J.L. JACKSON SECONDARY SCHOOL

"A Culture that Cares"

2024-2025 PLANNING BOOKLET
GRADES 9 & 10

551 - 14th St. N.E.
Salmon Arm, BC
V1E 2S5

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INTRODUCTION

J. L. Jackson Purpose Statement
We seek to develop thoughtful, articulate, creative, healthy and responsible individuals by engaging all learners in the pursuit of their potential.

How to use the Course Catalogue

Read the course catalogue for descriptions of courses and programs available to meet your educational goals.

Use the working copy of the Course Planning Form at the end of the catalogue (pg. 4-5) to plan your 3-year graduation program (gr. 10-12). ***The graduation program does not involve grade 9s or Grade 9 level courses.***

As always, when designing your program, be sure to utilize all available resources, including parents, teachers, and counsellors.

Please note that courses in this book are student enrollment dependent. In other words, courses with low enrollment requests *may not be in the timetable*. Your choices count! Be sure to choose the courses that **you** really want.

Contact Information

J. L. Jackson Secondary School
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email: jlj@sd83.bc.ca

Principal: Mr. Gord Ritchie
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Course Planning Worksheet & Graduation Check

Name: _____ **Date:** _____ **Counsellor:** _____

Grade 10

	Credits
Required Courses:	
☐ English 10 or English FP 10	4
☐ Social Studies 10	4
☐ Science 10	4
☐ FMP 10 or WP 10 (Math)	4
☐ PHE 10 or AFL 10 (PE)	4
☐ Career Life Education 10	4
Elective Courses:	
☐ _____ 10	4
☐ _____ 10	4
☐ _____ 10	4
☐ _____ 10	4
☐ _____ 10	4
Total Credits:	___

Grade 11

	Credits
Required Courses:	
☐ a English 11 or English FP 11	4
☐ a Social Studies 11 or 12	4
☐ a Science 11 or 12	4
☐ a Math 11	4
Elective Courses:	
☐ _____ 11	4
☐ _____ 11	4
☐ _____ 11	4
☐ _____ 11	4
☐ _____ 11	4
☐ _____ 11	4
Total Credits:	_____

Grade 12

	Credits
Required Courses:	
☐ English 12 or English FP 12	4
☐ Career Life Connection 12	4
☐ _____ 12	4
☐ _____ 12	4
Elective Courses:	
☐ _____ 12	4
☐ _____ 12	4
☐ _____ 12	4
☐ _____ 12	4
☐ _____ 12	4
☐ _____ 12	4
Total Credits:	_____

Provincial Assessments:

- ☐ Numeracy 10
- ☐ Literacy 10
- ☐ Literacy 12

Graduation Requirements:

- ☐ An ADST or Fine Arts course (10, 11 or 12)
- ☐ An Indigenous-Focused course (10, 11 or 12)
- ☐ A minimum of two grade 12 electives

Minimum Credit Requirements:

- ☐ 56 Required Credits
- ☐ 24 Elective Credits
- ☐ 80 Minimum number of credits

French Immersion Course Planning Worksheet & Graduation Check

Name: _____ **Date:** _____ **Counsellor:** _____

Grade 10 — Credits

Required Courses:

- ☐ English 10 or English FP 10 — 4
- ☐ Sciences Humaines 10 (required) — 4
- ☐ Science 10 or Science Naturelles 10 — 4
- ☐ FMP 10 or WP 10 (Math) — 4
- ☐ PE 10 or AFL 10 or Ed Physique 10 — 4
- ☐ Career Life Education 10 — 4
- ☐ Francais Langue 10 (required) — 4

Elective Courses:

- ☐ _____ 10 — 4
- ☐ _____ 10 — 4
- ☐ _____ 10 — 4
- ☐ _____ 10 — 4

Total Credits: _____

Grade 11 — Credits

Required Courses:

- ☐ English 11 or English FP 11 — 4
- ☐ Sciences Humaines 11 — 4
- ☐ a Science 11 or 12 — 4
- ☐ a Math 11 — 4
- ☐ Francais Langue 11 — 4

Elective Courses:

- ☐ _____ 11 — 4
- ☐ _____ 11 — 4
- ☐ _____ 11 — 4
- ☐ _____ 11 — 4
- ☐ _____ 11 — 4

Total Credits: __

Grade 12 — Credits

Required Courses:

- ☐ English 12 or English FP 12 — 4
- ☐ Career Life Connection 12 — 4
- ☐ Francais Langue 12 — 4
- ☐ _____ 12 — 4

Elective Courses:

- ☐ _____ 12 — 4
- ☐ _____ 12 — 4
- ☐ _____ 12 — 4
- ☐ _____ 12 — 4
- ☐ _____ 12 — 4

Total Credits: ____

Provincial Assessments:

- ☐ Numeracy 10
- ☐ Literacy 10
- ☐ Literacy 12
- ☐ Literacy – French Immersion 12

Graduation Requirements:

- ☐ An ADST or Fine Arts course (10, 11 or 12)
- ☐ An Indigenous-Focused course (10, 11 or 12)
- ☐ A minimum of two grade 12 electives

Minimum Credit Requirements:

- ☐ 56 Required Credits
- ☐ 24 Elective Credits
- ☐ 80 Minimum number of credits

GRADE 10 COURSES

ENGLISH

English 10
English First Peoples 10

MATHEMATICS

Foundations and Pre-Calculus 10
Workplace Math 10
Pre-Calculus 11

PHYSICAL EDUCATION

Physical Health Education 10
Active for Life 10
Fitness and Conditioning 10
AM Fitness 10 (OT)
AM Basketball 10 (OT)
Athletic Leadership 10 (OT)

SCIENCE

Science 10
Life Science 11
Physics 11
Chemistry 11

*(OT) = Out of Timetable

FRENCH IMMERSION

Français Langue 10
Sciences Humaines 10
Éducation Physique 10
Sciences Naturelles 10

LANGUAGES

French 10
Japanese 10

CAREERS

Career Life Education 10 (OT)

SOCIAL STUDIES

Social Studies 10

SPECIALIZED PROGRAMS & ACADEMIES

Challenge Achievement Mentorship Program 10

Outdoor Adventure and Design 10

Mountain Biking Academy 10

MUSIC

Intro to Guitar 10
Choir 10
Concert Band 10
Jazz Band 10 (OT)

DRAMA

Drama 10
Theatre Company 10 (OT)

VISUAL ARTS

Art Studio 10
Studio Art 2D 10
Studio Art 3D 10
Youth Curator 10

ADST

Food Studies 10
Computer Studies 10
Electronics and Robotics 10
Drafting and Design 10
Metal Work 10
Power Technology 10
Woodwork 10
Entrepreneurship and Marketing 10
Leadership 10 (OT)
Yearbook & Journalism 10 (OT)

GRADE 9 ELECTIVES

Fine Arts	ADST	Other:
Choir 9	Entrepreneurship and Marketing 9	French 9
Concert Band 9	Computer Explorations 9	Japanese 9
Intro to Guitar 9	Food Studies 9	Fitness and Conditioning 9
Drama 9	Metalwork 9	Mountain Bike Academy*
Visual Arts 9	Power Technology 9	Outdoor Adventure and Design*
	Woodwork 9	
	Robotics 9	
	Tech & Design 9	

GRADE 9 REQUIREMENTS

All Jackson students are expected to take a full course load. For grade 9 students, they are:

English Track	French Immersion
Career Education 9	Career Education 9
English 9	English 9
Social Studies 9	Science Humaines 9
Science 9	Science Naturelles 9
Math 9	Math 9
PHE/AFL 9	PHE/AFL/Ed. Phys. 9
Elective 1 (ADST)	Francais Langue 9
Elective 2 (Fine Arts)	Elective 1 (ADST)
Elective 3	Elective 2 (Fine Arts)

MATERIAL AND SUPPLY COSTS

(Material and supply costs will be updated annually and posted on the school website)

Elective Courses: The school will supply students with sufficient supplies to meet the learning outcomes of elective courses. In some cases, (e.g. art or shop classes) students may want to work on projects that go outside the normal scope of the courses. Students will need to purchase the additional materials for those courses themselves.

