

NOTRE DAME HIGH SCHOOL

Grade 10 Course Selection Guide

2020



2021

Champions of Faith and Respect

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WELCOME TO NOTRE DAME HIGH SCHOOL!

PRINCIPAL'S MESSAGE

Welcome to Notre Dame High School for the 2020-2021 school year! As the principal of your school, I want you to know how excited I am that you have chosen Notre Dame for your high school learning journey.

The school motto, "Champions of Faith and Respect", focuses on attributes and values that I want all Notre Dame students to pursue and exemplify in their daily lives.

There are numerous opportunities for you to showcase and extend your talents, skills, hobbies, and expertise at our school. It is important for you to become an active participant and leader in our many diverse clubs, athletic teams, fine arts ensembles, or extra-curricular events while still maintaining your academic studies. Plan this year to join a new activity to expand your friendships and develop new relationships that are so critical to a positive high school experience.

Notre Dame is also recognized for its superior academic standards. The staff has a strong tradition of excellence in all areas of learning and they are committed to nurturing your faith journey as well as your academic and social development. Notre Dame is proud to be an active member of the Catholic Community of Caring. In our school community you will find the dignity and worth of all individuals is of fundamental importance.

I wish you a positive and productive year. I am sincerely looking forward to meeting you personally sometime in the new school year!

With every best wish,

Frank Durante
Principal

INTRODUCTION

The purpose of this package is to provide students, parents/guardians, and counsellors with an outline of the courses and programs offered at Notre Dame High School.

The decisions students make in consultation with their parents/guardians and counsellor will have a great impact on their future. Therefore, it is critical that students choose their courses wisely. Students are advised to plan their academic pathway by taking into consideration:

- past school marks
- requirements for a high school diploma
- the requirements for any possible post-secondary education plans

Please remember that according to District guidelines, every student has 3 years to complete their high school program at their home high school.

HIGH SCHOOL DIPLOMA REQUIREMENTS

A High School Diploma is awarded to a student holding 100 credits subject to the following requirements:

Programs
English Language Arts 30-1 or 30-2
Social Studies 30-1 or 30-2
Any 20 level Mathematics class
Any 20 level Science class
Physical Education 10
Career & Life Management
10 credits in Career & Technology Studies or Fine Arts or International Languages or Physical Education 20, 30
10 credits in 30 level courses in addition to English Language Arts 30-1 or 30-2 and Social Studies 30-1 or 30-2
9 credits in Religious Studies and 13 other credits
TOTAL CREDITS – MINIMUM 100

MINISTRY COMPONENT

To be involved in the graduation ceremonies, students must have successfully completed RS Roman Catholic 15, 25 and 35. Some exceptions are made for students who have come from outside Calgary Catholic District for their Grade 11 or Grade 12 year. Also, students must have successfully completed the Ministry Component (minimum of 25 hours over three years at Notre Dame High School). Some exceptions are made for students who have come from outside Calgary Catholic School District for their Grade 12 year.

REGISTRATION REQUIREMENTS FOR GRADE 10

Recommendations for Core Course Selection

65%+ in Grade 9 English Language Arts	English Language Arts 10-1
<65% in Grade 9 English Language Arts	English Language Arts 10-2
65%+ in Grade 9 Social Studies	Social Studies 10-1
<65% in Grade 9 Social Studies	Social Studies 10-2
65%+ in Grade 9 Science	Science 10
<65% in Grade 9 Science	Science 14
50%+ in Grade 9 Math	Math 10C
<50% in Grade 9 Math	Math 10-3*

***Students who achieve below 50% in Grade 9 Math will not be permitted to register for Math 10C. This is a policy of Alberta Education.** Students who wish to enroll in Math 10C, but achieved below 50% in Grade 9 Math, must first successfully complete Math 15 or Math 10-3.

Knowledge and Employability (K&E)

Any student who has been recommended for the Knowledge and Employability (K&E) pathway, please register in English 10-2, Social 10-2, Math 10-3, and Science 14. We will create personalized schedules for these students based on recommendations from their junior high school. If you have any questions about the K&E pathway, please email micheline.ostapiuk@cssd.ab.ca

SPECIALIZED PROGRAMS OFFERED AT NOTRE DAME HIGH SCHOOL

Honours Program and Advanced Placement

In today's highly competitive world, it is becoming apparent that students are seeking more ways to enrich their learning experience in high school. The Advanced Placement program at Notre Dame High School is an enrichment program that will offer students an unparalleled challenge with sophisticated material that goes deeper than conventional courses.

