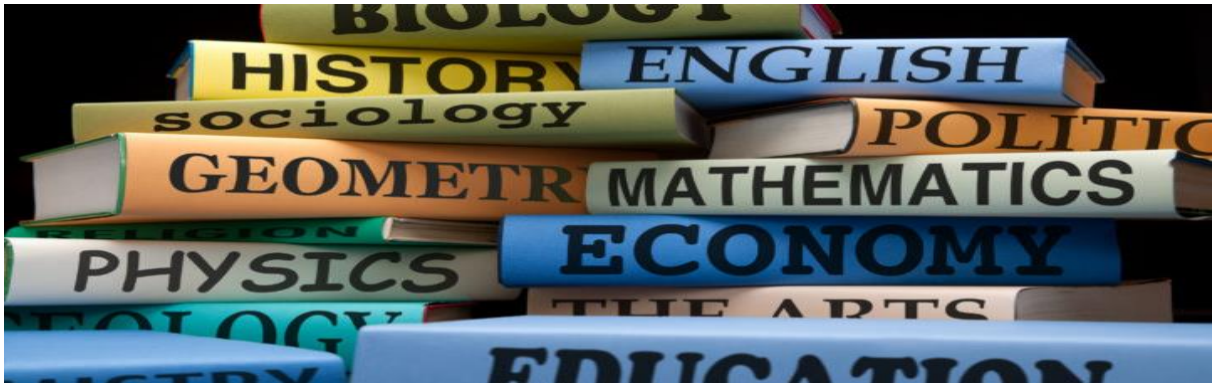

ASCEND Online

2021-2022 High School Course Selection Guide

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Enrolment, Course Selection, & Coursework Access

Before you begin the course selection process, make sure you are enrolled with ASCEND Online.

To request your courses, please speak with your high school academic counsellor:

High School Students/Learning Services contact Dina Fiset-Kinzel vp@ascendonline.ca
Special Education Students contact Merryn Denholm- mdenholm@ascendonline.ca

TUITION FEES: $100 for one student or $200 per family. Payable upon acceptance by cheque, mailed to ASCEND Online 635a Tranquille Road, Kamloops BC, V2B 3H5.

CROSS ENROLLMENT FEE: $50 per course to a maximum of $100 per student or $200 per family.

If you require tuition assistance, please contact the school principal at 1-888-599-5775 ext. 6

Once you have been officially registered in the classes you will be sent an email notification of your courses. A follow up email will be sent informing you how to log in to your course, or if you are already in canvas it will appear on your dashboard. All courses will begin on September 7th.

Graduation Years Planner

Completion of high school requires students to successfully complete the following provincial graduation requirements. Each student must acquire 80 credits from a combination of required courses and elective course. To graduate from ASCEND Online, all students must

complete Religion at each grade level. Overall, a minimum of 16 credits must be completed at the Grade 12 level. All students must complete the two literacy and math skills assessments.

1. Dogwood Required Courses (52 credits)

✔	Requirement	Course Name	Grade Level	Credits	Year Taken	School Name
☐	Example: "a Science 11"	"Biology"	"11"	"4"	"2014"	"ASCEND"
☐	a Language Arts 10 (two - 2 credit courses)		10	4		
☐	a Language Arts 11		11	4		
☐	a Language Arts 12*****		**12**	4		
☐	a Mathematics 10*****		10	4		
☐	a Mathematics 11 or 12			4		
☐	Social Studies 10		10	4		
☐	a Social Studies 11 or 12			4		
☐	Science 10		10	4		
☐	a Science 11 or 12			4		
☐	Physical Health and Education 10		10	4		
☐	Career-Life Education, Career-Life Connections & Capstone			8		
☐	an Arts Education 10, 11, or 12, **or** an Applied Design, Skills & Technologies 10, 11, or 12			4		

***** Completion of these subjects' assessments (GNA and GLA) is compulsory.

2. ASCEND Required Courses (12 credits)

✔	Course Name	Grade Level	Credits	Year Taken	School Name
☐	Religion 10	10	4		
☐	Religion 11	11	4		
☐	Religion 12	**12**	4		

3. Elective Courses (16 credits)

✔	Course Name	Grade Level	Credits	Year Taken	School Name
☐	Example: "Visual Arts 10"	"10"	"4"	"2015"	"ASCEND"
☐					
☐					
☐					
☐					
☐					
☐					

IMPORTANT: Please ensure that a minimum of 16 credits total have been completed at the Grade 12 level.

