

Saratoga Springs High School



# Academic Information Night

## Welcome!

January 7, 2026





Saratoga Springs High School

# Welcome Message

**Ms. Michelle Tsao**

Principal  
[m\\_tsao@saratogaschools.org](mailto:m_tsao@saratogaschools.org)



# High School Leadership Team

**Stacey Ralston**  
Assistant Principal

**Johanna Friedman**  
Assistant Principal



**John Goodson**  
Director of Athletics, PE, & Health

**Michelle Tsao**  
Principal



**Kevin Wolpert**  
Assistant Principal

**Erin Bennett**  
Assistant Principal



**Mary Alice Hipwell**  
District Coordinator for CSE – HS

Special Education  
Transition Night:  
2/11/26 @ 6:00 PM  
High School  
Library Classroom

Saratoga Springs High School

# Transition Activities

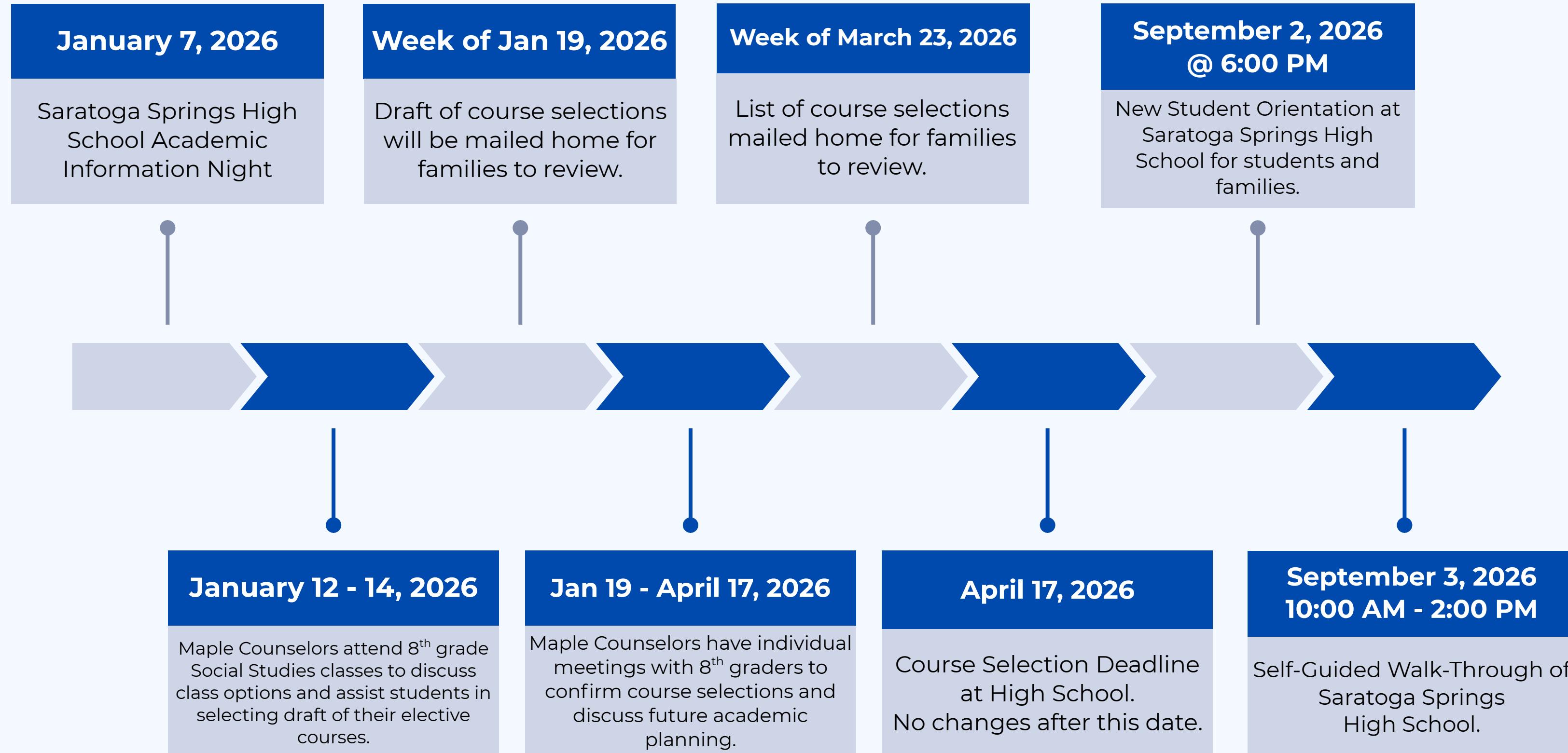
**Johanna Friedman**

Assistant Principal

j\_friedman@saratogaschools.org



# 8<sup>th</sup> – 9<sup>th</sup> Grade Transition Calendar



# School Counseling Team

Saratoga Springs High School



# High School Support Services

## Counseling Department

- **Ms. Mellisa Allen**
- **Ms. Serene Couture**
- **Ms. Brandy Crary**
- **Ms. Colleen Grassi**
- **Ms. Siobahn LaMar**
- **Mr. Geoff Loiacono**
- **Ms. Zoë McLaughlin**
- **Mr. Matt Nelson**
- **Ms. Maura O'Connell**

## School Psychologists

- **Ms. Rachel Mitchell**
- **Mr. Dan Walter**

## Social Workers

- **Ms. Judy Brust**
- **Mr. Nate Chandler**
- **Ms. Diane Davis**

## School Resource Officer

- **Mr. Stephen Krappman**

HOME &gt; SARATOGA SPRINGS HIGH SCHOOL

# Saratoga Springs High School

**1) Click on Saratoga Springs High School****2) Click on Academic Program Guide****HIGH SCHOOL LINKS**

- › About the High School
- › Academic Program Guide
- › Clubs & Activities
- › Counseling
- › Library/Media Services

**HIGH SCHOOL NEWS**

Announcements 12.11.25 &gt;

