

How To Complete Your Course Selection Form Students Entering Sec. 5 (Grade 11)

Selecting courses for the next school year is a very important decision and should be thought about carefully and discussed by both students and parents.

Follow the instructions below to properly fill out each of the corresponding sections of your form:

- 1. Compulsory Courses** – Check the box for one (1) program, the General English program or the Enriched French program. To remain in the Enriched French program, a student must be maintaining a 70% or higher average in his/her Sec. 4 Français course and in good academic standing in Histoire. To apply to the Enriched French program from General English, a student must be maintaining an 80% or higher average in Base French. Eligibility for the program will be determined on a case-by-case basis.

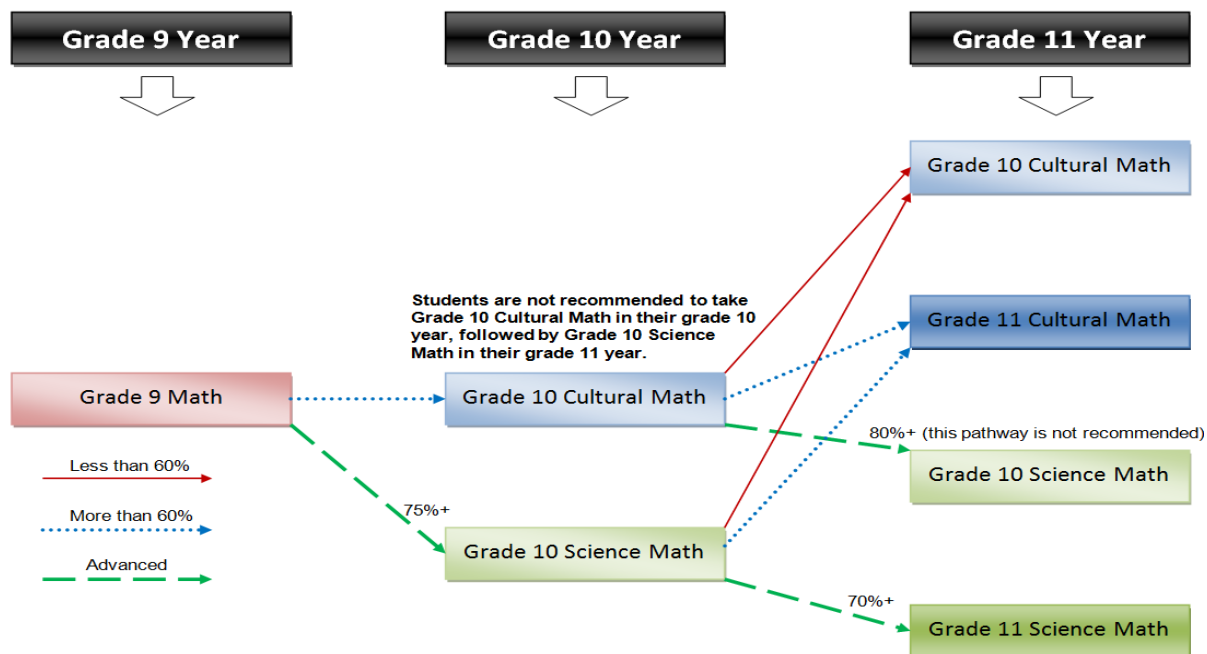
Description Outdoor Phys Ed Course (only check if interested):

This course provides an outdoor option to your sec 5 Phys Ed requirements. It will be held entirely outdoors whether it is warm, wet, or very cold. You will need to be ready and dressed appropriately. This course will include trail running, back packing, cycling, orienteering, navigation, canoeing, cross country skiing, snow shoeing, snow camping, ice safety. Leadership and teamwork skills will also be a core element. Overnight trips are extra options for this course. They are held on pd days and have additional fees. Preference will be given to those who completed PED 402 with a final grade of 80% or higher. **(Selecting Outdoor Ed replaces Regular Phys Ed).**

