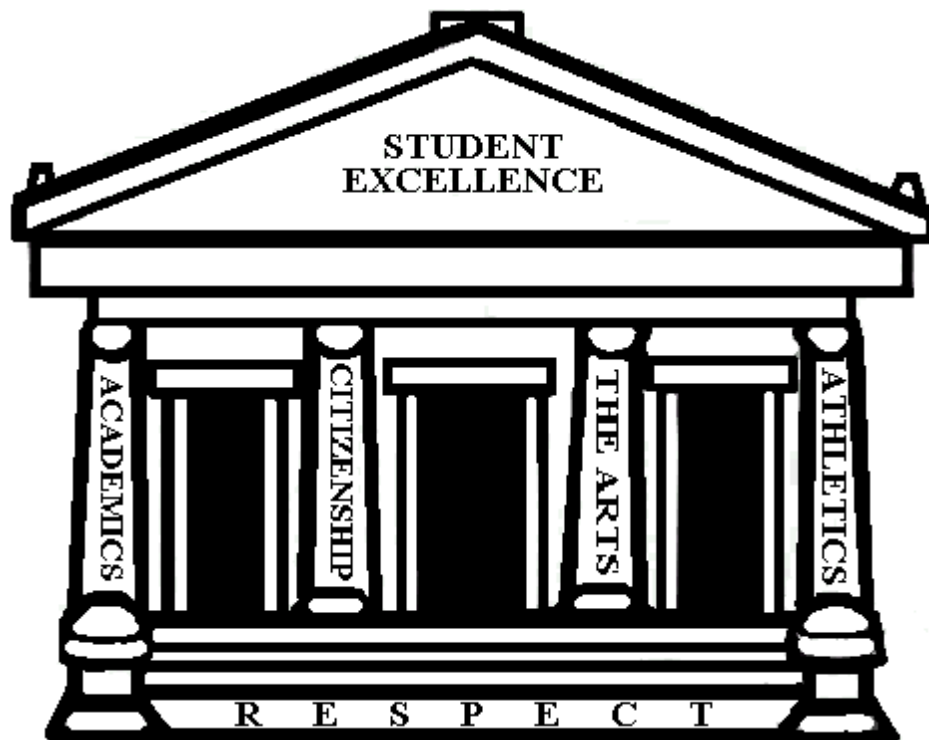

Mark R. Isfeld Secondary



Mark R. Isfeld Secondary School is an innovative learning community founded on respect and supporting student excellence through academics, citizenship, the arts and athletics.

2016-2017 Course Selection Guide

OUR NAMESAKE



Mark R. Isfeld was a peacekeeper for the Canadian forces serving in the former Yugoslavia. He was a Master Corporal with the Canadian Military Engineers and his job was to remove deadly landmines. On June 21st, 1994 Mark Isfeld was killed in southern Croatia when the personnel carrier he was walking in front of hit a land mine. Mark Isfeld is remembered for the compassion with which he viewed the war-torn countries in which he served. He often said, “Every mine I lift means someone doesn’t die.” He wrote about and photographed the places and people he met. He is perhaps most known for the dolls his mother made and he distributed to the children he met.

You can learn more about Master Corporal Mark Isfeld by visiting the Mark R. Isfeld school website:

www.isfeldschool.com.

DESCRIPTION OF ISFELD

Named after this kind and caring Canadian, we are an inclusive school with 1,000 students from grades 8 through 12. We have international students from many countries, a growing French Immersion Program, a vital and active Fine Arts program, a successful Athletics program with more than 30 competitive teams, a full Applied Skills program, and a successful academic track record.

Our Mission Statement – “Mark R. Isfeld Secondary School is an innovative learning community founded on respect and supporting student excellence through academics, citizenship, the arts and athletics” – accurately captures our focus on providing a balanced, varied program for all students.

Check out this video to see who we are: <http://www.youtube.com/watch?v=98bwTuTHOZo>.



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LEARNING TODAY FOR TOMORROW'S WORLD

As you plan for the coming year, we encourage you to plan for your future today. Embrace the many opportunities that we offer for broadening your horizons, thinking, skills, and experiences here at Mark R. Isfeld Secondary School. Nowhere else, after your time here, will you find this variety of free, high quality, learning opportunities. Take the time to understand, to think, and to plan: this is where you lay the foundation for your future.

We are living in exciting times with unprecedented opportunities. As the speed of change continues to increase exponentially, we are helping to lay a foundation for you in an increasingly ambiguous world. Our responsibility is to help prepare you to be a positive, productive, citizen of the world. The challenge is how to do that for a world that is in such rapid flux? Already, we live with unlimited access to information, ideas, and resources. You need to have the skills, attitudes, and thinking required to create valuable and positive relationships (personal and intellectual) in this reality. The paradigm (a system filled with the values and protocols of the Industrial Age) from which we are working has questionable validity, and we are working to address this. We, at Mark R. Isfeld Secondary School, are changing the ways in which we approach education; having said that, there are many parts of the traditional system that help to create a valuable foundation. Hard work remains the cornerstone of success; it just exists differently. Our core values and culture are still key components you will need to embrace in a new and exciting context. We are working hard to provide you with a robust program that will provide you with a broad-based, meaningful curriculum that will prepare you for a world we cannot yet imagine.

To that end, at Mark R. Isfeld Secondary School we offer a comprehensive selection of courses knowing that students will take advantage of this wonderful opportunity to develop a broad education that prepares them for an exciting future. We have created as many options at our school as currently possible to allow students to develop individual pathways for their learning. Should you not find the course or area of passion you are interested in, let us know and we will explore all possible avenues for you to pursue your interest(s). An increasing number of our students take at least one self-directed course with in-school support each year. Topics this year have ranged from Auto-Mechanics to Latin, Business to Philosophy. We invite you to stop thinking about "Grad Credit Counts" and to think more about laying the foundation for your future success based on your passion and interest.

If you have any questions about this Course Selection Guide, please make sure you check with your classroom teacher, teacher advisor, counsellor, or administrator. Embrace this opportunity, it is your education: take ownership of your learning because this is your opportunity to grow through school instead of going to school.

In response to our changing reality, the Ministry of Education has been going through an extensive review of our education programs. Below is a chart outlining what the Core Competencies are for Education in British Columbia. Core Competencies are sets of intellectual, personal, social, and emotional proficiencies that all students need to develop in order to engage in deep learning and life-long learning. Our goal is to integrate this work throughout our curricula.

<p>Thinking—the knowledge, skills, and processes we associate with intellectual development. It is through their competency as thinkers that students take subject-specific content and transform it into new understanding. Thinking competence includes specific thinking skills as well as habits of mind, and metacognitive awareness. Together, these components of thinking competency represent the abilities students need in order to undertake deep and lifelong learning.</p>	<p>Creative thinking</p>	<p>Strategies for Generating Creative Ideas (e.g., valuing creativity and innovation; risk-taking; sense of play; flexibility; ease with ambiguity; sense of play)</p>
		<p>Approaches to Elaboration (Exploring and elaborating ideas, e.g., risk-taking; “playing”; collaborating; making connections)</p>
		<p>The Creative Idea, Expression or Product (Creating novel/innovative ideas, expressions, works in various media)</p>
	<p>Critical thinking (Preliminary Ideas)</p>	<p>Identify issues; develop questions</p>
		<p>Gather, assess and analyze information</p>
		<p>Understand perspectives; consider evidence and points-of-view</p>
<p>Communication—Communication competency encompasses the set of abilities that students use to impart and exchange information, experiences, and ideas, to explore the world around them, and to understand and effectively engage in the use of digital media. Communication competency provides a bridge between students' learning, their personal and social identity and relationships, and the world in which they interact.</p>	<p>Communication</p>	<p>Connect and engage with others [to share and develop ideas] Includes informal conversations, as well as contributing to focused discussions about ideas.</p>
		<p>Acquire, interpret, and present information [includes inquiries] Many purposes and audience, from sharing personal interests to formal presentations. Often includes media.</p>
		<p>Collaborate to plan, carry out, and review constructions and activities Working together to accomplish goals – ranges from young children planning how to create a construction to older students planning an inquiry; planning a performance; working together to ... the collaboration can be through digital media.</p>
		<p>Explain/recount and reflect on experiences and accomplishments Students tell about their experiences – especially about their learning experiences and show/tell what they learned. Often includes self-assessment. Reflective.</p>
<p>Personal and Social—Personal and social competency is the set of abilities that relate to students' identity in the world, both as individuals and as members of their community and society. Personal and social competency encompasses the abilities students need to thrive as individuals, to understand and care about themselves and others, and to find and achieve their purposes in the world. Personal and social competency is a responsibility the school system shares with families and communities.</p>	<p>Positive personal and cultural identity</p>	<p>Influence of relationship and cultural context</p>
		<p>Personal values and choices</p>
		<p>Personal strengths and abilities</p>
	<p>Personal awareness and responsibility (Preliminary ideas)</p>	<p>Self-awareness</p>
		<p>Self-regulation</p>
		<p>Developing relationships</p>
	<p>Social awareness and responsibility (Preliminary ideas)</p>	<p>Developing well-being</p>
		<p>Social awareness</p>
		<p>Contributing to the classroom and school community</p>
		<p>Solving problems in peaceful ways</p>
		<p>Valuing diversity and defending human rights</p>
		<p>Exercising democratic rights and responsibilities</p>

12 Literacies

There is ever increasing awareness about our need to change the skills we equip our students with. In addition to the Core Competencies identified by the Ministry of Education, Internationally there are 12 basic literacies (understanding and ability to use targeted skills) that are repeatedly identified as necessary. These twelve are listed here with a brief description and list of courses we believe target each. Our recommendation is that all students are exposed to and develop each literacy in order to maximize their success in the world they are entering.

The **Arts and Creativity Literacy** refers to the highest expression of every culture. To be truly well educated one must not only learn to appreciate the arts, but must have rich opportunities to actively participate in creative work. The arts are languages that most people speak, cutting through individual differences in culture, educational background, and ability. They can bring every subject to life and turn abstractions into concrete reality.

Constructive Literacies do not appear in much research or writing about 21st Century Learning; however, they are crucial for our students and for society. In our drive to become more relevant and connected to life experiences our students will encounter, we need to include those disciplines that involve constructing things no matter what the media would be. The principles, skills, and attitudes required to work with wood are similar to those of metal or machinery. Our students should all have a rudimentary understanding and appreciation of how to construct products using specific materials.

Cyberliteracy means being able to sort fact from fiction, to detect extremism from reasonable debate, and to identify gender bias, commercialism, imitation, parody, and other aspects of written language that are problematic in online communication.

Ecoliteracy is understanding and ability to apply the principles of organization that ecosystems have developed to sustain the web of life. Ecological thinking is for the environment not just about it; it is an awareness of the Earth as our life-support system.

Emotional Literacy is the ability to recognize, understand and appropriately express our emotions. Social Literacy is an individual's ability to successfully and deliberately mediate their world as family members, workers, citizens and lifelong learners.

Financial Literacy is the ability to understand money and its role in society. It refers to the set of skills and knowledge that allow an individual to make informed and effective financial decisions and to enjoy a global comprehension of money management.

Globalization and Multicultural Literacy refers to two different but related literacies. Globalization describes the process by which regional economies, societies, and cultures have become integrated through a worldwide network of political ideas, communication, transportation, and trade. Multicultural Literacy is the embracing and understanding of the multicultural mosaic that is comprised of different beliefs, appearances and lifestyles.

Media Literacy is the ability to sift through and analyse the messages that inform, entertain and sell to us every day. It's the ability to bring critical thinking skills to bear on all media from music videos and Web environments to product placement in films and virtual displays on NHL hockey boards.

Numeric Literacy is the ability to make meaning from numbers. Individuals who are numerically literate have the ability to solve problems and make sense of numbers and their connection to life challenges and opportunities.

Physical Fitness and Health Literacy is an individual's ability to read, understand and act on health and fitness information.

Reading Literacy is understanding, using, and reflecting on written texts, in order to achieve one's goals, to develop one's knowledge and potential, and to participate in society.

Writing Literacy is the ability to use writing to effectively and appropriately communicate to a variety of audiences.

Where do these "Literacies" primarily get taught?

Literacies	Where primarily taught
Arts and Creative	Fine Arts courses
Constructive	ACE IT and apprenticeship programs, Engineering, First Aid course, Metalwork, Woodwork
Cyber	Computer courses, Language Arts courses
Ecological	Social Studies courses, Sciences
Emotional	Health and Career Education, Planning, Psychology courses
Financial	Business courses, Planning, Social Studies courses
Globalization and Multicultural	Global Citizenship course, Global Foods course, Language courses, Social Studies courses
Media	Language Arts courses, Film and Television courses
Numeric	Mathematics courses
Physical Fitness and Health	First Aid course, Foods courses, Physical Education courses
Reading	Language Arts courses
Writing	Language Arts courses

SCHOOL STRUCTURE

Our school has many structures in place to support our students. With respect to programming we have made a conscious separation between Junior and Senior students and designed our programs to meet the diverse needs of each group.

Our Junior students are predominantly in linear (lasting all year) classes. We try to minimize the number of different teachers they have and have them take their core subjects with the same students. In Grade 8 students have a choice of whether or not they will take band and are then scheduled into Exploratories (a series of shorter courses designed to introduce students to different disciplines and parts of our school). In Grade 9 students have more choice in their program. They can choose to take French, Français Langue or Spanish. They can choose at least one Fine Art course, one Applied Skills course, and at least one Lifestyle course.

Our Senior program is driven by the provincial graduation program (www.bced.gov.bc.ca/graduation/docs/grad_planner.pdf) and a desire to offer students as much variety to support their goals and needs as possible. We strongly encourage students to take advantage of as many courses, disciplines, and experiences as possible. When will they ever be able to have such unlimited access to free, quality learning opportunities?

In order to encourage this, our multi-leveled courses are referred to as “Introductory, Developmental, and Preparatory.” These courses are open to all students in our Grad Program (Grades 10 – 12) no matter what grade but the levels are important. Introductory courses are designed to give students an introduction to the course/discipline and provide an opportunity for students to try something new. Many of them only take ½ a semester to complete which should encourage students to take a number of different types. Developmental courses are designed for students who find a course/discipline that, after they’ve done the introductory level, they would like to study/work on more thoroughly. Preparatory courses are designed for students who want to work at a high level in an area or want to pursue the course/discipline after high school. Students will receive Grade 12 credits for completion of Preparatory courses (important as one of the Grad Requirements – see page 25).

Athletics Program

At Mark R. Isfeld we are proud to offer a comprehensive athletic program which offers opportunities for all students in Grades 8 through 12 to participate in athletics in the sports of Volleyball, Field Hockey, Soccer, Aquatics, X-Country Running, Football, Basketball, Curling, Gymnastics, Skiing and Snowboarding., Wrestling, Rugby, Track and Field, Golf, Badminton and Ultimate.

We believe in the pursuit of excellence, all participants in our program are held to a high level of commitment, dedication, sportsmanship and fairplay. We pride ourselves in the respect we show our teammates, coaches, officials and opponents.

Intensity **C**ommitment **E**xcellence GO ICE!

Independent Learning Centre

The Independent Learning Centre (ILC) is a program that provides opportunities for students to have more flexibility and options in their course selections. Similar to a regular classroom, students are expected to attend class, respect their classmates and follow the rules as outlined by the teacher. The difference is that each student is working independently on different courses that are provided through Navigate and other online programs. The students set their own pace, and are expected to work through their courses with the help and support of the ILC teacher, the distance education teacher, and the online and paper resources provided for them.

