



Zachary Strom, Principal

Bonnie Curran, Amy Nass and Ashley Zapata, Assistant Principals

ATTENTION RISING 9TH GRADE STUDENTS AND GUARDIANS:

Florida statute requires students to take one (1) credit of physical education in high school, which must include the integration of health. This course requirement can be satisfied when students successfully complete Health Opportunities through Physical Education (HOPE), a one-year course. Due to the content, students are encouraged to take the course no earlier than the 3rd quarter of their 8th grade year. The course includes topics such as Mental/Social Health, Alcohol and Drug Prevention, and Internet Safety. Students are eligible to begin the HOPE course upon their first day of the 3rd quarter during their 8th grade school year. Students who earn an AICE or IB diploma or are in ROTC for 2 years or more are exempt from the HOPE graduation requirement. (Alternative options can be found in the High School Student Progression Plan on page 34).

If you would like for your student to complete the HOPE course virtually at this time, I am also responsible for disseminating the following information:

- Once the HOPE course is taken and completed, it cannot be removed from the high school transcript – it is very important for students and parents to be aware of the implications of registering for a high school course prior to the start of high school
- It is recommended by the District for students to take HOPE in a classroom, with a teacher, in order to receive the full intent of the Health Opportunities through Physical Education (HOPE) course
- By taking this course prior to the start of high school, your student's freshman schedule will open up space for an additional standard elective – this will impact your student's high school GPA, in that standard courses are **not** weighted for an extra .5 credit



Building Purposeful Leaders Where Everyone Shines Through Achievement

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****Important Information:** If proceeding with the HOPE course virtually, during the enrollment phase, please have your student indicate their “Physical School” as Palm Valley Academy so that the request comes to PVA for verification. After completion of 8th grade, they should then change their “Physical School” to their high school of enrollment. This will ensure that their Final Course report is sent to their high school and added to their transcript, rather than sent back to PVA.

During enrollment, your student should elect to enroll in both Segment 1 and Segment 2. Completion of the course by August 1st will open up their schedule for an additional elective. Your student will need to notify their high school Registrar after they have completed the course, to request a change of elective on their freshman schedule; this will **not** be automatically updated for them. You can find this person’s contact information on the high school’s website.

Again, taking HOPE in person is highly recommended but if you choose to move forward with virtual enrollment, please click on one of the links below.

You may enroll your student through SJVS part-time here:

SJVS: <https://stjohnsvirtual.com/h-o-p-e/>

Or as a FLVS Flex Student (part-time)

FLVS: [https://www.flvs.net/high-school-courses/course/health-opportunities-through-physical-education-\(hope\)/ft184/](https://www.flvs.net/high-school-courses/course/health-opportunities-through-physical-education-(hope)/ft184/)

Please contact Corinne Fennelly, School Counselor, if you have any questions at corinne.fennelly@stjohns.k12.fl.us or 904-547-4216.