- 2. Math Pathway** – Check the box for one (1) pathway, the Cultural, Social & Technical or the Science Math pathway.
 - **If choosing Cultural Math:** The Cultural Math course allows students to continue at the CEGEP/college level in programs that are not Math/Science related (Social Sciences, the Arts, etc.), and is the minimum requirement for graduation. Students not wishing to study in Math/Science programs or who have struggled with Math previously are recommended to choose the Cultural Math course. ***Students who have completed Sec. 4 Cultural Math with a final result below 80% are required to select Sec. 5 Cultural Math. Students who have passed Sec. 4 Science Math may choose to take Sec. 5 Cultural Math or Science Math.***
 - **If choosing Science Math:** The Science Math course is a pre-requisite for Math/Science related programming at the CEGEP/college level. Students wishing to continue in post-secondary programs that require advanced Level IV & V Math are recommended to take the Science Math option.

Frequently Asked Questions Regarding the Mathematics Courses:

- 1. Which math option do I need to graduate?**
Students require either of the two Secondary 4 math courses to graduate.
- 2. Can I get into CEGEP with either math options?**
Yes, however, you must keep in mind that some programs require the Science Math as a prerequisite (ie. Pure & Applied Sciences, Commerce, Computer Science, Engineering, etc.). You are advised to make an appointment with Guidance to discuss post-secondary options.
- 3. Can I switch from one math to another after making my course selection this spring?**
Students have until the “drop date” deadline to change from one math pathway to another. Which is usually in September. Following that date, students must remain in the course they have selected for the remainder of the year.
- 4. Is one math option more difficult than another?**
While both pathways provide challenges, overall, the concepts studied in Science Math are more complex than those studied in Cultural, Social, & Technical Math; hence, the recommended prerequisite that students demonstrate competency of at least 80% in Sec. 4 Cultural Math in order to select Sec. 4 Science Math.



3. **Compulsory Arts Courses** – Place a number from 1 to 3 in the boxes for each of the compulsory arts courses in order of preference (1 being your most preferred, 3 being your least). It is important to note that in order to obtain a secondary school diploma in Quebec, the student must receive credit for a Secondary 4 Arts elective. **If you did not successfully complete an arts course at the grade 10 level, you will be placed in a grade 10 course.** Please see descriptions attached for further details.

ART502 Art 502 builds on the skills used in Secondary 3 and 4 Art. This course provides students with opportunities to further develop their skills and knowledge in visual arts. Students will explore a range of subject matter through studio activities and will strengthen their practical skills. Students will experiment with a large variety of art materials.

DRA502 Drama 502 is an in-depth performance-based exploration of theater history, bringing key theatrical traditions to life through movement, voice, skits, improvisation, and stage combat. Students will journey through the origins of theater, Greek drama, Commedia dell'arte, Shakespearean works all the way to modern theater, gaining both historical insight and practical performance experience. This course fosters a deeper appreciation for theatrical evolution while refining students' acting and stagecraft skills.

MUS502 Music 502 is about performing, appreciating, and creating music. You'll learn to play instruments including piano and guitar, read musical notation, and explore what makes music work. We'll study musicians and composers, write rhythms and melodies, compose original pieces, and even create a soundtrack for a video project. You'll also set your own musical goals based on your experience and interests. Throughout the course, you'll perform individually and in groups, discover diverse styles, express your ideas through music, build teamwork, and develop creativity and confidence as a musician.