Students who are independent learners have great success with this option, with some students finishing courses early and engaging in other study. More information can be found at www.isfeldilc.edublogs.org. You can also contact Mrs. Corman: hcorman@sd71.bc.ca.

Learning Centre

The Learning Centre is an academic support service available to students who have identified learning difficulties and to any students who is struggling and has exhausted the resources of the classroom teacher. A continuum of support is available from the minimum of just writing exams with us to the maximum of a support block and Educational Assistant help in the regular classroom. The Learning Centre is staffed with two teachers and two Educational Assistants. Our two main goals are to build student skills and confidence through success on their assignments and to build relationships with the students to foster trust and confidence in our support. We provide support as long as there is need and facilitate the transition to post secondary institutions.

Opportunities

Opportunities is a school based behaviour support program which seeks to address the needs of Moderate Behaviour, Intensive Behaviour, and other at risk students. We provide a safe, secure, and supportive setting to maximize students' growth and learning. Students are given support for their academic courses. Some students are scheduled in for regular blocks while others come on a drop in basis. At any point in a day, students may come to Opportunities to work. Our goal is to help students who struggle behaviourally to have a positive and constructive schooling experience.

Teacher Advisory

Every student is placed into a Teacher Advisory (TA). These are "classes" that meet for 10 minutes every day. They are mandatory. Students will remain with the same TA for their entire time in our school. TA's have students from Grades 8 through 12 in them and siblings are in the same TA.

There are many purposes that TA serves; however, the most important one is to provide students with an advocate at the school level. The TA also provides students a chance to connect with students in other grades, programs, and areas over time. Our Teacher Advisors are also key contacts for parents. They help with student programming, student support, communication of school activities and opportunities, and community building.

DISTRICT PROGRAMS

EXPLORE

This program is a unique opportunity for highly motivated grade 11 students to pursue the traditional academic requirements in an integrated studies program that combines academics with outdoor experiences. This one semester program begins in February at Georges P. Vanier Secondary School and is open to all students in School District No. 71. For more information, go to their website <http://www.gpvanier.ca/> or contact Vanier at 250-338-9262.

FRENCH IMMERSION

French Immersion is an educational program of choice in which students receive much of their instruction in French. Designed specifically for children whose first language is not French, French Immersion is a highly successful approach to second language learning – an effective way for students to become functionally bilingual (able to effectively study and actively participate in a Francophone environment) while achieving all the learning outcomes of the BC curriculum. <http://sd71.bc.ca/fi/>

At Mark R. Isfeld Secondary we offer a rich program of study in French. Students in Grades 8 and 9 take four core courses in French (Science, Social Studies, Math, and French Language Arts). Students in Grade 10 take three courses (French Language Arts, Social Studies, and Science 10). Our students in Grade 11 take French Language Arts and Social Studies in French and only French Language Arts in Grade 12. All other courses of study are in English.

Students who successfully complete the French Immersion Program receive a “Double Dogwood” (*British Columbia Certificate of Graduation* and a *Diplome de fin d’etudes secondaires en Colombie-Britannique*) which entitles them to pursue further studies in either of our official languages.

Grades 8 and 9	Français Langue, Sciences Humaines, Science Naturelles, Mathematique
Grade 10	Français Langue, Sciences Humaines, Sciences Naturelles
Grade 11	Français Langue & Sciences Humaines
Grade 12	Français Langue

iMAKER 10-12

This is an extension of ENTER and ENTER 2 up into the grades 10-12 platform and is a district program open to any SD 71 student. Registration is done online at www.navigatenides.com.

Unlike ENTER and ENTER 2, though it is a full time, 5 days per week program that has the students registered in core academic courses in the Highland timetable (with the choice of doing these courses online), and the other half of the time they are with the iMAKER teacher doing the technology courses and IDS projects. For more information contact Highland at 250-339-5525 or Navigate at 250-337-5300.

INTERNATIONAL STUDENT PROGRAM

Our school district's International Student Program welcomes more than 200 students to our district each year from around the world (more than 20 countries). Students attend our school for various lengths of time and many of them graduate with us. The students that attend our school broaden our horizons by introducing us to different cultures and contexts. They participate in our academic, non-academic, and extra-curricular programs with us. Students that attend stay with families and participate in all activities as if they were members of that family. They are a part of our community.

The International Student Program also supports other activities for our school community. In the fall of 2014 we had a group of students, with two teachers, arrive from Northern Italy. In the spring of 2015 we travelled to their homes for two weeks. This was a life changing experience for many who participated, much like the similar exchange with India in 2011. We plan to do more of these exchanges in the future.

The British Columbia curriculum is one of the most valuable, sought after educations in the English speaking world. Our pristine location and friendly community makes it a choice destination for International students. Due to the care and support of our host families, our reputation is truly one of a "home away from home" for these students and many return with their families after their time here is over. The International Student Program uses these assets to enrich the learning experience for all of our students local and international.

LIFE SKILLS

The Life Skills program based at Mark Isfeld Secondary serves a wide range of low incidence students with moderate to severe disabilities from throughout the district. The students that qualify for this program have moderate to severe cognitive disabilities sometimes with physical challenges as well. The focus of this program is to teach and develop functional life skills. This is done through modified academic work, physical development, social skills and work experience opportunities. It is important for these students and for our school that they are integral members of our community. These students participate in school activities, classes, and events whenever possible. Our Life Skills students also utilize many community facilities and resources including the CV Aquatic Centre, bowling alley, yoga studio, recreation centres, public transit, beaches and parks. Students have educational aides that accompany and support their individual programs. Those registered in Life Skills require an alternate graduation plan. In order to participate in this program, parents work with student services professionals to design a program to meet their unique learning needs. These programs are regularly reviewed and revised based on individual development and goal achievement.

THINK☀SPACE 10-12

This is a new grade 10-12 blended learning program for sixty students that has FSF classes three days per week (Tuesday-Thursday) starting at 10:00 a.m. Core academics are taught through a flipped classroom type approach called "BIG IDEAS Seminars", alongside both small group and individual IDS courses, all of which focus on project based/personalized learning. The focus of the program is community and environmental stewardship. To register or find out more on the program, contact G.P. Vanier at 250-338-9262 or Navigate at 250-337-5300.

NAVIGATE

High School Students may take a FREE course via distributed learning while attending high school!

There are no tuition fees for BC high school students who enroll in a secondary (grades 10-12) course via distributed learning. Resources are provided free of charge.

Students, if you have the energy and drive to be an independent and self-paced learner, you may wish to take a course via distributed learning at North Island Distance Education School (navigate), right here in SD#71.

Required core courses and electives are available. Choose from academic courses at the 10-12 level:

English, Math, Social Studies, Science, Physical Education, Planning 10. Elective courses include: International Languages, Photography, Business courses and Information Technology. Visit the navigate website www.navigatenides.com to find a complete list of available courses.

- Students should consult their school counsellor about suitability of course selection for graduation in advance of enrollment. (navigate will notify the student's school of any enrolments.)
- Enroll in a course when you are ready to begin. Students can start most courses at any time.
- Students will require access to an internet capable computer.
- navigate teachers are available to students via email or telephone to provide support to students.

*(*Free tuition does not apply to non BC residents. Students in the International Program may enroll but tuition fees will apply.)*

Enrollment Procedure – Enrollment is ONLINE

1. Visit the navigate website www.navigatenides.com and select the Registration Tab.
2. Complete the online Registration Form for Secondary students
3. Complete the online First Assignment for the required course(s).
4. Students will receive an email with their login information for online courses, and any required resources will be sent from navigate.



SECONDARY GIFTED PROGRAM

The *Secondary Gifted Program* is for students identified as “gifted” attending secondary schools in School District #71.

Our district defines gifted students as children and youth with outstanding talent who perform, or show the potential for performing, at remarkably high levels of accomplishment when compared with others of their age, experience, or environment.

These children and youth possess a diversity of intelligence(s), aptitudes, sensitivities, talents, skills, expertise, motivation and/or creativity.

Students are identified for this program one of three ways:

- formal assessment (CTCS, WISC IV, Psych Ed., etc.)
- teacher referral
- self/parent referral

The Gifted Program recognizes that some gifted students are difficult to identify. They might be smart but bored; a reluctant underachiever; a creative, divergent thinker; a genius in only one particular area of achievement; or able to make anything with his or her hands but not obviously gifted. Teachers are asked to help identify and recommend these students to the Secondary Gifted Program.

Each secondary school has a teacher assigned to support the diverse needs of these students. This is done in a variety of ways – site based activities, district wide activities, individualized programs, etc. Each year we endeavour to have a variety of opportunities for students in the program to participate in and do our best to support their individual, diverse needs.

We also recommend viewing George Betts & Maureen Neihart’s *Profiles of Gifted and Talented* (©2007) -

http://www.davidsongifted.org/db/Articles_id_10114.aspx - for background information about the profiles of those we are looking to support through our program. More information is also available on our district web-site <http://web.sd71.bc.ca/gifted/>.

Career Explorations

Career Planning

Visit our website: careers.sd71.bc.ca

A very important component of any Career Planning is connecting students to the 'world of work' through **work experience**. Work experience validates whether a student's interests and predicted career pathway is realistic or needs adjusting. Each school offers the following programs to link students with the workforce.

The goal of work experience is to become aware of and practice employability skills such as punctuality, communication, teamwork, positive work ethics and attitudes. Students may choose work experience to train for entry-level employment or a placement related to future career goals.



Community Connections - 30 Hour Grad Transition Requirement

Community Connections is a Ministry Graduation requirement for all students. Students access the worksite under regulated hours and conditions, and are closely supervised. While in high school, students are covered under a provincial agreement for their "WorksafeBC" in case they get injured while on the job. This only occurs for high school students, so it is a good way for students to be able to be on a job site, without the employer having to hire them.

To complete the required minimum 30-hour experience, a student may participate in one or more of the following venues:

- school-arranged work experience
- day shadowing (one or more short-term industry visit)
- work experience "challenge" (previous or current employment)
- volunteer work/community service



Work Experience 12A & 12B (open to grade 11 and 12's)

Long-term work experience is open to Grade 11 or 12 students who have an interest in pursuing almost any career area. In Work Experience 12A & 12B, a student spends 120 hours training at one or more worksites. By doing this, skills are learned and questions answered before career decisions are made. Students choose placements according to their current interests. Students typically work during the school day or afterschool and weekends (this course can be extra-sessional, which means that a student could have 9 or 10 courses listed on their timetable).

Work Experience can take place over the summer vacation for students going into grade 11 or 12, and by starting with WE12A a student often turns the experience into paid employment.

Benefits of work experience are:

- 4 – 8 credits toward graduation
- Pre-employment job training
- Learning how to run your own business
- Making valuable industry contacts
- Apprenticeship opportunities
- Possibly lead into paid work
- Recommended Prior Completion of for some post secondary education

Contact the Work Experience Coordinator or Career Centre Teacher for information.

Metal Mechanical Co-op (new for 2016)

This program is intended to prepare students to go into any of the metal or transportation trades. It is a full time program, 4 days per week, and combines applied math and communication skills with hands on project work. There will be field trips to industry and training institutions to better assist students in choosing a career path. It is open to grade 11 and 12 students.

Secondary School Apprenticeship – SSA

What is Secondary School Apprenticeship (SSA)?

Secondary School Apprenticeship is open to Grade 10-12 students, 15 years of age or older, who are motivated to gain hands-on training in a designated trade.

Hidden Apprentice: If you are presently working in a Trade related job, contact your Work Experience Coordinator to see if you qualify as an SSA. It can mean receiving graduation credits for learning outside of school, and you can qualify for a \$1,000 award.

Need more information? Visit the Industry Training Authority web site: www.itabc.ca or visit the Mark Isfeld Career Centre.



ACE IT (Accelerated Credit Enrollment in Industry Training)

- ACE IT programs allow students to earn credit towards both high school graduation and trades qualifications.
- Students in ACE IT programs will complete level 1 apprenticeship technical training in their chosen trade and gain valuable practical experience.
- Secondary School Apprenticeship (SSA) students also qualify for the ACE IT program.
- ACE IT programs cover tuition costs.
- Students should start planning ACE IT courses by grade 11.

ACE IT programs offered through our district, but some occur at NIC in Campbell River.

- | | |
|---------------------------------------|------------------------------------|
| ❖ Aircraft Structures | ❖ Auto Service Technician |
| ❖ Carpentry | ❖ Auto Collision Repair Technician |
| ❖ Hairdressing | ❖ Heavy Duty Mechanic |
| ❖ Electrician Apprenticeship Training | ❖ Metal Fabrication |
| ❖ Plumbing Apprenticeship Training | ❖ Professional Cook Training |
| ❖ Welder Apprenticeship Training | ❖ |



District Apprenticeship Programs

Automotive Service Technician (AST) – Level 1 ACE IT



The Auto Service Technician program will provide opportunity for 16 students to begin working towards rewarding careers. This program will be delivered at Highland Secondary's auto shop and is to be instructed by Mr. Tattrie.

What You Need... <ul style="list-style-type: none"> ➤ Mechanical Interest ➤ Desire to work in a trade involving mechanics ➤ Good attendance and a strong work ethic 	What You Get... <ul style="list-style-type: none"> ➤ Auto Service Technician Level 1 certification ➤ 20 Grade 12 level credits in one semester ➤ Practical “hands on” training experience ➤ Valuable Industry Experience
What You Will Do... <ul style="list-style-type: none"> ➤ Spend your final semester of grade 12 fully immersed in mechanics ➤ 4 days in shop and 1 day per week working at a local Auto Service Facility ➤ Master the theoretical and practical knowledge necessary to successfully write the Level 1 AST test. 	

Automotive Collision Repair (ACR) – Level 1 ACE IT



The Automotive Collision Repair program will provide the opportunity for students to begin working towards rewarding autobody careers. This program will be delivered through online instruction and work placement in the community. It will be facilitated by G.P. Vanier's automotive instructor.

What You Need... <ul style="list-style-type: none"> ➤ Previous attendance in as many automotive courses as possible ➤ Desire to work in a trade involving mechanics ➤ Good attendance and a strong work ethic ➤ Good Manual dexterity and hand-eye coordination ➤ An “L: driver's license” 	What You Get... <ul style="list-style-type: none"> ➤ Level 1 Automotive Collision Repair Certification ➤ Tuition savings of up to \$2,700 ➤ Up to 28 credits towards graduation and an additional 16 credits is enrolled in SSA ➤ Practical “hands on” training experience ➤ “A foot in the door” into the Automotive Repair Industry
What You Will Do... <ul style="list-style-type: none"> ➤ Spend your final semester of grade 12 working online to achieve 70% or greater in course work ➤ Hands-on work experience in a local automotive collision repair shop ➤ Master the theoretical and practical knowledge necessary to successfully write the Level 1 ACR test 	

Carpentry – Level 1 ACE IT

The goal of the Carpentry Trade Program is to prepare graduating secondary students to enter a career in the construction industry by developing an understanding of theoretical concepts and practical skills equivalent to a First Year Apprentice Carpenter.

If interested, please go to the Work Experience Office and pick up a district ACE IT application to be completed and handed back in. The program starts semester 2 or your grade 12 year at North Island College.