Pre-requisites for Honours Core Course Selection

Students who wish to pursue honours courses in Grade 10 must achieve a **minimum of 75%** in their Grade 9 course.

At Notre Dame High School, Grade 9 students interested in pursuing the Advanced Placement program, may register in any of the honours classes in Grade 10. It is encouraged to begin AP in grade 10 (through the honours program); however, a student may choose to start in Grade 11 or 12.

Culinary Arts/First Year Apprentice

Cooking – First Year Apprentice is the opportunity for a student to participate in the daily operation of a commercial kitchen. Over the course of three years, students will complete 15 (30-level) credits and then have an opportunity to challenge the 1st year apprenticeship test. This test can be taken at no charge to the student within three years of leaving school.

*****NEW*** Off-Campus Education**

The Calgary Catholic School District's Off-Campus Education programs are designed to help all students recognize their special gifts, talents and interests, and to put education into a meaningful framework. Our programs play a vital role in assisting students' transition into the workforce and post-secondary education through their participation in out-of-class study while gaining their high school diploma.

REGISTRATION

Calgary Catholic is proud to provide a complete range of programs, services and exciting learning opportunities to enhance the knowledge, talents and abilities of your child.

Please contact the registrar at Notre Dame High School at 403-500-2109 for more information on the registration process.

WHAT'S NEW!

In this section you'll discover the new additions to the course selection guide. These courses offer students an exciting new opportunity to learn about different subjects. In some cases, the courses themselves are not new however they may incorporate up-to-date learning best-practices or may have changed names. The full course descriptions can be found in the course selection guide section under the specific subject.

1. RS Roman Catholic 15/25/35 (Formerly known as Religious Education 15) pg. 7
2. Design Thinking for Innovation 15 (Formerly known as Pre-engineering 15) pg. 12
3. Off-Campus Educationpg. 13

TECHNOLOGY

Students at Notre Dame High School will have the opportunity to learn while using technology. If a child is interested in using their own device for their learning they should consult with the classroom teacher to determine how they can be supported.

GRADE 10 COURSE SELECTION GUIDE

RELIGIOUS STUDIES

*****NEW***RS Roman Catholic 15** – The principal aim of *Christ and Culture* is to assist students, with the help of the Gospel, to participate as Christians in the shaping of our culture. The program explores major cultural issues from a Christological perspective. Beginning with their own life experiences, students acquire a deeper and more systematic knowledge of themselves, Christ's message, and the Church. Connections between the Church and contemporary culture are explored in terms of what it means to be a responsible adolescent developing as a member of a Catholic, Christian community while living within the context of a broader culture. (3 credits)

ENGLISH LANGUAGE LEARNERS

ESL Introduction to Mathematics 15 – The goal of this course is to support students in acquiring academic language skills while mastering the key foundational mathematical ideas and basic math content necessary for entry into grade-level mathematics classes. This course is appropriate for those English language learners who enter high school without the prerequisite skills necessary for entry into Math 10C or 10-3. (5 credits)

ESL Introduction to Science 15 – This course is designed to provide the necessary prerequisite skills to assist with transition to grade level science classes. This course is appropriate for those English language learners who enter high school without the prerequisite skills necessary for entry into Science 10 or 14. (5 credits)

ESL SI - Level 2 – The Level 2 course is primarily designed to assist students who have little or no formal experience with English. The focus of this course is to help students develop basic communication skills in spoken and written English. Students will work toward developing their English language skills in listening, speaking, reading and writing in a variety of contexts. As learning a new language takes time, students may need to take this course more than once. (5 credits)

ESL SI - Level 3 – The Level 3 course is primarily designed for students who have basic English language competency and conversation skills. This course emphasizes language development for academic learning. Students receive instruction and practice the language skills necessary to further their learning in a variety of subject areas. As learning a new language takes time, students may need to take this course more than once. **Pre-requisite: 50%+ in ELL Level 2.** (5 credits)

