Rio Lindo Adventist Academy

Program Guide

Program Guide

Learn. Serve. Lead.

RioLindo

Adventist Academy

We commit to reflect Christ,
cultivate the relevancy and excitement of learning,
and impact the world through service.

Table of Contents

ACADEMIC PROGRAM 4
Graduation Requirements 4
Suggested Course Curriculum 5
Grade Placement 6
Acceleration 6
Course Load 6
Academic Recognition 6
Course Credit 6
Course Changes 6
Correspondence and Summer School Courses 7
Test Permits 7
Issuance of Diplomas 7
Transcripts 7
Transfers 7
Grading System 7
Grade Symbols 7
INTERNATIONAL STUDENTS 8
COURSE DESCRIPTIONS 9
Fine Arts 9
English 10
English as a Second Language 11
Modern Language 11
History and Social Science 11
Mathematics 12
Religious Studies 12
Science 13
Computer Technology 14
Life Skills & Industrial Technology 14
Physical Education 15

Table of Contents

Rio Lindo Adventist Academy Graduation Requirements

Rio Lindo Adventist Academy offers three diplomas – the general high school diploma, the college preparatory diploma, and the honors diploma. The requirements for these diplomas are listed below. One year of a class is equivalent to ten credits; one semester of a class is equivalent to five credits.

	General Diploma Cumulative GPA of 2.0 is required for graduation.	College Prep Diploma Cumulative GPA of 2.0 required. Minimum grade of "C" required in all classes that fulfill entrance requirements to a UC or Cal State University.	Honors Diploma Cumulative GPA of 3.0 required. Student must earn a minimum grade of "C" in ALL classes in order to receive an honors diploma.
Religion 5 credits required for each semester at a Seventh-day Adventist school	40	40	40
English	40	40 must include a minimum of 3 years of "college prep" English	40 must include Honors English III and Honors English IV
Math	20	30 must include a minimum of Alg. I, Alg. II, and Geometry	30 must include a minimum of Alg. I, Alg. II, and Geometry
Biology	10	10	10
Other Science	10	20 must include Chemistry and Physics	20 must include Chemistry and Physics
U.S. History	10	10	10 must include Honors U.S. History
US Govt./Econ.	10	10	10
World History	10	10	10
Modern Language All UC and CSU universities require two years of a foreign language (same language)	–	20	20
Health	5	5	5
Computer Applications	5	10 must include a semester of Computer App's and a semester of an advanced computer class	10 must include a semester of Computer App's and a semester of an advanced computer class
Fine Arts Art, Music, Drama	5	20	20
PE	30	30	30
Electives	45	15	45
Total Credits Needed	**240**	**270**	**300**

Suggested Curriculum Schedule

GENERAL DIPLOMA

Grade 9	Units	Grade 10	Units	Grade 11	Units	Grade 12	Units
Religion I	10	Religion II	10	Religion III	10	Religion IV	10
English I	10	English II	10	English III	10	English IV	10
Alg IA or Algebra I	10	Alg IB or Geom.	10	US. History	10	US Gov/Econ	10
Health	5	Biology	10	PE	5	PE	5
Computer App's	5	World History	10	Elective	25	Elective	25
PE	10	PE	10				
Physical Science	10						

COLLEGE PREP DIPLOMA

Grade 9	Units	Grade 10	Units	Grade 11	Units	Grade 12	Units
Religion I	10	Religion II	10	Religion III	10	Religion IV	10
English I	10	English II	10	English III	10	English IV	10
Algebra I	10	Geometry	10	US History	10	US Gov / Econ	10
Health	5	Biology	10	Chemistry	10	Physics	10
Computer App's	5	World History	10	PE	5	Spanish II or III	10
PE	10	PE	10	Algebra II	10	PE	5
Physical Science	10	Elective	5	Spanish I or II	10	Elective	15
Elective	5	Spanish I (optional)		Elective	5		

HONORS DIPLOMA

Grade 9	Units	Grade 10	Units	Grade 11	Units	Grade 12	Units
Religion I	10	Religion II	10	Religion III	10	Religion IV	10
English I	10	English II	10	Hnrs English III	10	Hnrs English IV	10
Algebra I	10	Geometry	10	Hnrs US History	10	US Gov / Econ	10
Health	5	Biology	10	Chemistry	10	Physics	10
Computer App's	5	World History	10	PE	5	Spanish II or III	10
PE	10	PE	10	Algebra II	10	PE	5
Physical Science	10	Elective	15	Spanish I or II	10	Elective	20
Elective	15	Spanish I (optional)		Elective	10		

Honor Cords will be awarded at graduation based on the following criteria:
Silver Cords: 3.25 to 3.74 cumulative GPA **Gold Cords:** 3.75 to 4.0 cumulative GPA

Note: 25 hours of community service are required for each year a student attends an SDA school.