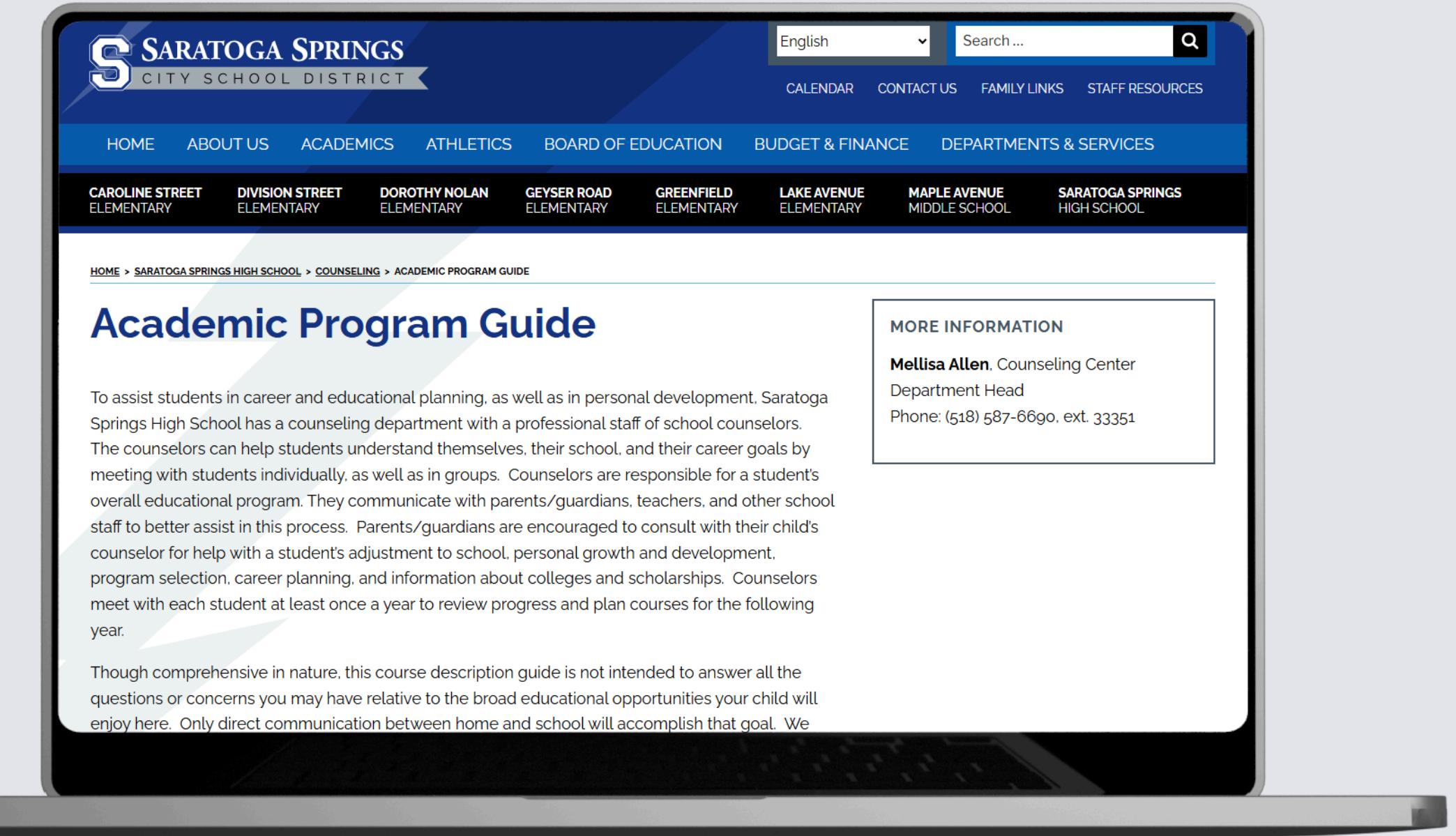


# SSHS

# Academic

# Program

# Guide



The screenshot shows the Saratoga Springs City School District website. The header features the district logo with a large 'S' and the text 'SARATOGA SPRINGS CITY SCHOOL DISTRICT'. It includes a language selection dropdown (English), a search bar, and links for CALENDAR, CONTACT US, FAMILY LINKS, and STAFF RESOURCES. The main navigation menu includes HOME, ABOUT US, ACADEMICS, ATHLETICS, BOARD OF EDUCATION, BUDGET & FINANCE, and DEPARTMENTS & SERVICES. Below this, a secondary navigation menu lists school buildings: CAROLINE STREET ELEMENTARY, DIVISION STREET ELEMENTARY, DOROTHY NOLAN ELEMENTARY, GEYSER ROAD ELEMENTARY, GREENFIELD ELEMENTARY, LAKE AVENUE ELEMENTARY, MAPLE AVENUE MIDDLE SCHOOL, and SARATOGA SPRINGS HIGH SCHOOL. The page content for 'ACADEMIC PROGRAM GUIDE' includes a breadcrumb trail (HOME > SARATOGA SPRINGS HIGH SCHOOL > COUNSELING > ACADEMIC PROGRAM GUIDE), a section titled 'Academic Program Guide', a detailed description of the counseling department's role, and a note about the course description guide's purpose. A sidebar on the right is titled 'MORE INFORMATION' and lists 'Mellisa Allen, Counseling Center Department Head' with the phone number '(518) 587-6690, ext. 33351'.

**Academic Program Guide**

To assist students in career and educational planning, as well as in personal development, Saratoga Springs High School has a counseling department with a professional staff of school counselors. The counselors can help students understand themselves, their school, and their career goals by meeting with students individually, as well as in groups. Counselors are responsible for a student's overall educational program. They communicate with parents/guardians, teachers, and other school staff to better assist in this process. Parents/guardians are encouraged to consult with their child's counselor for help with a student's adjustment to school, personal growth and development, program selection, career planning, and information about colleges and scholarships. Counselors meet with each student at least once a year to review progress and plan courses for the following year.