ESL SI - Level 4 – The Level 4 course is primarily designed for students who can comprehend instruction in most senior high courses, but require support in areas including reading strategies, writing skills, vocabulary development, and background knowledge. This course emphasizes language development for academic learning. As learning a new language takes time, students may need to take this course more than once. **Pre-requisite: 50%+ in ELL Level 3.** (5 credits)

Introduction to Canadian Studies 15 – This course will provide a prerequisite background knowledge of Canada to address explicit and implicit cultural values. It also offers instruction in the language, skills, and approaches of the Alberta Social Studies Program of Studies for students to be able to enter Social Studies 10-1 or 10-2. This class is recommended for ELL students levels 1 through 3. (5 credits)

ESL Introduction to Canadian Studies 25 – The intent of this course is to provide prerequisite background knowledge of Canada, to address explicit and implicit cultural values, and to offer instruction in the language, skills, and approaches of the Alberta Social Studies Program of Studies for students to be able to enter Social Studies 10-1 or 10-2. This class is recommended for ELL students levels 3 or 4. **Intro to Canadian Studies 15 is not a pre-requisite for this class.** (5 credits)

ENGLISH LANGUAGE ARTS

English Language Arts 10-1 – Students who enroll in this course should have an interest in understanding and appreciating language and literature. They should enjoy reading independently and be confident speakers and writers. **Recommended: 65%+ in Grade 9 English Language Arts** (5 credits)

English Language Arts 10-1 Honours – This course is an enriched English Language Arts 10-1 program that incorporates many elements of regular ELA courses with some study of more sophisticated literature and assessments requiring student presentations and comparative responses. This course prepares students to enter English Language Arts 20-1 AP. **Prerequisite: 75%+ in Grade 9 English Language Arts** (5 credits)

English Language Arts 10-2 – Students who enroll in this course will benefit from additional exposure to reading comprehension and writing strategies that are designed to strengthen their use of language and their understanding of texts. **Recommended: 65% or less in Grade 9 English Language Arts** (5 credits)

SOCIAL STUDIES

Social Studies 10-1 – Perspectives on Globalization – Students will explore multiple perspectives on the impact of globalization in today's world. A focus is placed on the relationships between globalization, the meaning of citizenship, and Canadian identity in a globalizing world. **Recommended: 65%+ in Grade 9 Social Studies** (5 credits)

Social Studies 10-1 Honours – In this honours course, students will explore an enriched approach to multiple perspectives on the impact of globalization and the relationships between globalization, the meaning of citizenship, and Canadian identity in a globalizing world. Classes will focus on the development of skills needed to proceed in the AP Program. **Prerequisite: 75%+ in Grade 9 Social Studies** (5 credits)

Social Studies 10-2 – Understandings of Globalization – This course is a basic exploration of the impact of globalization on Canada using multiple perspectives. Students will take a basic look at how cultures, human rights, citizenship, and identity are affected by a global world. **Recommended: 65% or less in Grade 9 Social Studies** (5 credits)

MATHEMATICS

Competencies in Mathematics 15 – This course aims to build the mathematical skills and confidence necessary for students to be successful in future high school mathematics courses. This course will provide learning opportunities that will develop students' critical thinking, problem solving, and communication skills while focusing on the core mathematical concepts required for success in Math 10C and beyond. (5 credits)

Note: Competencies in Math 15 is a Locally Developed Course. It counts as a 5-credit option towards the required 100 graduation credits, but does not count as 5 credits in mathematics. Students will still need to complete 10 credits in mathematics courses after the completion of this course.

Mathematics 10-3 – This course covers measurement, geometry, numbers, and algebra. This course is for students who did not pass Grade 9 Mathematics and/or who plan to pursue a trade or the workforce following graduation. (5 credits)

Mathematics 10C – This course covers measurement, algebra, numbers, relations, and functions. This course prepares students for either Math 20-1 or Math 20-2 in Grade 11. Students must have a passing mark in Grade 9 Mathematics or Mathematics 10-3 to participate in Mathematics 10C.