Music: The school has a limited number of instruments available for student use (at no cost). Student choice in terms of type of instrument will be limited. Parents have the option to provide their child with an instrument of their choice: purchased, borrowed or rented.

Locker: All student have access to a Jackson assigned lock and locker at no cost. Replacement locks are $5.00.

STUDENT SERVICES

COUNSELLING

Life challenges can disrupt students' studies but support is available to help students manage these challenges and move forward in a positive, healthy way. Students can come to the counselling staff with a wide range of personal, educational, and academic concerns that may be affecting their health and wellness. To make an appointment, students or their parents/guardians may call the school and ask for a counsellor. Students may also walk into the counselling centre during school hours. Referral services to outside agencies are also available.

DISTRICT 83 CAREER PROGRAMS (*http://career.sd83.bc.ca/)*

There are many ways for students to get valuable life-experiences and credits – TUITION FREE! Programs are offered subject to external approvals, sufficient enrolment, funding, and staffing.

If you'd like more information on the listed programs, please contact Mr. Seed (gseed@sd83.bc.ca) in the Career Centre or Mr. Findlay (rfindlay@sd83.bc.ca). You can also visit http://www.career.sd83.bc.ca or call 250-832-3080 for more details.

Work Experience

Work experience for school credit, can include volunteer or paid community service. 120 hours of work experience – usually related to a career path – will count as 4 credits towards graduation in grades 9-12. Paperwork for the application to work experience is provided by, and reviewed with, the career coordinator.

Youth TRAIN in Trades Programs

These programs provide students with Industry Training certification as well as provide high school credits. For concrete dates and application forms, visit the Career Centre at your school. All students will be interviewed for a seat in these programs. **If you think that you might be interested in one or more of these opportunities, please indicate your interest when completing your course selection.**

Automotive Collision Technician – Level 1

Students will learn about shop safety, tools, and the fundamentals of auto body construction and repairs through flexible (online) learning, practical labs and work experience. Students will have to spend some time at A.L. Fortune partaking in practical labs.

Automotive Service Technician (AST) – Level 1 (ITA recognized program)

AST is taught at Salmon Arm Secondary - Sullivan Campus. Students spend one semester (full time) in the shop learning and developing high-tech skills to inspect, maintain, and repair automobiles and light trucks.

Hairstylist (Cosmetology) (ITA recognized program)

Cosmetology (Hair Design) is taught at Pleasant Valley Secondary in Armstrong. Students spend the second semester of their Grade 11 year and the first semester of their Grade 12 year learning how to cut, dress, colour, curl and wave the hair of a person.

Professional Cook 1 (PC1)

The PC1 program is taught through flexible learning with Camosun College. Students will be instructed, through flexible (on-line) learning, practical labs and work experience, in all aspects of commercial food preparation at A.L. Fortune Secondary.

Programs at other Post-Secondary Institutes…

Salmon Arm and Vernon have a rotating trades program that gives students access to Welding Foundations, Plumbing Foundations and Electrical Foundation programs. Students are also eligible to take many of the programs (like Heavy Duty Mechanics, Boilermaker....) at colleges in British Columbia (like Okanagan College in Kelowna, Thompson Rivers University, BCIT...).

Available Academic Programs

- Office Assistant Certificate (Okanagan College)
- Administrative Assistant Certificate (Okanagan College)
- Health Care Assistant (Okanagan College/TRU)

Youth WORK in the Trades

Students that work with a qualified tradesperson (ie. licensed mechanic, electrician….) can sign up as an apprentice and receive:

- 16 high school credits if they acquire 480 hours of paid work
- $1000 scholarship if students: (a) complete the 4 required work in trade courses, (b) have a minimum of 900 work-based hours registered with the ITA 6 months after graduation and (c) were able to achieve a C+ average in their Grade 12 courses.

Students can acquire their hours during school time, evenings, summer, holidays and weekends. Students also have the opportunity to apprentice with a school district tradesperson in carpentry, joinery, painting, HVAC, plumbing and electrical.

For a full list of trades visit: http://www.itabc.ca/

Gateway to Tech (XAT--12)

This four-credit, dual-credit Grade 12 course is geared towards students interested in becoming more tech savvy or who wish to explore careers in Information Technology and Coding. Students will learn about computer components and peripherals, wireless networks, network management, and computer and internet security. The course also explores environments and languages such as Linux, LAMP, HTML, CSS, JavaScript 1 and 2 and SQL. There is also an opportunity to meet local employers and associations connected to the tech industry in the region. The course is scheduled to be offered in the 1st semester outside of the timetable at Salmon Arm's Okanagan College campus two evenings per week. Besides selecting this option as a course, candidates must later fill out an application and be interviewed before being admitted into the course.

Indigenous Education

The district Indigenous Education Department partners with schools, teachers, Special Education, district administration, Indigenous communities and Indigenous students and their families to strengthen Indigenous voice, presence and perspective in schools and classrooms across the district. At Jackson our Indigenous Education Worker and Success Teacher provide academic support as well as cultural enrichment and social-emotional support.

Learning Resource Centre

Eligible students may receive assistance and support from the Learning Resource Centre. By dropping an elective course, students may access support in a scheduled "LR" block. Assistance is provided from the Learning Resource Teachers, and Certified Education Assistants. Learning Resource support typically consists of the re-teaching of difficult concepts, test preparation, assistance with organization, reading comprehension support and study skills development. Students are also provided with direct instruction to further develop their reading, spelling, writing and basic math skills.

Students eligible for Learning Resource Centre support are those who have a history of learning assistance, an identified learning disability, behavioral challenges or special extenuating circumstances and must be referred by Learning Resource Teachers, school counsellors or school administration. Parents must be consulted and approve school-based team decisions regarding student placement. The Learning Resource Centre is a student-oriented setting. Learning Resource Centre support is a limited service, not a course, and as such, students not using their time effectively will consequently be removed from the program to make space available for another potential candidate.

Library Learning Commons

The Library Learning Commons is a space in the school being used for a variety of different activities. A full-time teacher-librarian is there to support students to promote learning, literature, and school culture. In the Library Learning Commons, you can read, play games, work on schoolwork alone or in groups, photocopy, and seek assistance from the Teacher Librarian.

