



**Providing a culture that encourages engagement, integrity  
and honor in a supportive  
individualized learning Environment**

**ARLINGTON SCHOOL**

**2026/2027 COURSE BOOK**

**125 School Street  
St. Johnsbury, VT 05819**

*The Arlington School is a general and special education independent school approved by the State of Vermont. The Arlington school does not discriminate based on any sex, race, color, religion, and handicap, and sexual orientation, ethnic or national origin.*

# Welcome to Arlington School

At Arlington School, we believe every student deserves an education that is engaging, supportive, and connected to their future. Through individualized instruction, hands-on learning, therapeutic support, and career readiness opportunities, students build confidence, develop essential skills, and work toward their personal goals. This Course Book provides an overview of the academic, elective, transition, and independent study opportunities available to Arlington School students.

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## SOCIAL STUDIES

### Music History

Explore the genres, artists, and defining moments that shaped American music throughout the 20th and 21st centuries. Students examine how music reflects cultural change, historical events, and social movements while developing an appreciation for a variety of musical styles.

#### Topics Include:

- Jazz, Blues, Rock, Hip-Hop, and Pop Music
  - Influential Musicians and Artists
  - Music and Social Change
  - Modern Music Trends
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### European Cultures

Students explore the lifestyles, traditions, languages, histories, and customs of more than ten European countries. Through projects, discussions, and cultural exploration, students gain a greater understanding of global perspectives and cultural diversity.

#### Topics Include:

- European Geography
  - Cultural Traditions
  - Food and Customs
  - Language and Communication
  - Historical Influences
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## Introduction to Philosophy

This discussion-based course encourages students to explore moral, ethical, and personal questions through the study of philosophy. Students examine different ways of thinking while developing critical-thinking and communication skills.

### Topics Include:

- Ethics and Morality
  - Personal Beliefs and Values
  - Famous Philosophers
  - Decision-Making and Perspective-Taking
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## Government & Media Literacy

Students learn the foundations of American government while exploring current social issues and media influence. Through debates, projects, and analysis, students develop skills for civic engagement and responsible media consumption.

### Topics Include:

- The Three Branches of Government
  - Laws and Civic Responsibility
  - Current Events
  - Media Bias and Source Evaluation
  - Debate and Public Speaking
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## U.S. History

Students build foundational knowledge of United States history while exploring key events, influential leaders, and the development of American society. Special emphasis is placed on U.S. Presidents, current events, and Vermont history.

### Topics Include:

- American Presidents
  - Major Historical Events
  - Civics and Government
  - Vermont History
  - Current Events
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# ENGLISH LANGUAGE ARTS

## English Language Arts Explorations

ELA Explorations is a personalized, student-centered course designed to strengthen reading, writing, speaking, listening, and critical-thinking skills. Students explore literature, media, and real-world communication through project-based and experiential learning.

Instruction is tailored to individual strengths and learning styles while encouraging creativity, self-expression, and personal growth.

### Students Will:

- Read and discuss literature and media
  - Strengthen writing and communication skills
  - Complete projects and presentations
  - Practice public speaking
  - Explore career and college readiness skills
  - Develop self-advocacy and independence
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## English Language Arts Lab

ELA Lab provides targeted literacy support using evidence-based instructional practices.

Students receive individualized instruction designed to strengthen foundational reading and writing skills while building confidence and independence.

### Areas of Focus:

- Decoding and Fluency
  - Reading Comprehension
  - Vocabulary Development
  - Written Expression
  - Spelling and Grammar
  - Workplace and Everyday Communication
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# MATHEMATICS

## Math in Our World

This course helps students understand how math is used in everyday life. Through practical applications and real-world scenarios, students develop problem-solving skills and mathematical confidence.

### Topics Include:

- Personal Finance
  - Budgeting and Shopping
  - Travel and Measurement
  - Technology and Data
  - Sports Statistics
  - Consumer Math
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## Math We Love

Students explore the enjoyable and creative side of mathematics through games, puzzles, challenges, projects, and collaborative activities.

### Topics Include:

- Logic and Reasoning
  - Patterns and Problem Solving
  - Geometry
  - Statistics
  - Everyday Mathematics
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## Math We Must Know

This standards-based course focuses on essential mathematics skills required for high school success.