Prerequisite: 50%+ in Grade 9 Mathematics or 50%+ in Mathematics 10-3 (5 credits)

Mathematics 10C Honours – This course covers measurement, algebra, numbers, relations and functions. In addition, students will begin to focus on certain skills needed to be successful in the Advanced Placement Program. Students must have a passing mark in Grade 9 Mathematics to participate in Mathematics 10C Honours. **Prerequisite: 75%+ in Grade 9 Mathematics** (5 credits)

SCIENCE

Science 10 – This is an integrated academic course that helps students better understand and apply fundamental concepts and skills common to biology, chemistry, physics, and the earth sciences. The focus is on how science, technology, and society are interrelated. This course would be the starting point for students considering post-secondary programs that require one or more science course. **Recommended: 65%+ in Grade 9 Science and a strong background in Math.** (5 credits)

Science 10 Honours – This course covers the core curriculum in the Science 10 program, but additional material, enrichment opportunities, and rigor will be incorporated to prepare students to enter any or all of the Biology, Chemistry, and Physics AP programs. **Recommended: 75%+ in Grade 9 Science and a strong math background** (5 credits)

Science 14 – This course is a basic science program that helps students better understand and apply fundamental concepts and skills common to biology, chemistry, physics and environmental science. The focus is on the practical application of science as it relates to daily life. Students would be able to complete the 10 credit graduation requirement by taking the next level Science 24. (5 credits)

BIOLOGY

Biology 20 – In this course, the focus is on helping students understand the biology principles behind the natural events they experience and the technology they use in their daily lives. Major topics include: the biosphere; cellular matter and energy flow; and energy exchange in ecosystems and in human organisms. This course is recommended for students planning to pursue the biological sciences at university. **Students wishing to take this course in Grade 10 must achieve 80% in Science 10.** (5 credits)

Biology 20 AP – This course covers the core curriculum in the Biology 20 program. Additional material is included to prepare students to move to the next level of the AP program.

Prerequisite: 80% in Science 10 Honours and 80% in the Biology unit of Science 10 Honours. (5 credits)

PHYSICAL EDUCATION

Physical Education 10 – In this course, which is taught on campus, students are involved in developing their physical skills, leadership, and social skills by participating in a variety of active living activities that incorporate individual activities, fitness elements, team sports, traditional dance, and cooperative games. Students will also complete an Alberta Education mandated CPR component. (5 credits)

Physical Education 10 Girls – In this course, which is taught on campus in a girl's only environment, students are involved in developing their physical, leadership and social skills by participating in a variety of activities that incorporate individual activities, fitness elements, team sports, traditional dance and cooperative games. In addition, students will complete an Alberta Education mandated CPR Component. (5 credits)

INTERNATIONAL LANGUAGES

Students who have a basic competency in one of the languages listed below are recommended to speak to the specific teacher in order to ensure you register in the correct level. Students who are fluent in a language are recommended to take a Challenge Exam in grade 11 administered by Instructional Services. For more information about this process please see someone in Student Services or International Languages.

French 10-3Y – This is an introductory first year program for those students who have studied the basic concepts of French at the elementary and/or junior high level. Students will learn to communicate in French within a limited context of everyday life and on a concrete level. (5 credits)

Italian L&C 10-3Y – This is an introductory course that gives students the opportunity to hear and speak Italian. This is accomplished with the use of multimedia, print and workbook resources which engage the students in vocabulary activities and emphasize the use of language in everyday situations. Please note: This course is designed for non-Italian speakers. (5 credits)

Spanish L&C 10-3Y – This is an introductory course that gives students the opportunity to hear and speak Spanish. This is accomplished with the use of multimedia, print and workbook resources which engage the students in vocabulary activities and emphasize the use of language in everyday situations. Please note: This course is designed for non-Spanish speakers. (5 credits)

FINE ARTS

Advanced Acting/Touring Theatre 15 – This is a performance class. Students apply the skills of Drama 10 through the presentation of a play. Evening and matinee performances are required. Students will develop a theatre company and will advance their skills in acting, movement, voice, characterization, and professionalism.