What you Need... <ul style="list-style-type: none"> ➤ Enjoy working outside ➤ Desire to work in Construction Trade ➤ Good attendance and a strong work ethic ➤ Like to build structures 	What You Get ... <ul style="list-style-type: none"> ➤ Carpentry Level 1 certification ➤ 24 Grade 12 level credits ➤ Practical “hands on” training experience ➤ Valuable Industry Experience
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Hairdressing



This program prepares students with a strong understanding of the foundations of the Hairdressing trade, and beyond school to the exciting world of cosmetology. The program is at Del Rio Academy.

What You Need... <ul style="list-style-type: none"> ➤ Present yourself in a confident, ethical and professional manner ➤ Good attendance and a strong work ethic ➤ Complete English or Communications 12 prior to starting the program. 	What You Get... <ul style="list-style-type: none"> ➤ ITA, Certificate of Qualification ➤ 36 Graduation credits over two semesters ➤ Practical “hands on” training experience ➤ Continue to red seal Hairstylist
What You Will Do... <ul style="list-style-type: none"> ➤ Spend your entire Grade 12 year fully immersed in Hairdressing <u>OR</u> start in February of Grade 12 and continue until October. ➤ 4 days per week, Tuesday to Friday, 8:30 am to 4:30 pm. ➤ Master the theoretical and practical knowledge necessary to successfully write the ITA Certificate of Qualification. 	

Professional Cook 1

Do you enjoy working in a kitchen environment and creating tasteful food?

Maybe you can see yourself in the fast-paced tourism industry working

wherever you want, and mix in some travel? Possibly you like to express your creative self through food preparation. This program can lead to a Red Seal Certification. This program is offering through a partnership with Camosun College and combines online learning, hands on training with a chef in a restaurant and one day a week classroom training.



What You Need... <ul style="list-style-type: none"> ➤ Have a passion in the Culinary field ➤ Desire to work in the Hospitality and Food industry 	What You Get... <ul style="list-style-type: none"> ➤ Professional Cook 1 Certification of Qualification ➤ Practical "hands on" training experience
Professional Cook 1	
What You Will Do... <ul style="list-style-type: none"> ➤ Spend roughly 2 hours per day with online learning. ➤ 15-20 hours a week at a local high end restaurant. ➤ 1 full day at Highland Secondary working on Labs with a Home Economics teacher. 	

Dual Credit courses with North Island College.



English 115 and 120, Psychology 130 and 131, Business 162, Fine Arts

What You Need... <ul style="list-style-type: none"> ➤ Desire to explore the rigor of College level courses. ➤ Good attendance and a strong work ethic. ➤ Complete English 12 prior to second semester of your grade 12 year. 	What You Get... <ul style="list-style-type: none"> ➤ University Transfer course credits. These are transferable to most Universities. ➤ 4 Graduation credits per course. ➤ School district pays your tuition (\$250 per course)
What You Will Do... <ul style="list-style-type: none"> ➤ Spend your last semester making the transition to Post Secondary. Go to NIC at the Courtenay Campus, presently 2 afternoon courses per week. For example (Tuesday 1 – 3, and Thursday 1 – 4). Please visit the Career Centre for more information. 	

If interested in any ACE IT or Dual Credit program, go to the Mark R. Isfeld Career Centre for more information or for an application.

JUNIOR PROGRAM

Our Junior Program is designed to transition students from elementary school to the Graduation Program. It is characterized by increasing independence and a belief in the value of a balanced education.

In **Grade 8** students select whether or not they want to take Band. They are placed into cohorts that take their core courses together with as few different teachers as possible. Students will have exploratories that introduce them to different disciplines.

In **Grade 9** students select from a variety of electives, but must select at least one Language, one Fine Art, one Applied Skill, and one Lifestyle course. After that, they can choose to concentrate in any one or more of these areas, but we recommend that they select as much variety in their courses as possible. Students will have their core subjects with the same cohort of students but will likely see more teachers.

REQUIRED COURSES for Grade 9

English 9

English 9 provides a transition between beginning secondary English and senior English courses. Students will be expected to demonstrate more sophisticated communication skills through a greater variety of writing, speaking and listening opportunities. Conventions of effective expository, narrative, and descriptive writing will be further explored, but the focus will be on clarity in exposition. Novels, short stories, and poems will require more in-depth study than previous writings. This course is taught integrated with Social Studies as Humanities.

Français Langue 9

This course is for students in French Immersion. Through their study of language and communication conventions, students explore the relationship between language and culture. Students will work on many different media including reading (novels, poetry, short stories, and non-fiction); listening (songs, speeches, and plays); viewing (plays, movies, and the internet); and writing (paragraphs, essays, and focused responses).

Mathematics 9

This course was designed to provide students with opportunities to develop a broad range of mathematical understandings, attitudes, knowledge and critical thinking skills necessary for everyday life, future course work and possible careers. Topics include: Symmetry, surface area, rational numbers, powers, exponents, scale factors, similarity, polynomials, linear relations, solving equations and inequalities. This course is also offered in French. After successful completion of Mathematics 9, students will choose one or both of the following courses / pathways: (refer to pgs. 30-32 for math pathways).

- Apprenticeship and Workplace Mathematics 10
- Foundations of Mathematics and Pre-Calculus 10

Physical Education 9

In this year-long course, the student learns to recognize and respect the proper place of sport and physical fitness as an essential part of the total person. The course is designed to improve physical strength, cardiovascular efficiency, and neuromuscular skills as well as to impart a knowledge of game rules and strategies through involvement in a variety of individual and team activities. The curriculum covers Team Games, Individual Sports, Dance, Gymnastics and Alternate Activities.

Science 9

Building on laboratory skills and the methods of scientific inquiry introduced in Grade 8, students discover some of the more basic principles of physics, chemistry and biology. The chemistry unit studies atoms, elements and compounds. The biology unit examines the structure of cells and reproduction. In physics, students will investigate the characteristics of electricity, and also space exploration. This course is also offered in French.

Social Studies 9

This course covers various historical and philosophical events in Europe that had a direct impact on the way European-North America developed. The three revolutions are discussed and geography, including mapping, is studied. Students will examine what existed in North America before the European invasion and the early results of the European arrival. This course ends with the War of 1812. Current events and a First Nations component will also be included. This course is taught integrated with English as Humanities. This course is also offered in French.

ELECTIVE COURSES

Students select **at least one** Applied Skill course, **one** Fine Art course, **one** Language course, and **one** Lifestyle course. Please note that Band and all three language courses run on alternating days all year.

APPLIED SKILLS

Computer Programming

In Computer Programming we create some simple games using the Visual Basic programming language. It's a great way to learn a bit of computer programming in a fun way.

Home Economics (this course will be scheduled as two electives)

This is an introductory course composed of Foods & Nutrition, Clothing & Textiles and Baking. Students will gain confidence in food and baking preparation with a focus on Canada Food Guide. They will be able to gain techniques used in recipes while creating flavourful products. In Clothing & Textiles, students will increase their knowledge of the use of the sewing machine while completing a practical project.

Information Technology

This course is designed for students who want to know how to use computers to get work done. We will look at some basic office and graphics applications so they can be used to do projects in other classes, in post secondary and in jobs in the future.

Metalwork (this course will be scheduled as two electives)

Metal is all around us – it is a big part of our modern world. You will create a variety of projects from this amazing material while learning to safely use many different metalworking machines. You will get to cut, shape, weld, and finish metal, and use the metal lathe, milling machine and other equipment to produce a high-quality project you will be proud of. Metalwork skills are a great base for further Metalwork courses and Engineering Technology courses at higher grade levels.

Robotics

This course introduces basic concepts in robotics and design. Students will work in small groups designing and building a small project. Several options are available based on the student's ability, interest and prior knowledge.

Web Design

We will learn the basics of how to make a web page and how to make it look good. If you want to know how to make a web site and all the graphics that go on it, this is the course for you.

Woodwork (this course will be scheduled as two electives)

This course is an introduction to the safe operation of all power equipment in the woodshop. Students will learn basic drafting skills to generate working drawings for the project they will build. The project will incorporate some of the many joinery techniques used in furniture and cabinet making.

FINE ARTS

Chorus

This course offers students an opportunity to explore the vast array of choral literature that has been written over the past 9 centuries. Singers will be introduced to classical, folk, jazz, spiritual, gospel and pop music in a choral setting. Skills such as diction, proper air support and vocal technique will be integrated along the way. Due to the nature of the course students will learn the value of working as a group to accomplish a unified goal and will build a sense of trust. Being a member of Concert Choir is a great way to enhance musical skills and life skill.

Students have the opportunity to participate in a major trip in the spring. This course is taught outside the timetable (at lunch and/or before/after school) so it does not take up a spot for other electives.

Concert Band

This course offers the student an opportunity to study instrumental music in a group setting. The class will focus on individual and ensemble playing techniques, musical literacy, conducting, score study, teamwork, group effort as well as rehearsal and performance of band literature in a variety of styles. Students have the opportunity to participate in a major trip in the spring.

Creative Arts

If you enjoy problem solving and creating through art, then this is the course for you. Using the elements of design as a foundation, this course will explore a wide range of projects utilizing a variety of different media including: printmaking, paper mache, hand built clay work, acrylic & watercolour painting, papermaking, and collage/multimedia work. Projects are structured to teach basic skills, with a focus on creative process. Please refer to the blog for further information:

www.isfeldcreativearts.blogspot.com.

Creative Writing and Photography (this course will be scheduled as two electives)

This combined course will offer students the opportunity to improve their writing skills and learn the basics of photography. The course will focus on short writing assignments to inspire and improve writing such as: poetry, character sketches, journal entries, plot, setting and conflict pieces and short vignettes. The photography portion of the course will involve learning the basics of how the camera works, elements of composition, basic photo organization and editing. A number of assignments will be designed to help students become better photographers. As a final project in this course, students will work together to produce a published book showcasing their writing and photography. Each student will have a full page which will include one piece of writing and 1-2 photos in the book. This course is for students who want to tap into their creative potential.

Drama

Students will work on improvisation, voice, movement and basic acting skills. Students will work from scripts and the use of video may also be employed.

Film and Television

This is an introduction to the principles of video production. Students will learn the operation and care of camcorders and the simple theory of videography. Planning, visual storytelling, and dialogue are emphasized. In-camera will be used initially but non-linear computer-based editing will be taught. Projects initially include simple stories but will expand to larger productions requiring 40 or 50 shots in up to 9 different commercial types. Students will be expected to work in groups. Assessment for this course will be based on projects and written tests.

Improvisation Theatre

This course offers the interested drama students an opportunity to continue learning skills in improvisation. In this course, students will further develop their abilities to create improvised characters, scenes and plays. Although improvised acting is about creating scenes in the moment, improvising as an improviser involves great dedication and rehearsal.

Jazz Band (must be enrolled in Concert Band to take Jazz Band)

This course offers students an opportunity to study and perform jazz in an instrumental setting. In addition to rehearsing and performing jazz in a variety of styles, students will also learn historical and theoretical concepts specific to the jazz idiom. Improvisation will be introduced. Students have the opportunity to participate in a major trip in the spring. This course is taught outside the timetable (at lunch and/or before/after school) so it does not take up a spot for other electives.

Visual Arts

Students will continue to have a broad range of artistic experiences as they advance their foundation skills in Visual Arts. Increased emphasis on the elements and principles of design, as well as the continued exploration of new techniques and materials will enable students to further their studies at the advanced level in subsequent years. Personal expression and the willingness to explore new ideas are required in order to be successful on your artistic journey.

LANGUAGES

Français Langue (required for French Immersion students)

This course is for students in French Immersion. Through their study of language and communication conventions, students explore the relationship between language and culture. Students will work on many different media including reading (novels, poetry, short stories, and non-fiction); listening (songs, speeches, and plays); viewing (plays, movies, and the internet); and writing (paragraphs, essays, and focused responses).

French

The course offers a balanced skills approach to language learning and develops the student's abilities in these linguistic areas: 1. Listening 2. Speaking 3. Reading 4. Writing. The specific program used is the ministry approved SAVOIR FAIRE SERIES, which presents clearly and logically the content required at this level. The textbook used is PASSAGES II. In addition, students are exposed to aspects of Francophone culture through their involvement in games, activities, projects, etc. This will aid in developing positive attitudes towards second language learning.

Spanish

Hola amigos! Welcome to the world of Hispanic studies. In this course, language acquisition and development will concentrate on the four linguistic skills: listening, speaking, reading and writing. In addition to providing an introduction to the Spanish language, students will be given opportunities to study and to develop an appreciation for the Hispanic culture and history. This course is designed for beginning language students.

LIFESTYLE

Cardio Plus Rhythm (girls only)

This is the first course of the PE department “girls only” classes. This exploratory course is designed for students who want to explore ways to raise their level of flexibility, cardio respiratory fitness, strength in different activities such as aerobics, step aerobics, kickboxing, aqua exercise, dance, yoga, relaxation. All this will be done on a variety of Rhythms and style of music. Also, with class inquiries, the students will also learn about stress, nutrition, health on a daily bases through discussion.

Competitive Games

This elective course is designed for the active student who enjoys participating in a variety of team and individual activities. A student taking this course does not need to be a member of a sports team, but should have the skills and attitudes necessary to participate actively and willingly each class. Unit choices will be determined in consultation with the class, and these may vary in length and emphasis.

Fitness and Conditioning

This course explores a wide variety of fitness-based activities. The purpose is to instruct students in a supportive, encouraging environment about how to assess their own fitness levels gives them the tools to improve on them. Students will be exposed to traditional training techniques which work to improve personal levels of muscular strength, endurance, flexibility and cardiovascular fitness. Other activities will be conditioning for sport(s) such as speed, agility, quickness, vertical jump training, core stability and power training and fitness-based game play. Exposure to this variety of activities should give students an indication of what kind of training they prefer and better inform them for future elective choices. *This course is ideal for any student motivated to improve their personal fitness.*

Planning for the 2016/17 school year and beyond

Resources to help you select courses in order to meet post secondary admission requirements:

learnnowbc.ca

Website suitable for students and parents with links to ministry of education, post-secondary institutions, on-line tutoring and many other resources.

careercruising.com

Career Cruising is an industry-leading online career guidance and planning system. Get the sign on and password from the school career centre.

work.bc.ca

A guide to hundreds of B.C. careers and the education and training you need to pursue them.

educationplanner.ca

An excellent site for post-secondary program research. Check the admission requirements link for the post-secondary institution of your choice.

Government exams: bced.gov.bc.ca/exams/

A link to the ministry of education website. Students can check exam schedules, provincial exam results and an unofficial transcript of their grades. To create an account, students need their PEN which can be found on their report card.

pas.bc.ca

Post-secondary application service for BC institutions.

Financial Aid websites for post-secondary education

bcscholarships.ca

studentawards.com

scholarshipscanada.com

studentaidbc.ca (student loans)

GRAD REQUIREMENTS

<http://www.bced.gov.bc.ca/graduation/docs/ataglance.pdf>

At a Glance Requirements - What You Need to Graduate

REQUIRED COURSES:	
Subject Area	Minimum Credits
Planning 10	4
a Language Arts 10	4
a Language Arts 11	4
a Language Arts 12	4
a Mathematics 10	4
a Mathematics 11 or 12	4
a Fine Arts and/or Applied Skills 10, 11, or 12	4
Social Studies 10	4
a Social Studies 11 or 12	4
Science 10	4
a Science 11 or 12	4
Physical Education 10	4
	48 credits
ELECTIVE COURSES:	
Students must earn at least 28 elective credits.	Minimum Credits
Additional Grade 10-12 credits*	28 credits
GRADUATION TRANSITIONS	
Students must earn 4 credits for Graduation Transitions	4 credits
OVERALL TOTAL:	80 Credits
*Of the 80 credits for graduation, at least 16 must be at the Grade 12 level, including a Grade 12 Language Arts course. Others may be required or elective courses.	