Application Deadlines

(for U.S. students)

August 1: 1st semester (August) enrollment
December 1: 2nd semester (January) enrollment

Grade Placement

Upon entering Rio, your grade placement will be determined by the number of units you have earned. You must have at least 60 units to be a sophomore, 120 units to be a junior, and 180 units to be a senior. All transcript work from previous schools must be submitted as part of the application process.

Once you enter the fourth year and are registered for the necessary courses to graduate, you will be classified as a senior. If you are approved for early graduation under the acceleration program, you will be classified as a freshman and sophomore during the first and second years and as a senior during the third year.

Acceleration

It is possible for gifted students to accelerate through high school and finish in three years. In order to be admitted into the acceleration program you must:

1. Have an achievement test composite score at the 85th percentile or above. This test may be taken a maximum of two times with a deadline of April 15.
2. Maintain a cumulative 3.5 grade point average (GPA).
3. Demonstrate initiative, responsibility, emotional maturity, and self-control.
4. Submit a request in writing, with consent of parents.

If you are enrolled at Rio, you must apply no later than the fourth quarter of your sophomore year. If you are a transfer student, your request for acceleration must accompany your application so a projected curriculum may be arranged and approved before registration day.

Attendance in summer school or carrying more than a normal load during the school year will not ordinarily enable you to graduate earlier. Such extra credits are generally regarded as enrichment of your opportunities rather than as an accelerated program.

Course Load

You are expected to take a minimum load of 60 units per year. If you desire to take more than 90 units in one school year, you must have the approval of the curriculum committee and the administration.

It may be necessary to adjust your program to match your grades, ability, or work program.

Academic Recognition

In order to recognize the various academic achievements of Rio students, an honor roll will be printed following each nine-week grading period using the following criteria:

GPA of 3.75–4.00	Gold Honor Roll
GPA of 3.25–3.74	Silver Honor Roll

Course Credit

Most classes are offered on a semester unit basis. You must request approval from the Curriculum Committee if you wish to audit a class. If you repeat a class for any reason, you will receive credit toward graduation only once. Both grades will appear on your permanent record; however, only the higher grade will be used in calculating your cumulative grade-point average.

Course Changes

All program changes should be made at the Registrar's Office. Parental permission is required for all program changes. Please see the school calendar for the specific deadlines for adding or dropping classes.

Correspondence and Summer School Courses

If you plan on receiving credit for any class taken by correspondence or through summer school, please make arrangements with the Registrar's Office before you enroll. If you are taking any required class through correspondence, the Registrar's Office must receive an official transcript from that institution in order to record credit on your Rio transcript. Otherwise, you will be enrolled in that class at Rio until that transcript is received.

Test Permits

Accounts are to be paid or guaranteed before finals are taken. Students whose accounts are not cleared will not be permitted to take their exams.

Issuance of Diplomas

A diploma is issued when all coursework is completed, final grades are recorded on the transcript, and the account is paid in full.

Transcripts

Your official transcript will be released upon written request when your account is cleared.

Transcripts for all previous high school work should be mailed directly to:

Registrar
Rio Lindo Adventist Academy
3200 Rio Lindo Avenue
Healdsburg, CA 95448

Rio reserves the right to record only those courses, grades, and credits, which are received on an official transcript from an accredited school.

Transfers

If a student leaves school during the school year, a withdrawal form will be prepared which shows the student's grades in his/her classes at that time. Students will be charged for any textbooks that are not returned.

Grading System

The academic year is divided into two semesters. Each semester is further divided into two nine-week grading periods. Final grades for classes, and attendance are given at the end of each semester and recorded permanently on the official transcript. Attendance grades are not used to calculate the cumulative grade-point average. Semester and cumulative GPA's are included on the report cards.