Though comprehensive in nature, this course description guide is not intended to answer all the questions or concerns you may have relative to the broad educational opportunities your child will enjoy here. Only direct communication between home and school will accomplish that goal. We

**MORE INFORMATION**

**Mellisa Allen**, Counseling Center Department Head  
Phone: (518) 587-6690, ext. 33351

- Overview and description of all courses, including recommendations and prerequisites
- Provides Counselor and High School contact information
- Outlines expectations for Honors, Advanced Placement (AP), and College-level courses
- Describes school-based programs: Saratoga Pathways Academy (SPA), Early College Career Academy (ECCA), and BOCES Career and Technical Education (CTE)

## Table of Contents

- [Graduation Requirements](#)
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- [Career and Technical Education Through BOCES](#)
- [Early College in the High School Programs](#)
- [Saratoga Pathways Academy](#)

# Science Department Courses

Students must complete three units and one Regents exam in science to graduate with a Regents Diploma. Of the three units, one must be from the living environment curriculum and one from the physical setting curriculum. Students pursuing a Regents Diploma with Advanced Designation must pass two Regents exams (one physical science and one life science).

**Science Department Head:** Erin Bell (ext. 33110)

## Science Progressions

**Grade 9:** Life Science: Biology or Earth and Space Sciences

**Grade 10:** Earth and Space Sciences or Chemistry

**Grade 11:** Chemistry, Physics, or Science Elective

**Grade 12:** Physics, AP Science, or Science Elective

# 9th Grade Possible Courses: Core & Electives

- Saratoga Springs High School offers a wide variety of unique learning opportunities for our students.
- Review the Academic Program Guide for program pathways and options.

## CORE COURSES:

English 9\*

Global History 9\*

Math\*

Science\*

Physical Education\*

Career Financial Management\*

Health\*

World Language

## ELECTIVE COURSES:

Art

Business

Family & Consumer Sciences

Music

Technology

\*Required





# Possible Electives in Grade 9:

- Foundations in Art
- Biomedical Science PLTW
- Design & Drawing for Production
- Intro to Engineering PLTW
- Music in Our Lives
- Mixed Chorus
- Bel Canto Choir
- Concert Orchestra
- Chamber Orchestra
- Concert Band
- Clothing, Textiles and Design
- Housing and Interior Design



## Other Academic Programs

SPA: Saratoga Pathways Academy

Humanities Program

Virtual Information Night -TBD

PTECH - STEM oriented programs

HVCC

Information Night is  
January 8th at 6PM;  
Shadow Day is 2/12/26  
from 8-9:30AM

SUNY Adirondack

March 10<sup>th</sup> at 6PM

In-person on Campus

# Example of a 9<sup>th</sup> Grade Schedule:

	A Day	B Day	C Day	D Day
Block 1	Algebra 1	English 9	Algebra 1	English 9
Block 2	Spanish 2	Global History 9	Spanish 2	Global History 9
Academic Support/Flex	Academic Support/Flex Grade 9	Academic Support/Flex Grade 9	Academic Support/Flex Grade 9	Academic Support/Flex Grade 9
Block 3 (Lunch included in Block 3)	Life Science: Biology	Life Science: Biology	PE – Introduction Grade 9	Life Science: Biology
Block 4	Career Financial Management / Health	Foundations in Art	Career Financial Management / Health	Foundations in Art

# Q&A

Time for General Questions and to hear more about what SSHS has to offer!



Scheduling-related or individual questions to be directed to **Maple Ave Middle School Counselors.**



A copy of this presentation will be available in the *News* section on the High School's webpage.

**Starting July 1,  
please contact the  
Saratoga Springs  
High School  
Counseling Office  
for support.**

# ACADEMIC NIGHT BREAKOUT LOCATIONS

