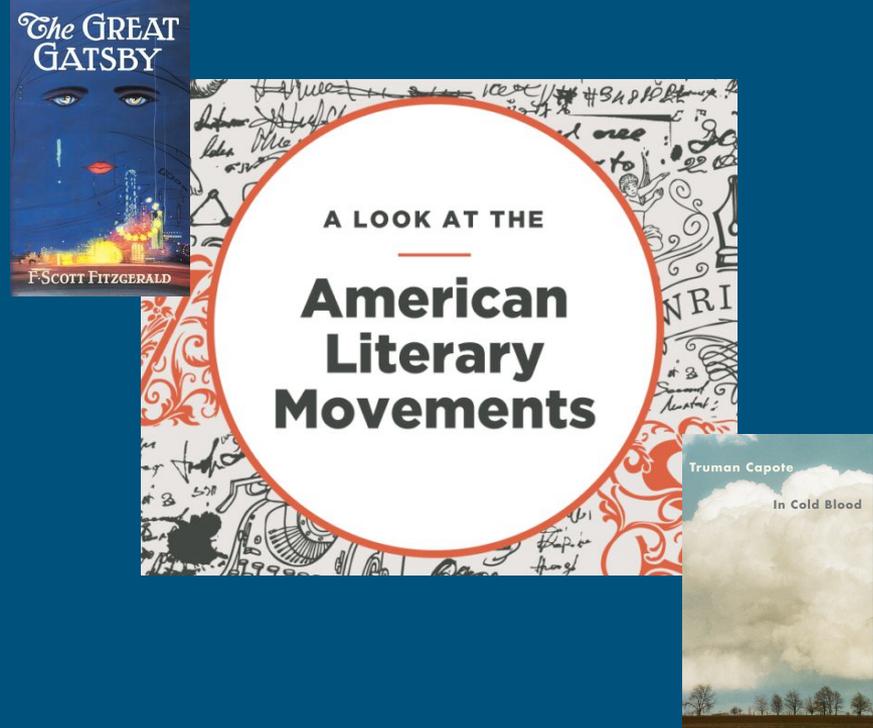


College Prep Literature (full year course)

This class is structured around the different literary movements that have occurred in American history from Enlightenment to Postmodernism (1765 to present day).

Each movement (units in the class), will allow you to read a wide range of literature, think about the historical context around each text, and cultivate critical reading, writing, and analysis skills to help you be successful both inside and outside the class!

We read poetry, short stories, and novels like *The Great Gatsby*, *In Cold Blood* + more!



AP Language and Composition

AP Language and Composition is an advanced English course for juniors and seniors. It is a challenging class that will help a student both prepare for college and potentially get college credit. Most of the course is based on rhetoric in reading and writing. Please click [HERE](#) to see the class information sheet and learn more.



Mystery, Suspense, and Horror (1 semester)

Mystery, Suspense, and Horror is an English Elective. In this course, we will review and analyze many foundational texts that revolve around werewolves, vampires, creatures from the unknown, etc. While this class includes a fair amount of traditional reading, we will also be viewing movies, listening to music, playing games, etc. These activities will give you the opportunity to both analyze and create works of horror. If you are interested in these types of stories and would like to further your understanding of this genre, then this is the class for you.



Creative Writing (1 Semester)

Creative Writing is an English Elective. As the name of this class implies, this is a writing heavy course. Throughout the semester, you will be given the opportunity to learn various techniques and strategies to improve your own creative writing. The course is split up into two units: Creative Short Fiction and Poetry. With that said, you will get the chance to develop skills in writing these two genres. If you enjoy writing and have a knack for creativity, this is the class for you.