GRADE SYMBOLS

Grade Symbol	Grade Points
A	4.0
A–	3.7
B+	3.3
B	3.0
B–	2.7
C+	2.3
C	2.0
C–	1.7
D+	1.3
D	1.0
D–	0.7
F	0.0
WF (Withdrew Failing)	0.0
I (Incomplete)	0.0

Application Deadlines

June 15 - August Enrollment

All application forms as well as English proficiency test scores must be received before a student's name will be submitted to the Admissions Committee for consideration. A Skype interview will then take place. The student will receive notification of his/her admission status within two weeks upon receipt of the completed application. Once a student has been accepted, an official acceptance letter and I-20 form will be sent to the student (or agency) via international express mail. The student should then make an appointment with a U.S. consulate for an interview to apply for an F-1 student visa.

Arrival Information

New international students should arrive on campus the Thursday before registration for New Student Orientation.

If any international students need transportation to Rio Lindo Adventist Academy from the airport at the beginning of the school year, parents should e-mail the school with the airline, flight number, and arrival time. Rio provides airport transportation for all international students in August. At all other times, students should take the Sonoma County Airport Express bus to the Sonoma County Airport, where a Rio staff member will pick them up and take them to the school.

Student Life

An important part of every international student's education is learning to speak English. To be successful as a student at Rio Lindo Adventist Academy, students are encouraged to speak English in all classes and throughout the school day.

Rio accepts students of all religious faiths and backgrounds. Because Rio is a Christian school and religious values are an important part of our school program, students are required to attend scheduled weekend religious services unless they have permission to be off campus.

The cafeteria serves three well-balanced vegetarian meals per day, Monday through Saturday, and two meals (brunch and dinner) on Sunday. The menu includes dairy products and meat substitutes; however, no meat or fish is served.

Placement

All new international students will be given an English proficiency exam to determine each student's placement in the proper English class. This test evaluates a student's speaking, listening, reading comprehension, and writing skills. After the test has been graded, each student will be placed in the appropriate level of English:

1. English as a Second Language
2. Integrated English (advanced ESL class approved by the University of California as a regular English course)
3. Mainstream English class corresponding to the student's grade level

The registrar will determine a student's grade level based on an evaluation of his/her official transcript(s) as well as the results of the English proficiency exam.

Home Leaves

About every six weeks, students are given a break from school and must leave campus for a long weekend. International students stay with their US host/sponsor for home leave breaks, or if the student does not have a host/sponsor, Rio provides a home leave plan for an additional fee. See our website for more details.

Course Descriptions

The courses described represent the nature of classes at Rio Lindo Adventist Academy. Elective courses may change from year to year depending on enrollment and student demand. Some courses require prerequisites. For more specific information about classes, please contact the Registrar's Office.

Fine Arts

CREATIVE ART 10 Units

Creative Art is an introductory course designed to expose the student to a variety of mediums: pencil, charcoal, watercolor, block printing, oil painting and ceramics. Students will develop a working knowledge of design, color, perspective, and art appreciation.

CERAMICS 10 Units

Ceramics is a course designed to introduce students to three-dimensional art through the following methods of developing clay: sculpting, hand building and the wheel. Students develop skills in the use of a wide variety of tools, glazes and clay types.

ORCHESTRA 10 Units

Orchestra is an ensemble featuring strings, winds, brass, and percussion. Members are selected by audition and are expected to make full-year commitment to the ensemble. A high level of musicianship is expected and students are encouraged to devote personal practice time in preparation for rehearsals. Standard repertoire includes sacred works, seasonal music, classical literature, ethnic/world music, and pop selections. Orchestra tours extensively throughout the year and participates in the annual Spring Music Tour. **Prerequisite:** at least two years of private instrumental instruction.

HANDBELL CHOIR 10 Units

Handbell Choir is a group of 10–13 ringers performing on a five-octave set of English Handbells. Repertoire consists of a variety of sacred, classical, pop, and ethnic literature. Students must have a strong sense of rhythm, good hand/eye coordination, and the ability to read music. Members are selected by audition and are expected to make a full-year commitment. This group tours extensively during the school year and participates in the annual Spring Music Tour.

LINDAIRES 10 Units

Lindaires is the select touring choir of Rio Lindo Adventist Academy. A high level of musicianship is expected and required. Prior choral experience and sight-reading skill is preferred. Standard repertoire includes sacred works, seasonal music, classical choral pieces, ethnic/world music, and secular works. Membership is by audition only and students are required to make a full-year commitment to the group. Lindaires tours extensively throughout Northern California as well as across the state and country during the annual Spring Music Tour.
Co-requisite: Concurrent enrollment in Chorale.