Required: Drama 10 (5 credits)

Art 10 – This course is an introduction to the basic principles of art and art appreciation. It concentrates on design, drawing, painting, print-making, sculpture, developing an art vocabulary, and cherishing all art forms. Art 10 offers an exploration of different forms of art media with a focus on wellness and the joy of expression. (3 or 5 credits)

Band 15 (Concert Band) – Band 15 is an extension of Instrumental Music 10. Woodwinds, Brass and Percussion Techniques classes are combined for large ensemble rehearsal. Students will study the works of great composers and arrangers and prepare pieces for performance in concert. *Band rehearsals occur outside the normal timetable; see Music Schedule.* **Students will be automatically enrolled in this course in September. You do not need to include this in your current selection. Pre-requisite: Band 9 or consent of the Music Director; Co-requisite: Instrumental Music 10** (3 credits)

Choral Music 10 – The Choral Music program provides students with the opportunity to develop as musicians through singing. Choral Music focuses on pitch, rhythm, intonation, tone, dynamics, articulations, balance, blend, phrasing, and expression. Students will study the works of great composers and arrangers, and prepare pieces for performance in concert. Note: Choral Music occurs outside the normal timetable. (5 credits)

Drama 10 – Through a variety of games, presentations, and activities, students will attain the fundamentals of improvisation, acting, performance, and technical theatre. Regardless of previous experience, all students will gain new insight, knowledge, and skills. This course develops the foundation for all Drama department curricular and extra-curricular activities. (3 or 5 credits)

Film and Media Art 15 (Film Studies) – Film and media are significant elements of modern life. Students will analyze and create diverse projects. Activities could include film watching, film making, filming scenes, experimenting with cameras, story boarding, story writing, editing, and critiquing. The aim is to increase student knowledge of film and media: history, genres, format, and technique. Students will work individually and in various groupings. (5 credits)

Instrumental Jazz 15 – Students will study the fundamentals of big band jazz including swing, funk, blues, salsa, and other genres. Improvisation and soloing are integral components of this course. Students will study the works of great composers and arrangers and prepare pieces for performance in concert. *Instrumental Jazz occurs outside the normal timetable; see Music Schedule.* **Students for Instrumental Jazz will be selected through an audition process in September. You do not need to include this in your current selection. Pre-requisite: None; Co-requisite: Instrumental Music 10, 20 or 30** (5 credits)

Instrumental Music 10 (Woodwind, Brass & Percussion Techniques) – The Instrumental Music program provides students with the opportunity to develop as musicians through performance on an instrument. Instrumental Music focuses on pitch, rhythm, intonation, tone, dynamics, articulations, balance, blend, phrasing, and expression. *Students must select either Woodwinds (Flute, Oboe, Clarinet, Bass Clarinet, Bassoon, Alto Saxophone, Tenor Saxophone, Baritone Saxophone) or Brass/Percussion (Trumpet, French Horn, Trombone, Bass Trombone, Euphonium/Baritone, Tuba, Battery, Keyboards, Timpani).* **Instrumental Music 10 students will be automatically enrolled in Band 15 (3 credits) in September. Prerequisite: Band 9 or consent of the Music Director** (5 credits)

Musical Theatre 15 – The Musical Theatre program provides an integrated study of drama, vocal music, and dance. Students will focus on project work/performance. There may be opportunities for participants to work with professionals in the field as students share their particular strengths and develop new skills. The focus will be on large group activities and rehearsals outside of scheduled class time are anticipated. **Recommended: Drama 10, or Choral 10, or Dance 15** (5 credits)

Technical Theatre 15 – This course is an introduction to all aspects of technical theatre. Areas of study include lights, sound, costumes, props, set, theatre management/publicity, and make-up. Work is both theoretical and practical. There will be opportunities to apply knowledge in an extra-curricular program. **Recommended: Drama 10** (3 credits)

CAREER AND TECHNOLOGY STUDIES (CTS)

Business Management 10 – This is an introductory course that allows students to identify basic management and marketing concepts. Students will develop a marketing plan for a particular product and identify various retail merchandising strategies; be introduced to accounting terminology unique to financial accounting; become familiar with basic financial statements, generally accepted accounting principles, and how to prepare for the process of starting up a business. In the last module students will investigate the concept of e-commerce and design an e-commerce website to sell products/services. (3 credits)

Computer Science 10 – No previous computer experience necessary. Students in CS10 will learn about the basic structure of the internet covering everything from Wi-Fi and IP addresses to cybersecurity and computer hardware. Students will learn the fundamentals of both HTML5 and JavaScript (3 credits)

Note: As of 2011 Alberta universities recognize computer science as a core science course. This means 5 credits of CS30 at Notre Dame is held in the same entry requirement pool as Biology, Chemistry, and Physics 30. Students must complete 3 credits in CS10 and 5 credits in CS20 before entering the CS30 program.