REQUIRED COURSES

Although some of these courses are required as part of your graduation program, they are all available to be taken as an elective as well. We encourage students to select courses that will broaden and enrich their education and caution against over specialization. If in doubt, students planning to go onto studies after high school should carefully check the requirements for the appropriate program. Our counselors are readily available to discuss anything related to programming with students and parents.

Please refer to the pages listed for further course descriptions.

APPLIED SKILLS – students are required to achieve a minimum of 4 credits of Applied Skills **or** Fine Arts.

Accounting (4 credits)	34
All About Money (2 credits)	34
Baking – Introductory (2 credits)	35
Computer Game Programming – Introductory (2 credits)	41
Computer Graphics/Graphics Design (2 credits)	42
Computer Information Systems – Introductory (2 credits)	42
Fitness Knowledge Developmental (4 credits)	51
Food Studies – Introductory (2 credits)	36
Home Economics (2 credits)	36
Marketing and Promotions (4 credits)	35
Metalwork – Introductory (2 credits)	56
Power Technology – Introductory (2 credits)	56
Woodwork – Introductory (2 credits)	56

FINE ARTS – students are required to achieve a minimum of 4 credits of Applied Skills **or** Fine Arts.

Concert Choir (4 credits)	48
Creative Arts – Introductory (2 credits)	32
Digital Photography – Introductory (2 credits)	33
Instrumental Music: Concert Band, or Jazz Band – Introductory (4 credits each)	49
Jewelry Design (2 credits)	33, 55
Theatre Performance – Introductory (4 credits)	35
Visual Art – Introductory (2 credits)	33

LANGUAGE ARTS - Students must receive credit for an English Language Art 10, 11 and 12. There are a variety of ways to receive these credits. For those wanting a dual Dogwood (French and English Graduation) Français Langue 10, 11 and 12 must also be completed.

Students who require extra support with reading and writing after taking English 10 are recommended to take Communications 11. One's grade 10 English teacher is a good measure of this as is the grade anticipated on the final report card. If a student anticipates receiving less than a C+ in English 10 they should seriously consider signing up for Communications 11. A student who has taken Communications may take the grade equivalent of English after they have successfully completed their Communications course; however, discussion with the classroom teacher is strongly advised.

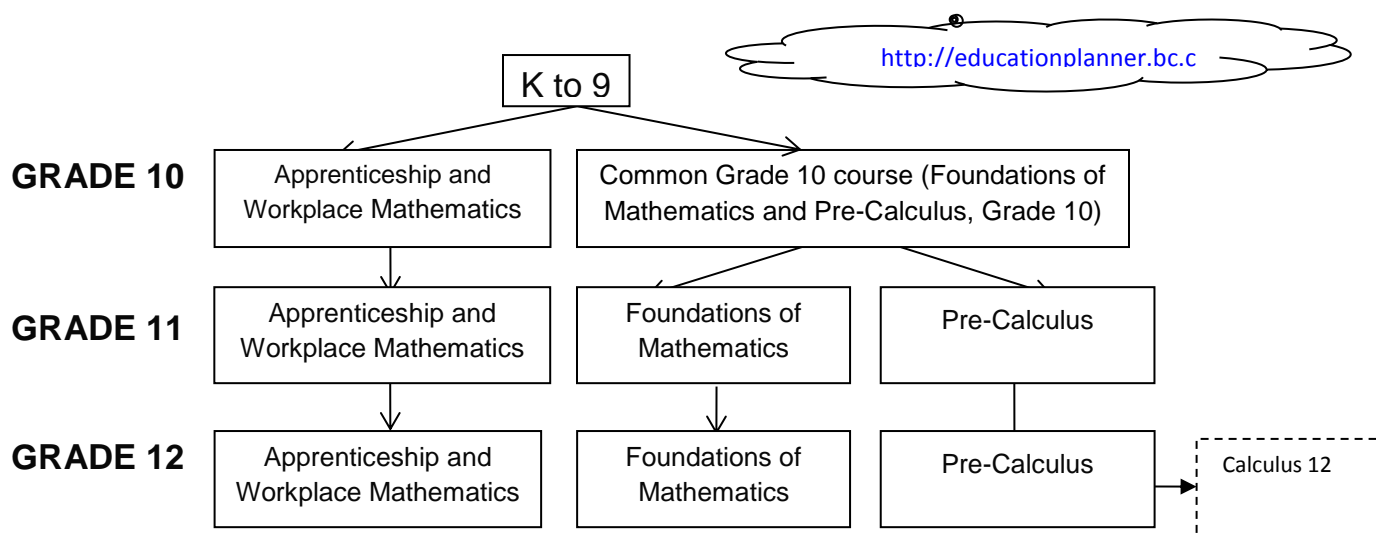
Applied Science Fiction (8 credits)	36, 53
Communications 11 (4 credits)	37
Communications 12 (4 credits)	37
English 10 (4 credits)	37
English 10 First Peoples (4 credits)	37
English 10 Honours (4 credits)	37
English 11 (4 credits)	38
English 11 First Peoples (4 credits)	38
English 11 Honours (4 credits)	38
English 12 (4 credits)	38
English 12 First Peoples (4 credits)	38
English 12 Honours (4 credits)	38
Français Langue 10 (4 credits)	39
Français Langue 11 (4 credits)	39
Français Langue 12 (4 credits)	39

MATHEMATICS

Students must receive credit for a Mathematics 10 and a Mathematics 11 or 12. Careful selection is very important. Please read the following carefully and let us know if you have any questions.

SECONDARY MATH COURSES/PATHWAYS

- The courses have been designed in consultation with post-secondary institutions and industry. The goals of all three pathways are to provide prerequisite attitudes, knowledge, skills and understandings for specific post-secondary programs or direct entry into the work force.
- With guidance from their parents and the school students will need to consider their personal / career interests, and areas of strength in math when deciding on the appropriate pathway.
- Each post-secondary institution has the right to set their own entrance requirements for programs, so students must check with the college or university they are interested in attending.



By choosing their pathway correctly, students will be better able to pursue mathematical learning that is suited to their needs and areas of interest. It is a step towards ending the complaint “when are we ever going to use this stuff:”

Apprenticeship and Workplace Mathematics

- Designed for entry into the majority of trades and direct entry into the work force, including (but not limited to) some certificate, diploma, continuing education, trades, technical and apprenticeship programs.

Foundations of Mathematics

- Designed for post-secondary entry into fields that do not require undergraduate study of theoretical calculus, including (but not limited to) degrees in humanities, business and social sciences.

Pre-Calculus

- Designed for post-secondary entry into fields that require undergraduate study of theoretical calculus, including (but not limited to) degrees in mathematics, science, engineering, and medicine. It is strongly recommended students in this pathway also take Calculus 12.

GRADUATION REQUIREMENTS & POST SECONDARY ADMISSIONS RELATED TO NEW MATH PATHWAYS

- To graduate, all students must complete a Grade 10 mathematics course as well as another math course at the Grade 11 or 12 level. <http://www.bced.gov.bc.ca/graduation/>

Sample Future Plans	Most Relevant Coursework
<ul style="list-style-type: none"> Technical College Trade School Direct Entry into Workforce 	Apprenticeship and Workplace Mathematics 10-12
<ul style="list-style-type: none"> Math Science Engineering Medicine Commerce 	Foundations of Mathematics and Pre-Calculus 10 <i>followed by</i> Pre-Calculus 11 and 12 <i>followed by</i> Calculus 12
<ul style="list-style-type: none"> Social Sciences Humanities Fine Arts Undecided 	Foundations of Mathematics and Pre-Calculus 10 <i>followed by</i> Foundations of Mathematics 11 and 12

- Students may need to take courses from more than one math pathway to satisfy certain post-secondary program entrance requirements.
- Students, parents, and educators are encouraged to research the admission requirements for post-secondary programs of study as they vary by institution and by year. For specific program requirements, you should contact the specific institution you are interested in or search for specific program requirements using Education Planner's website <http://www.educationplanner.ca>.

USEFUL LINKS

Education Planner: <http://www.educationplanner.ca/>

BC Ministry of Education: <http://www.gov.bc.ca/bced/>

BC Ministry of Education Graduation Requirements: <http://www.bced.gov.bc.ca/graduation/>

BC Ministry of Education Provincial Exams: <http://www.bced.gov.bc.ca/exams/>

Math Curriculum Document: http://www.bced.gov.bc.ca/irp/irp_math.htm

BC Association of Math Teachers: <http://bctf.ca/bcamt/>

MATHEMATICS – Students must receive credit for a Mathematics 10 and a Mathematics 11 or 12. Please read the following carefully and let us know if you have any questions.

Apprenticeship and Workplace Mathematics 10 (4 credits).....	45
Apprenticeship and Workplace Mathematics 11 (4 credits).....	45
Apprenticeship and Workplace Mathematics 12 (4 credits).....	45
Foundations of Mathematics and Pre-Calculus 10 (4 credits).....	46
Foundations of Mathematics 11 (4 credits).....	46
Foundations of Mathematics 12 (4 credits).....	47
Pre-Calculus 11 (4 credits).....	47
Pre-Calculus 12 (4 credits).....	47
Calculus 12 (4 credits).....	46

PHYSICAL EDUCATION – Students must receive credit for Physical Education 10

Physical Education 10 (4 credits)	52
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PLANNING – Students must receive credit for Planning 10

Planning 10 (4 credits)	53
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SCIENCES – Students must receive credit for Science 10 and a Science 11 or 12.

Applied Science Fiction (8 credits)	36, 53
Biology 11 (4 credits)	53
Biology 12 (4 credits)	54
Chemistry 11 (4 credits)	54

Chemistry 12 (4 credits)	54
Earth Science 11 (4 credits)	54
Physics 11 (4 credits)	54
Physics 12 (4 credits)	54
Science 10 (4 credits)	55
Sciences 10 (French - 4 credits)	55
Science and Technology 11 (4 credits)	55

SOCIAL STUDIES – Students must receive credit for Social Studies 10 and a Social Studies 11 or 12.

There are many ways to achieve those requirements (please read the various course descriptions below). For those wanting a dual Dogwood (French and English Graduation) our school requires you to complete Sciences Humaines 10 and 11. These can be taken in the place of Social Studies 10 and 11 (the curriculum are the same; just the language of instruction is different). Please let us know if you have any questions about any of this.

British Columbia First Nations Studies 12 (4 credits)	37
Sciences Humaines 10 (4 credits)	40
Sciences Humaines 11 (4 credits)	40
Social Justice 11 (4 credits)	40
Social Studies 10 (4 credits)	40
Social Studies 11 (4 credits)	41

COURSE DESCRIPTIONS

Our courses at the senior level are open to all students in Grades 10 through 12. We strongly encourage students to take a full program to take advantage of the opportunities made available to them. These courses are free to take. Once students leave our school they will have to pay for similar courses. In order to encourage this, we have re-worked our elective offerings to make them more progressive in nature.

You will notice that multi-levelled courses are referred to as “Introductory, Developmental, and Preparatory.” These courses are open to all students in our Grad Program (Grades 10 – 12) no matter what grade but the levels are important. Introductory courses are designed to give students an introduction to the course/discipline and provide an opportunity for students to try something new. Many of them only take ½ a semester to complete which should encourage students to take a number of different types. Developmental courses are designed for students who find a course/discipline that, after they’ve done the introductory level, they would like to study/work on more thoroughly. Preparatory courses are designed for students who want to work at a high level in an area or want to pursue the course/discipline after high school. Students will receive Grade 12 credits for completion of these courses (important as one of the Grad Requirements – see page 25).

ART

Creative Arts

The Creative Arts program provides alternative art classes which focus on the creative process and experimentation with a variety of mediums. Students are encouraged to approach art through problem solving and independent exploration.

- I. **Introductory (2 credits):** Students will build on current artistic skills and be encouraged to tap into their own creative style using the elements of design as a foundation. In the past, students have created everything from paper mache masks and spray paint t-shirts to hand built clay dishes and tiles. New projects are introduced every year. Students will produce a fine collection of work to share with family and friends. Please refer to the blog for photos of sample projects and further information: www.isfeldcreativearts.blogspot.com.
- II. **Developmental (4 credits):** Kick it up a notch with this project based course. This is a process based art class focusing on the elements of design (line, shape, colour, etc.). Students will work in a variety of mediums including: watercolour & acrylic painting, mixed media, printmaking, and clay. This course also provides the opportunity for students to work on their own choice projects in a relaxed, creative environment. New project ideas are introduced every year. Students are encouraged to tap into their creative potential regardless of previous experience or ability in art. Students who have taken this course previously can opt to take it again as a directed independent study. Please refer to the blog for further information: www.isfeldcreativearts.blogspot.com.

Digital Photography

The focus of the Photography program is to help students create and make meaning in our ever increasing visual world. Students will increase their photographic, compositional and photo editing skills progressively throughout the programme. Careers in the creative fields will continue to grow in popularity and demand as we progress through the 21st Century.

- I. **Introductory (2 credits):** This is an introductory level photography course where students will learn composition skills, camera basics, photo management & photo editing skills using Photoshop CS3. Students who have taken the course at the Grade 9 level will be encouraged to build on existing skills through a new set of assignments. Access to a digital camera will be an asset; however it is not a requirement. Students are required to have a 2 GB photo SD card. Please refer to the photo blog to check out the course. www.isfeldphotography.blogspot.com
- II. **Developmental (4 credits):** This is an advanced course in digital photography which utilizes photography as a medium for artistic expression and builds on basic photographic skills and knowledge. Students will independently create, design, and present images that reflect their own individuality and style. The main focus of this course will have students creating and manipulating personally meaningful images in order to elicit: audience response, enhance editing techniques, and utilize Photoshop CS3. Part of this course will involve creating art from digital photography. Some time will be spent on learning the history of photography and career opportunities in this field. Strong computer skills, access to a camera, and prior photographic experience will be an asset. There may be some additional costs involved for photo projects depending on the scope and nature of projects. Students must have their own 4GB photo SD card and jump drive. For further information check www.isfeldphotoadvanced.blogspot.com
- III. **Preparatory (4 Grade 12 credits):** In this level of Digital Photography students will be given time to explore personal themes and techniques in their photography. Manual functions on the camera will be taught as well as advanced Photoshop techniques. Some time will be spent playing with trick photography techniques. Strong personal time management skills and a high level of self-motivation are essential for success at this level. Students will create a portfolio of their work which will be published into a photo book and on a website. It is highly recommended that students have their own camera, a 4 GB SD card and are able to work independently. www.isfeldphotoadvanced.blogspot.com

Jewelry Design

2 credits

Design and make your own jewelry! You will make rings, necklaces, ear rings, pendants, and bracelets using a variety of different materials and processes including; sterling silver, copper, nickel silver, brass, aluminum, enameling and beadwork. While manufacturing their designs, students will develop the creative metalworking skills and techniques necessary in order to finish their projects to a high level of quality. As much of the jewelry material is expensive, there is a \$25 material fee for those students that wish to take their creations home with them.