2020-2021 High School Course List Alphabetical

Social studies Physical and Health Ed Science Mathematics Career Education Religion Arts Education/ Applied Design, Skills and Tech(ADST) English Language Arts Languages

TRAX	Course Name	Mode	Teacher	Grade Level	Credit Value	Subject
WH 12	20th Century World History 12	Online	Dan Moric	12	4	Social Studies
ACLV 11	Active Living 11	Online	Joshua Schweitzer	11	4	Physical & Health Ed.
ACLV 12	Active Living 12	Online	Joshua Schweitzer	12	4	Physical & Health Ed.
ATPH 12	Anatomy and Physiology	Online	TBD	12	4	Science
PRMA 12	Apprenticeship Mathematics 12	Text	Dina Fiset-Kinzel	12	4	Mathematics
CLC	Career-Life Education	Online	Joshua Schweitzer	10	4	Career Education
CLC	Career-Life Connections & Capstone Project	Online	Dina Fiset-Kinzel	11/12	4	Career Education
CH 11	Chemistry 11	Online	Krista Brautigam	11	4	Science
CH 12	Chemistry 12	Online	Krista Brautigam	12	4	Science
CDAC 12	Child Development & Caregiving	Online	Teresa Bell	12	4	ADST
WRL 12	Comparative World Religions 12	Online	Dan Moric	12	4	Social Studies
CMPS 10	Composition 10	Online	Marissa Schweitzer	10	2	English Language Arts
CTWR/ CMPS 10	Composition and Creative Writing 10	Text	TBD	10	4	English Language Arts
CMPS 11	Composition 11	Text	TBD	11	4	English Language Arts
INF11/ 12	Computer Information System 11/12	Online	Sebastian Salas	11/12	4	ADST
MPR11 /12	Computer Programming 11/12	Online	Sebastian Salas	11/12	4	ADST
CTWR 10	Creative Writing 10	Online	Marissa Schweitzer	10	2	English Language Arts
CTWR 10	Creative Writing 11	Text	Dina Fiset Kinzel	11	4	English Language Arts
ESC 11	Earth Science 11	Online	Krista Brautigam	11	4	Science
ENST 12	English Studies 12	Online	Marissa Schweitzer	12	4	English Language Arts
ENST 12	English Studies 12	Text	TBD	12	4	English Language Arts
EPSS 11	Explorations in Social Studies	Online	Marissa Schweitzer	11	4	Social Studies
FC11	Fitness and conditioning 11	Online	Joshua Schweitzer	11	3	Physical and health Ed
FC12	Fitness and conditioning 12	Online	Joshua Schweitzer	12	4	Physical & health Ed
FOOD 10	Food Studies 10	Online	Teresa Bell	10	4	ADST
FOOD 11/12	Food Studies 11/12	Online	Teresa Bell	11/12	4	ADST
FMP 10	Foundations of Mathematics & Pre-Calculus 10	Text	Krista Brautigam	10	4	Mathematics

FOM 11	Foundations of Mathematics	Text	Krista Brautigam	11	4	Mathematics
FOM 12	Foundations of Mathematics	Text	Krista Brautigam	11	4	Mathematics
FR 10	French 10	Online	Dina Fiset-Kinzel	10	4	Languages
FR 11	French 11	Online	Dina Fiset-Kinzel	11	4	Languages
LFSC 11	Life Sciences	Online	Krista Brautigam	11	4	Science
LTST 10	Literary Studies 10	Online	Marissa Schweitzer	10	2	English Language Arts
LTST 11	Literary Studies 11	Online	Marissa Schweitzer	11	4	English Language Arts
NMD 10	New Media 10	Online	Marissa Schweitzer	10	2	English Language Arts
ODED 11	Outdoor Education 11	Online	Joshua Schweitzer	11	4	Physical & Health Ed.
ODED 12	Outdoor Education 12	Online	Joshua Schweitzer	12	4	Physical & Health Ed.
PHIL12	Philosophy 12	Online	Sebastian Salas	12	4	Social Studies
PHED 10	Physical & Health Education 10	Online	Joshua Schweitzer	10	4	Physical & Health Ed.
PGEO 12	Physical Geography 12	Online	TBD	12	4	Social Studies
PH 11	Physics 11	Online	Krista Brautigam	11	4	Science
PREC 11	Pre-Calculus 11	Online	Krista Brautigam	11	4	Mathematics
PREC 12	Pre-Calculus 12	Online	Krista Brautigam	12	4	Mathematics
YPHR 10A	Religion 10	Online	David Ziebart	10	4	Religion
YPHR 11A	Religion 11	Online	David Ziebart	11	4	Religion
YPHR 12A	Religion 12	Online	David Ziebart	12	4	Religion
SC 10	Science 10	Text	Krista Brautigam	10	4	Science
SS 10	Social Studies 10	Online	Marissa Schweitzer	10	4	Social Studies
SP10	Spanish 10	Online	D. Fiset-Kinzel /Sebastian Salas	10	4	Languages
SPSF 12	Specialized Studies in Foods	Online	Teresa Bell	12	4	ADST
SPLG 10	Spoken Language 10	Online	Marissa Schweitzer	10	2	English Language Arts
TXT 10	Textiles 10	Online	Teresa Bell	10	4	ADST
VAD 10	Visual Arts: Studio Arts 2D 10	Online	Joshua Schweitzer	10	4	Arts Education
VAD 11	Visual Arts: Studio Arts 2D 11	Online	Joshua Schweitzer	11	4	Arts Education
WPM 10	Workplace Math 10	Text	Dina Fiset-Kinzel	10	4	Mathematics
WPM 11	Workplace Math 11	Text	Dina Fiset-Kinzel	11	4	Mathematics
WEX 12A/B	Work Experience 12A/B	workplace	Dina Fiset-Kinzel	12	4	Career