CHORALE 5 Units

Chorale is open to any student interested in learning or improving their vocal skills. Membership is gained through a placement audition with the director and students are required to make a full-year commitment. Students develop skills in sight-reading, musicianship, and choral training. Repertoire consists of a variety of sacred, seasonal, classical, pop, and ethnic literature. Chorale performs mainly on-campus and also takes part in a limited number of off-campus tours.

PRIVATE MUSIC INSTRUCTION
(additional fees apply)

PIANO LESSONS 2 Units

VOICE LESSONS 2 Units

INSTRUMENTAL LESSONS 2 Units

DRAMA 10 Units

Drama is an elective class in which students learn about various aspects of performing arts as well as a brief history of theater. Members are selected by audition, but no previous drama experience is required. Stage and acting techniques are taught from the perspective of a Christian ministry. Drama has two major performances during the school year, one per semester, with the possibility of smaller performances at local churches, schools, or at Rio Lindo Adventist Academy. Selected students can take the class for a full year or just one semester.

English

ENGLISH I 10 Units

English I is a literature-based program emphasizing writing, speaking, critical thinking and reading. Students are guided through the reading comprehension process as they read American literary pieces and are challenged to analyze meaning. English I also teaches grammar and writing skills.

ENGLISH II 10 Units

English II students are guided through a comprehensive language arts experience that prepares them for competent composition writing and public speaking. Critical thinking skills are developed through analysis of classical literature.

ENGLISH III 10 Units

English III is a general requirement English class. First semester, students learn grammar, usage, and sentence structure, along with creative writing and an introduction to speech. Upon completion of the semester, they will have learned to express themselves correctly, logically, and imaginatively, both in written form and orally. Second semester, students are introduced to selected novels, short stories, and poems from American Literature. They read, evaluate, and discuss these works, studying the content, historical context, and literary techniques represented.

HONORS ENGLISH III 10 Units

Honors English III is a University of California-approved honors class requiring extensive reading, writing, and analysis. The class content includes an intensive, yearlong survey of American Literature, with a focus on full-length works. Students will learn to write literary analysis essays. In addition, they will also write original short stories and poetry, inspired by the professional models studied in class. **Prerequisite:** A's or B's in previous English classes or the permission of the instructor.

ENGLISH IV 10 Units

English IV is a general requirement English class. First semester helps prepare students to enter freshmen composition in college, with an emphasis on expository writing and vocabulary development, concluding with writing a fully documented research paper in MLA style. Second semester emphasizes literary analysis and writing about literature as students study a variety of literary works.

HONORS ENGLISH IV 10 Units

Honors English IV is a University of California-approved honors class requiring extensive reading, writing, and analysis. The class is a chronological study of the development of ideas beginning with classical Greece and Rome and concluding with modernism and post-modernism. Works from world literature are studied for each of the periods, supported with an overview of art history and philosophy to support the ideas developed in the literary works. At the end of the course, students have the option of taking the AP tests in literature and/or composition. **Prerequisite:** A's or B's in previous English classes or the permission of the instructor.

English as a Second Language (ESL)

ESL 10 Units

This is an intermediate ESL class that strengthens the English Language Learner's ability to read with comprehension, write with clarity, and speak to be understood. The student is given a safe atmosphere to practice and improve his/her English skills. Emphasis is placed on higher levels of vocabulary and grammar to prepare Language Learners for the regular English classroom.

ESL WRITING 10 Units

ESL Writing is a writing based class required for all students who are taking the ESL class. The focus of the class is on improving students' grammar, writing skills, vocabulary, and general command of the English language.

READING 10 Units

Students read a variety of fiction and nonfiction texts both in and out of class. Time is spent conferring with the teacher and other student in literature circles and small and large groups settings. Students work to improve fluency, comprehension, critical thinking, vocabulary, and knowledge of texts and literature.

INTEGRATED ENGLISH 10 Units

Integrated English is an advanced-level ESL class that covers English grammar, sentence structure, usage, and basic composition. During the second semester, students read and respond to a variety of literary works. The goal is to prepare ESL students for entry into college classes in the U.S. Although the class is primarily for ESL students, the University of California approves it as a regular English class.