4. **Elective Courses** – Place numbers from 1 to 5 beside your five top course choices (1 being your most preferred, 5 being your least). Please see descriptions attached for further details. Each Sec. 5 student will be scheduled for two (2) elective option courses, provided he/she has successfully completed all graduation requirements in Sec. 4. Students will automatically be registered in one or both "repeat" options (Sec. 4 History and/or Science) if they did not complete the course. These courses will take the place of one or both option courses. Please note that to be eligible to choose Chemistry and/or Physics as an elective course, the student must have successfully completed the Bridging Science of the Environment pathway in Sec. 4. ****Please note that elective courses require a minimum number of students to be registered for the course to run. Students may be placed in their next choice if a course is not running.**

ART504 - Visual Arts

This course is open to students of all artistic skill levels. However, this course requires students who can work autonomously as this is a **portfolio development** class; meaning it is geared toward students who have a passion for creativity and who hope to pursue a career in art in the future. This course provides students with opportunities to further develop their skills and knowledge in visual arts with teacher lessons in terms 1 & 2. Students will have full control over what they create and work at their own pace creating independent and art history driven works by term 3. Students will explore a range of subject matter through studio activities and will strengthen their practical skills. Students will experiment with a variety of art materials. Priority will be given to students who have taken Visual Arts 404 with a 70% average or are motivated and artistically driven.

BIO534- Biology

Students will, through a project-based course grounded in formative assessment, take up the topics of evolution, taxonomy/cladistics, ecology, genetics, bioethics, and ecology. This course involves laboratory work including dissections. Biology 504 is a prerequisite for some Ontario College science and health related career programs. ***Students must have passed Grade 10 Science (STA 416) as a prerequisite: however, Science of the Environment (SCE 402) is not required.***

CHE504 -Chemistry

Chemistry 504 is one of the prerequisites for admission into CEGEP Pre-University Science programs, along with Physics 504 and Sec 5 Science Math (MSC 506). Chemistry 504 studies stoichiometry, gases, thermodynamics, rates of chemical reactions and chemical equilibrium. **Students should have passed Sec. 4 Applied Science (STA 416) and Science of the Environment (SCE 402). Students are also recommended to have achieved a 75% or higher in Sec. 4 Cultural Math OR successfully completed Sec. 4 Science Math (MSC 426) with a 70% or higher.**

CIN584- Film Studies

This course offers an overview of the history and evolution of cinema, its techniques, as well as the different theories and approaches in classic and contemporary filmmaking. The course allows students to explore the world of cinema; not only introducing students to some of the most lauded and influential films of the medium, but also how to appreciate, evaluate, create, and critique a variety of films. As part of this course, students will also plan and produce their own short films.

DRA504- Drama –

This course is designed to offer a deep and focused study of contemporary theatre practice, with opportunity to close-read theatrical work, study and perhaps meet virtually with Canadian theatre artists, examine, and practice the different roles in theatre, and produce theatrical work. This course is appropriate for students interested in performance, direction, design and theatre tech, and students will be expected to practice each of these elements of drama throughout the year.

The final goal of the course will be for participants to create a theatre ensemble and either produce an existing or create a new devised theatre piece to conclude the school year with a public performance. **Students must have passed Drama 402.**

HEC564- Home Economics

This course will focus on the following areas of study: foods & nutrition (kitchen safety & sanitation, equipment, knowledge of nutrition principles, cooking methods), consumerism (brand comparison, food labeling, fast foods, homemade vs. convenience), and self-management (household finances, budgeting, grocery shopping, healthy habits). Through these areas of study, the students will be preparing healthy, sustainable, affordable meals for the NOSH, Hadley and PWHS' free lunch program.

JEP574- Journalism & Media Studies

This course serves as an introduction to and analysis of journalism and different forms of traditional and modern print and digital media. Students will examine techniques for information gathering writing, media analysis, photography, and editing. Through understanding the principles of effective communication and questioning, students will analyze and interpret current events and a variety of important contemporary social and political issues. This course will include components of media and film studies. **Students must have passed Sec. 4 English.**

LAW544- Civil & Criminal LAW

Through case studies, mock trials, and interactive discussions, students will develop an understanding of legal principles, rights, and responsibilities, while gaining valuable critical thinking and communication skills. By the end of the course, students will have a foundational understanding of how laws impact everyday life and be prepared to engage thoughtfully in discussions about legal issues in society. Key topics include the structure of the Legal System, Civil vs. Criminal Law, Court Procedures and Trials, Constitutional Rights and Protections, Torts and Contracts, Criminal Offenses and Punishments, and Legal Ethics and Responsibilities

LEA404 Leadership

This course develops students' leadership skills through hands on initiatives based on student interest. We will explore different leadership styles, teambuilding, leadership throughout history, leadership in the workforce and more. **Course Goals:** Develop foundational leadership and communication skills; explore and develop their own leadership style throughout various activities and projects; demonstrate responsibility, initiative and collaboration problem solving & build skills to design and carry out a leadership project aligned with personal interests.

