

# Upper School Overview



Millwood School offers an unprecedented Upper School experience. Upper School students enjoy a wide variety of opportunities through clubs, service organizations, and academic competitions. Every year is enhanced with traditions considered rites of passage as the students progress, including an overnight trip each year to complement the curriculum.



Our Upper School experience includes small classes with a robust Advisory Program; a safe, peaceful 79-acre campus; a friendly, inclusive, and diverse community with strong parent and grandparent involvement, an environment of

respect, self-discipline, good conduct, and responsible work ethic; and academic courses which meet students where they are and take them as far as they can go. Honors and Advanced Placement (AP) Courses are offered to students prepared for academic rigor.

## Academics

**Standardized Testing** – The PSAT will be administered in grades 9 through 11 in preparation for the SAT.

**College Placement** – Students and parents will have the opportunity to work closely with the college counselor throughout the college selection process, beginning in the 8th grade.

**Rigor** – The college preparatory courses are unprecedented in this geographic area. All academic work is directed toward preparation for success in the college admission process and success with college-level work.

**Academic Advisor** – Students are paired with an advisor who guides and directs them throughout the upper school. This relationship involves course selection, the monitoring of academic progress, and the pursuit of personal goals.

## Program Highlights

**Approaches to Learning Skills** – Students are armed with self-management skills, thinking skills, research skills, social skills, and communication skills. These skills are mastered through explicit classroom instruction and field experiences.

**Community Service** – We believe it is essential for students to demonstrate compassion and leadership. Each student must perform 30 hours of community service each academic year a student is enrolled.

**AP Seminar** – Students must complete AP Seminar to prepare them for the AP Capstone program

**Athletics** – Students are able to participate and compete on a variety of middle school and varsity sports teams throughout the school year.

**Clubs** – Clubs are offered during school as student interest dictates.

## Specialty Programs

**AP Capstone** – Students earning scores of 3 or higher in AP Seminar, AP Research, and on four additional AP exams of their choosing, receive the AP Capstone Diploma. With this diploma, students could earn up to 36 college credit hours.

**Round Square** – Students have the opportunity to visit schools that also partake in the Spirit of Internationalism, the Spirit of Democracy, the Spirit of Environment, the Spirit of Adventure, the Spirit of Leadership, and the Spirit of Service.

**MYP** – The International Baccalaureate Middle Years Programme is a rigorous academic framework designed for students aged 11 to 16, emphasizing critical thinking, intercultural understanding, and holistic development. It encourages students to make connections between their studies and the real world, promoting inquiry-based learning and global citizenship.



*At Millwood School, we don't simply provide knowledge. We inspire it. We are a Junior Kindergarten - Grade 12, college preparatory, co-ed independent day school.*

[www.millwoodschool.org](http://www.millwoodschool.org) | 15100 Millwood School Lane, Midlothian, VA 23112 | 804.639.3200



# Course Offerings

## English

IB MYP H WESTERN LITERATURE  
IB MYP H EASTERN LITERATURE  
AP LITERATURE AND COMPOSITION  
AP LANGUAGE AND COMPOSITION  
AP SEMINAR  
AP RESEARCH

## Mathematics

IB MYP H ALGEBRA I  
IB MYP H GEOMETRY  
IB MYP H ALGEBRA II  
IB MYP H PRE-CALCULUS  
AP PRE-CALCULUS  
AP CALCULUS  
AP STATISTICS

## History

IB MYP H WORLD GEOGRAPHY 8  
IB MYP H/AP WORLD HISTORY: MODERN  
AP HUMAN GEOGRAPHY  
AP/H US HISTORY  
AP/H US GOVERNMENT & POLITICS

## World Language

IB MYP H SPANISH II  
IB MYP H SPANISH III  
IB MYP H SPANISH IV  
AP SPANISH LANGUAGE AND CULTURE  
IB MYP H FRENCH II  
IB MYP H FRENCH III  
IB MYP H FRENCH IV  
AP FRENCH LANGUAGE & COMPOSITION

## Fine Arts

IB MYP H ART I  
IB MYP H ART II  
IB MYP H ART III  
3D ART AND DESIGN  
IB MYP H MUSIC II  
IB MYP H DRAMA II

## Science

IB MYP H CONCEPTUAL PHYSICS  
IB MYP H CHEMISTRY  
AP PHYSICS 1/2  
HUMAN ANATOMY AND PHYSIOLOGY  
AP PSYCHOLOGY  
AP CHEMISTRY  
AP BIOLOGY

## Electives (vary year to year)

IB MYP H DESIGN 9  
IB MYP H DESIGN 10  
AP COMPUTER SCIENCE PRINCIPLES  
AP COMPUTER SCIENCE A

## Physical Education

IB MYP H PHYSICAL EDUCATION 9  
IB MYP H PHYSICAL EDUCATION 10  
HONORS WEIGHT TRAINING

*\* Some of the above courses are not offered every year. Courses are offered and may be added according to student interest. Some courses are offered on a semester basis.*



# Graduation Requirements: Diploma

Discipline Area	Credits
English	4
Mathematics <sup>1</sup>	5
Science <sup>2</sup>	4
History and Social Sciences <sup>3</sup>	4
Health and Physical Education	2
World Language	4
Design	2
Electives	4
Community Service Hours <sup>4</sup>	1
<b>TOTAL</b>	<b>30</b>

## Additional Requirements for Graduation

· Training in Emergency First Aid, Cardiopulmonary Resuscitation (CPR), and the use of automated external defibrillators (AED) – Students shall be trained in emergency first aid, CPR, and the use of AED, including hands-on practice of the skills necessary to perform.

<sup>1</sup> Courses completed to satisfy this requirement shall be at or above the level of algebra and shall include at least two course selections from among: Algebra I, Geometry, Algebra II, or other mathematics courses above the level of algebra and geometry. Students may also use a computer science class to fulfill this credit.

<sup>2</sup> Courses completed to satisfy this requirement shall include course selections from at least two different science disciplines from among: earth sciences, biology, chemistry or physics. Students may also use a computer science class to fulfill this credit.

<sup>3</sup> Courses completed to satisfy this requirement shall include U.S. History, U.S. Government, and one course in either world history or geography or both.

<sup>4</sup> Students must complete 30 community service hours for every academic year that they are enrolled in Millwood School.



Be seen. Be heard. Be inspired.