Modern Language

SPANISH I 10 Units

Spanish I is a beginning level course using the four basic language skills: listening, speaking, reading, and writing. Native customs, songs, foods and games are used to spark interest and enhance learning in the Spanish world.

SPANISH II 10 Units

Spanish II provides the framework necessary to apply basic language skills to everyday life. Students study more advanced vocabulary and grammar and increase their understanding of Spanish cultures.

SPANISH III 10 Units

Spanish III is an intermediate-level course. Literary excerpts from various twentieth century authors will be introduced. Grammar is reviewed with an emphasis on incorporating more complex and advanced structures into students' speech and writing.

History & Social Science

WORLD HISTORY 10 Units

World History students examine the origins, developments and contributions of the many rich cultures from around the globe. Students analyze the rise of independence and interdependence among the states of Europe, Africa, Asia, the Middle East and Latin America. Finally, the students evaluate the role they individually play as part of the diversity found in today's modern world.

U.S. HISTORY 10 Units

U.S. History gives students an understanding of their American heritage and discover what it means to be an American – due to the diverse origins of the American population. Students analyze the early Enlightenment and the rise of democratic ideas through the context in which this nation was founded. Students concentrate on the testing of the new nation through the Civil War and the nineteenth century. (Required for graduation.)

HONORS U.S. HISTORY 10 Units

Honors U.S. History is a two-semester survey of American History from the age of exploration and discovery to the present. Solid reading and writing skills, along with a willingness to devote considerable time to homework and study, are necessary to succeed. Emphasis is placed on critical and evaluative thinking skills, essay writing, interpretation of original documents, and historiography.

U.S. GOVERNMENT 5 Units

U.S. Government uses problem-solving skills to analyze civic roles within the theory and machinery of American government. The complexity of social issues is studied, and each student is encouraged to seek solutions to those issues in both the domestic and foreign worlds. Students are exposed to the constant negotiating and interaction between the world's independent states and their numerous political bodies. (Required for graduation.)

ECONOMICS 5 Units

Economics explores each of the three major divisions in economics: microeconomics, macroeconomics, and international economics. In this modern age of computers and instant information, the students are given an opportunity to observe the complexity of a global economy. Students should apply tools (such as graphs, statistics, and equations) learned in other subject fields to their understanding of our economic system. (Required for graduation.)

Mathematics

ALGEBRA IA 10 Units

Algebra IA is designed for students who need a slower pace of Algebra I. Students will complete the first semester of Algebra I over the course of one year.

ALGEBRA IB 10 Units

Algebra IB is designed for students who have completed Algebra IA. Students will complete the second semester of Algebra I over the course of one year.

ALGEBRA I 10 Units

Algebra I is designed for students who have had a solid foundation in arithmetic and Pre-Algebra. When students complete this course they will be well prepared for Algebra II or Geometry.

GEOMETRY 10 Units

Geometry is for students who have successfully completed Algebra I. The course teaches solutions to problems involving basic geometric shapes, triangles, polygons, and circles.

ALGEBRA II 10 Units

Algebra II is designed for students who have successfully completed Algebra I with a grade of at least a C−. Students explore unknown variables, Logarithms, Trigonometry, and complex numbers.

ADVANCED ALGEBRA II 10 Units

Adv. Algebra II is intended for students who have completed Algebra I and Geometry. Students are given the opportunity to prepare for college mathematics, review for college entrance exams, and broaden their understanding of mathematics. They will be well prepared to move on to Calculus after successful completion.

CALCULUS 10 Units

Calculus is designed to show the students how pre-calculus mathematics is transformed to form the "new math" of calculus. It covers differentiation and integration with applications. Designed as an AP preparatory course.

Religious Studies

INTRODUCTION TO CHRISTIANITY 10 Units

Introduction to Christianity provides students with an understanding of the origin of humanity, God's interaction with mankind, and God's character revealed through Old Testament teachings. In the second semester, students gain a fuller understanding of God through the actions and teaching of Jesus Christ and how to apply these teachings to their lives today.

RELIGION I 10 Units

Religion I explores "beginnings" and leads students through the process of establishing a philosophy for understanding and living life. The foundation for this study is taken from the book of Genesis. Second semester is spent looking at the four Gospels and the various perspectives that the writers had in documenting Jesus's ministry on Earth.