Visual Art

- I. **Introductory (2 credits):** Advanced foundation techniques and skills acquired in this introductory level course will enable students to express themselves in increasingly sophisticated ways during subsequent years. Traditional skills and historical perspectives will provide the foundation on which to complete works of art that reflect increasingly personal styles of visual expression while also fostering confidence and self esteem in the completion of these projects. A positive attitude as well as the willingness to explore new ideas will enable students to effectively work in drawing, painting, sculpture, ceramics, printmaking and electronic mediums.

- II. Developmental (4 credits):** Personal expression and creativity are encouraged as students explore the styles and techniques of modern contemporary art. Traditional skills as well as cutting edge technology and mediums will provide a strong foundation upon which students can explore modern ways of seeing and expressing their fast paced world. Relevant historical perspectives will be incorporated into the studio projects where applicable. The creation of a portfolio will further enable students to effectively apply for studies in art and general design at the post secondary level. Bring a positive attitude and the courage and willingness to explore your personal journey.
- III. Preparatory (4 Grade 12 credits):** Preparatory level Art students will be given the latitude to explore personal themes and techniques in their studio work. Emphasis on developing a focus in their projects will compliment the further acquisition of skills and historical perspectives that this course will offer. Strong personal time management skills as well as the self-motivation to pursue a given goal are required. Large-scale work is encouraged as well as investigations involving non-traditional materials and techniques. Students should have a portfolio of completed work at the end of this course that could lead to the application for further studies in any visual field such as art, design and architecture.

BUSINESS

Accounting 11

4 credits

The major objectives of the Accounting course are:

- To prepare students for Accounting related course work at post-secondary institutions, financial careers (commerce, finance, economics, business, administration, clerical, law, marketing, management, bookkeeping) and /or self employment.
- To understand basic accounting practices (debit, credit, assets, liabilities, owners equity, opening and closing accounts, journalizing, posting to ledger, producing financial statements such as the balance sheet, income statement and trial balance) and incorporate the use of technology.
- To help students attain the financial skills and understandings necessary for everyday life (compound interest, budgeting, personal loans and investments, etc.)
- To develop critical thinking & decision making skills through discussion, research, and case study.

Recommended Prior Completion of: Mathematics 10 course

Accounting 12

4 credits

Accounting 12 is a continuation of Accounting 11, using more advanced procedures. Students will complete a project demonstrating knowledge of the complete accounting cycle and will conduct research into careers in accounting, and complete a number of projects and activities.

All About Money

2 credits

What everyone needs to know about money – how to earn, save, invest, protect, and spend your money. What you learn in this course will help you get more from your money. Topics in the course will include: earning money, taxes, investing, financial scams, bank loans, student loans, scholarships and bursaries.

Marketing and Promotions

4 Grade 12 credits

This course is perfect for students interested in a career in business, retail sales, advertising or self-employment. Using recent retail case studies, we will focus on the elements of the marketing mix which includes: product, price, promotion and distribution of goods and services. In addition, the course will include units on: marketing research, new product development, e-commerce, sport/event marketing, marketing careers and an introduction to private enterprise. Learn how Jones Soda has developed unique distribution channels or how/why Tim Horton's *roll up the rim* is a clever promotion. Sign up now, and enter the wonderful world of Marketing.

DRAMA

Directing & Scriptwriting

4 credits

Approach theatre from the other side. This course is an introduction to the art of script writing and directing. Get experience in a non-threatening environment writing and directing a variety of short theatre pieces. Performances will depend on the desire and ability of the class. Students are expected to be able to work independently.

Theatre Performance

- I. **Introductory (2 credits):** Explore the art of drama: focused energy, listening skills, and the desire and ability to work with others. Activities will include drama games, improvisation, scene development and presentations to the class.
- II. **Developmental (4 credits):** This is a theatre course where students learn acting skills, stage terminology, backstage duties, voice and movement. This course works mainly from scripted material so the student can gain experience needed for performing as an actor.
- III. **Preparatory (4 Grade 12 credits):** In this course students continue to work on those skills covered in the previous two levels. Students learn more terminology, back-stage duties, and acting skills. A public performance will be included in this course. From this course, students will have the opportunity to explore careers in professional acting.

Theatre Production

- I. **Developmental (4 credits):** Students will learn at least five of the different duties required in technical theatre. These include: sound, stage management, costumes, set design, set construction, scenic painting, make-up, publicity, stage crew, house management, tickets and program. Students must be able to work independently.
- II. **Preparatory (4 Grade 12 credits):** This is a continuation of Theatre Production with a more in-depth dedication to specific areas. Students must choose an area of expertise.

HOME ECONOMICS

Baking

Specialty Baking courses focus flour mixtures and the science that's involved in their production.

- I. **Introductory (2 credits)** Develop your knowledge and techniques used in baking. Learn about the functions of ingredients and use new methods while creating tasty quick breads, yeast breads, pastry, cakes and desserts.
- II. **Developmental (2 credits)** Continue with your mastery of baking with advancement of knowledge and techniques. Further developments in the areas of quick breads, yeast breads, pastry, cakes and desserts will continue.

Family Studies**4 Grade 12 credits**

Do you plan to live on your own soon? Raise a family? Take up a career in Early Childhood Education or Teaching? If “Yes!” is your answer to any of these questions, then this is the course for you. Family Studies 12 is a practical course about relationships, families, human growth and development. You will learn about the needs and wants of families and individuals, and how to manage personal and family resources like time, money, and energy. With guest speakers, practical activities and unusual projects, this course is great if you are interested in psychology, sociology, human development or if you are simply planning for your future.

Recommended Prior Completion of: Grade 10

Food Studies

The Home Economics Foods courses enable students to develop culinary skills in food preparation, meal planning and lay a foundation for those pursuing opportunities in the food industry.

- I. **Introductory (2 credits)** While making a variety of meals implementing Canada’s Food Guide, you will be able to develop skills in food preparation. Increase your knowledge in nutrition, meal planning and food products.
- II. **Developmental (4 credits)** This course allows students to apply developing skills to prepare nutritious dishes and balanced meals from the four food groups. Experience new tastes in recipes using nutrient rich vegetables and heart healthy pastas and rices. Theory in nutrition and meal planning for independent living will be studied as well. Students will also qualify for certification in “Food Safe”, preferred by employers in the food service industry, after successful completion of this unit.
- III. **Preparatory (4 Grade 12 credits)** Practice your culinary skills preparing nutritious meals, on a budget or for entertainment. Learn to make fresh pasta, sauces, dips, and soups from scratch, plan meals, develop recipes, create new flavours with herbs and spices. Nutrition and dietary issues, budgeting and food choice comparisons, menu planning, and careers in the food industry are some areas of study.

Global Foods – Developmental**2 credits**

Discover the smells, tastes and textures of foods from different cultures. Students will prepare foods from various countries, identify staples foods and learn about unique ingredients and preparation methods. A research project of a country of interest and preparing a dish from that country will be one of the focuses.

Recommended Prior Completion of: Food Studies – Intro. or Baking – Intro

Home Economics 10**2 credits**

This course is designed to further develop existing skills previously learned from Home Economics 9. Three main units: Foods & Nutrition, Clothing & Textiles and Baking are the core components of the course. Recipes that are tasty, yet healthy, will aim at increasing student culinary skills. Some quick and useful sewing projects are designed to meet the needs of today’s learners.

HUMANITIES**Applied Science Fiction****8 credits**

Applied Science Fiction is a combination of Physics 11 and English 11. This is a full year course that will begin with introductory Physics concepts which will be highlighted by various pieces of literature and then evolve into the philosophical questions raised by applied Physics, extending into the explanations Physics can apply to some popular science fiction stories.

British Columbia First Nations Studies 12**4 Grade 12 credits**

Students will have opportunities to develop an understanding of and an appreciation for First Nations values and beliefs. They will also examine the origins and effects of colonialism and the legal struggle for aboriginal rights. Students will develop an appreciation and respect for First Nations customs and traditions and will explore First Nations Art as a total cultural expression. This course satisfies Social Studies 11 graduation requirements.

Recommended Prior Completion of: Social Studies 10

Communications 11**4 credits**

This is a practical English course with a special focus on report writing, oral communications, media studies and shorter literary selections. This course satisfies the Language Arts 11 graduation requirement, but is not accepted by universities and most colleges.

Recommended Prior Completion of: English 10

Communications 12**4 credits**

This course focuses on practical English and deals in greater depth with the material covered in Communications 11. There is a provincial exam in this course. Students may graduate with Communications 12 instead of English 12, but many university/college courses require English 12.

Recommended Prior Completion of: Communications 11

English 10**4 credits**

This course is designed to develop the student's ability to use language to appreciate and respond to a variety of literary and mass media works. It will build on writing skills developed in earlier years, but focus on persuasive writing. Complexity in grammatical structure and usage is increased. Students will be encouraged to read and write using a variety of new and existing skills. Throughout the course, students will practice synthesizing their knowledge with concepts and mediums.

Recommended Prior Completion of: English 9

English 10 First Peoples**4 credits**

English 10 First Peoples is a semester-long English course with an Aboriginal literature focus. The course is intended for both Aboriginal and non-Aboriginal students. The course will focus on the literature and oral traditions of First Nations, North American Aboriginal peoples and other Indigenous peoples worldwide. Studies include novels, poetry, short stories, essays, creative writing and contemporary drama. The class is the academic equivalent of English 10, and students can easily move between the English streams at each grade. A provincial exam (20% of a students' grade) is written at the end of the course.

Recommended Prior Completion of: English 9

English 10 Honours**4 credits**

This course will challenge students beyond the requirements of the English 10 curriculum. Students will develop their communication skills and mastery of the English language. A love of reading, writing, and discussing are staples of this rewarding course.

Recommended Prior Completion of: Grade of A in English 9 and/or teacher recommendation

English 11**4 credits**

This literature-based semester-long course focuses on drama, essays, short stories and novels. Shakespeare's *Macbeth* is the central focus of the drama unit. Students will continue to develop skills in narrative, expository, descriptive and persuasive writing, but will focus on the compare/contrast essay.

Recommended Prior Completion of: Grade C+ or higher in English 10

English 11 First Peoples**4 credits**

English 11 First Peoples is a semester-long course with an Aboriginal literature focus. The course is intended for both Aboriginal and non-Aboriginal students. The course will focus on the literature and oral traditions of First Nations, North American Aboriginal peoples and other Indigenous peoples worldwide. The course includes essays, novels, poetry, short stories and introduces sociology, anthropology and the processes of critical literacy. The class is the academic equivalent of English 11, and the students can easily move between the English streams at each grade.

Recommended Prior Completion of: English 10

English 11 Honours**4 credits**

This course will challenge students beyond the requirements of the English 11 curriculum. Students will develop their communication skills and mastery of the English language. A love of reading, writing, and discussing are staples of this rewarding course.

Recommended Prior Completion of: Grade of A in English 10 and/or teacher recommendation

English 12**4 credits**

The focus of this course is analysis and expression. Students will practice their critical thinking as they respond to different mediums and will focus on tailoring their writing for a variety of purposes.

Recommended Prior Completion of: Grade of C+ or higher in English 11

English 12 First Peoples**4 credits**

English 12 First Peoples is a semester-long English course with an Aboriginal literature focus. The course is intended for both Aboriginal and non-Aboriginal students. The course is a contemporary literature and oral tradition based course that serves as entrance into university and most college programs. The course introduces local history, sociology, anthropology and the processes of critical literacy. Studies include novels, drama, essays, short stories and oral language traditions. The class is the academic equivalent of English 12. A provincial exam (40% of a students' grade) is written at the end of the course.

Recommended Prior Completion of: English 11

English 12 Honours**4 credits**

This course will challenge students beyond the requirements of the English 12 curriculum. Students will develop their communication skills and mastery of the English language. A love of reading, writing, and discussing are staples of this rewarding course.

Recommended Prior Completion of: Grade of A in English 11 and/or teacher recommendation

Film Studies**2 credits**

Bring your own popcorn. If you enjoy watching and discussing films this will be an enjoyable course where you will examine film techniques and history, building to their impact on modern film. A selection of classic and modern films will be presented to show the progression of film making and how film is a part of social commentary. Assessment will be a combination of personal review and assignments that will encourage greater understanding of the film making process.

Français Langue 10**4 credits**

This is a required course for students in French Immersion. Through their study of language and communication conventions, students explore the relationship between language and culture. Students will work on many different media including reading (novels, poetry, short stories, and non-fiction); listening (songs, speeches, and plays); viewing (plays, movies, and the internet); and writing (paragraphs, essays, and focused responses).

Recommended Prior Completion of : Français Langue 9

Français Langue 11**4 credits**

This is a required course for students in French Immersion. Through their study of language and communication conventions, students explore the relationship between language and culture. Students will work on many different media including reading (novels, poetry, short stories and non-fiction); listening (songs, speeches and plays); speaking (conversation and oral presentations); viewing (plays, movies and the internet); and writing (paragraphs, essays and focused responses).

Recommended Prior Completion of: Français Langue 10

Français Langue 12**4 credits**

Ce cours est obligatoire pour l'obtention du diplôme bilingue. Il est sujet à un examen provincial comprenant une composante orale en plus de la partie écrite. On continuera donc à travailler les habiletés de communication orales et écrites de l'élève. On fera l'étude de diverses œuvres littéraires de la francophonie internationale. La poésie, la pièce de théâtre, le roman, le film et le texte informatif feront partie de notre répertoire.

Recommended Prior Completion of: Français Langue 11

Français Langue Intensive**14 or 16 credits**

Students take Français Langue 11 and 12, Sciences Humaines 11, and an Independent Directed Study. This would be scheduled for first semester and successful students would complete the French requirements of their Double Dogwood.

Recommended Prior Completion of : Français Langue 10 and Sciences Humaines 10

Geography 12**4 credits**

If you love people, animals, the environment, money, jobs, or finding a fabulous career, Geography is the course for you. Geography is EVERYTHING! This course will show you how you can destroy the earth AND how to repair it and make money all along the way. You will look at natural disasters like volcanoes, tornadoes, tsunamis, and earthquakes and how humans are affected by them. You will also look at how humans are destroying the earth and working on saving it.

How does Geography 12 connect with life after high school? University programs in geography, arts, and sciences. Careers in urban planning, civil engineering, environmental consulting, forestry, geology and soil science, travel and tourism industry.

Recommended Prior Completion of: Social Studies 11 or equivalent

History 12**4 credits**

Going back to 1919, we will analyze where it all went wrong for the world then and how far reaching the effects of the world powers' decisions are today, almost 100 years later. We will analyze past dictatorships (Mao, Stalin, Hitler, etc), evaluating their fabulous moustaches, fatal personal and tactical flaws, and their adherence to the "dictator formula". Classes will be filled with debates, discussions, simulations, research and activities to make you think deeply about the issues from a historical perspective using the Big 6 Historical Thinking Benchmarks. Student choice and interests will drive the curriculum. Guest speakers and field trips will be possible, depending on your benevolent leader's whim. What can you do with a History degree? You'd be surprised!

Recommended Prior Completion of: Social Studies 11 or equivalent

Law 12**4 credits**

Provides an introduction to the Canadian Legal system. Topics include historical background, legal procedures, criminal law, torts, family law & contracts. Research skills & debate are a major course component. This course is accepted as an academic Grade 12 course at some post secondary institutions.