Construction Tech 10 (Carpentry) – This is an introductory woodworking course designed to teach students basic woodworking theory, blueprint reading, safety, hand/power tool, and machinery skills. Students will complete a variety of projects such as a skill block, sanding block, and foot stool/saw pony. (3 or 5 credits)

Cosmetology Studies 10 – Students develop an increased appreciation for the significance of personal grooming in various life situations. Students learn to shampoo and style hair confidently. In long hair design students will create ropes, knots, and two or three strand braids. Students learn about hair and scalp care, long hair design, and hairstyling. (3 credits)

Cosplay Couture 10 – This course is an introduction to the wonderful world of creating Cosplay costumes. Students will be required to investigate a variety of characters from different sources such as comic books, anime, and video games. Once they have found a character they are interested in reproducing, the students will learn how to analyze the character and replicate the clothing. Students will also explore different crafting specialties such as textile manipulation and sculpture. All students will receive an introduction to basic sewing techniques and pattern drafting. All students are welcome; no previous sewing experience required. (3 credits)

Culinary Arts 10 (3 credit) – Students will be able to get a taste of the culinary field in this 3 credit afternoon class. Through CKA3401, Kitchen Orientation, students will be introduced to food safety and structure. In CKA3406, Kitchen Mathematics, students will learn simple mathematical formulas to aid in recipe adjustments and food costing. In CKA3456, Introduction to Baking, students will learn the basics in the pastry shop. Time will be spent in the classroom as well as preparing food in a professional kitchen environment. Students will help produce food that is sold in the Notre Dame Pride Rock Cafeteria as well as food for catering functions that happen throughout the semester. (3 credits)

Culinary Arts 10 (5 credit) – This course provides the opportunity for a student to participate in the daily operation of the high school cafeteria. Culinary Arts 5 credit occurs during Periods 1 and 2. With the completion of three semesters in the program and 15 modules, a student may write the first year apprenticeship test and will be accredited some of their first year professional hours. Most of the student's learning time will be spent with hands-on learning methods focusing on daily production of food items to sell in the cafeteria. Modules offered may include Apprenticeship Safety, Meat and Seafood, Breakfast Cooking, Stocks and Soups, Cooking Proteins, Starches and Salads, Breads and Cookies, plus other offerings. (5 credits)

Dance 15 – This course is intended to provide students with the foundations of dance. It is designed to foster in students an understanding and appreciation of, curiosity about, and a lifelong interest in dance. It is also designed to expose learners to a broad range of artistic and aesthetic experiences from a variety of dance genres and traditions. (3 credits)

*****NEW*** Design Thinking for Innovation 15 (Pre-Engineering)** - This dynamic and innovative program provides students with a practical, hands-on experience in an interactive state-of-the-art lab environment. Students may work with a 3-D printer, a variety of robots, pneumatics, electrical controls, wind/solar technologies, mechanical automation, electrical fabrication, computer added design, pump systems, bridge building, and more. Students work in teams to design and build actual objects. We recommend students enrolling in this course have a strong background in mathematics and science. (5 credits)

Design Studies 10 – This course focuses on 3D design and basic drafting techniques. Students will use both Autodesk Inventor & Revit to develop 3D modelling techniques while designing a 3D multileveled house, mechanical models that may be printed in the 3D printer, and producing their corresponding technical drawings. Students continuing in Design Studies will choose to specialize in either Inventor or Revit while working towards a concentration in architectural, mechanical, or interior design. (3 credits)

Fabrication 10 (Welding) – This course is for students interested in working with their hands and taking pride in creating works of art using cutting edge welding and metal fabrication technologies. Learn how to safely manipulate fire and electricity while creating amazing projects. Skills developed in this course will provide a head start for those planning on pursuing a welding trade at SAIT. The course is designed as an introduction to safety, theory and applied skills in welding and metal fabrication. Students will complete projects in: Shielded Metal Arc Welding, Gas Metal Arc Welding, Flux Core Arc Welding, Plasma Arc Cutting and Oxy-Acetylene Welding/Cutting. (3 or 5 credits)