RELIGION II 10 Units

Religion II is a class designed to explore God's leading of His people. This covers historical periods of Abraham and Moses and follows God's leadership to recent history. First semester emphasizes the Old Testament and demonstrates God's leading even if His people are not always following. Second semester emphasizes God's leading in the Reformation and its key figures, including the inception of the Seventh-day Adventist Church.

RELIGION III 10 Units

Religion III is a fun, interactive class that focuses on the Word of God. The first semester focuses on biblical doctrines and what the SDA church believes. The second semester focuses on the prophetic books of Daniel and Revelation and the Book of Romans. Students will discuss current global issues, and how they affect Christians, as well as what it means to be a true Christian. Learning will involve discussions, lectures, creative projects, reading and reports.

RELIGION IV 10 Units

Religion IV is divided into three sections: Belief and Philosophy of God in our lives, Marriage and Family, and Career Basics. During the first section students study the existence and nature of God, the Great Controversy, and World Religions. In the second section they study about the role God plays in our personal relationships with others. Students are exposed to the realities of courtship, engagement, marriage, budgeting, pregnancy, and childcare. During the third section students explore real life career scenarios.

Science

BIOLOGY 10 Units

Biology introduces students to the world of microscopic life. They study cell structure and energy relationships within living systems by analyzing evidence and characteristics that indicate order and design. Students study the interrelationships of living and nonliving factors. Marine biology is introduced during several days of intense school on the California coast.
(Required for graduation.)

PHYSICAL SCIENCE 10 Units

Physical science serves as an introductory survey of Chemistry and Physics. Students study composition of matter, the atomic model theory, electrons and chemical bonding. They take part in activities where basic theories of physics and chemistry can be tested and demonstrated with a core theme of order and design being evident in the physical world.

CHEMISTRY 10 Units

Chemistry is a course that stresses the principles of structure, composition, and interaction of matter. Much of this course is based on the atomic model theory and the quantum theory. Electron configuration and the periodic table are used to build a foundation for studying chemical reactions and compound formations. The Mole theory is central to the development of skills and laboratory exercises that deal with the quantitative aspects of chemical reactions. **Prerequisite:** completion of or concurrent enrollment in Algebra II.

PHYSICS 10 Units

Physics students learn to solve problems in the areas of acceleration, velocity, parallel and concurrent forces, conservation of energy and momentum, heat, waves, and sound. This class provides a solid foundation in science and prepares students for college-level classes.
Prerequisite: completion of or concurrent enrollment in Algebra II.

ANATOMY & PHYSIOLOGY 10 Units

Anatomy & Physiology is an upper-division course designed to give students an in-depth view of how our body parts fit and work together. The main emphasis of the class is to learn the names and functions of the structures that form the human body. Students learn medical terminology for the organ systems and for diseases and other external factors that may affect them. Principles of preventative health are stressed. Models and lab specimens are used to help students visualize what they are studying. **Prerequisite:** B− or higher in Biology and completion of Algebra I.

Computer Technology

COMPUTER APPLICATIONS 5 Units

This is a practical, introductory computer class designed to teach students how to use the computer as a business and personal tool through the use of Microsoft Word (word processing), Excel (spreadsheets), and PowerPoint (presentations). Students learn the basic concepts and integration of these programs, and they learn which program to use depending upon the task they need to accomplish. A variety of other computer concepts are covered such as organizing files, Internet safety, computer ethics, research skills, and information technology. This class is a prerequisite to all other computer classes offered at Rio. (Required for graduation).

GRAPHIC DESIGN 5 Units

This class is an introduction to the basic design principles used in all areas of design including graphic, web, fashion, interior, and product design. Students use industry standard software (Adobe InDesign & Illustrator) to design a variety of printed materials. Students learn the process of screen-printing and how the public reacts to a design and various printed materials.

WEB DESIGN 5 Units

This class is an introduction to the best practices on how to design and develop websites. Students learn how to create websites using both code and industry standard web design software (Adobe Dreamweaver). They will also learn how html and CSS work together to create functional and user-friendly websites. Class discussions include learning how to attract and keep visitors on a website as well as the social and financial impact of the Internet.

PHOTOSHOP 5 Units

Photoshop presents the basic and intermediate operating principles of Adobe Photoshop. Students will learn the beginning and intermediate skills of Photoshop, such as using the toolbox, painting and editing, selection fundamentals and working with type. Topics include working with scanned images, masking, filters, and applying strokes and fills.