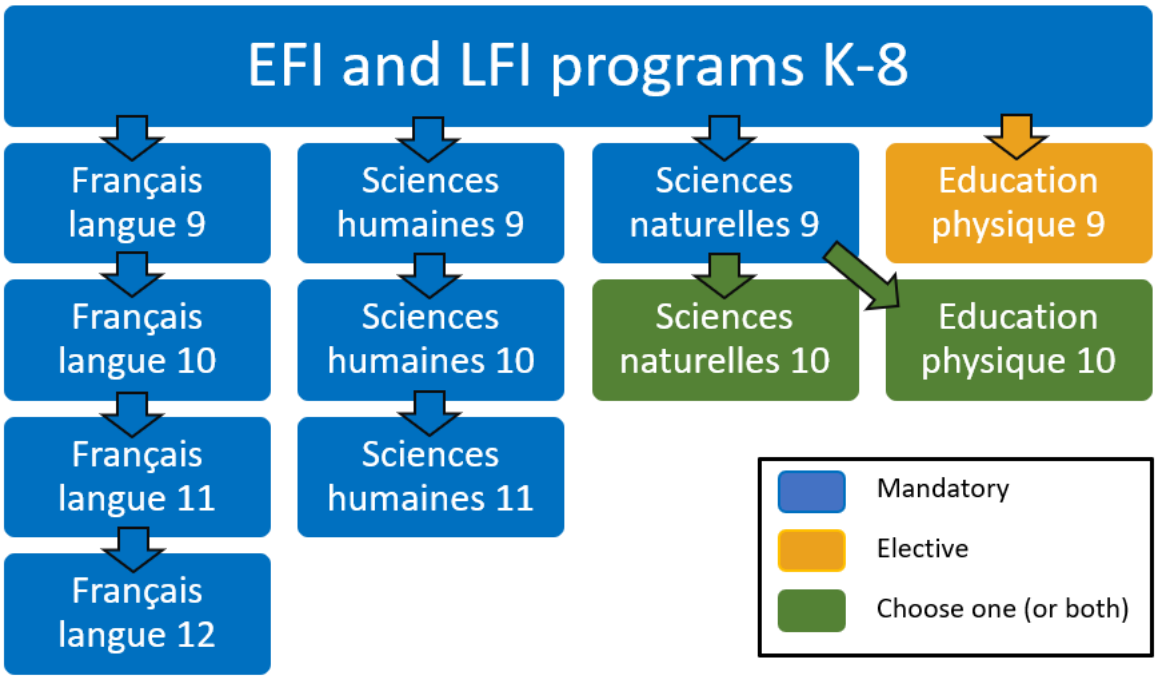
The Teacher-Librarian is available to help you:

- Find information, resources and books;
- Improve your research skills: Internet searching;
- Avoid plagiarism through effective note-taking, sources citing, and proper use of images, etc.;
- With organizational skills;
- Work on your EOP course;
- With your writing, including report and essay-writing; and
- Solve problems when working with Google apps.

FRENCH IMMERSION PROGRAM

The French Immersion program offers students a minimum of three courses in which the language of instruction is French. Required courses include for both grades include ***Français Langue*** (French Language) and ***Sciences Humaines*** (Social studies). Grade 9 students will take ***Sciences Naturelles 9*** (Science) as their third Immersion course, and grade 10 students will take ***Sciences Naturelles 10*** (Science) or ***Éducation Physique 10*** (Physical and Health Education). ***Français Langue*** helps strengthen language skills and develop cultural appreciation. All other courses follow the same curriculum as the courses taught in English.

Students entering this program in grade 9 have already completed at least three years of French Immersion. Continued successful participation in the program will lead to the achievement of a Bilingual Graduation Certificate at the end of Grade 12.



REQUIRED COURSES

Français Langue 9 (FFRAL09)

In Français langue 9, students continue to develop their fluency in French. Themes include: verb tenses and grammar, literature, and culture. Students will complete a novel study, paired with a film study, and will increase their appreciation of French culture through the examination of music, cinema, food, bilingualism, and la francophonie. Strategies include oral presentations, skits, interviews, essays and compositions, dictations, and research projects. Successful completion of this course is mandatory for French immersion students.

Français Langue 10 (FFRAL10)

In Français langue 10, students continue to refine their skills in French through speaking, listening, reading, and writing. Themes include: verb tenses and grammar, literature, and culture. Students will complete a novel study and will broaden their understanding and appreciation of French culture through the exploration of theatre, cinema, and poetry. Critical thinking skills are also emphasized. Strategies include oral presentations, skits, creative writing and essays, dictations and research projects. Successful completion of this course is mandatory for French immersion students.

Sciences Humaines 9 (FSCHF09)

Sciences Humaines 9 is a survey course, which means that it will introduce a wide variety of topics in Geography and Canadian history (1750-1914) around "Big Ideas" rather than go into detail on a few topics.

The "Big Ideas" will include:

1. How emerging ideas and ideologies profoundly influence societies and events.
2. Investigate how the physical environment influences the nature of political, social and economic change.
3. Analyze how disparities in power alter the balance of relationships between individuals and between societies.
4. Recognize that collective identity is constructed and can change over time.

Sciences Humaines 10 (FSCHF10)

Sciences Humaines 10 is a survey course, which means that it will introduce a wide variety of topics in modern Canada around "Big Ideas" rather than go into detail on a few topics. The historical emphasis is more on Canadian content than in grade 9 Socials.

The "Big Ideas" will include:

1. How global and regional conflicts have been a powerful force in shaping our contemporary world and identities.
2. Investigate how the development of political institutions is influenced by economic, social, ideological, and geographic factors.
3. Analyze how worldviews lead to different perspectives and ideas about developments in Canadian society.
4. Recognize how historical and contemporary injustices challenge the narrative and identity of Canada as an inclusive, multicultural society.

Sciences Naturelles 9 (FSCF-09)

Sciences Naturelles 9 develops scientific knowledge and skills that will be relevant to students' everyday lives and future careers. The course will involve many activities that include working safely in a science laboratory, working independently, and learning cooperatively. Topics include biology (cell division), chemistry (element properties), physics (electricity), and ecology (cycles and sustainability).

GRADE 9 FRENCH IMMERSION ELECTIVE

Éducation Physique 9 (FEPSF09)

This is a participation-based course focusing on well-being - the connections between physical, intellectual, mental, and social health. Students experience a variety of individual, dual and team activities to develop a personalized understanding of what healthy living means to them as individuals and members of society. The aim of PHEF 9 is to gain the knowledge, movement skills, positive attitudes, and behaviours that contribute to lifelong physical health and mental well-being.

GRADE 10 FRENCH IMMERSION ELECTIVES (must choose at least one)

Éducation Physique 10 (FEPSF10)

This is a participation-based course focusing on well-being - the connections between physical, intellectual, mental, and social health. Students experience a variety of individual, dual and team activities to develop a personalized understanding of what healthy living means to them as individuals and members of society. The aim of PHEDF 10 is to gain the knowledge, movement skills, positive attitudes, and behaviours that contribute to lifelong physical health and mental well-being.

Sciences Naturelles 10 (FSCF-10)

Sciences Naturelles 10 allows students to further develop their scientific knowledge and skills in a variety of ways, including laboratory work. Topics include biology (genetics), chemistry (chemical processes), physics (energy conservation and transformation), and earth and space science (formation of the universe).