Sciences Humaines 10**4 credits**

The major focus of this course is Canada - both historical and geographical. Topics to be studied will include Canadian history during the 19th and 20th centuries with an emphasis on British Columbia. B.C.'s position in the world today, especially as it relates to the Pacific Rim, provides the platform for examining the economy. This course is taught in French as part of the French Immersion Program.

Recommended Prior Completion of: Sciences Humaines 9

Sciences Humaines 11**4 credits**

Current world issues, Canadian government, 20th century Canadian history, population geography, standards of living, and the environment are the main topics of study in the Social Studies 11 course. Students will study French/English relations, U.S./Canadian relations, multiculturalism, global warming, and our role in the world. This course is taught in French as part of the French Immersion Program.

Recommended Prior Completion of: Sciences Humaines 10

Social Justice 11**4 credits**

A fascinating and contemporary field of study, the course covers current world issues, Canadian government, 20th century Canadian history, demography, standards of living, and the environment. Students will also study English/French relations, Canada/USA relations, multiculturalism, global warming, and both the individual citizen's and Canada's role in world affairs.

Recommended Prior Completion of: Social Studies 10

Social Studies 10**4 credits**

The major focus of this course is Canada - both historical and geographical. Topics to be studied will include Canadian history during the 19th and 20th centuries with an emphasis on British Columbia. B.C.'s position in the world today, especially as it relates to the Pacific Rim, provide the platform for examining the economy.

Recommended Prior Completion of: Social Studies 9

Social Studies 11**4 credits**

A fascinating and contemporary field of study, the course covers current world issues, Canadian government, 20th century Canadian history, demography, standards of living, and the environment. Students will also study English/French relations, Canada/USA relations, multiculturalism, global warming, and both the individual citizen's and Canada's role in world affairs.

Recommended Prior Completion of: Social Studies 10

Writing 12**4 Grade 12 credits**

Writing is a course designed for creative students who want to write. If you enjoy writing stories, poetry, or even keeping an online journal, then this is the course for you. While the course focus is on writing, students will also be asked to read narratives, non-fiction, and poetry as well, for all great writers are well read. This course enables you to create your best work in a creative and relaxed environment. Students will spend time working through writing exercises and developing the concept of "show not tell" in their writing. During the second half of the course, students will have the freedom to work entirely on their own writing. This course is accepted as an academic Grade 12 course at some post secondary institutions.

Recommended Prior Completion of: English Language Arts 10/interest in Writing

INFORMATION TECHNOLOGY

Applied Digital Communications (ADC)

Be prepared for the world of the 21st century. Are you worried you might not be prepared for a world where computers are a major part of almost every job? Do you want to be prepared for whatever job comes your way in the future? Then this is the course for you. Gain strong computer skills and a broad knowledge of what can be done on the computer as well as the tools to use to get the job done. This course helps prepare you for many jobs in Business and Management as well as a host of other jobs in the world.

- I. **Developmental Level (4 credits):** Want to really master all of the intricacies of office applications, get a job that uses computers a lot or just take an easy computer course? This is the place for you. Learn how to do all the things with documents that you never even knew was possible. By the end of this course, you should know what all of the menus and buttons do in every program in Microsoft Office or Open Office.
- II. **Preparatory Level (4 Grade 12 credits):** This course is very similar to the Development level Applied Digital Communications course – with a bit more in depth work at some levels and a focus on skills for management level jobs.

Computer Game Programming

Computer programming prepares you for more things than you would imagine. In addition to the high paying and high demand areas of Computer Programmer, Systems Analyst, Systems Architect and Engineer, computer programming is used in Finance, Accounting, Science and more! Beyond that, it teaches you strong problem solving skills. While we teach game programming, the skills we learn are transferrable to all areas of programming and prepare students well for post-secondary education in Computer Science, Engineering or specialty programs at BCIT.

- I. **Introductory Level (2 credits):** Do you want to take Computer Game Programming in grade 11/12? Then take this course! It teaches you all of the concepts you need: variables, flow control, data structures, file access, GUI design and much more. Learn the job of the 21st century – the computer programmer/engineer.

- II. **Developmental Level (4 credits):** Learn how to make your own video games. We will use the Python programming language to create various computer games in this course. Python is both easy to learn as well as standard in many Universities (UVIC switched to Python from Java in 2010/2011). We will start with easy text games and work up to 2-D and 3-D graphics by the end of the course.
- III. **Preparatory Level (4 Grade 12 credits):** This course is an extension of the Developmental course and is a chance for students to create fully functional games to become part of their professional portfolio and CV.

Computer Graphics/Graphics Design

2 credits

Students will develop applied skills with colour and design theory. We will create projects for photography, print and electronic publication using desk top publishing, 2-D graphics (bitmapped and vector), 3-D graphics and animation programs. This helps prepare students interested in Graphic Design, Interior Design, Architecture or many Art related careers.

Recommended Prior Completion of: recommended Art 10 and any computer course

Computer Information Systems (CIS)

Learn how to build and fix computers. Save money by knowing how to do it yourself. Prepare for a career working with computers as a Technician, Systems Administrator, Manager, Telecommunications Tech (Shaw, Telus, Bell, Rogers) and more. Every company needs IT workers. Very few people have the training. Use these to get a head start on post secondary training at BCIT and beyond.

- I. **Introductory Level (2 credits):** Students will learn how computers are put together and how the parts function to make a complete machine. They will learn to build, take apart and troubleshoot computers as well as install and maintain operating systems. They will learn how computer networks are built and function. The curriculum is designed to follow A+ certification curriculum fairly closely. By the end of the course, students should be able to select components and build their own computer as well as install various operating systems (like Windows) and troubleshoot problems that may come up. It is recommended that students have taken any Information Technology course.
- II. **Developmental Level (4 credits):** Learn to build, fix and maintain computers. We will learn all of the topics covered by the industry standard CompTIA A+ certification, which is the main Recommended Prior Completion of for being a computer technician. This is a great course if you want to work with computers in the future or you just want to be able to fix your own computers and avoid paying other people to do it for you.
- III. **Preparatory Level (4 Grade 12 credits):** In this course we cover another industry certification – Network+. Learn everything you ever (never?) wanted to know about how computer networks function. Learn how to plan and create networks, keep them secure and troubleshoot them when something goes wrong. Learn all of the latest networking technology. Please don't take this course unless you have CIS-Developmental.

Digital Media Development

Art + computers = art jobs! Do you have budding art skills? This is the way to learn computer skills in a fun way that leverages your art skills to prepare you for careers where you can make money with art. Some career paths include: graphic design, interior design, Film special effects, web designers, Computer Game Artist/Effects, Storyboarder, Concept Artist and much, much more. Each course has 4 units. Learn the basics of each and then choose the one you want to learn the most. There is a lot of opportunity for students to be self directed if they have pet projects they'd like to do.

- I. **Developmental Level (4 credits):** Do you love Art, but want some skills so you can actually get a job doing artistic things? This course is for you. Learn how to do art on a computer: photo editing, animation, 3-D graphics &

animation, web design and a bit of video work. If you want, you can learn how to make all of the art work that is used as special effects in movies and the basis for all computer games. It is recommended that you have taken Art 10 or Graphic Design.

- II. **Preparatory Level (4 Grade 12 credits):** This is an extension of the development level course. We will focus on creating high quality work that can be part of a portfolio to present to post secondary institutions. Similar units: video, 2-D, 3-D, web, but since the Ministry has many similar learning outcomes for both courses, we will use much of the time in this course to work on our personal focus areas and create high quality portfolios of work in preparation for post secondary.

Film and Television Production

Ever want to make a professional looking video to post on YouTube, get a lot of views and get famous? In Film and Television Production, you learn to make movies, short films, documentaries, ads and much more. You learn all the tricks and tips to make professional looking work. Learn how to make videos that pop so you can do video projects for your academic courses, for your hobbies or to prepare for a career in film, broadcasting, journalism, media or any of the new opportunities created by a wired world.

- I. **Introductory Level (2 credits):** This is a chance for students to learn the basics of planning, shooting and editing film and video without committing to a 4 credit course. If you want to learn the basics but aren't sure you really want to take a longer course, this is a great chance to see if this course interests you. Learn to script, storyboard, take good camera shots, do sound dubbing, edit and much more!
- II. **Developmental Level (4 credits):** Begin to master the skills for making high quality films and videos. Techniques covered will be: script writing, advanced digital editing, special effects, computer special effects and animation. Students will undertake an extended film project such as a murder mystery or a sitcom. Learn to get better performances from actors, capture better footage and edit it professionally. Marks are almost 100% project based.
- III. **Preparatory Level (4 Grade 12 credits):** We continue where we left off in FTV-D. We will spend more time analyzing and critiquing film productions and look at how media affects society in addition to further developing the standard video production and acting skills from the developmental course. There will be a strong emphasis on creating high quality work that can be used as part of a professional portfolio for applying to post secondary education.

Information Technology

2 credits

Want to be ready for the technology you will face in the business world, in Senior classes or in Post-Secondary? We learn many different Office applications: word processors, spread sheets, databases, presentations, graphics, some simple animation and more. Many students come back from University and thank us for these skills (who knew that you needed to know databases for a PE degree?). This course is recommended for students planning to take Applied Digital Communications courses.

LANGUAGES

French 10

4 credits

This course continues to develop language skills learned in Grade 9 – listening, speaking, reading and writing. Students considering post secondary education should think seriously about taking French 10 and 11.

Recommended Prior Completion of: French 9

French 11**4 credits**

Bienvenue en français 11. This is the course to take if you want to further your knowledge of French. Not only will you gain easier access to the university of your choice, but the course will also be an asset when you apply for local jobs in the tourist industry. Depending on your level of involvement in the course, you could easily be functionally bilingual in French. Put that in your resume. And if you do plan to travel Europe or Africa later in life, you will be glad you signed up for it. French 11 goes into further depth in the grammar, vocabulary, culture, and literature. Verbal communication is one of the focuses of this course.

Recommended Prior Completion of: French 10**French 12****4 credits**

Le français 12, c'est la crème de la crème, la cerise sur le sundae, la crème fouettée sur le café. The course is above and beyond regular university requirements. This is the ticket to go traveling through French Europe to get a taste of the real thing. Of course, if you are pursuing a career in tourism, international relations, diplomacy, translation, development aid, or anything international or federal (military, RCMP), a solid command of French is a major asset, and in some cases required. French 12 will provide you with the opportunity to achieve this. The course is conducted in French. The emphasis is on discussing and debating but also on reading and writing for the purpose of communicating. Venez tous, on vous attend.

Recommended Prior Completion of: French 11**Spanish 10****4 credits**

This course will build upon the beginner's (Grade 9) course. There will be a short review, and new vocabulary, verbs and tenses will be learned. By the end of the course, students will be able to express actions in the past tense and will be able to communicate with Hispanic students in other countries. There will be opportunities for role-playing. The culture and history of the Hispanic world will be further researched. This fun subject will demand active participation from all who choose to take it. Adelante!

Recommended Prior Completion of: Spanish 9**Spanish 11 – Introductory****4 credits**

Hola, ¿qué tal? This course is open to any student interested in learning some basic Spanish. Have you found out you need a second language? Planning on travelling this year, or after graduation? Would you like to know more than “Dos cervezas, por favor”? This introductory course guides you through the skills needed for basic communication in Spanish, giving you the opportunity to be involved real conversations. Learn to ask questions, speak about yourself and your interests, and gain understanding of Hispanic cultures and customs. Although grammar will be studied to enable the development of language patterns, the focus will be on conversation and vocabulary development. Bienvenidos a todos.

Recommended Prior Completion of: None**Spanish 11****4 credits**

Bienvenidos al español 11. This is where things begin to snowball big time! All the material learned in Grades 9 and 10 combine and by the end of Grade 11, you will feel confident with your language skills. You will impress your parents on your next family vacation to Mexico; the Spanish-speaking world is opening up to you. With the skills and insights you will gain, you will be able to discover places other tourists don't go, and experience the depth of authentic interactions. In this course, plan to explore both cultural differences and social issues. Spanish is recognized as a Grade 11 second language, which may ease your way into the university of your choice. Hasta pronto.

Recommended Prior Completion of: Spanish 10 or Spanish 11 – Introductory

Spanish 12**4 credits**

This course is designed for those who love speaking Spanish and enjoy the opportunity to discuss contemporary issues. Through further exploration of cultural diversity, students gain a greater understanding of alternate outlooks and behaviors. Spanish is the main language of instruction and students are expected to be active participants. Students will make travel plans, practice communicating for authentic situations and have in depth conversations expressing personal ideas and opinions. Reading comprehension skills will be developed through use of the internet and Spanish texts. Having Spanish 12 will be helpful in your search for jobs in the tourism industry, development aid, translation, diplomacy, and international relations. ¡Adelante!

Recommended Prior Completion of: Spanish 11

MATHEMATICS – Refer to pages 28-30 for math pathways diagram.

Apprenticeship and Workplace Mathematics 10**4 credits**

This course is designed to provide students with the skills required for training in many post-secondary trades programs and for direct entry into the workforce. **Topics include:** algebra and formula-use, unit conversion between metric and imperial systems, decimal and fractional measurements, area calculations, applications of Pythagorean Theorem, trigonometry with primary ratios, angle geometry, proportional analysis, and income calculations. After successful completion of this course, students will choose

Apprenticeship and Workplace Mathematics 11.

Recommended Prior Completion of: Mathematics 9

***NOTE:** Contact post-secondary academic advisors for information on prerequisites for their programs*

Apprenticeship and Workplace Mathematics 11**4 credits**

This course is designed to provide students with the skills required for training in many post-secondary trades programs and for direct entry into the workforce. **Topics include:** problem solving involving metric and imperial measurements; solving problems involving 2 and 3 right triangles; scale (including 3-D); models and views (top, front, side, and exploding) of 3-D objects; numerical reasoning via games and puzzles; personal budgeting, compound interest, and financial institution services including credit options; formula manipulation; slope in context; proportional reasoning and unit analysis; creating and interpreting data displays. After successful completion of this course, students may choose

Apprenticeship and Workplace Mathematics 12.

Recommended Prior Completion of: Apprenticeship and Workplace Mathematics 10

***NOTE:** Contact post-secondary academic advisors for information on prerequisites for their programs*

Apprenticeship and Workplace Mathematics 12**4 credits**

This course is designed to provide students with the skills required for training in many post-secondary trades programs and for direct entry into the workforce. **Topics include:** limitations of measuring instruments; Sine Law and Cosine Law (excluding ambiguous case); problems involving polygons; transformations (translation, reflection, rotation, dilation) of 2-D shapes and 3-D objects; logical reasoning via games and puzzles; acquisition of vehicle; viability of small businesses; linear relations; measures of central tendency (mode, median, mean, weighted means, trimmed means); percentiles (analysis); probability problems.

Recommended Prior Completion of: Apprenticeship and Workplace Mathematics 11

***NOTE:** Contact post-secondary academic advisors for information on prerequisites for their programs*

Calculus 12**4 credits**

This is a challenging course intended for students who wish to cover topics beyond the Principles of Mathematics 12 curriculum and who will pursue Mathematics (Engineering, Sciences, Economics, and some Business Programs) at the University level. It is strongly recommended that any students who need to take Calculus at post-secondary take this course. **Topics include:** Functions & Polynomials; Limits & Continuity; Derivatives / Differentiation; and Integrals / Anti-Differentiation. Students should have an A or B in Principles of Math 12 to be successful in this course. After successful completion of this course, students will be well prepared for their first Calculus course at post-secondary.