Fashion Studies 10 – This student centered program explores the latest in clothing styles and fashion trends throughout the industry. Students are encouraged to choose individualized pathways and focus on personal interests. Exploring a variety of introductory, intermediate, and advanced courses, Fashion Studies will provide students with a foundation in design, garment construction, and pattern drafting. New students to the program need no previous sewing experience. Experienced students will have the opportunity to perfect skills gained in previous courses, explore their own design talents, and develop portfolio worthy projects. (3 credits)

Food Studies 10 - This course introduces students to nutrition, food preparation and presentation, and safe and sanitary food handling in the kitchen and the workplace. Recipes are chosen from the four basic food groups in this experiential course. (3 credits)

Hockey Sports Performance 10 – This course is only open to those students who are participating in the Notre Dame Hockey Skills Program. Hockey Sports Performance 10 will provide students involved with the knowledge, skills and attitudes necessary to understand the variety of factors related to the sport of hockey and sports performance. Through a combination of theory and practical exposure, students will be expected to demonstrate outcomes as they relate to the study of current training principles, performance enhancement, sports injuries, performance evaluation, sport studies, and personal development through participation in the sport of hockey. Fees must be paid before the course begins. (5 credits)
Note: Students may enroll in only one of Hockey Sports Performance, Sports Performance, or Sports Performance Girls.

Information Processing 10 – This course allows students to work towards earning certification in Microsoft Office. Students will work towards writing the Microsoft Office Specialist exam in Word, Excel, PowerPoint, and/or Access. (3 credits)

Leadership 10 – Students will explore basic principles of leadership and evaluate their personal leadership characteristics and qualities through organizing and running school events. Student driven team building will develop trust, responsibility, and commitment to each other and student projects. Students are given the opportunity to develop their own leadership skills and to take risks and grow in a positive productive way so as to make a difference within the class, school, and extended community. (3 credits)

Mechanics 10 – Course content includes vehicle service and care, ride and control, tires and brakes, engine fundamentals, and electrical fundamentals. Maintenance, repair procedures, safe handling of hand and power tools, and safe operation of shop equipment (hoist, tire changer and balancer) will be focused on. (3 credits)

New Media 10 – This course is an introductory course that focuses on visual composition, graphic design, and printing. New Media 10 allows students to acquire skills and knowledge while progressing at their own learning rate. Throughout this course student will utilize industry standard programs such as Adobe Illustrator, InDesign, and Photoshop. Students will have the opportunity to create designs and print their designs using multiple printing methods (i.e. Vinyl plotting, sublimation, and heat transfer). (3 credits)

Photography 10 – In the Introductory Photography course, students will develop essential skills in camera use with a focus on composition, set-up and camera operation, examination of exposure, basic lighting, image processing, and proofing and display. In this course, students will gain hands-on experience with the Nikon DSLR camera and will be able to capture images and produce final display proofs. Students will learn in depth the technical and creative uses of aperture, shutter speed, and ISO and demonstrate how combinations of these three elements give very different results. This is a great introductory course that will allow students the opportunity to explore their creative side with the use of a camera. Students will travel to the Calgary Zoo in order to capture creative images of animals in this course. (3 credits)

Sports Medicine 10 – This is an introductory course designed for students who want to understand how the human body works and how to manage sports injuries. Students will study musculoskeletal anatomy, physiology of injuries, disease, healing, preventive taping, safety, wrapping, and first aid. Concepts related to the determinants of health and wellness and reporting protocols for providing care are reviewed. Standard First Aid CPR/AED Level C shall be offered with students potentially earning certification for 3 years and potentially earning a 4th credit in this course. (3 – 4 credits)

Sports Performance 10 – This course will concentrate on the physical and mental development of student athletes. This course will cover in depth training principles such as conditioning, agility, and sport specific drills. The classroom component of the course will focus on understanding the importance of mental fitness in sports as well as sport specific nutrition principles. Student athletes taking this course should be serious about fitness training, prepared for strenuous physical activity in each class, and passionate about learning how to successfully develop into a well-rounded athlete. (3 credits)
Note: Students may enroll in only one of Sports Performance, Hockey Sports Performance, or Sports Performance Girls.