REQUIRED COURSES

ENGLISH

English Studies 9 (MEN--09)

In English 9, students will develop skills in the curricular competency areas of *Comprehend and Connect*, and *Create and Communicate*. These skills will be developed through the use of various oral, written, visual, and digital texts. Students will be involved in discussions, debates, and presentations, as well as cooperative learning activities. Students will also be encouraged to enjoy reading as a recreational activity, and will learn to critically analyze literature. They will read and view a variety of genres of texts such as novels, plays, poetry, short fiction, informational texts, and films. In addition, students will write, with an emphasis on structured paragraphs, compositions, and complex sentences. Content of the course will focus on understanding the elements of story/text, processing strategies for reading, writing, speaking, and thinking, as well as the features, structures, and conventions of language. The overall emphasis of this course is on thinking and communicating in various forms.

English 10

The new curriculum is designed to give students the opportunity to focus on a particular area of English that interests them. All Students in grade 10 will be required to take either English Studies 10 or English First Peoples 10.

English 10 – Critical Reading and Writing (MCMPS10)

English is the course upon which all other academic knowledge is built. As such, English 10 will focus on the skills necessary for all students to think and respond critically. Through the study of various types of literature and non-fiction texts, students will engage in an analysis of the world around them. Students will develop skills to comprehend and connect to what they read, hear, and view, and will learn to express and support their opinions based on evidence. This course will focus, overall, on writing skills, and will teach students to create and communicate through both speaking and writing. English 10 is a continuation of English 9 where students will continue to develop skills in the curricular competency areas of *Comprehend and Connect*, and *Create and Communicate*. This course is composed of 2 credits each of Composition 10 (CMPS10) and Focused Literary Studies 10 (LTST10).

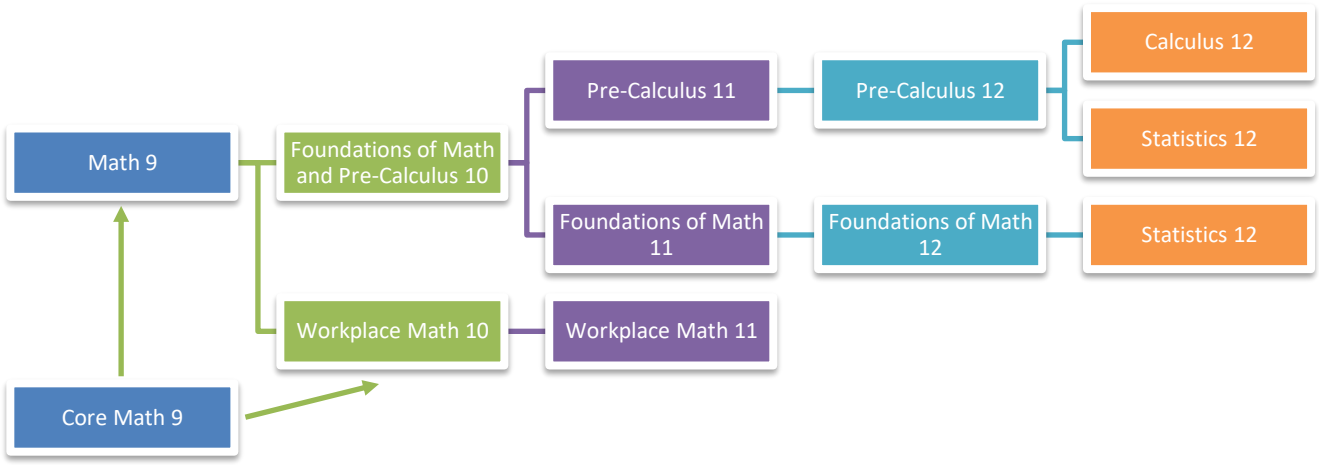
English First Peoples 10 (MEFLS10)

English First Peoples 10 is a continuation of English 9 where students will continue to develop skills in the curricular competency areas of *Comprehend and Connect*, and *Create and Communicate*. English First Peoples is intended for both indigenous and non-indigenous students. Students will become open minded scholars of First Peoples' worldviews through the study of Literary, informational and media text with local and Canadian, First Peoples' content. This course provides opportunities for all student to engage with First Peoples' creative expression and focuses on the experiences, values, beliefs, and lived realities of First Peoples as evidenced in various forms of text – including oral story, speech, poetry, dramatic work, dance, song, and prose (fiction and non-fiction). This course consists of 2 credits each of English First Peoples Writing 10 (EFWR10) and English First Peoples Literary Studies 10 (EFLS10).

MATHEMATICS

Mathematics Pathways grades 9 to 12

To graduate, all students must complete a Grade 10 mathematics course as well as another math course at the Grade 11 or 12 level. Since each pathway is designed to provide students with the mathematical understandings, rigor, and critical-thinking skills necessary for post-secondary programs and/or the work force, it is important that students consider future career interests when selecting a pathway. Students can elect to take more than one pathway if there are mathematical topics which interest them, or if they are not sure about their future career choices.



WORKPLACE MATHEMATICS is designed to provide students with the mathematical understandings and critical thinking skills identified for entry into **most trades and the work force.**

FOUNDATIONS OF MATHEMATICS is designed to provide students with the mathematical understandings and critical-thinking skills identified for **most post-secondary programs.**

PRE-CALCULUS is designed to provide students with the mathematical understandings and critical-thinking skills identified for entry into specific post-secondary programs, such as **sciences and engineering.**

Students should consult their math teacher and/or the school counsellor to gain advice on the different math courses.

MATHEMATICS (CONT'D)

Mathematics 9 (MMA--09)

In this course, students will improve their ability to think mathematically by solving a variety of thinking problems. Students will also explore a variety of topics including: powers, rational numbers, linear graphs, linear equations, reasoning, income, finances, scale factors and similar figures, polynomials, data analysis, and probability. Students who successfully complete this course will be recommended to go on to either Workplace Mathematics 10 or Foundations of Mathematics and Pre-Calculus 10.

Core Mathematics 9 (MMA--09 Core)

This course is for students who are not working at grade level in Math 8 and is intended to fill learning gaps to ensure that students have an understanding of the critical concepts necessary to be successful in Mathematics 9. This course is only available to students upon referral from their previous School Based Team or in consultation with the family.

Workplace Mathematics 10 (MWPM-10)

In this course, students will explore a variety of topics including: the SI and imperial units of measurement system, spatial reasoning, 2-D & 3-D Shapes, Pythagorean theorem, primary trigonometric ratios, formula manipulation, geometry, money, and income. Students who successfully complete this course will go on to Apprenticeship and Workplace Mathematics 11.

Foundations of Mathematics and Pre-Calculus 10 (MFMP-10)

In this course, students will improve their ability to think mathematically by solving a variety of thinking problems. Students will also explore a variety of topics including: trigonometry, powers, polynomials, factoring, relations and functions, linear relations, and systems of linear equations. Students who successfully complete this course will be recommended to go on to Workplace Mathematics 11, Foundations of Mathematics 11 and/or Pre-Calculus 11.

