



## Meet Your Teachers

### Ms. Orasha Fowler

ofowler@midfield.k12.al.us

Ms. Fowler is a 23 year veteran teacher who loves her students and cares about developing their character as they prepare for the future. She teaches Chemistry, Physics, Biology and Computer Science. Her expectations are high but her willingness to help is even higher. Ms. Fowler has been a MHS teacher for 3 years and has developed a deep connection with the community. She enjoys her new role as the Patti Staz Cheer Coach and looks forward to coming to encourage excellence in and out of the classroom

### Mr. Chris Hare

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Mr. Hare, a happily married (21 years) father of seven, including six boys and one girl. He is a graduate of Wenonah High School, Talladega College (B.A. in Biology), Kaplan University (M.A.T.I.) & Liberty University (Ed.S. in Educational Leadership). Mr. Hare is a "jack-of-all-trades" type who enjoys doing anything with his hands, but most of all, loves teaching and exercising his mind. He is an accomplished secondary science and math teacher with over 17 years of experience in the classroom. Mr. Hare is also a high skilled professional tutor of secondary and post-secondary math and science, as well as college entrance exams and achievement tests.

### Ms. Sharon Rountree

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Ms. Rountree has been a Biology, Physical Science and Environmental Science teacher for 9 years at Midfield High School. She has over 15 years of experience teaching. Ms. Rountree is a graduate of Tuskegee University (B.S. in Biology) and Jacksonville State University (M.S. in Biology Secondary Education). She is currently attending the University of Montevallo to obtain a M.S. in School Counseling and LMFT. She is a proud mother of 3 children. She enjoys spending time with family, baking and line dancing.

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Meet Your Teachers

Midfield High School  
Science Department

Science You Can Use

Alabama High School  
Graduation Requirements

## Midfield High School Science Department

*Our Science Department offers Biology, Physical Science, Chemistry, Environmental Science, Human Anatomy & Physiology and Physics lab-based courses to provide an opportunity for students to develop scientific process skills, laboratory techniques, and an understanding of the fundamental principles of the science content area. Students will explore content topics to enhance their knowledge of science. The Science Department also strives to increase ACT scores by practicing science skills and strategies. Because Midfield High School offers block science courses, students will earn 1 credit at the end of a semester after obtaining a passing grade. At the end of each semester, students will be administered a semester exam. For more information or if you have questions about the Science Department, science courses or any other information related to the science department, contact any of the science teachers by phone 205-923-2833 or by email.*

## Science You Can Use

### What is Organic Food?

The term "organic" refers to the process of how certain foods are produced. Organic foods have been grown or farmed without the use of artificial chemicals, hormones, antibiotics or genetically modified organisms. In order to be labeled organic, a food product must be free of artificial food additives. This includes artificial sweeteners, preservatives, coloring, flavoring and monosodium glutamate (MSG). Organically grown crops tend to use natural fertilizers like manure to improve plant growth. Animals raised organically are also not given antibiotics or hormones.

Organic farming tends to improve soil quality and the conservation of groundwater. It also reduces pollution and may be better for the environment. The most commonly purchased organic foods are fruits, vegetables, grains, dairy products and meat. Nowadays there are also many processed organic products available, such as sodas, cookies and breakfast cereals.

\*\*Information obtained from:  
[https://www.healthline.com/nutrition/what-is-organic-food#TOC\\_TITLE\\_HDR\\_2](https://www.healthline.com/nutrition/what-is-organic-food#TOC_TITLE_HDR_2)

### High Science Graduation Requirements

Two credits to include:

- Biology (1 Credit)
- Physical Science (Options: Chemistry, Physics, Physical Science) (1 Credit)

\* Science-credit eligible options may include: Advanced Placement/International Baccalaureate/postsecondary courses/SDE-approved courses. Lab based courses.

Two credits from:

- Alabama Course of Study: Science Science-credit eligible courses from Career and Technical Education
- Science –credit eligible Advanced Placement/International Baccalaureate/postsecondary courses
- SDE-approved courses.

\*\*Information obtained from:  
<https://www.alsde.edu/sec/sct/Pages/graduationinformation-all.aspx>



The Science Department  
Midfield High School