Courses by Grade

CLC	Career-Life Education	Online	Joshua Schweitzer	10	4	Career Education
CMPS 10	Composition 10	Online	Marissa Schweitzer	10	2	English Language Arts
CTWR 10	Creative Writing 10	Online	Marissa Schweitzer	10	2	English Language Arts
CTWR/ CMPS 10	Composition and Creative Writing 10	Text	Mary Gallagher	10	4	English Language Arts
DRM 10	Drama 10 (Ind. Directed study-drama class in your community)	Online + class	Dan Moric	10	2 or 4	Arts Education
FOOD 10	Food Studies 10	Online	Teresa Bell	10	4	ADST
FMP 10	Foundations of Mathematics & Pre-Calculus 10	Text	Krista Brautigam	10	4	Mathematics
FR 10	French 10	Online	Dina Fiset-Kinzel	10	4	Languages
LTST 10	Literary Studies 10	Online	Marissa Schweitzer	10	2	English Language Arts
NMD 10	New Media 10	Online	Marissa Schweitzer	10	2	English Language Arts
PHED 10	Physical & Health Education 10	Online	Joshua Schweitzer	10	4	Physical & Health Ed.
YPHR 10A	Religion 10	Online	David Ziebart	10	4	Religion
SC 10	Science 10	Text	Krista Brautigam	10	4	Science
SS 10	Social Studies 10	Online	Marissa Schweitzer	10	4	Social Studies
SP10	Spanish 10	Online	D. FisetKinzel /Sebastian Salas	10	4	Languages
SPLG 10	Spoken Language 10	Online	Marissa Schweitzer	10	2	English Language Arts
TXT 10	Textiles 10	Online	Teresa Bell	10	4	ADST
VAD 10	Visual Arts: Studio Arts 2D 10	Online	Joshua Schweitzer	10	4	Arts Education
WPM 10	Workplace Math 10	Text	Dina Fiset-Kinzel	10	4	Mathematics
ACLV 11	Active Living 11	Online	Joshua Schweitzer	11	4	Physical & Health Ed.
CTWR 10	Creative Writing 11	Text	Mary Gallagher/Dina Fiset Kinzel	11	4	English Language Arts
CH 11	Chemistry 11	Online	Krista Brautigam	11	4	Science
CMPS 11	Composition 11	Text	Mary Gallagher	11	4	English Language Arts
DRM 11	Drama 11	Online + class	Dan Moric	11	2 or 4	Arts Education
ESC 11	Earth Science 11	Online	Krista Brautigam	11	4	Science
EPSS 11	Explorations in Social Studies	Online	Marissa Schweitzer	11	4	Social Studies
FC 11	Fitness and Conditioning 11	Online	Josh Schweitzer	11	4	Physical and Health ED
FOOD 11	Food Studies 11	Online	Teresa Bell	11	4	ADST
FOM 11	Foundations of Mathematics	Text	Krista Brautigam	11	4	Mathematics
FR 11	French 11	Online	Dina Fiset-Kinzel	11	4	Languages
LFSC 11	Life Sciences	Online	Krista Brautigam	11	4	Science