Additional Math Course Offerings

Pre-Calculus 11 (MPREC11)

Pre-Calculus 11 is designed to provide students with the mathematical understandings and critical thinking skills required for Pre-Calculus 12 and Calculus 12 which are pre-requisite courses for entry into post-secondary programs that require the study of theoretical calculus. Students will explore the following topics in Pre-Calculus 11: real numbers; powers with rational exponents; radical operations and equations; polynomial factoring; rational expressions and equations; quadratic functions and equations; linear quadratics and inequalities; trigonometric ratios for angles in standard position; sine and cosine laws; and financial literacy. Students who successfully complete this course may go on to take Pre-Calculus 12 or both Pre-Calculus 12 and Calculus 12.

CAREER EDUCATION

Career Education 9 (MCE--09)

Career Education 9 is a mandatory course.

In Career Education 9, students explore concepts such as identity, leadership, personal planning, and transferable skills. As students build on the foundation developed from their experiences in K–8, they begin to explore in greater depth their skills and passions, and begin to determine possible routes to their goals.

Career Life Education 10 (MCLE-10)

Career Life Education 10 is a mandatory course.

The Career Education curriculum supports students in the process of becoming successful, educated citizens by providing them with opportunities to explore a variety of careers and options for their future. Students will consider regional and global trends to reflect on career possibilities, refine their understanding of safety requirements associated with occupational areas and related technologies, and further develop and refine their understanding of career possibilities through planning, practice, and application of competencies and knowledge. Students will start to develop their transition plans, which include workplace experience as they work towards developing a final capstone project in Grade 12.

PHYSICAL EDUCATION

To graduate, all students must complete a Physical Education course at the Grade 10 level. At Jackson students can choose between Physical Health Education (PHE) and Active for Life (AFL).

Explanation of the difference between PHE 9/10 and AFL 9/10

	PHE 9 and PHE 10	***AFL 9 and AFL 10***
Similarities:	-Both meet all curriculum requirements -Approximately ¼ time spent developing fitness -Approximately ½ time spent on developing fundamental movement skills and physical literacy -Approximately ¼ time spent learning curricular based health topics	
Differences:	***PHE 9 and PHE 10*** -Offered to students who enjoy a more traditional PHE program -Mainstream sports skills are a focus for evaluation of fundamental movement skills (e.g. basketball, volleyball, football, rugby, ultimate frisbee, badminton, pickleball, etc.) -More focus on competition and group/team games	***AFL 9 and AFL 10*** -Offered to students who are looking for an alternative to a traditional PHE program -Some mainstream sports are still covered, but typically ones that require less complex skills, such as volleyball, badminton, ultimate frisbee, pickleball etc. -Alternative lifelong activities are also introduced such as disc golf, bocce, tennis baseball, low organizational games, etc. -In general, the course is not less intense, it's just less competitive

Physical Health Education 9 (MPHE-09)
Physical Health Education 10 (MPHED10PHE)

PHE 9 is a participation-based course focusing on well-being and the connections between physical, intellectual, mental, and social health. Students experience a variety of individual, dual and team activities to develop a personalized understanding of what healthy living means to them as individuals and members of society. The aim of PHE 9 is to gain the knowledge, movement skills, positive attitudes and behaviours that contribute to lifelong physical health and mental well-being.

Active for Life 9 (MPHE-09AFL)
Active for Life 10 (MPHED10AFL)

This course provides an opportunity for students to achieve credit for PHE 9 or PHE 10 in a less competitive PHE setting. Fundamental movement skills will be taught and evaluated using less complex-skills based activities than some traditional sports. This allows students the opportunity to discover a variety of activity settings that they can continue to pursue for lifelong active living. Students will have the opportunity to work on their individual fitness through learning principles of fitness, and working through a variety of fitness activities such as strength training, cardiovascular training, stretching, and game play. Students will also investigate other aspects of healthy living by learning about the importance nutrition, healthy sexual decision making, mental health, sleep, avoiding substance abuse and addiction, and first aid/CPR.

PHYSICAL EDUCATION (CONT'D)

Additional Physical Education Course Offerings

*****The courses listed below do not qualify as PHE credit courses as the health curriculum is not covered.

Fitness and Conditioning 9 (MPHE-09)

Fitness and Conditioning 10 (YHRA 10A)

Fitness and conditioning classes are **run within our daily block schedule.** Fitness and Conditioning is designed for students who have an interest in developing overall fitness. This course will offer students the skills, knowledge, and attitude to incorporate strength training, agility, plyometrics, flexibility and cardiovascular fitness into their personal training regime and lifestyle. It will teach students:

- The fundamentals of strength training;
- The lifelong benefits that a variety of physical training programs have to offer;
- Proper training methods and techniques for strength training, agility, plyometrics and flexibility/mobility;
- How to plan and follow personal training programs; and
- Basic muscular anatomy

This is a physically demanding course and is developed for students who are serious about improving their overall fitness and willing to challenge themselves physically. This course can also be personalized for high-level athletes with performance-based goals.

AM Fitness and Conditioning 10 (YHRA 10A)

AM Fitness and Conditioning classes are **run in the morning before school.** AM Fitness and Conditioning is designed for students who have an interest in developing overall fitness. This course will offer students the skills, knowledge, and attitude to incorporate strength training, agility, plyometrics, flexibility and cardiovascular fitness into their personal training regime and lifestyle. It will teach students:

- The fundamentals of strength training;
- The lifelong benefits that a variety of physical training programs have to offer;
- Proper training methods and techniques for strength training, agility, plyometrics and flexibility/mobility;
- How to plan and follow personal training programs; and
- Basic muscular anatomy

This is a physically demanding course and is developed for students who are serious about improving their overall fitness and willing to challenge themselves physically. This course can also be personalized for high-level athletes with performance-based goals.

PHYSICAL EDUCATION (CONT'D)

AM Basketball 10 (YHRA 10B)

A.M. Basketball 10 is designed to develop player fundamentals as well as strength & power, speed / quickness, agility, and balance & coordination. This course has been created to support and encourage students to develop their individual basketball skills, physical strength and conditioning, health and nutritional knowledge, team building skills, and goal setting and organizational skills in a basketball setting. Students will be expected to maintain a written journal reflecting on weekly workouts and skill development. The basketball class is a natural progression from a regular physical education class to a sport specific class that enables student/athletes to maximize their academic and athletic potential.

Athletic Leadership 10 (YCPA 10A)

This is a yearlong course, scheduled outside the timetable. On average, students can expect to meet at lunch or after school 2 times per week throughout the year. This is a leadership course with specific emphasis on athletics. Students will work with the school's Athletic Director and be involved with planning, organizing, promoting, and operating school sporting events and activities throughout the school year. Course activities include the JLJ intramurals program, managing and promoting school sports teams, assisting with home games and score table duties, and facilitating school sports tournaments. Students will also learn about the BC School Sports organization, the basic care & prevention of injuries, as well other school-sports management concepts.

SCIENCE

Science 9 (MSC--09)

Science 9 develops scientific knowledge and skills that will be relevant to students' everyday lives and future careers. The course will involve many activities that include working safely in a science laboratory, working independently, and learning cooperatively. Topics include biology (cell division), chemistry (element properties), physics (electricity), and ecology (cycles and sustainability).