YEARBOOK 10 Units

Yearbook teaches students desktop publishing in a very practical way as they participate in producing Rio's yearbook, school calendar, and Fitch Faces student directory. The class teaches basic graphic design principles, as well as photography basics and how to use a DSLR camera.

Life Skills & Industrial Technology

HOME ARTS 10 Units

Home Arts is a hands-on class where students explore, practice and master various life skills that are useful to create and maintain a household. Cooking, sewing, handcrafts and interior design are the major focus of this course. Students can expect to learn about basic nutrition, cleaning and organizing hints, decorating and many other home skills.

AUTO TECHNOLOGY 10 Units

Auto Technology is a project-oriented class. It is designed as an introduction to the field of automotive sheet metal repair and refinishing. Students are encouraged to work on their own vehicles. If students do not have their own vehicles, a wide variety of projects will be assigned. Students also participate in hands-on activities to learn how an internal combustion engine works. Dismantling and reassembling an engine, and basic vehicle maintenance and care are also taught.

GENERAL SHOP 10 Units

General Shop is a survey course in Industrial Arts that includes woodworking, welding, auto body, auto mechanics, and basic electronics. Students are given the opportunity to develop basic skills in each area and discover mediums that they may want to pursue further.

METALS 10 Units

Welding & Metal provides students with a variety of experiences including welding with gas, wire, arc, heliarc, plasma torch, and basic foundry casting with aluminum and brass. After developing basic welding skills, students actively participate in building various projects.

WOOD SHOP 10 Units

Wood Shop is designed to give students the opportunity to explore and enjoy working with wood. Each student is guided through the process of choosing and designing a personal project, selecting the necessary supplies, and satisfactorily completing the project.

Physical Education

FRESHMEN PE 10 Units

Freshmen PE is a sports specific PE class. Students learn the rules and strategies of several team sports, as well as basic skill development. Students particpate in fitness activities and sport lessons in volleyball, basketball, flag football, soccer, ultimate frisbee, badminton, and softball.

TEAM SPORTS 10 Units

Team Sports introduces sports such as volleyball, basketball, flag football, soccer, ultimate frisbee, badminton, and softball. The course is designed to teach the fundamentals of each sport and give each student the opportunity to use those fundamentals in actual game situations. Rules and strategy are also stressed. As with any physical education class, personal fitness is incorporated throughout.

FITNESS FOR LIFE 10 Units

Fitness for Life is a fitness based PE class. Students are introduced to a variety of fitness opportunities such as weightlifting, strength training, running, swimming, and bike riding. Each student has the opportunity to identify which personal fitness styles they enjoy and learn to maintain physical fitness throughout their life.

Prerequisite: completion of Team Sports.

LIFETIME SPORTS 10 Units

Lifetime Sports is a physical education class where students become aware of and participate in a variety of sporting activities that can become integral parts of his or her recreational life after high school. Activities such as ultimate frisbee, golf, tennis, disc golf, badminton, pickleball, canoeing, and backpacking can be enjoyed throughout one's life. Prerequisite: completion of Team Sports.

HEALTH 5 Units

Health is a one semester class. Students discover and implement healthy behaviors into their lives. Students learn about basic anatomy, physical exercise, and nutrition. Students also learn how to make good health choices pertaining to drugs, alcohol, and relationships.

(Required for graduation.)

VARSITY Units vary

Students who try out for and make a sports team, will be enrolled in this class. Students gain training to help them develop skills and strategy for their particular sport. Teams compete against other local schools. The Rio Spartans are a division 6 member of the North Coast Section of the California Interscholastic Federation (CIF) in the North Coast League.

Men's Varsity	Units	Women's Varsity	Units
Fall – Soccer	2.5	Fall – Volleyball	2.5
Fall – Flag Football	2.5	Fall – Flag Football	2.5
Winter – Basketball	5	Winter – Basketball	5
Spring – Misc. Sport	2.5	Spring – Misc. Sport	2.5

College & Career Prep

NAVIGATE

Navigate helps students learn good study habits, set career goals and realize their full potential. Students focus on their strengths, interests, and abilities while learning about college and career options. They also take self-awareness surveys, learn to write a resume, do online SAT prep and more. Students are expected to participate in the Navigate program each year.

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