LTST 11	Literary Studies 11	Online	Marissa Schweitzer	11	4	English Language Arts
ODED 11	Outdoor Education 11	Online	Joshua Schweitzer	11	4	Physical & Health Ed.
PH 11	Physics 11	Online	Krista Brautigam	11	4	Science
PREC 11	Pre-Calculus 11	Online	Krista Brautigam	11	4	Mathematics
YPHR 11A	Religion 11	Online	David Ziebart	11	4	Religion
VAD 11	Visual Arts: Studio Arts 2D 11	Online	Joshua Schweitzer	11	4	Arts Education
WPM 11	Workplace Math 11	Text	Dina Fiset-Kinzel	11	4	Mathematics
WH 12	20th Century World History 12	Online	Dan Moric	12	4	Social Studies
ACLV 12	Active Living 12	Online	Joshua Schweitzer	12	4	Physical & Health Ed.
ATPH 12	Anatomy and Physiology	Online	Angela Martin/ Krista Brautigam	12	4	Science
PRMA 12	Apprenticeship Mathematics 12	Text	Dina Fiset-Kinzel	12	4	Mathematics
CLC	Career-Life Connections & Capstone Project	Online	Dina Fiset-Kinzel	11/12	4	Career Education
INF 11/12	Computer Information System 11/12	Online	Sebastian Salas	11/12	4	ADST
MPR11.12	Computer Programming 11/12	Online	Sebastian Salas	11/12	4	ADST
WRL 12	Comparative World Religions 12	Online	Dan Moric	12	4	Social Studies
ENST 12	English Studies 12	Online	Marissa Schweitzer	12	4	English Language Arts
ENST 12	English Studies 12	Text	Mary Gallagher	12	4	English Language Arts
FC12	Fitness and Conditioning 12	Online	Josh Schweitzer	12	4	Physical and Health ED
FOOD 12	Food Studies 12	Online	Teresa Bell	12	4	ADST
FOM 12	Foundations of Mathematics	Text	Krista Brautigam	11	4	Mathematics
ODED 12	Outdoor Education 12	Online	Joshua Schweitzer	12	4	Physical & Health Ed.
PHIL 12	Philosophy 12	Online	Sebastian Salas	12	4	Social Studies
PGEO12	Physical Geography 12	Online	TBA	12	4	Social Studies
PREC 12	Pre-Calculus 12	Online	Krista Brautigam	12	4	Mathematics
YPHR 12A	Religion 12	Online	David Ziebart	12	4	Religion
SPSF 12	Specialized Studies in Foods	Online	Teresa Bell	12	4	ADST
WEX 12A/B	Work Experience 12A	workplace-	Dina Fiset-Kinzel	12	4	Career

Detailed Course Descriptions

Grade 10

Career Life Education: focuses on the experiential and applied learning that support students in determining their next steps, post-graduation. Through numerous learning experiences within and outside the classroom, students are expected to develop an integrated post-graduation plan that is connected to a capstone or culminating project, which demonstrates their learning in an area of personal interest. Ideally, the capstone or culminating project will be linked to an area that students are passionate about and anticipate they will be pursuing further education and learning and/or a career in. In Career Life Education, students are required to create an initial career and education plan, considering financial implications.

Composition 10: designed to support students in their development of written communication through a critical process of questioning, exploring, and sampling. Within a supportive community of writers, students will work individually and collaboratively to explore and create coherent, purposeful compositions. Students will read and study compositions by other writers and consider a variety of styles as models for the development of their writing. The course builds students' writing competencies by introducing them to varied structures, forms, and styles of compositions. Students have opportunities to individually and collaboratively study, create, and write original pieces, exploring audience and purpose. They also develop their craft through processes of drafting, reflecting, and revising.

Composition 10 and Creative Writing 10 combined: This is a 4-credit course using the textbook following Power in Your Hands by Sharon Watson. This course will cover planning and structure of writing. They will then cover persuasive, expository, and creative writing. Proofreading will be covered and such styles as emails, business letters, essays, newspapers and much more. The second half of the book will continue into Composition 11 Text based course.

Core French 10: focuses on developing communication competencies in the French language, exploring Francophone communities and cultures within Canada and around the world, exploring identity, and engaging in the range of opportunities and experiences that developing proficiency in French provides.

Creative Writing 10: designed for students who have an interest in creative expression through language. The course provides students opportunities to build their writing skills through the exploration of identity, memory, and story in a range of genres. Within a supportive community of writers, students will collaborate and develop their skills through writing and design processes. This course is intentionally grounded in the sampling of writing processes, inviting students to express themselves creatively as they experiment with, reflect on, and practise their writing.

Drama 10: focuses on forms and conventions for drama and theatre, as well as dramatic arts from various cultures. Students engage individually and collaboratively with forms and conventions of both drama and theatre. Students explore dramatic arts from various cultures and analyse how the knowledge and skills developed in drama are related to understanding their personal and cultural connections.

Food Studies 10: Food Studies 10 has something for everyone. Learn or enhance your knowledge and skills that are necessary for food preparation techniques. Prepare tasty, nutritious, and attractive meals in your home. Students choose recipes and labs which they will plan, prepare, cook, and of course eat meals. Learn about topics related to food and health, nutrition, safety, social, cultural, environmental, and economic influences as well as local and global perspectives on the food system. Learn skills that will last a lifetime.

Foundations of Mathematics and Pre-Calculus 10: designed to guide students through topics related to Linear Measurement, Surface area and Volume, Trigonometry, Exponents, Polynomials, and Linear Functions and Systems. After completion of this course, students can choose to pursue either the Foundations of Math 11/12 stream, or the Pre-Calculus 11/12 stream. This course is highly recommended for students who wish to continue their education in university, especially in a Math or Science background.