Sports Performance 10 Girls – This course will concentrate on the physical and mental development of female athletes. This course will cover in depth training principles that are tailored to female athletes and will include conditioning, weight training, and sport specific drills. The classroom component of the course will focus on understanding the importance of mental fitness in sports as well as sport specific nutrition principles, specifically focused on female athletes. Student athletes taking this course should be serious about fitness training, prepared for strenuous physical activity in each class, and passionate about learning how to successfully develop into a well-rounded female athlete. (3 credits)
Note: Students may enroll in only one of Hockey Sports Performance, Sports Performance, or Sports Performance Girls.

*****NEW***OFF-CAMPUS EDUCATION**

We provide a variety of Off-Campus opportunities for students, including:

Work Experience

Work Experience is available to high school students who are *already* working or volunteering and want to earn credits towards their high school diploma.

During work experience, students can earn up to 35 credits (20 towards their first 100 credits needed to graduate). Students can earn 10 credits in each level of work experience 15, 25 and 35 and 5 credits in career internship. One credit is earned for every 25 hours of work. A minimum of 75 hours (3 credits) must be worked.

Work experience can also be one of the courses used to apply for the Alexander Rutherford Scholarship.

Dual-Credit

These programs are designed for high school students who are interested in specific career areas and would like to work towards post-secondary and/or workplace certification while still attending high school.

The Calgary Catholic School District offers dual-credit programs in the following areas:

- Veterinary Technical Assistant (Olds College)
- Pharmacy Assistant (SAIT)
- Pre-Employment Carpentry (SAIT)
- Pre-Employment Electrician (SAIT)
- Pre-Employment Pipe Trades (SAIT)
- Pre-Employment Welding (SAIT)
- Hospitality & Tourism (Olds College)
- Software Development (Bow Valley College)
- Healthcare Career Essentials (SAIT)

Exploratory Programs

These programs are designed for high school students who are interested in a skilled trade and would like to work with a journeyman to explore the trade and earn both workplace certifications and/or high school credits.

In conjunction with Industry partners, the Calgary Catholic offers Exploratory Programs in the following areas:

- Exploring Wood Trades
- Exploring Ironworker Trade
- Exploring Pipe Trade
- Exploring Metal Trades
- Foundations in Emergency Care

Green Certificate

Green Certificate is an apprenticeship-style program designed for young people interested in the agricultural industry who would like to learn on the job, under the direction of experienced farm personnel, earn high school credits and obtain certification from Alberta Agriculture and Forestry. In each Green Certificate program students can earn up to 16 high school credits towards their first 100 credits needed to graduate and a Technician Level Green Certificate for their chosen specialization.

Students can earn an industry recognized certificate from Alberta Agriculture and Forestry in the following areas:

- Cow-calf
- Feedlot
- Sheep
- Swine
- Dairy
- Field crop
- Irrigated crops
- Beekeeping
- Equine
- Greenhouse production

Career Discovery Program

This two-week long summer program provides Grade 10 and 11 high school students the opportunity to explore a particular career field, be mentored by an adult in a workplace environment and earn high school credits.

The Calgary Catholic School District actively pursues career discovery placements for students in the following careers:

- Engineering
- Law
- Veterinary Medicine
- Architecture
- Information Technology
- Aviation, Avionics and Aircraft Maintenance

Registered Apprenticeship Program (RAP)

The RAP program is designed for high school students who want to begin training in a trade of their choice, work towards becoming an indentured apprentice and earn credits toward their high school diploma.

Students usually enter the RAP program in the summer of Grade 10 or 11. Initially the student works with an employer as an assistant. This probationary time allows the student and the employer the opportunity to determine whether or not this trade is a good fit for the student. If the student is interested in pursuing a career in the trade, and the employer feels they have the attitude and aptitude to be a success at the trade, they may apply to become an indentured apprentice.

An indentured apprentice can earn as many as 1000 hours towards their Journeyman's Certificate. For every 125 hours as an indentured apprentice, they will receive five (5) credits up to a maximum of 40.

For more information about these programs, please contact Notre Dame's off-campus education teacher or career practitioner for more information on any of these programs.