MUS504- Music

This course is designed as a student led, interest-based class where musicians can choose their instrument and learn at their own pace. With a focus on building fundamental knowledge, we will explore music from all angles: we will create music using instruments, computers, noise, and nature. We will dive into how music is expressed in different cultures and discover the various purposes music serves in our lives. Proposed units of study may include, sound recording, sound in film, solo/ensemble playing and other cross-curricular activities. **Students must have passed Music 402.**

NUT544- Strength Conditioning & Nutrition Performance

This course is designed for students interested in building a solid foundation in strength training techniques, improving physical fitness, and understanding the importance of strength for overall health and athletic performance. Students will learn proper form and safety protocols for weightlifting, resistance exercises, and functional fitness. The curriculum also includes a mix of cardiovascular and muscular endurance exercises, strength-building routines, and flexibility practices. Students will set personal fitness goals, track progress, and develop the skills necessary to create and follow individualized workout plans. Emphasis will be also placed on injury prevention, teamwork, and mental discipline. Whether you're an athlete or a beginner, this course offers a great opportunity to develop lifelong fitness habits. **(If you choose NUT 544 as an option, you cannot choose PEM 544 as well).**

PEG504 - Fit to Grow

This course provides the skills, science, fitness and basic economics around running a small-scale market garden. Students will experience the seasonal workflow around being a market gardener. The course will start with bountiful harvests, packing, preserving and selling. Winter months will involve indoor growing, planning, seed starting and greenhouse work. The glorious spring and early summer months will involve bed preparation, seeding and transplanting. This course teaches organic, soil regenerating, 100% human powered farming practices. Particular attention will be given to maintaining strength, mobility and cardiovascular fitness throughout the year to ensure students are up to the physical demands required of a market gardener. Supplementary field trips to local farms that successfully apply the skills and philosophy central to this course will be offered during PD days and require additional funds.

PEM544- Physical Education

This course includes cross-country skiing, weight training, badminton, fitness, and advanced training in the traditional individual and team sports. **Students must have passed Secondary 4 Physical Education course. Priority will be given to students who have passed regular Physical Education with 85% or higher overall. (If you choose PEM- 544 as an option, you cannot choose NUT 544 as well).**

PHI504-Philosophy

This course will introduce students to the different branches of philosophy, including but not limited to metaphysics, epistemology, existentialism, and moral and political philosophy. Students will also explore the main principles of Critical Thinking such as distinguishing between good and bad arguments, understanding logical fallacies, and developing persuasive arguments. Students will engage in active learning through discussion, debate, and preliminary engagement with core texts in the field.

PHY504-Physics

Physics 504 is one of the prerequisites for admission into CEGEP Pre-University Science programs, along with Chemistry 504 and Sec. 5 Science Math (MSC 506). Physics 504 studies one-and two- dimensional motion, forces, work, power, and mechanical energy, as well as the nature of light, and optical devices. **Students should have passed Sec. 4 Applied Science (STA 416), Science of the Environment (SCE 402). Students are also recommended to have achieved a 75% or higher in Sec. 4 Cultural Math OR successfully completed Sec. 4 Science Math (MSC 426) with a 70% or higher.**

Once you have completed all four sections of the form, please sign (and have your parent/guardian sign) and return your completed form by February 23rd, 2026.

If you have any questions about the enclosed form or information,
please email the Guidance Department