

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



High School Leadership Team

Michelle Tsao

Principal

Stacey Ralston

Assistant Principal

Johanna Friedman

Assistant Principal



Kevin Wolpert

Assistant Principal

Erin Bennett

Assistant Principal



John Goodson

Director of Athletics, PE, & Health



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

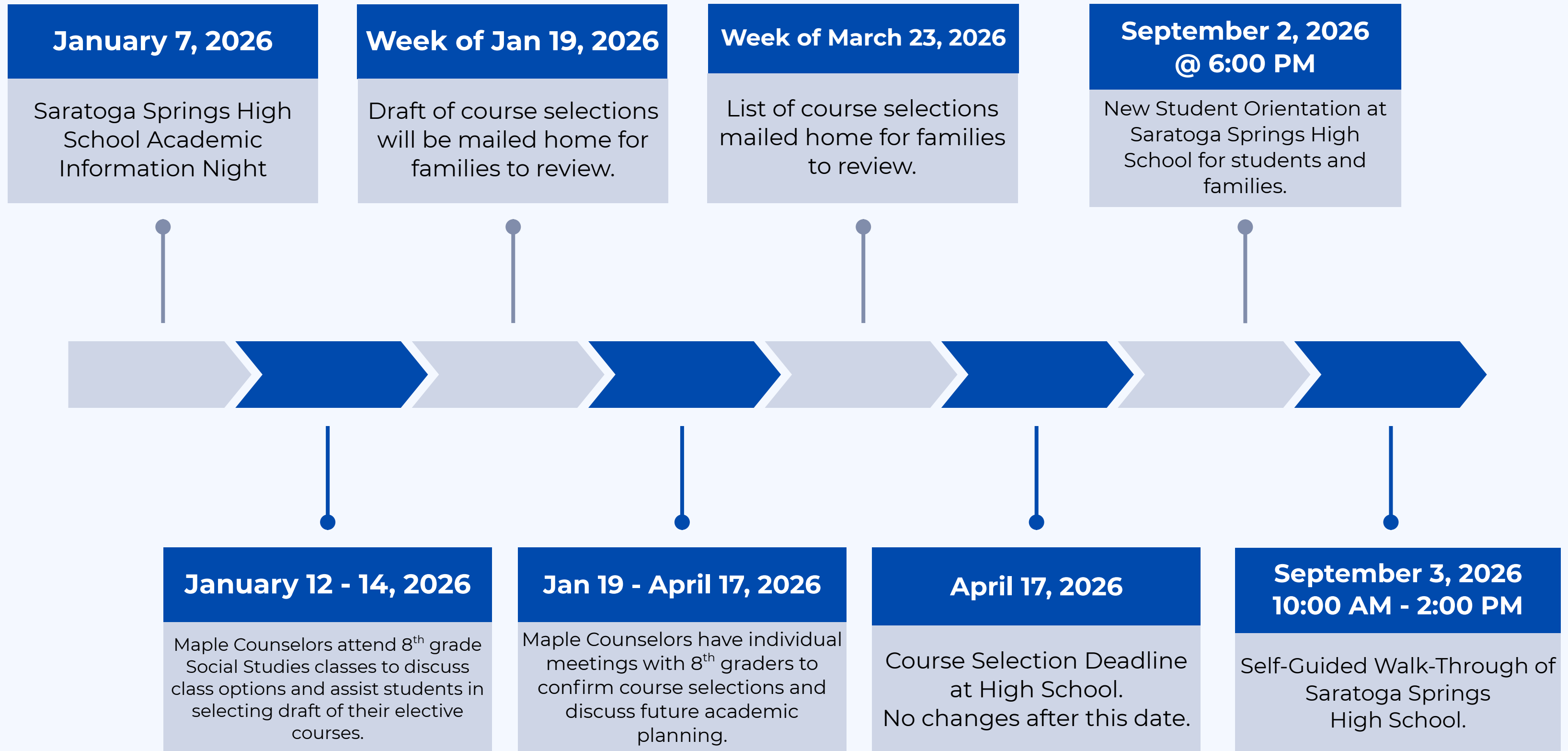
Johanna Friedman

Assistant Principal

j_friedman@saratogaschools.org



8th – 9th Grade Transition Calendar



School Counseling Team

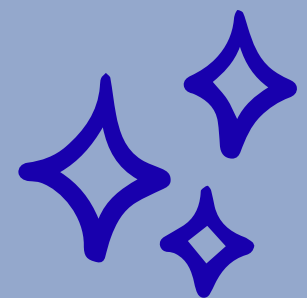
Saratoga Springs High School



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



Saratoga Springs High School

1) Click on Saratoga Springs High School

2) Click on Academic Program Guide

HIGH SCHOOL LINKS

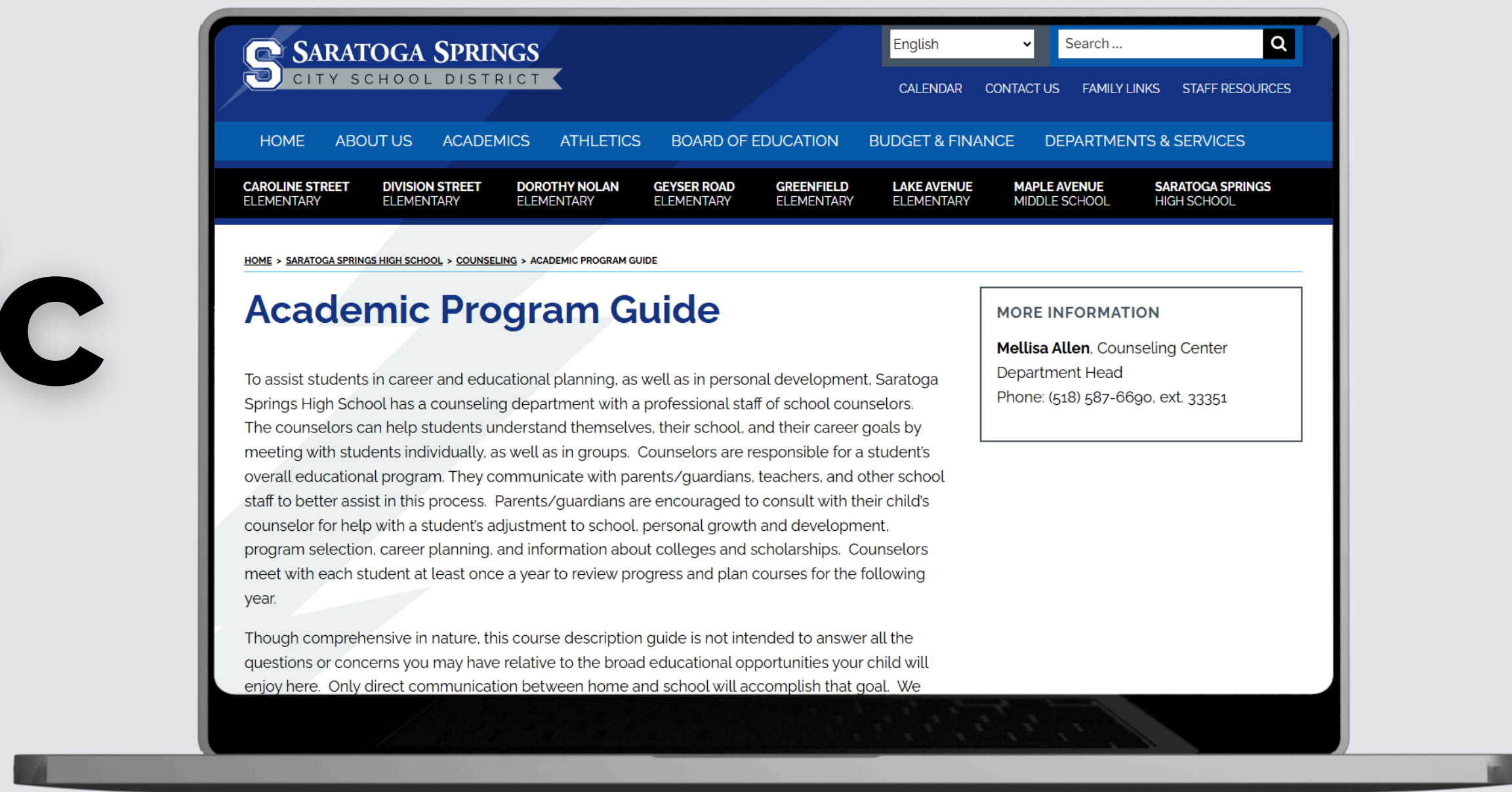
- > About the High School
- > Academic Program Guide
- > Clubs & Activities
- > Counseling
- > Library/Media Services

HIGH SCHOOL NEWS

Announcements 12.11.25 >



SSHS Academic Program Guide



- 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)

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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

**Required*

ELECTIVE COURSES:

Art

Business

Family & Consumer Sciences

Music

Technology





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 10th at 6PM

In-person on Campus

Example of a 9th 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!

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



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



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



ACADEMIC NIGHT BREAKOUT LOCATIONS