Literary Studies 10: designed for students who are interested in the literature of a particular era, geographical area, or theme, or in the study of literature in general. The course allows students to delve more deeply into literature as they explore specific themes, periods, authors, or areas of the world through literary works in a variety of media. Giving students the choice of a range of literary topics allows them to follow their passion and at the same time

New Media 10: designed to reflect the changing role of technology in today's society and the increasing importance of digital media in communicating and exchanging ideas. This course is intended to allow students and educators the flexibility to develop a program of study centred on students' interests, needs, and abilities, while at the same time allowing for a range of local delivery methods. New Media 10 recognizes that digital literacy is an essential characteristic of the educated citizen. Coursework is aimed at providing students with a set of skills vital for success in an increasingly complex digital world by affording opportunities to demonstrate understanding and communicate ideas through a variety of digital and print media. New Media 10 explores tasks and texts designed to introduce students to the study of new media.

Physical and Health Education 10: Since we can consider our bodies and relationships gifts from God, it is important to take care of them. Education and practice provide the tools necessary to care for these gifts well. This online course guides the student through topics of technique in sport, setting goals, active fitness, healthy decision-making, nutrition and monitoring, and social and mental well-being.

Religion 10: invites the student to personalize the principles that guide Catholics in understanding their role in shaping our culture through discipleship. The exploration of these principles starts with a look at morality and ethics and what it means to be human and how God has and continues to shape our humanity through culture. The principles are then viewed through the Gospel themes that display how Jesus is revealed in all of our relationships: to others, to our Church and to society.

Science 10: structured to help students build and connect their understanding of science in the context of their daily lives, as well as to introduce students to the disciplines of science that they might study in their senior courses. Topics discussed include DNA, chemical processes, energy, and the formation of the universe. This course should be taken prior to any senior science courses as it lays a critical foundation that is expanded upon in further studies in Science.

Social Studies 10: designed to help bring the student's attention to global and regional conflicts that have been a powerful force in shaping our contemporary world and identities, as well as to understand the development of political institutions that have been influenced by economic, social, ideological, and geographic factors. The historical and contemporary injustices that challenge the narrative and identity of Canada as an inclusive, multicultural society are also studied throughout the course.

Spoken Language 10: designed to support students in their development of spoken communication through processes of questioning, exploring, and sampling. The course builds students' spoken language competencies by introducing them to varied structures, forms, and styles of oral compositions and by providing opportunities for students to individually and collaboratively study, draft, and use language to create original pieces in a variety of modes. This area of choice will also provide students with opportunities for performance, storytelling, and public speaking.

Studio Art 2D 10: focuses on a broad spectrum of 2D materials, technologies, and processes in various ways. Students will learn about mark making processes as they relate to sharing traditions, perspectives, worldviews, and stories.

Textiles 10: is a hands-on course designed for you with little or no sewing background and allows you to explore the various areas of clothing and textiles. We will start with the origins, characteristics, and care of

natural and manufactured textiles. We will then learn basic hand and machine sewing techniques and principles of clothing construction and pattern alterations. Choose your own fabric and use a commercial pattern to create a project. The emphasis on this project is "fun, fit and fashion." Environmental and ethical factors that influence textile choices and the impact of those choices on local and global communities will also be taught. We will be recycling in this course by reforming old clothes into something unique. First Peoples traditional and current textile knowledge and practices will be taught. You will also learn to select clothes that are more becoming and suitable for you and your lifestyle.

Workplace Math 10: developed to help students be successful in high school mathematics. Topics discussed include proportional reasoning, multiplicative relationships, 3D objects, measurements involving length, surface area, and volume, flexibility with number builds, as well as representing and analysing data. Students have complete control over the pace at which they learn—lessons can be paused, resumed and repeated. This course is recommended for students who wish to learn the practical, everyday aspects of math or who wish to pursue a career in trades or non-science / math University courses.

Grade 11

Active Living 11: designed to emphasize the link between regular physical activity and long-term health benefits. Throughout this course's seven lessons and ten assignments, students will explore topics related to movement skills, physical and mental health, nutrients, heart rate, overcoming barriers, developing competencies, increasing confidence, safety and etiquette, as well as injury prevention and management. This course's final project asks students to use the information they've learned about in order to design their own sport.

Career Life Connections11/12: using the career and education plan they developed in Grade 10, students will refine their initial goals, using a combination of web-based readings, short videos, and research projects. The culmination of these activities will enable students to develop their knowledge and skills in a range of topics including graduation requirements, employment standards, and career tools and skills. A Capstone project is required at the end.

Chemistry 11: designed to give students a broad view of chemistry topics, including atoms and moles, chemical reactions, atomic theory, solutions and organic chemistry. Students will work through text and online materials which will guide you through the course. This course will give you the foundations essential to Chemistry that will give you the tools necessary to apply Chemistry to everyday life and pursue further studies.