Science 10 (MSC--10)

Science 10 allows students to further develop their scientific knowledge and skills in a variety of ways, including laboratory work. Topics include biology (genetics), chemistry (chemical processes), physics (energy conservation and transformation), and earth and space science (formation of the universe).

Additional Science Course Offerings

Life Science 11 (MLFSC11)

Life Science 11 is an introductory biology course that delves into the unifying characteristics of living things, how they change over time and how we have categorized them. Different cells, their structures and processes, DNA, as well as viruses and their infection cycles will all be examined through a variety of labs and hands-on activities. Change in organisms over time in nature and through human intervention will be investigated. A significant portion of the course will be devoted to the comparison of organisms in each of the six kingdoms (Bacteria, Archea, Protists, Fungi, Plants, Animals) with particular attention devoted to the animal kingdom. Some dissections of animals such as earthworms, locusts, crayfish, squid and sea stars will be performed – along with microscope work – to compare the anatomy of various organisms. Science 10 may be completed concurrently with Life Science 11.

Physics 11 (MPH--11)

Physics 11 introduces students to theories that explain everyday physical phenomena, such as the motion of a car during a collision or the alteration of images with lenses or mirrors. The course will extend Science 10 coverage of energy and investigate motion, forces, and waves. Through laboratory work, students will develop an experiential understanding of the fundamental principles behind numerous theories. Labs will involve the collection of data through a variety of instruments and the subsequent analysis of this information. Solid attendance and strong math skills are required for this course. It is highly recommended that Pre-Calculus 10 be completed the semester prior to undertaking Physics 11. Science 10 may be completed concurrently with Physics 11.

SCIENCE (CONT'D)

Chemistry 11 (MCH--11)

Chemistry 11 continues the exploration of atoms and molecules and how they interact in the world around us. Familiar concepts such as naming and formula, predicting products and reactants, and balancing chemical equations will be furthered developed in Chemistry 11. Beyond topics they have been introduced to previously, students will explore and develop competency in the following general areas of chemistry: the structure of matter (beyond the Bohr model), the quantification of matter (via the concept of the mole and stoichiometry), organic chemistry, and solubility and the factors that affect how materials dissolve. Along with the theoretical components of Chemistry 11 there will be opportunity to engage in practical lab work in the realm of basic chemical analysis and investigations of reactivity. Science 10 can be completed concurrently with Chemistry 11.

SOCIAL STUDIES

Social Studies 9 (MSS--09)

Social studies 9 is a survey course, which means that it will introduce a wide variety of topics in Geography and Canadian history (1750-1914) around "Big Ideas" rather than go into detail on a few topics.

The "Big Ideas" will include:

1. How emerging ideas and ideologies profoundly influence societies and events.
2. Investigate how the physical environment influences the nature of political, social, and economic change.
3. Analyze how disparities in power alter the balance of relationships between individuals and between societies.
4. Recognize that collective identity is constructed and can change over time.

Social Studies 10 (MSS--10)

Social Studies 10 is a survey course, which means that it will introduce a wide variety of topics in modern Canada around "Big Ideas" rather than go into detail on a few topics. The historical emphasis is more on Canadian content than in grade 9 Socials.

The "Big Ideas" will include:

1. How global and regional conflicts have been a powerful force in shaping our contemporary world and identities.
2. Investigate how the development of political institutions is influenced by economic, social, ideological, and geographic factors.
3. Analyze how worldviews lead to different perspectives and ideas about developments in Canadian society.
4. Recognize how historical and contemporary injustices challenge the narrative and identity of Canada as an inclusive, multicultural society.

ELECTIVE COURSES

LANGUAGES

Note: Some universities require a second language 11 for direct admission from high school; some programs require a second language 12. Check university calendars for specific admission requirements.

French 9 (MFR--09)

This is an introductory language course. All four components of language are taught: speaking, listening, reading, writing. These are explored by using a thematic approach. Basic vocabulary and grammar are explored and active participation is encouraged through games, skits, videos and presentations.

French 10 (MFR--10)

French 10 is a continuation of the French 9 program. All four components of language are taught: speaking, listening, reading, writing. Students will continue to learn useful expressions and vocabulary and basic grammar will be covered. Active participation is encouraged through games, skits, videos and presentations.

Japanese 9 (MJA--09)

In this course students learn about Japanese culture and history through discussion and special activities such as calligraphy, cooking and origami. The focus of Japanese 9 is on vocabulary building, and improving oral and written expression. By the end of this course, students will feel comfortable reading and writing hiragana and about 25 kanji.

Japanese 10 (MJA--10)

Japanese 10 is the 2nd year of Japanese study, and is designed to prepare students for Japanese 11, and to build upon their oral and written communication skills. Students are expected to be proficient in Hiragana, and by the end of the course they will be able to read and write about 50 Kanji and Katakana words. Topics to be covered include Japanese schools and a typical school day, discussing trips and free time activities, and talking about where and when you were born. Please keep in mind that our city and school district have a student exchange program with the city of Inashiki in Japan; this trip is an excellent way to practice your Japanese.

ARTS EDUCATION

MUSIC

Intro to Guitar 9 (MMU—09GTR)

This course is an introduction to guitar class for new-intermediate guitar players. You need not have your own guitar. Together we will learn the skills needed to enjoy making great music on the guitar, both alone and with your friends!

Intro to Guitar 10 (MMUGT10)

This course will introduce new players to the basics of playing the guitar while challenging guitarists that are more experienced to take their skills to the next level.

Choir 9 (MMU—09SNG)

Choir 10 (MMUCC10)

Past students have said that this class is the best part of their school day! This course is for you if you love to sing and want to become better singer. We will explore a variety of music and musical styles from traditional choral repertoire to popular music. We will contribute to our school and community by spreading joy and sharing our love of music through local performances. No previous experience is necessary.

Concert Band 9 (MMU—09CCB)

The SAS Band program starts here! We will build on the instrumental technique learned in Middle School Band and refine your playing, rehearsal, and performance skills with interesting and challenging music. The Concert Band will perform at music festivals, public concerts, and school functions. Some performances will occur outside the timetable. Woodwind, brass, percussion, and string instruments are all welcome. This is a year-long course.

Concert Band 10 (MMUCB10)

Concert Band 10 advances the work done in Concert Band 9. As this is a more advanced band, it is recommended for students who have completed Concert Band 9 or for highly motivated students who are committed to bringing their level of playing up to that of the class. Since students have a greater mastery of basic playing skills, our focus will be on expression and more advanced instrumental technique. Concert Band 10 is a performance course that requires energy and focus from all members of the group. Some performances will occur outside the timetable. Woodwind, brass, percussion, and string instruments are all welcome. This is a year-long course.

Jazz Band 9 (MMU--09JZB)

Jazz Band 10 (MMUJB10)

This course is open to all instrumentalists with at least two years of band experience. Preferred instruments are: saxes, trumpets, trombones, drums, bass, piano and guitar. Other instruments may be included in consultation with the instructor. This is a performance group that will develop your ability to improvise and play a variety of styles, including Swing, Latin, Rock, Funk, and Blues. A high level of commitment and focus will be required from students during class and in performances. Attendance is mandatory at all classes and performances, some of which occur outside the timetable. Final enrolment and instrumentation will be determined in the early fall.

