



**West Essex Regional School District
Guidance Department**

Option II Information Packet & Application

This form is to be used for **Summer Advancement, Summer Remediation, Adult/Night School Credit Recovery**, for requests to complete **coursework not offered** by West Essex Regional High School at an alternative educational setting, or for **Physical Education alternative experience**.

The New Jersey Department of Education (NJDOE) realizes and acknowledges that all students will access the Core Curriculum Content Standards differently and with different levels of success. For that reason, the West Essex Regional School District (WERSD) is permitted to allow students with individualized learning opportunities outside the traditional classroom setting but are equally engaging and challenging that meet or exceed the Core Curriculum Content Standards as set forth by the NJDOE. This is commonly referred to as “OPTION II.”

Students are permitted to earn credit toward graduation through Option II experiences. These experiences include, but are not limited to: course remediation, course acceleration, early college credit, internships, etc. Participation in Option II is predicated on the application process through which students seek approval. Attainment of credit toward graduation is based on the successful completion of assessments that verify student achievement in meeting or exceeding the Core Curriculum Content Standards at the high school level.

Students planning to pursue coursework for credit in addition to the traditional offerings at West Essex High School are required to submit a completed application to the **Principal's Option II Review Committee. This committee is composed of the High School Principal, Director of Guidance, Director of Curriculum, Department Supervisor, and the student's school counselor.**

Deadlines for submissions is as follows:

Adult/Night School: End of Fall Semester &/or Spring Semester (semester grades to determine need)

Summer Acceleration: June 1st

Full Year Coursework at an Alternative Setting: June 15th

Physical Education Alternative Experience: June 15th

Summer Remediation: Last Day of School prior to the summer in which class is to be taken

Important Option II Program Information:

- Any cost incurred as a result of an Option II Program will be the sole responsibility of the parent/guardian. The WERSD Board of Education will not assume any responsibility for any fees associated with this program.
- Courses taken without prior approval will neither be granted credit nor count towards advancement in the course sequence.
- As determined by the Option II Committee, students who complete Option II coursework may also be required to take the midterm and/or final exams for the equivalent course at WEHS to demonstrate mastery of the content to enable the student to advance to the next course in the sequence; with the possibility of being required to retake the course if the student has not met district standards.
- Courses taken outside of the WERSD will not count towards GPA.
- Any “in person” course for full-year credit must meet the state’s 120-hour (140-hour lab science courses) enrollment requirement; any semester course must meet the state’s 60-hour enrollment requirement.

Option II Application:

Application Instructions:

- All applications must include a course description and syllabus from the educational provider.
- All aspects of the application must be completed and signed for consideration.
- Students/ parents should NOT register for any coursework until the application has been officially approved by the Option II Committee.
- Applications submitted after the posted deadlines will not be considered.

Student Name: _____ **Current Grade:** _____

Counselor Name: _____ **Submission Date:** _____

Rationale:

- Original Credit** - I am seeking original credit for a course that I have not yet taken at WEHS
- Credit Recovery** - I am seeking credit for a course that I did not pass at WEHS
- Non-Credit Enrichment** - I am seeking a non-credit course for my own interest and development
- Alternative Physical Education Experience** - I am seeking credit for Physical Education by means of an untraditional path. (Description of experience:) _____

Other Experience - (please provide brief explanation) _____

Course Information:

- Summer Advancement
- Summer Remediation
- Adult/Night School
- Full Year Course Not Offered at WEHS

Name of Course: _____

Location: _____

Instructor: _____

Start Date: _____ **End Date:** _____

Current School Year: _____ **Current Course:** _____

Option II Program for Physical Education Exemption:

The West Essex High School Physical Education Curriculum was developed in order to promote individual wellness, wellness activities, team sports, and lifetime activities. It is also intended to promote and fulfill the growth, development, and behavior of each individual student. At WHS, we emphasize developing student skills, athletic performance, and social interactions in order to prepare students for a better quality of life. Mastery of these skills will be achieved through consistent involvement on a daily basis in physical education and will contribute to developing a healthy lifestyle. Our Physical Education courses may also incorporate the following assessments and evaluation tools:

- Performance based assessment
- Student Portfolios
- Written & Verbal testing
- Physical fitness tests

Physical Education

N.J.S.A. 18A:35-7 requires every NJ public high school student to take courses in health and physical education. N.J.S.A. 18A:35-7&8 *requires that high school students receive 150 minutes* (or two and one-half hours) of health, safety, and physical education per week, prorated for school holidays. With regards to the standards, the principal must ensure that the student has met local district curricular objectives and should carefully document the student's achievement. To ensure that the learning experience meets or exceeds the NJDOE approved learning standards, students granted this option have additional responsibilities that are outlined in the Alternative PE Request documentation.