Composition 11 Online: designed to support students as they refine, clarify, and adjust their written communication through practice and revision. Students will read and study compositions by other writers and be exposed to a variety of styles as models for the development of their writing. The course provides opportunities for students to, with increasing independence, study, create, and write original and authentic pieces for a range of purposes and real-world audiences. They will expand their competencies through processes of drafting, reflecting, and revising to build a body of work that demonstrates expanding breadth, depth, and evidence of writing for a range of situations. They will develop confidence in their abilities as they consolidate their writing craft.

Composition 11 Text: This course will be the second half of the book "Power in your Hands" by Sharon Watson, and a continuation of Composition10 and Creative Writing 10 Text based course. This course will cover areas such as biographies, comparing and contrasting, literary analysis, newspaper writing, position papers and documenting.

Computer Information Systems 11 & 12: Computer Information Systems 11&12 will cover technological design opportunities, global and societal shifts resulting from emerging technologies, the internet and the ubiquity of online access. Students will discuss environmental impacts of technology consumption, life cycle

and create personalized online portfolios. We will discuss digital security risks, advanced hardware and software troubleshooting techniques, as well as develop the skills necessary to work effectively within the IT industry. Students will learn the design requirements of network devices, cabling, test equipment, management plans and operation manuals, as well as documentation, deployment strategies and ongoing upgrades, maintenance and security of network systems. We will cover network management tools, including security, imaging, backup and remote access

Computer Programming 11 & 12: Computer Programming will cover design cycle and programming structures, from excel to advanced programming languages. We will cover standardized code documentation, self-documenting code and collaboration tools for peer programming. We will discuss appropriate use of technology, including digital citizenship, etiquette, and literacy. Students will also be expected to cover pre-built data structures, bug reporting and feature requests and analyze big data structures and information.

Core French 11: focuses on developing communication competencies in the French language, exploring Francophone communities and cultures within Canada and around the world, exploring identity, and engaging in the range of opportunities and experiences that developing proficiency in French provides.

Creative Writing 11: follows closely to the book by Sharon Watson: "Writing Fiction in High School." It will cover topics such as building scenes, ramping up the conflict, hooking readers, selecting a point of view, writing engaging dialogue, creating empathetic protagonists and describing settings and characters.

Drama 11: has students developing dramatic skills individually and collaboratively using forms and conventions of both drama and theatre to gain a deeper understanding of themselves, and the world.

Earth Science 11: studies God's creation as it pertains to the natural order of the Earth, its make-up, its internal and surface processes and workings, specifically related to earth materials, plate tectonic theory, atmospheric science and climate, oceanography and the hydrosphere, and earth within the solar system. It is hoped students will gain - not only a greater scientific appreciation for these topics, but also - a wonder of the Creator behind it all. Where possible, the course will seek to offer more than one-perspective issue, and not just leave the student in a closed system view of reality; for very often there is much more than what meets the eye and much more complexity in these things than is often broadcast in our world.

Explorations in Social Studies 11: is a flexible course that allows teachers and students to combine at least 3 of the different content learning standards and big ideas in a variety of ways, allowing for the creation of a wide variety of different courses to meet different student needs and interests.

Fitness and Conditioning 11: Students will learn how personal fitness can be maintained or enhanced through participation in a variety of activities at different intensity levels. Students will learn how the body moves and functions to stay safe, follow proper training guidelines, and make healthy choices that can help them reach their health and fitness goals.

Food Studies 11: is an advanced course that continues to build on the knowledge and skills you learned in Food Studies 10. Choose more complex food preparation techniques such as how to knead, make yeast dough. make quick breads, how to roll, cream, beat, fold, cut-in and other complex techniques. Continue to choose recipes and labs to plan, prepare, cook, and eat meals. Lean about recipe development and modifications. Learn about topics related to food security, food guides, food labelling, marketing and promotion, food justice, food safety, food production, food trends, career opportunities and interpersonal and consultation skills. Learn skills that will last a lifetime.

Foundations of Mathematics 11: designed to provide students with developing mathematical understandings and competencies identified for post-secondary studies in programs that do not require the study of theoretical calculus. Topics include logical reasoning, geometry, measurement, relations and functions, and statistics.

Curricular Competencies (reasoning, problem solving, communicating, connecting and reflecting) are experienced through the content of this course.

Life Sciences 11: is an introduction to the study of living things. Students will explore process of evolution, taxonomy and how organisms function in their environment.

Literacy Studies 11: allows students to delve deeply into literature. Students can explore specific themes, periods, authors, or areas of the world through literary works (fiction and non-fiction) in a variety of media. Giving students the choice of a range of literary topics allows them to follow their passion and at the same time: - increase their literacy skills through close reading of appropriately challenging texts, - enhance their development of the English Language Arts curricular competencies, both expressive and receptive, - expand their development as educated global citizens, - develop balance and broaden their understanding of themselves and the world, - develop higher-level thinking and learning skills.