### Topics Include:

- Pre-Algebra
- Algebra
- Geometry
- Multiplication and Division
- Fractions, Decimals & Percentages

# SCIENCE

## Core Concepts in Science

Core Concepts in Science introduces students to biology, chemistry, physics, and earth and space science. Through hands-on learning and real-world applications, students develop scientific thinking and observation skills.

### Topics Include:

- Living Systems
- Matter and Energy
- Forces and Motion
- Earth Systems
- Space Science

## Ecology

Ecology explores how living organisms interact with each other and their environment. Students investigate ecosystems, biodiversity, natural resources, and human impact on the natural world.

### Topics Include:

- Ecosystems
  - Plants and Animals
  - Weather and Climate
  - Natural Resources
  - Environmental Stewardship
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## Principles of Health & Medicine

Students explore human health, body systems, nutrition, disease prevention, and healthcare careers. Through labs, projects, and discussions, students gain practical knowledge related to personal wellness and medical science.

### Topics Include:

- Human Body Systems
- Nutrition and Wellness
- Disease Prevention
- First Aid
- Emergency Medicine

# FINE ARTS

## Art History

Students explore artistic movements, cultural influences, and major periods in art history while participating in weekly hands-on art projects.

### Projects May Include:

- Origami
  - Cross-Stitch Design
  - Sculpture
  - Recycled Art
  - Mixed Media Projects
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## ACADEMIC SUPPORT

### Study Skills

Study Skills provides individualized support aligned with students' academic goals and IEP objectives. Students work closely with educators to strengthen academic and organizational skills.

#### Areas of Focus:

- Reading and Writing Support
  - Mathematics Skills
  - Organization
  - Time Management
  - Executive Functioning Skills
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## PERSONAL DEVELOPMENT & TRANSITION

### Personal Growth & Development

This course helps students develop the personal and interpersonal skills necessary for success in school, work, and daily life.

#### Topics Include:

- Self-Awareness & Healthy Relationships
- Communication and Decision-Making Skills
- Problem Solving

### Practical Life Skills

Practical Life Skills introduces students to the responsibilities and opportunities of increasing independence.

#### Topics Include:

- Driver's License Preparation
- Employment Skills
- Workplace Expectations
- Digital Citizenship

- Online Safety
  - Communication Skills
  - Financial Awareness
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## Senior Seminar

Senior Seminar prepares students for life after high school by exploring career pathways, employment opportunities, post-secondary education, and independent living.

### Topics Include:

- Career Exploration
- Resume Development
- Interview Skills
- Budgeting and Banking
- Housing and Transportation
- Professional Communication
- Workplace Readiness

Second-semester opportunities may include work-based learning and community partnerships.

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## HEALTH & PHYSICAL EDUCATION

### Physical Education

Physical Education promotes healthy lifestyles through movement, recreation, teamwork, and physical activity in a supportive environment.

### Areas of Focus:

- Fitness
  - Teamwork
  - Sportsmanship
  - Recreation
  - Wellness
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### Health I

Health I explores a wide variety of wellness topics designed to help students make informed decisions about their physical, mental, and emotional health.

### Topics Include:

- Nutrition
- Hygiene
- Mental Health
- Relationships

- Chronic Illness
  - Disease Prevention
  - Healthy Decision-Making
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## Honors Health

Honors Health expands upon Health I by exploring advanced health topics through discussion, research, and community partnerships.

### Topics Include:

- Sexual Health Education
  - Consent
  - Healthy Relationships
  - Addiction and Recovery
  - Community Resources
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## CREDIT RECOVERY & INDEPENDENT STUDY

### Credit Recovery Program

The Credit Recovery Program provides students with opportunities to recover previously failed coursework while receiving individualized support and guidance. Students work at an appropriate pace while rebuilding skills, confidence, and progress toward graduation.

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### Independent Study Program

Independent Study provides a flexible learning option for students who benefit from a smaller setting or alternative pace. Students work with a supervising teacher to establish goals, monitor progress, and earn credits independently. These courses provide self-paced learning opportunities while maintaining clear expectations and accountability.

## PREPARING FOR THE FUTURE

Arlington School's academic, therapeutic, vocational, and transition programs are designed to help students discover their strengths, achieve their goals, and prepare for success after high school. Whether students plan to enter the workforce, pursue higher education, attend a trade program, or live independently, Arlington School provides the support and opportunities needed to help them succeed