Recommended Prior Completion of: Principles of Math 12 or Pre-Calculus 12

NOTE: 1) Pre-Calculus 12 must be completed (Semester I) prior to taking Calculus 12 (Semester II).

2) Contact post-secondary academic advisors for information on prerequisites for their programs.

Foundations of Mathematics and Pre-Calculus 10**4 credits**

This course is designed to provide students with the skills required for post-secondary studies in programs that may or may not require theoretical calculus. **Topics include:** factoring of polynomial expressions, simplifying irrational numbers, powers with integral and rational exponents, relations and functions, analysis of linear relations and function notation, solving systems of linear relations, surface area and volume of 3-D objects, trigonometry with primary ratios, proportional reasoning and conversion between metric and imperial systems of measurement. After successful completion of this course, students will choose one or both of the following courses/pathways:

Recommended Prior Completion of: Mathematics 9

- Foundations of Mathematics 11
- Pre-Calculus 11

NOTE: Contact post-secondary academic advisors for information on prerequisites for their programs.

Foundations of Mathematics 11**4 credits**

This course is designed to provide students with the skills required for post-secondary studies in programs that may not require theoretical calculus. **Topics include:** rate applications, scale diagrams and scale factors; perimeter, area, and volume; properties of angles and triangles (proofs and applications); Sine Law and Cosine Law (including ambiguous case); inductive and deductive reasoning; spatial reasoning via games and puzzles; normal distribution (standard deviation and z-scores); confidence intervals, confidence levels, and margin of error; systems of linear inequalities; quadratic functions; research project on historical event or area of interest related to mathematics. After successful completion of this course, students will choose one or both of the following courses/pathways:

- Foundations of Mathematics 12
- Pre-Calculus 11

Recommended Prior Completion of: Foundations of Mathematics & Pre-Calculus 10

NOTE: Contact post-secondary academic advisors for information on prerequisites for their programs.

Foundations of Mathematics 12**4 credits**

This course is designed to provide students with the skills required for post-secondary studies in programs that may not require theoretical calculus. **Topics include** compound interest and financial decision making; cost analysis; investment portfolio: interest rate, rate of return, total return; numerical and logical reasoning via puzzles and games; simple set theory (Venn diagrams, intersection, union, and complement); conditional statements; assessing validity of probability and odds-based statements; probability of mutually and non-mutually exclusive; dependent and independent events; fundamental counting principal, permutations, and combinations; polynomial, (degree < 3), logarithmic, exponential, and sinusoidal functions; research project: current event or area of interest related to mathematics.

Recommended Prior Completion of: Foundations of Mathematics 11

NOTE: Contact post-secondary academic advisors for information on prerequisites for their programs.

Pre-Calculus 11**4 credits**

This course is designed to provide students with the skills required for post-secondary studies in programs that may require theoretical calculus. **Topics include:** absolute value of Real numbers; operations on radicals (numerical and variable radicands) and radical equations; equivalent forms of rational expressions; operations on rational expressions and rational equations; angles in standard position; primary trigonometric ratios of angles to 360°; Sine Law and Cosine Law including ambiguous case; factoring beyond simple trinomials; absolute value functions; quadratic functions in standard and vertex form; quadratic equations; systems of linear-quadratic and quadratic-quadratic functions; linear and quadratic inequalities in two variables; quadratic inequalities in one variable; arithmetic sequences and series; geometric sequences and series; reciprocal functions (of linear and quadratic functions). After successful completion of this course, students may choose one or more of the following courses/pathways:

- **Pre-Calculus 12 followed by Calculus 12**
- **Foundations of Mathematics 11**

Recommended Prior Completion of: Foundations of Mathematics & Pre-Calculus 10

NOTE: Contact post-secondary academic advisors for information on prerequisites for their programs.

Pre-Calculus 12**4 credits**

This course is designed to provide students with the skills required for post-secondary studies in programs that may require theoretical calculus. **Topics include:** degrees and radians; unit circle; six trigonometric ratios (degrees and radians); sine, cosine, and tangent functions; trigonometric equations (degrees and radians) and identities; operations and composition of functions (function notation); transformations of graphs and equations (vertical and horizontal translations, stretches, reflections, and inverses); logarithms; logarithmic and exponential functions / equations; factoring beyond degree 2 (integral coefficients); polynomial (degree < 5), radical, and rational functions; fundamental counting principal, permutations, combinations and binomial theorem. After successful completion of this course, it is expected students will choose **Calculus 12**.

Recommended Prior Completion of: Pre-Calculus 11

NOTE: Contact post-secondary academic advisors for information on prerequisites for their programs.

MEDIA STUDIES

Film and Television Production

Ever want to make a professional looking video to post on YouTube, get a lot of views and get famous? In Film and Television Production, you learn to make movies, short films, documentaries, ads and much more. You learn all the tricks and tips to make professional looking work. Learn how to make videos that pop so you can do video projects for your academic courses, for your hobbies or to prepare for a career in film, broadcasting, journalism, media or any of the new opportunities created by a wired world.

- I. **Introductory Level (2 credits):** This is a chance for students to learn the basics of planning, shooting and editing film and video without committing to a 4 credit course. If you want to learn the basics but aren't sure you really want to take a longer course, this is a great chance to see if this course interests you. Learn to script, storyboard, take good camera shots, do sound dubbing, edit and much more!
- II. **Developmental Level (4 credits):** Begin to master the skills for making high quality films and videos. Techniques covered will be: script writing, advanced digital editing, special effects, computer special effects and animation. Students will undertake an extended film project such as a murder mystery or a sitcom. Learn to get better performances from actors, capture better footage and edit it professionally. Marks are almost 100% project based.
- III. **Preparatory Level (4 Grade 12 credits):** We continue where we left off in FTV-D. We will spend more time analyzing and critiquing film productions and look at how media affects society in addition to further developing the standard video production and acting skills from the developmental course. There will be a strong emphasis on creating high quality work that can be used as part of a professional portfolio for applying to post secondary education.

Yearbook

2 credits

Be a part of the team that officially records the events of Mark R. Isfeld Secondary! In the process learn and apply all the skills required for publishing, including graphic design using Adobe's professional publishing software Creative Suite 4, basic journalism, digital photography, marketing and advertising. Experience being part of a \$20 000 publishing venture. Grab the opportunity to contribute to the only book people keep for their whole lives – their High School Yearbook.

MUSIC

Choral Music: Concert Choir

4 credits each level

This course offers students an opportunity to explore the vast array of choral literature that has been written over the past 9 Centuries. Singers will be introduced to classical, folk, jazz, spiritual, gospel and pop music in a choral setting. Skills such as diction, proper air support and vocal technique will be integrated along the way. Due to the nature of the course students will learn the value of working as a group to accomplish a unified goal and will build a sense of trust. Being a member of Concert Choir is a great way to enhance musical skills and life skill.

Students have the opportunity to participate in a major trip in the spring. This course is taught outside the timetable (at lunch and/or before/after school) so it does not take up a spot for other electives.

Instrumental Music: Concert Band

- I. **Introductory (4 credits):** This course offers the student an opportunity to study instrumental music in a group setting. The class will focus on individual and ensemble playing techniques, musical literacy, conducting, score study, teamwork, group effort as well as rehearsal and performance of band literature in a variety of styles.
- II. **Developmental (4 credits):** Concert Band 11 is for students who possess more advanced skills and experience in playing a musical instrument. This course offers the student an opportunity to hone both musical and performance and reinforce self discipline and creativity in a group setting. An appreciation for all styles of music ranging from Baroque to Pop will be encouraged. The continued use of music for the enrichment of one's life will also be promoted. Students will also become aware of the myriad opportunities available for employment and leisure in music and its related fields.
- III. **Preparatory (4 Grade 12 credits):** This class will focus on individual and ensemble playing techniques, musical literacy, and conducting. This course offers the student an opportunity to study instrumental music in a group setting. Members of this ensemble will perform band literature in a variety of styles.

A variety of courses are offered in the music department, however, some of them may meet outside the timetable, either before or after school, or at lunch. Students who choose these courses are expected to attend and participate – just as they would with any other course within the timetable. We hope that by offering these courses outside the regular schedule, students will be given more flexibility to pursue their musical interests. Students have the opportunity to participate in a major trip in the spring.

Instrumental Music: Jazz Band

- I. **Introductory (4 credits):** This course offers students an opportunity to study and perform jazz in an instrumental setting. In addition to rehearsing and performing jazz in a variety of styles students will also learn historical and theoretical concepts specific to the jazz idiom. Improvisation will be introduced. Students have the opportunity to participate in a major trip in the spring. This course is taught outside the timetable (at lunch and/or before/after school) so it does not take up a spot for other electives.
- II. **Developmental (4 credits):** This course offers students an opportunity to study and perform jazz in an instrumental setting. In addition to rehearsing and performing jazz in a variety of styles students will also learn historical and theoretical concepts specific to the jazz idiom. Improvisation will be introduced. Students have the opportunity to participate in a major trip in the spring. This course is taught outside the timetable (at lunch and/or before/after school) so it does not take up a spot for other electives.
- III. **Preparatory (4 Grade 12 credits):** This course offers students an opportunity to study and perform jazz in an instrumental setting. In addition to rehearsing and performing jazz in a variety of styles students will also learn historical and theoretical concepts specific to the jazz idiom. Improvisation will be introduced. Students have the opportunity to participate in a major trip in the spring. This course is taught outside the timetable (at lunch and/or before/after school) so it does not take up a spot for other electives.

R&B and Jazz Combo**4 credits**

This unique course will give you the opportunity to explore two of the most popular musical styles worldwide. If you have ever wanted to sing like Ella Fitzgerald or play like Ray Charles, now is your opportunity. This class will introduce the history of these two musical genres, explore their musical ties and offer the students an opportunity to apply that knowledge and their musical skills in a vocal and instrumental small group setting. Students will be divided into smaller performing groups consisting of bass, percussion, guitar, keyboards, saxophones, trumpet, trombone, lead singers and backup singers in which they will put together and evening performance as part of their final grade.

PHYSICAL EDUCATION

Active Connections

4 credits

Do you enjoy physical activity and wish to develop a stronger connection to your school and local community? Active Connections 11 is a rewarding experience that takes learning beyond the classroom. Physical activities include a cooperative approach to racquet sports and team games as well as personal fitness and individual pursuits. Community connections are promoted through working with International and Citizenship students at Isfeld, various activities with seniors at the Berwick Residence and teaching physical education to multi-age classes at Valley View Elementary. If you are energetic, outgoing and eager to contribute to a positive and active community, get involved through Active Connections 11.

Active Lifestyles for Girls

This course is an all girls class designed to encourage life-long participation in a wide variety of physical and leisure activities. Primary goals of this course will be continued development of physical skills and improvement of personal fitness levels. Students will be introduced to movement principles and skills in yoga, Pilates, step aerobics, aquasize, core/strength training, belly fit, zumba dance, power walking and individual and team sports. Fitness theory will be integrated into the course and include discussions on the components of fitness, anatomy, basic training principles, gender specific personal health, and wellness and nutrition. Additional on and off campus activity choices and field trips will be determined in consultation with the participants at the beginning of the course.

- I. **Introductory (2 credits):** Introductory is a course that introduces a wide variety of fitness pursuits that are traditionally enjoyed by girls. These include spin cycling, aerobics, step aerobics, dance, martial arts-oriented fitness, speed walking, hiking and yoga as well as less traditional activities like wall climbing, water aerobics and African dancing. Students of this course will also take part in muscular conditioning activities like weight training and Pilates as well as circuit training which includes using resistant bands, bosu balls and medicine balls. Students will enjoy remarkable results and a deep understanding of their own bodies by challenging their physical boundaries. Finally, students will be introduced to Personal Health theory which will cover basic fitness knowledge, nutrition, stress and time management, and self-esteem. An optional course fee will cover off-campus and guest instructor fees.
- II. **Developmental Level (4 credits):** Students will gain an understanding of the components of fitness and the basic principles of training. The girls will be encouraged to plan and lead warm-ups, establish short term activity fitness goals recording progress on a weekly basis and create a personal nutrition profile. Physical Education 10 is a Recommended Prior Completion of for this course.
- III. **Preparatory Level (4 Grade 12 credits):** Knowledge gained in the introductory level will now be applied to develop a personal fitness program and include setting long term fitness goals. A fitness journal will be maintained to record their personal progress throughout the course. Students will continue to gain practical experience in leadership roles and as a group design and lead mini activity lessons for their peers. Participation in community fitness events as a group will be encouraged. An optional course fee will cover off campus activities and guest instructors.

Recommended Prior Completion of: Physical Education 9

Conditioning for Sport and Physical Activity

These courses are designed to enhance sport specific muscular strength/power, endurance, speed, agility, quickness, flexibility, vertical leap and core strength of students' intent on excelling at their chosen sport(s). Students, working cooperatively with the instructor, will develop an appropriate personal conditioning program that enables them to achieve a desired level of fitness and strength. Sports nutrition logs, fitness testing and goal-setting exercises are part of this program. Students will also have an opportunity for skill development and game play in the gymnasium.

- I. **Introductory Level (2 credits):** students will learn safe and proper training techniques in the following areas: resistance training as it applies to sport, balance/hand-eye coordination training, core stability and power, plyometrics and vertical jump training, speed/agility/quickness, sports flexibility and linear speed training. Goal-setting will include specific plans to improve any or all of the standards of fitness testing: beep test for cardiovascular fitness, sit and reach trunk flexibility, continuous pushups, sit-ups and chin-ups as well as standing vertical leap.
- II. **Developmental Level (4 credits):** using the techniques learned in the Introductory Level of this course, and in consultation with the instructor, students will develop and follow a fitness program designed to enhance all areas of athleticism as it applies to their chosen sport(s). Students will complete goal-setting exercises in the areas of physical fitness, athletics and academics (i.e. time management of a busy schedule).
- III. **Preparatory Level (4 credits):** students at this level are usually at or striving towards an elite level of sports competition (i.e. a senior varsity or rep level community team sport/individual pursuit). Students will design and follow a training program designed to support all areas of athleticism as well as specialize in chosen areas of focus. Students will be expected to demonstrate leadership within the class, leading sport-specific warm-ups or workouts or via liaison with students at the elementary level. Goal setting exercises will include physical fitness, athletics, academics and plans for post-secondary. *This course is ideal for the student looking to increase physical performance in their chosen sport(s).*

Recommended Prior Completion of: Fitness and Conditioning 9 or outside sport involvement

Fitness: Introduction

2 credits

This is a comprehensive course designed to introduce students to a variety of different fitness approaches. Students will be guided through a variety of fitness related activities including walking, jogging, spinning, interval training, circuits, weight training, stretching and fitness-related games. Opportunities will be provided for students to participate in self-directed fitness activities. This course is designed for those students who like being physically active and enjoy being challenged to improve their personal fitness. *This course is ideal for the student looking to improve their personal fitness levels and establish healthy habits for life.*

Fitness Knowledge

This program is designed specifically for students who want to pursue and learn about personal training. It is also ideal for those interested in pursuing a career in the area of health sciences, physical education, fitness or recreation.

- I. **Developmental Level (4 credits Applied Skill):** This course provides students with a comprehensive look at holistic fitness as it applies to leading a healthy lifestyle. Students will be introduced to basic anatomy and physiology as well as how to train their muscular strength and endurance, flexibility, and cardiorespiratory fitness. Students will also learn about nutrition and body weight management, exercise safety and fitness leadership.