New Media 11: is a program of studies designed to reflect the changing role of technology in today's society and the increasing importance of digital media in communicating and exchanging ideas. This course is intended to allow students and educators the flexibility to develop an intensive program of study centred on students' interests, needs, and abilities, while at the same time allowing for a range of local delivery methods. New Media 11 recognizes that digital literacy is an essential characteristic of the educated citizen. Coursework is aimed at providing students with a set of skills vital for success in an increasingly complex digital world by affording numerous opportunities to demonstrate understanding and communicate increasingly sophisticated ideas through a wide variety of digital and print media. Compared with New Media 10, New Media 11 features tasks and texts of greater complexity and sophistication. As well, the Grade 11 course extends the depth and breadth of topics and activities offered in New Media 10.

Outdoor Education 11: seeks to prepare students for positive experiences in the outdoors. With the underlying belief that the well-prepared outdoor enthusiast is better able to cope with unpleasant outdoor situations, students will cover the following topics: monitoring exercise, nutritional considerations, responding to emergency situations, assessing and managing risks, first aid, Traditional Ecological Knowledge, as well as collaboration and cooperation.

Physics 11: designed to have students explore the world of motion and energy. The course focuses on five big ideas, including 1D kinematics, 1D dynamics, 1D momentum, energy, and electric circuits, and students select two of four modules to pursue in depth: waves and optics, quantum, special relativity, and nuclear physics. Physics 11 provides a solid foundation for students carrying on to Physics 12.

Pre-Calculus 11: intended for students who plan to attend post-secondary programs requiring theoretical mathematics and calculus. Topics include powers, operations with radicals, rational expressions, relations and functions, quadratics, exponential relationships, and trigonometry.

Religion 11: will provide a basic knowledge and deep appreciation of Church History in the life of the Catholic Church. Students will identify the major time periods in the early history of the Church, understand the significant historical issues in the life of the early Church, recognize the important personalities in the Church's long history and understand how the faith was formed and established.

Studio Art 2D 11: has students focusing on refining drawing and painting techniques and media while continuing to explore new materials, technologies, and processes in various ways. Students continue to develop skills in drawing and painting media, selecting and combining them in more sophisticated ways. They will learn about reflecting the interconnectedness of the individual, community, history and society through mark making. Students will also begin exploring drawing and painting related careers.

Workplace Math 11: building off the information presented in Workplace Math 10, students will delve into topics related to scale diagrams and rates of change, financial decisions in a variety of situations, spatial relationships, and statistical analysis.

Grade 12

20th Century World History 12: designed as an investigation into contemporary history that blends into our own times. The late nineteenth century to the present is studied and examines both industrially developed and underdeveloped countries. The course explores diplomacy and international affairs but also looks at the internal histories of different societies around the globe.

Active Living 12: like its Grade 11 counterpart, this course is designed to emphasize the link between regular physical activity and long-term health benefits. Throughout this course's six lessons and 11 assignments, students will explore topics related to tracking progress, monitoring physical activity, fine-tuning technique, preventing injury, overcoming hurdles, exploring the unknown, healthy eating guidelines, substance misuse, healthy habits, caring for mental health, and maintaining healthy relationships.

Anatomy and Physiology 12: focuses on the relationships between form and function of body systems. Students will explore the macro and micro aspects of these interactions, and how body processes integrate to maintain homeostasis.

Apprenticeship Mathematics 12: designed to provide students with the mathematical understandings and competencies identified for entry into the majority of trades. Curricular content includes 2D and 3Dgeometry, right-angle trigonometry, circle geometry, measurement and financial literacy. Curricular competencies such as estimating, visualizing, modelling, use of technology and communicating are experienced through the mathematical curricular content.

Chemistry 12: deals with chemical change and the energy associated with these changes throughout topics related to reaction kinetics, dynamic equilibrium, solubility equilibria, nature of acids and bases, acids and bases, quantitative problem solving, applications of acid-base reactions, oxidation-reduction, and applications of redox reactions. Students will not only learn about the fascinating and important chemical processes in our world but will gain critical thinking skills to enable creative investigations in the laboratory.

Child Development and Caregiving 12: is for those students interested in a career path leading to teaching, childcare, recreation, or health care. CDAC12 is also a course that will provide a solid foundation for parenting skills. Learning includes theories of child development, role of play, healthy prenatal and feeding practices, theories of caregiving styles and their impact on human development. Learning also includes Children's rights and parent/caregiver responsibilities and childcare options for families, both locally and internationally.