- Note: This course is offered outside the regular timetable. The class schedule will be determined in early fall.

ARTS EDUCATION - THEATRE

Drama 9 (MDR--09)

This is an introductory course open to all students. This is a creative drama course and is designed to focus on developing skills in areas such as movement, voice, character development, blocking, and stage direction. Learning will occur throughout a variety of activities including vocal exercises, games, improvisation, creative drama, scene development, and script-work. This is a performance-based course.

Drama 10 (MDRM-10)

This performance-based course is intended for students in grade 10 who have completed Drama 9. Students in this course will continue to work on the development of performance techniques specific to acting, directing, and script development. Commitment to a performance ensemble is expected.

Additional Course Offerings

Theatre Company 10 (MDRTC10)

Theatre Company 10 supports the creation of a theatre production (school play) and is offered outside the regular timetable. Students will audition for and be assigned roles, both as cast and crew. Development of performance skills will happen through the rehearsal and performance of a full-length play. Content covered will include stage etiquette, drama elements, performance skills, movement, roles within a theatre company, genres, design, and the basics of technical theatre.

- Note: ***This course is offered outside the regular timetable***. The class schedule will be determined in early fall. Preference will be given to grade 10 students.

ARTS EDUCATION - VISUAL ARTS

Visual Arts 9 (MVA--09)

This course focuses on design and media exploration as well as skills such as colour theory, perspective, creating form and drawing techniques. We also use design principles and elements to analyze works of art in art history lessons. In the second half of the course, you will explore your own creativity more in individual projects, furthering an understanding of your own identity as an artist. Media will vary but will include a form of printmaking, painting, 3-D works, drawing media as well as some fiber arts. No previous art experience is necessary; bring only your imagination and enthusiasm.

Art Studio 10 (MVAST10)

This is the perfect course for those wishing to learn to appreciate the arts and for those wishing to study further towards any career in the booming visual arts world. An emphasis is on learning to draw, paint, sculpt, print make, dye, and create glaze pottery. You will use the principles and elements of design, image development strategies and appreciate the development and significance of art through history, in different cultures, as well as in contemporary times. This course will provide a solid foundation in visual arts and will prepare you for further visual arts classes.

Additional Course Offerings

Studio Art 2D **(MVAD-10)**

This course is intended for students who have already completed Art Studio 10 and requires students to work more independently on their coursework. Studio Art 2D will offer students a mix of applications in art with the main focus on drawing and painting. Projects will use traditional media like acrylic paint, watercolour, oils as well as an extensive exploration of drawing media such as charcoal, ink, and pastels. Students will be looking at specific historical artists who have advanced 2-D works.

Studio Art 3D (MVAC-10)

This course is intended for students who have already completed Art Studio 10 and requires students to work more independently on their coursework. In Studio Art 3D you will explore more deeply 3-D works in a variety of media. We will focus on clay, both on the wheel and hand-building. The student will also have the opportunity to try different carving techniques and the use of wire and the creation of forms for plaster. We will be researching sculpture in a historical context as well.

YOUTH CURATOR 10 (MWEX 2A)

This will be a work experience course to learn Art Gallery skills and processes and would run the 1st semester, 2024/25 school year. You will work with the Art Gallery Curator and Art Teacher to build a curatorial concept and theme for a show that would run January 25 to March 1, 2025. This would involve outreach to artists, integrating creative processes, research, data gathering and input, display and preparatory work, administration, marketing, communication and public presentation. Work would occur both in the art classrooms of Sullivan and Jackson campuses, as well as on site at Salmon Arm Art Gallery. For the exhibition layout, the Art Gallery will assign areas to each Youth Curator to allow the individual themes to emerge.

A written application would need to be submitted and students for this course will be selected by the teacher/curator as this class is limited to 5 participants. The application would include history of Art courses taken, why the student wishes to be part of the program and any other information that the student considers relevant.

Questions? Please email Elaine Holmes – eholmes@sd83.bc.ca

APPLIED DESIGN, SKILLS, AND TECHNOLOGY (ADST)

HOME ECONOMICS

Food Studies 9 (MADFS09)

Students learn how to prepare food for themselves, friends, and family with skill and confidence. New and exciting recipe ideas are provided for breakfast, lunch, appetizers, dinner and desserts. The emphasis is on using fresh, local ingredients. Students will gain knowledge about a variety of spices, flavours, and cooking methods.

Foods Studies 10 (MFOOD10)

Do you have a "passion for food and a flair for cooking?" Learn to prepare delicious meals for you and your friends. Focus on your personal skills and preparation techniques while exploring recipes from around the world, as well as how food choices contribute to your health and well-being.

ADST - COMPUTERS

Computer Explorations 9 (MADIT09)

Want to learn what a computer is all about? Computers exploration 9 focuses on using the computer as a tool to help students become more efficient and productive. The course will include lessons and projects used to develop an understanding of information, our place in the digital world, how the internet works and coding in JavaScript. We look to generate an understanding of the functionality of computers, create apps of our own design and in the process learn to problem solve.

Computer Studies 10 (MCSTU10)

Want to learn how to use technology in new creative ways? Want to go beyond being a user and become a creator? Learn how to maintain or even build your own computer. Want to maximize your online computing, modern internet tools, and other useful computer skills? Learn how to make interactive programs (text-based adventures)? Computer Studies 10 is designed to help students go from being users who consume content to software creators who make original content. A good portion of this course is dedicated to projects so come ready to learn, create, and share.

ADST - ROBOTICS

Robotics 9 (MADER09)

Want to command your very own humanoid robot with just your voice? Want him to obey you through facial recognition and even learn a dance by copying your own movements? Try this course designed to introduce you to the exciting world of electronics and robotics. You will learn electronics, scratch style through to JavaScript coding, project management, mechanical structures and a host of other skills as you build and interact with the exciting humanoid and rover EZ Robot. You will also apply physical science to learn about motors, gear ratios, torque, batteries and sensors.

Electronics and Robotics 10 (MTEAR10)

We explore world of electronics through the Arduino, discovering ways to interact with the world around us, gather information and react autonomously. We then use and advance those skills to design and create robots to complete challenges. There are lots of design and interactive learning opportunities in Electronics and robotics 10.

ADST - TRADES AND TECHNOLOGY

Technology & Design 9 (MADGE09)

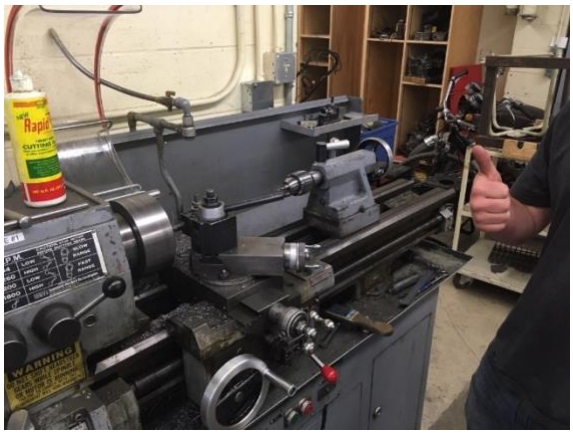
In this course students will develop problem-solving skills and have the opportunity to use the design process to meet a variety of technological challenges. Course work will include the fundamentals of drafting, design, shop safety and machine safety/use. Students will research, design, and build models and/or prototypes with projects like C02 dragsters, balsa bridges, and Goldberg machines. This “hands on”, thought provoking course will have students testing, building, and racing their way through the semester.