Students will explore all aspects of total fitness, and apply them in their personal fitness programs as well as participate in game play as part of a healthy lifestyle.

Successful students will receive a FITNESS THEORY CERTIFICATE OF COMPLETION *which is recognized by the National Fitness Association and the BCRPA (British Columbia Recreation and Parks Association) Fitness Branch as a 30 Fitness Theory Course.* This is step one of three in becoming a Personal Fitness Trainer.

- II. **Preparatory Level (4 Grade 12 credits):** Students will build on their understanding of fitness concepts and apply them in their own lives as well as help others. Students will take on a “practical client” to train. They will also be given the opportunity to explore a variety of fitness facilities in our community.

Part One, the Weight Training Instructor theory explores a variety of exercise techniques and teaching tips, advanced and specialized program planning, exercise safety, and nutritional supplements. Students will develop a personal, professional profile and have their Instructor Competency evaluated.

Part Two, the Personal Trainer Certification expands on Fitness Knowledge 11’s introduction to anatomy and physiology, as well as elaborates on cardiovascular, flexibility and resistance training program design. New theory includes enhancing the success of the client, health screening and setting up a personal trainer business.

Instruction will include classroom lectures and labs, practical weight room and fitness facility experience and fitness-based game play.

Successful students will receive their WEIGHT TRAINER INSTRUCTOR CERTIFICATION and PERSONAL FITNESS TRAINER CERTIFICATION *which is recognized by the National Fitness Association and the BCRPA (British Columbia Recreation and Parks Association) Fitness Branch as a 30 Fitness Theory Course.* These are considered the final two steps to becoming a Personal Fitness Trainer.

Note: All Theory is developed by Canadian Fitness Education Services: www.canadianfitness.net

Students who receive 80% or higher in the Fitness Knowledge program are eligible to receive **Dual Credit** for SPEX 110 (Fitness for Life) at Camosun College. This course is a pre-requisite for all programs offered at their Centre for Sport and Exercise Education: www.camosun.ca

Fitness: Weight Training **2 credits**

Weight Training is a very popular life-long activity and can offer students of all fitness levels as well balanced approach to meeting personal fitness goals. Students in this course will be guided through a variety of safe and effective resistance training methods designed to improve overall muscular endurance, strength and power. As students progress and are able to demonstrate safe and effective training techniques, opportunities will be given to build individualized programs that will help them meet their personal fitness goals.

Recommended Prior Completion of – Introduction to Fitness

Physical Education 10 **4 credits**

In this year-long course, the student learns to recognize and respect the proper place of sport and physical fitness as an essential part of the total person. The course is designed to improve physical strength, cardiovascular efficiency, and neuromuscular skills as well as to impart knowledge of game rules and strategies through involvement in a variety of individual and team activities. The curriculum covers Team Games, Individual Sports, Dance, Gymnastics and Alternate Activities.

Recommended Prior Completion of: Physical Education 9

Team Sports

This program is designed for students who enjoy team sports and who want opportunities to hone their teamwork skills in a variety of sports related activities. Emphasis will be toward developing greater skill through the progressive levels, as well as applying tactical elements of movement and organization (both team and individual) within a variety of games (soccer, volleyball, basketball, plus others in consultation with the class).

- I. **Introductory Level (2 credits):** This elective course is designed for student athletes, and will introduce them to the complex individual and team strategies and skills of sports played at a competitive level. The emphasis is to expand basic, participation skills taught in regular physical education classes. This course focuses on extra-curricular and community-based team sport opportunities. Ongoing assessment will be based on meeting movement and personal/social responsibility learning outcomes, plus some performance-based skill evaluation.
- II. **Developmental Level (4 credits):** This course is designed for students who have completed Team Sports Introductory Level and/or Physical Education. The focus will be on team and individual strategies and skills while striving to develop student awareness for positive and effective participation in team related games. The course looks at team sports opportunities in the area of extra-curricular participation, as well as intramural and lifetime activities. Emphasis will be on safely and cooperatively applying and analyzing the elements of movement to a variety of team games. Ongoing assessment will be based on meeting movement and personal/social responsibility learning outcomes, plus some performance-based skill evaluation.
- III. **Preparatory Level (4 Grade 12 credits):** This course is the final level in the study of Team Sports and emphasizes on preparing students for positive, lifetime involvement in team related activities. Students will be required to apply, evaluate, and adapt the elements of movement to selected team games that are part of a future, active lifestyle. Ongoing assessment includes meeting movement and personal and social responsibility learning outcomes, as well as performance-based skill evaluation.

Recommended Prior Completion of: Physical Education 9

PLANNING – Students must receive credit for Planning 10

Planning 10

4 credits

The aim of Planning 10 is to enable students to become self-directed individuals who set goals and make thoughtful decisions. The course includes information about the graduation program, education and careers, healthy lifestyles and financial literacy.

SCIENCES

Applied Science Fiction

8 credits

Applied Science Fiction is a combination of Physics 11 and English 11. This is a full year course that will begin with introductory Physics concepts which will be highlighted by various pieces of literature and then evolve into the philosophical questions raised by applied Physics, extending into the explanations Physics can apply to some popular science fiction stories.

Biology 11

4 credits

This is an introductory course, which deals with the methods & principles of biology, microbiology, (bacteria, viruses & protists), plant biology, animal biology & evolution.

Recommended Prior Completion of: Science 10

Biology 12**4 credits**

An intense course in cell & human physiology. The major topics are: biochemistry, human anatomy & function, cell structure & processes. This is a university entrance course. Expectation of students include participation in lab work and continuous review of material.

Recommended Prior Completion of: Biology 11

Chemistry 11**4 credits**

Open to Grade 11 or 12. Chemistry 11 is a challenging course that emphasizes applying mathematics to problem situations. It is recommended that students have a C+ or higher in Science 10 before attempting this course. A thorough understanding of Science 10 chemistry is necessary as the course builds on past knowledge. The major topics are: solution chemistry, organic chemistry, mole concept, atomic structure and inorganic naming. This is a laboratory based course and successful completion of all lab work is a requirement. This course is required for entry into most university Science programs.

Recommended Prior Completion of: Science 10; a C+ or higher in Mathematics 10

Chemistry 12**4 credits**

Chemistry 12 is a very challenging course that prepares university bound students in the following areas: reaction kinetics, equilibrium, acids/bases/salts, oxidation-reduction, and solubility equilibrium. This course has a substantial emphasis on applying mathematics to problem situations. This is a university entrance course.

Recommended Prior Completion of: a C+ or higher in both Chemistry 11 and in Pre-Calculus 11; a high B in Foundations of Mathematics 11 or Apprenticeship & Workplace Mathematics 11.

Earth Science 11**4 credits**

This course covers a variety of topics and includes the study of rocks and minerals, renewable and non-renewable resources, plate tectonics, oceanography, atmospheric science, Earth's geological history and outer space. This course satisfies the Grade 11 science graduation requirement and is a natural introductory course for Geography 12. It is recognized by universities and colleges.

Recommended Prior Completion of: Science 10

Physics 11**4 credits**

Physics 11 is a challenging introductory course offering instruction in the area of mechanics and dynamics of motion, energy transformations and work, wave theory and theory of relativity. It is recommended that students have a C+ or higher in Math 10. This course is required for entry into most university Science programs and electrical trades programs.

Recommended Prior Completion of: Science 10

Physics 12**4 credits**

Physics 12 is a very challenging course and prepares university-bound students in the following areas: vector dynamics and mechanics, work-energy theorem, DC circuits, magnetism and electro-magnetic induction. Physics 12 is a university entrance course.

Recommended Prior Completion of: Physics 11

Science 10**4 credits**

This course covers the four main areas of science; chemistry, biology, physics and earth science. In chemistry we will study elements, compounds reactions and radioactivity. Biology explores the Earth's ecosystems and the organisms that live in them. The physics unit investigates motion and the relationship between velocity and acceleration. Finally, the earth science unit looks at our planet's atmosphere, and the theory of plate tectonics. The course has a provincial exam.

Recommended Prior Completion of: Science 9

Sciences 10**4 credits**

This course is entirely in French and qualifies for credits for the French Immersion Diploma. Students will be studying the same units as the course offered in English. These units include all the base sciences. "Sustaining Earth's Ecosystems" is the Life Science unit while the Chemistry unit is called, "Chemical Reactions and Radioactivity." The Physical Science section is based on "Motion." The final unit is the Earth and Space Science Unit entitled, "Energy Transfer in Natural Systems." The course has a provincial exam which is written in French. Take advantage of this opportunity to continue your French studies.

Recommended Prior Completion of: Sciences 9

Science and Technology 11**4 credits**

Science and Technology 11 provides students with opportunities to investigate, analyze, understand and experience the relationships between science, technology and human society. Through distinct modules, students will explore a series of topics such as communication, the environment, medicine, food production and military technology. Videos, newspapers, magazines, oral reports and class discussion play an important role in this course. Active participation in discussions and group activities will be important for student success.

Recommended Prior Completion of: Science 10

TECHNOLOGY EDUCATION

Introductory Engineering

- I. **Introductory (2 credits):** Engineering is all about design and construction skills. You will learn how to solve problems through design and then build and test your solutions. Students will learn skills and techniques for the safe use of tools and equipment. Building and creating projects with metal, wood, and plastic will be the focus of the course. Projects for this course may include; robotic/hydraulic arms as well as structures such as towers and bridges.

Jewelry Design**2 credits**

Design and make your own jewelry! You will make rings, necklaces, ear rings, pendants, and bracelets using a variety of different materials and processes including; sterling silver, copper, nickel silver, brass, aluminum, enameling and beadwork. While manufacturing their designs, students will develop the creative metalworking skills and techniques necessary in order to finish their projects to a high level of quality. As much of the jewelry material is expensive, there is a \$25 material fee for those students that wish to take their creations home with them.

Metalwork

- I. **Introductory (2 credits):** This course will give students the skills to work with an amazing material in a variety of ways. Students will learn about design, accurate measurement and layout, and will cut, drill, form, weld, machine and finish several very different projects. Both the technical and artistic side of metalwork will be experienced through projects such as metal bowls, sculpture, and projects that present machining and welding challenges. This is a great course for those interested in metalwork, but also those with an artistic or engineering future!
- II. **Developmental (4 credits):** In this course you will continue to improve your fabrication and machining skills, and will build new skills using sheet metal techniques. You will be introduced to new methods of welding, and will advance your machining ability, adding new level of precision to your work. Project work will include more complex fabrication and machining projects than in previous courses, but art and creativity will remain a part of metalwork at this level. Students who master the skills presented in the course will have a chance to create their own project as well.
- III. **Preparatory (4 Grade 12 credits):** This course continues to build on skills from previous levels. You will complete a metal fabrication “production run” of projects, will continue to advance your machining skills, and will work with new materials such as aluminum. Advanced students will design and build their own projects.

Power Technology

- I. **Introductory (2 credits):** This is an introductory course looking into the world of power sources for vehicles. Units of study will include Rat Trap powered vehicles, CO₂ powered vehicles, electric motor powered vehicles, as well as basic engine theory on the many systems of 4-cycle and 2-cycle engines. Students will work with partners and complete a series of 4-cycle engine labs.

Skills Exploratory (Carpentry, Electrical, Plumbing) 4 credits

Wanting to learn how to frame a small building, wire a shop or plumb a sink so you have running water? Are you thinking about going into the trades or just want to have some basic building trades skills coming out of school? This course will prepare you for both. Students will explore different skills in a hands on way providing a foundation for the work force, or prepare you for an ACE IT or College Foundation program. This course is open to grades 10, 11 & 12 students.

Woodwork

- I. **Introductory (2 credits):** Do you like working with your hands? Do you like projects and add your own personal touches? Well come down to the Mark Isfeld woodshop and start building with wood! This course focuses on “hands on skills” in the wood shop. An introductory project and a main project will be completed. This introductory project allows students to learn safety and the use of machinery. Once they become comfortable with the use of machines in the shop, they can choose one of three pieces of furniture to complete as a major project. Major projects involve following a procedure and the use of all major machines in the shop to produce a quality piece of furniture that you can be proud of.
- II. **Developmental (4 credits):** Take your woodworking skills to the next level, creating projects that will last for years, that you will be proud of. This course is a progression of Introductory Woodwork and involves more complex and intricate work, as well as more challenging operations of machinery. The focus is on “hands on skills” in the shop and the versatility of machines. After completing an introductory project, students will choose one of three larger pieces of furniture to complete as a major project. After completion of the major project, students may build a project of their choice! This is a popular course so be sure to come join in the fun and see what it’s all about.

- III. **Preparatory (4 Grade 12 credits):** At this point, in a student's Mark Isfeld woodwork experience, they have earned some freedom of choice! Students will complete a brief introductory project to freshen the skills they have learned in previous woodwork classes. They are then able to choose a project to complete as their major focus of the course. Students are encouraged to challenge themselves and focus on a particular area of woodworking that captures their interest. Projects must be approved by the instructor. Some projects completed in the past have been: cedar benches and other outdoor furniture, bedroom armoires, entertainment units, acoustic guitars, paddleboards, etc. Come down to the Isfeld woodshop, challenge yourself, and build something cool!

MISCELLANEOUS

Emergency Care

2 credits

Students will become confident first aid attendants who are able to deal with many emergency situations after taking this course. Basic human anatomy, earthquake and natural disaster preparedness are included in this standard first aid course. Students are expected to participate in scenarios and practical activities where they will be asked to role-play and demonstrate the first aid techniques taught in class. Learning first aid is an extremely valuable life skill and all students will have the opportunity to become certified in the St. John Ambulance Standard First Aid Course.

Independent Directed Studies

2 or 4 credits

This is an opportunity for students to create their own course. Students must:

1. have completed all offered courses in the area they wish to study
2. have a teacher sponsor their proposal
3. submit a written proposal to the Principal (Proposal outlines are available in the office)
4. receive approval from the Principal.

Grade level to be determined by sponsor teacher.

Peer Tutoring

2 or 4 credits

Peer Tutoring is designed to challenge students who are motivated, cooperative and skilled. Tutors are responsible for helping others to learn as well as assisting teachers in classroom management activities. In the process, tutors will develop skills and knowledge of factors affecting school success, communication, personality types, learning styles and strategies, conflict management, interpersonal relationships and leadership. Peer tutors will have an opportunity to choose their classes.

Project Based Delivery Model

Students interested in this option will design projects of personal interest through which they will meet the prescribed learning outcomes for one or more course. This is a programming option for students who would like to work independently toward their goals with teacher support.

Psychology 11**2 credits**

An introductory course that will include a brief survey of the history of psychology, the major schools of psychology and developments in neuropsychology within the context of looking at theories of personality, behaviour and maturation. Emphasis will be placed on adolescent life experiences with the aim of students gaining a deeper understanding of themselves.

Psychology 12**2 credits**

Building on the foundation of Psychology 11, this course will continue to explore human development and maturation and introduce the field of Positive

Psychology - the psychology of a fulfilling and flourishing life. Topics include happiness, self-esteem, empathy, love, achievement and creativity.

Recommended Prior Completion of: Psychology 11

Service Learning and Community Action**2 -4 credits**

Transform your ideas into a reality! In consultation with a sponsor teacher, students will identify a need locally or globally, will design a project that creates change, and will experience how their actions can impact others in a positive way.

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