Comparative World Religions 12: enables students to learn about the beliefs, traditions and practices of some of the Great Religions of the world. Students will explore the religious experience in its varied manifestations throughout human history and expressed through different forms of sacred language, ritual and lifestyle. Students will also learn about the Church's interaction with other religions, particularly, Judaism, Islam and the Spiritual heritage of Canada's Native People. Students will recognize the connections between religion and the development of civilizations and the impact of religion on human experience. Students will learn to appreciate further their own unique Catholic heritage while developing a respectful understanding of other religions.

English 12: (Text or Online) Students will build upon those skills and abilities developed in previous English classes with a greater emphasis upon analytical skills and formal communication. Throughout the course, students will read, comprehend, and analyze literature (fiction and non-fiction), write clear, detailed, well-

organized, and grammatically correct compositions to communicate ideas and information, speak to express ideas in a variety of situations and use specific vocabulary to analyze the literary qualities of a text.

Fitness and Conditioning 12: Students will learn how personal fitness can be maintained or enhanced through participation in a variety of activities at different intensity levels. Students will learn how the body moves and functions to stay safe, follow proper training guidelines, and how personal choices can help them reach their health and fitness goals.

Food Studies 12: is an advanced course that continues to build on the knowledge and skills you learned in Food Studies 10. Choose more complex food preparation techniques such as how to knead, make yeast dough. make quick breads, how to roll, cream, beat, fold, cut-in and other complex techniques. Continue to choose recipes and labs to plan, prepare, cook, and eat meals. Lean about recipe development and modifications. Learn about topics related to food security, food guides, food labelling, marketing and promotion, food justice, food safety, food production, food trends, career opportunities and interpersonal and consultation skills. Learn skills that will last a lifetime.

Foundations of Mathematics 12: is a continuation of Foundations of Mathematics 11. Students will focus on geometric explorations (constructions, conics, fractals), graphical representations, regression analysis, combinatorics, odds and probability and financial planning.

Outdoor Education 12: focuses on preparing for, and participating in, outdoor activities. Students learn a variety of skills for outdoor activities such as emergency preparation, nutrition and hydration, and activity planning. While the focus is clearly on outdoor activities, the curriculum allows for a wide range of indoor and outdoor physical activities to prepare students for specific activities.

Philosophy 12: is a social studies elective that examines the fundamental nature of knowledge, reality and existence. You will examine questions that allow you to better understand your own beliefs. You may examine issues with no definitive answers, but logic and reasoned arguments can show which answers have more value.

Physical Geography 12: This course will investigate the physical earth and the complex relationships that exist between humans and nature. Students will learn how natural processes impact the landscape and options for human settlement and how human action can affect the atmosphere, hydrosphere, lithosphere, and biosphere.

Pre-Calculus 12: intended for students planning to enter post-secondary programs requiring theoretical mathematics or calculus. The focus is in developing a deep theoretical understanding of functions in order to prepare students to take calculus at the university level. Topics include trigonometry, relations and functions, permutations and combinations and the binomial theorem. Students should have completed Pre-Calculus 11 prior to enrolling in the course.

Religion 12: examines the contribution of philosophy and the sciences to a Catholic understanding of ethics and moral living. Students will explore their own ethical and moral stance through an examination of various arenas of life such as justice and peace, freedom, reconciliation, family, marriage and political life. This course is intended to prepare the senior student for the lifelong task of discerning what is good and of God while growing in their ability to live accordingly as moral persons and accordingly as moral persons and active life-giving members of a global society.

Specialized Studies in Foods 12: is an advanced course designed for you if you are interested in learning more about a cuisine and/or cooking methodology of your choice. Students choose the specialty whether it is baking, a culture, a dietary requirement (diabetes, allergies) or a traditional food preparation. Build on the knowledge and skills learned in Food Studies 10. Choose recipes and food preparation techniques that are

related to your cuisine or cooking methodology. Learn about recipe development and modifications, artistic elements of the culinary arts, characteristics, properties, functions of ingredients and substitutions, advancements in ingredients and tools, food trends, career opportunities and interpersonal and consultation skills. Learn skills that will last a lifetime.

Work Experience 12A and 12B: Work Experience 12A and 12B (12B is if you have more than 90 hours you can then start 12B) differ from most courses in that they are primarily designed to take place outside of the school setting. At least 90 hours of course time must consist of actual work placements. The work experience does not need to occur at just one site but may take place at multiple sites. The remaining course hours may be devoted to in-school learning or assessment activities for the course, or further work placements. Some of the learning outcomes for Work Experience 12A and 12B will also help students create evidence for the community connections component of Graduation Transitions. All students participating in a work experience course must have an in-school orientation to prepare them for the workplace. The orientation must include instruction on work site safety awareness. It may also contain topics such as classroom-taught skills transferable to a specific work placement, worker rights and responsibilities, and employer expectations.