Drafting & Design 10 (MTDRF10)

In this course you will learn the necessary skills to become a successful introductory draftsperson. As a team, we will explore the design process, how design has influenced our past and how it shapes our future. We will first practice hand drafting and then further our skills by learning advanced CAD software. We will focus on three main fields of drafting: mechanical, Architectural and computer Machining.

Metal Work 9 (MADM-09)

This course introduces you to several basic metal work processes used in the industry today. Students will safely learn to work with basic hand tools and power equipment. You will start with basic decorative projects and then continue with more complicated processes. Metal Work 9 focuses on the development of measuring skills, using metric and standard scales. This course is explorative to cover all aspects of the metal shop to prepare you for further metal work courses.



Metal Work 10 (MTMET10)

This course introduces students to metal fabrication and mechanical technologies through a variety of projects and skill-building labs. Students will learn to properly use hand and layout tools as well as oxy-acetylene torches, a mig welder, aluminum welding, plasma cutter, drill presses, metal lathe, and other shop equipment.

Power Technology 9 (MADPT09)

This course is intended to teach students about some of the ways in which humans have harnessed various sources of energy. Much of the course is ‘hands-on’ and involves constructing a variety of interesting projects such as electric motors, robots, and solid-fuel rockets. A considerable portion of the course will also be devoted to learning about how two-stroke and four-stroke engines work. *See the material or supply options that are associated with this course.

Power Technology 10 (MTPOW10)

Power Mechanics is an introduction to automotive engines and other various power sources. Students study in depth the construction and theory of both two and four stroke small gasoline engines. An introduction to mechanical systems such as brakes, ignition systems, and other vehicle technologies will also be included in the course. A brief introduction to automotive applications is also included. Students will also study one other power source during the course ranging from hydraulics and CO_2 cars, to wind and solar power. Lastly, we will study how these power sources affected society in the past, the present, and the future.

Woodwork 9 (MADW-09)

Students learn to safely use all machines in our extremely well-equipped shop to build several 'skill building' projects. All projects allow students flexibility and creative freedom to personalize / customize their work. Creative designs and ideas, where appropriate, are encouraged! Projects include small shelf/case units, clocks, boxes & tables. Additional projects are possible, depending upon time remaining in course. Working in a safe and cooperative manner is emphasized throughout the entire course.

Woodwork 10 (MWWK-10)

Woodwork 10 continues to build upon the skills students learned in Woodwork 9. Creative designs and ideas, where appropriate, are encouraged! Projects include challenging boxes, casework projects and furniture. Students with an aptitude / interest in a higher tech focus are encouraged to learn the MasterCAM software package in our mini lab. This knowledge can then be applied to learning how to use the CNC (computer numeric controlled) Router and experiencing a whole new world of project possibilities! As always, additional projects are possible, depending upon time in the course. Working in a safe and cooperative manner is emphasized throughout the entire course.

OTHER ELECTIVES

Entrepreneurship and Marketing 9 (MADEM09)
Entrepreneurship and Marketing 10 (MADEM10)

Are you interested in owning your own business? Come learn about business models, marketing strategies, stocks, bonds, ETF's, and anything else that pertains to making unlimited money in a free market economy. This elective has access to technology, including digital cameras, and will allow for class interests to be explored.

Leadership 9 (XLEAD09)
Leadership 10 (YIPS-0A)

This course is designed to give students an awareness of social and civic responsibility as well as an understanding of effective styles and methods of leadership. These are all demonstrated through class and group projects that leadership students will undertake. Running the school store, school dances, community fundraisers, intramurals and supporting school assemblies and events are some ideas – but please bring your own! This course is highly customizable, and relies on teamwork.

Yearbook and Journalism 9/10 (YPA--0A)

This class designs and produces the school yearbook as well as other student online and print publications. Students will learn how a book is published, and will be responsible for all writing, design and photography that will appear in the school yearbook. In order to do this, students will learn skills in Journalism and computer software necessary to produce the yearbook. In addition, students will learn the business skills required to fund a book through sales to students.

The class schedule will be determined in early fall. Preference will be given to grade 10 students.

SPECIALIZED PROGRAMS

CAMP 10 – CHALLENGE ACHIEVEMENT MENTORSHIP PROGRAM

(MODED 11, MPHED 10AFL, MSS--10, MLTST10/MCMPS10)

CAMP is a half-day linear (all year) program that offers students 16 credits in the following courses: Social Studies 10; English 10; Physical Health Education 10; and Outdoor Education 11. During the other half of each day, CAMP students will be on the regular school timetable taking Science, Math, and elective courses. The CAMP philosophy encompasses outdoor hands-on learning and leadership. CAMP students will go on several out-trips such as hiking and camping, rock climbing, snowshoeing, skiing, ice fishing and visiting other schools for mentorship activities with younger students. Hands on projects will be outdoors as much as possible and will incorporate Social Studies and English skills and curriculum, as well as CORE Competencies, to demonstrate learning.

Questions? Please email Kris Hryniw – khryniw@sd83.bc.ca

Interested? Please complete an expression of interest **here.**

OUTDOOR ADVENTURE AND DESIGN 9/10

(MODED 11, MPHED 10AFL)

This 2 block course during the 2nd semester gives students the opportunity to obtain a Wood Working 10 credit in addition to a Physical Health Education 10 credit for a total of 8 credits.

In this half day course, students will be immersed in hands on physical activity and woodworking projects. With a focus on the outdoor curriculum, students could participate in activities such as building fish nets and fly boxes then using them at local steams and lakes; hiking and learning the use of many local plants and berries; studying the benefits of different types of hardwoods and softwoods for drum creation, shelter use, and fire building; participating in geocaching and create puzzle box caches; building camp chairs and learning how to prepare for outdoor excursions; enjoying winter activities such as curling, snowshoeing, skating, xc skiing and quinzhee building. Of course, these activities will be decided at the time of the course and availability of resources.

Questions? Please email Tiffany Lombaert (tlombaer@sd83.bc.ca) or Stephen MacInnis (smacinni@sd83.bc.ca)

Interested? Please complete an expression of interest **here.**

ACADEMIES

Mountain Biking Academy 10

(MPHED10MBA & YLRA-0A)

Students in this half day Spring Semester program will earn credits for two courses, an elective course called Mountain Biking Community Development 10 and for PHE (one of PHE 9 or 10, or Outdoor Education 11 or 12). This is a fee-based academy program. Candidates must complete an online application form prior to being considered for the program. Entry into the academy is prioritized for students in Grade 10.

Course topics include:

· Mountain biking skill development
· Bike mechanics, maintenance and repair
· Sustainable trail planning, development, construction and maintenance
· Strength and conditioning for mountain biking
· Principles of physical fitness
· Wilderness emergency response
· Sports psychology
· Sports nutrition

Questions? Please email Chris Stromgren – cstromgr@sd83.bc.ca

Interested? Please complete an expression of interest here