Requirements:

- Student **WILL NOT** be exempt from Health or Driver's Education.
- Student **MUST** complete at least 1 marking period of physical education at WEHS excluding Health or Driver's education
- Student will be placed in a study hall for the marking period(s) that he/she will be participating in the state-mandated physical education experience.
- Student must complete the required weekly logs and assessment measures to receive credit. (1.25 credits per successfully completed marking period)
- Student will receive a grade of "P" for Pass at the end of each marking period if all requirements are met or an "F" for Fail if requirements are not met. The "P" will NOT carry a numerical value or be calculated in the GPA.
- In case of injury, sickness, or the inability to participate in any physical activity, a doctor's note will be required and must be presented to the school nurse, attendance office, and the guidance counselor in order to be placed on medical PE. Parental notes for illness will not be accepted to excuse student from the activity.

To fulfill the demonstration of the NJDOE physical education learning standards, student must:

- (1) provide a curriculum that identifies activities as they relate to the NJ Physical Education standards
- (2) have the coach/trainer/instructor verify the student was **active for at least 150 minutes a week** (Note: minutes may not be carried over from one week to the next; missed minutes may not be made up the following week)
- (3) provide a **weekly attendance log of activity** signed by the coach/trainer/instructor
- (4) complete **one journal entry per week** which documents how the student is learning the NJ Physical Educational Standards through practice, training, participation in competition, etc.
- (5) submit weekly time log and journal entry to the Director of Physical Education by 11:35am on Monday for the duration of the marking period. Two late weekly log or journal submissions may result in failure of the course.

Directions for Journal Entries:

Journal entries should be a minimum of two paragraphs using correct grammar. The journal entries should support how the activity for the week promotes the CPI and proves that the objective has been met. Various CPI's should be used throughout the quarter.

Example:

Standard:

2.5 Motor Skill Development:

The Cumulative Progress Indicator (CPI) picked was 2.5.12A.1.

All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

- A. Movement Skills and Concepts ○ 2.5.12.A.1 Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).

This week during soccer practice we worked on our free kicks. It was important that we recognize the proper way to plant our feet. The non-kicking foot should be pointed in the direction of the intended path. After the soccer ball is hit, the striking foot should follow through the intended target. This movement should be completed smoothly with no pauses transferring the weight from the back and front. Transferring the weight will lead to a more powerful kick.

The skill movement can be transferred to field hockey on a free hit. The ball and stick should be a comfortable distance from the player at approximately 2 o'clock. The ball should be lined up with the left foot. The left toe should be pointed in the direction of the intended path. The Stick/Hit should follow through the intended path as well the swing of the stick should be in the smooth fashion just as a soccer player kicks the ball. Transferring the weight is important to put power behind a shot.

Directions for the Weekly Log:

Main the record of daily activity, identify standard and cumulative progress indicator(s), complete the chart fully, and obtain signature verifying 150 minutes of activity.



West Essex Regional School District
Option II Weekly Log

West Essex Regional High School - Physical Education - Option II Weekly Log

Student Name: _____ **Student ID:** _____

Marking Period (Circle One): 1 2 3 4

Week Beginning Date: _____

	Date	Daily Minutes	NJSLS & CPI	List of Activities	Coach/ Instructor Initials
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Total number of hours completed: _____

Coach/ Instructure's Signature: _____ Date _____
(Verifying completion of hours)

Director of Physical Education: _____ Date _____
(Verifying journal entry and time log meet NJ Learning Standards)

- The student is required to maintain a record of completion with this form and all related documentation for class credit
- Failure may result if journals are incomplete or have not demonstrated that you have met the requirements
- Two late journals and/or logs in a marking period may result in a failure
- Minutes do not carry over from week to week
- Doctor notes are required if activity is missed

Option II Review Committee Decision

West Essex High School
Option II Review Committee

After the student application is reviewed by the Option II Review Committee, you will receive notification regarding the status of the Option II application. Option II may be granted or denied. If the Option II program has been granted, the student/parent may enroll in the course. Once the Option II course has been completed and the student has received formal documentation of a grade/report card/transcript, etc. please submit the documentation to the HS Guidance Department. The documentation must include the following information:

Student Name	Credits Earned
Name of Course	Grade Earned (can be a letter grade, number grade, or Pass/Fail)
Location of Course	

The information provided on the documentation will then be added to your WEHS transcript. Reminder: the grade received will not count towards GPA. Also, depending on the Option II Program, a West Essex High School assessment may or may not be required.

The Option II Review Committee has reviewed _____ (Student Name) _____'s request for Option II and have determined the following:

Option II experience granted.

The experience is sufficiently aligned with the WEHS NJDOE approved learning standards.

Option II experience not approved.

The experience does not sufficiently align with the WEHS NJDOE approved learning standards.

Comments: _____

Signatures:

Director of Guidance: _____ **Date:** _____

Principal Signature: _____ **Date:** _____

Appeal Process:

- If the proposed Option II application is declined, the student has the ability to appeal this decision. To appeal the following must occur:
- The student shall notify the Superintendent in writing within five school days of notification from the Option II Review Committee.
- This appeal to the Superintendent should include the reason(s) the student feels he/she should be granted permission for the Option II Program.
- It should particularly address the criteria for program approval detailed above.
- The Superintendent will gather information and notify the student of his/her decision, in writing, within five school days of receipt of the appeal.
- The decision of the Superintendent is final.