

## **How To Complete Your Course Selection Form Students Entering Sec. 4 (Grade 10)**

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% overall in his/her Sec. 3 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.

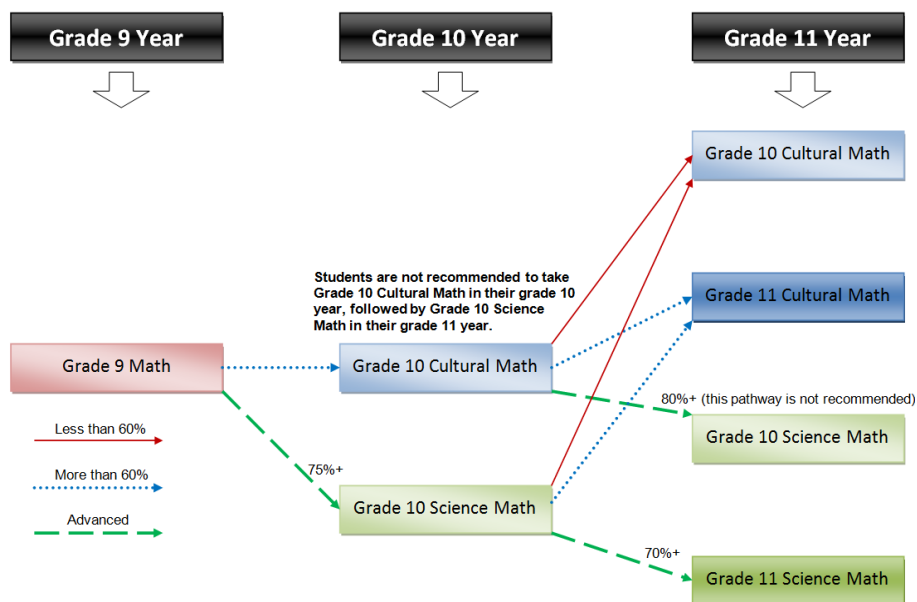
### **Description of Outdoor Phys Ed: (check only if interested)**

This course provides an outdoor option to your sec 4 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, backpacking, 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 will be held on pd days and have additional fees. Preference will be given to those who completed PED 302 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. 3 Math with a final result below 75% are required to select Cultural Math. Visit the guidance department if you have questions about this requirement.**
  - **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 Sec. 4 & 5 Math are recommended to take the Science Math option. **Students who wish to go into Science Math must have completed Sec. 3 Math with a final result of 75% or higher.**

### **Frequently Asked Questions Regarding the Mathematics Courses:**

- 1. Which math option do I need to graduate?**  
Students require either of the two Sec. 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. This deadline 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?**  
The concepts studied in Science Math are more complex than those studied in Cultural, Social, & Technical Math; hence, the required prerequisite that students must obtain a mark of at least a 75% in Math 306 in order to select 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 to obtain a secondary school diploma in Quebec, the student must receive credit for a Secondary IV Arts elective. Please see descriptions attached for further details.

#### ART402 -Visual Arts

Visual Arts 402 builds on the skills used in Secondary 3. 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 such as paint, graphite & clay.

#### DRA402-Drama

DRA402 builds on the skills developed in Sec. 3, deepening students' exploration of voice, movement, and staging with a strong emphasis on character development. This course also expands technical proficiency, offering hands-on experience with designing a theatrical piece with lights and sounds. Through performance and technical training, students will refine their artistic expression and gain a well-rounded understanding of both the creative and technical aspects of theater.

#### MUS402-Music

MUS402 is about performing, appreciating, and creating music. You'll learn to play an instrument (including piano), read musical notations, and explore what makes music work. We'll talk about musicians and composers, write catchy rhythms and melodies, compose, and even create a soundtrack for a video clip. Students can also continue building on any prior knowledge of playing instruments while exploring new skills. You'll perform in groups or individually, discover diverse styles, and express your own ideas through music. Along the way, you'll build teamwork, deepen your understanding of music, and develop your skills step by step.

4. **Science Pathway** – Check the box for one (1) pathway, either Applied Science or Applied Science paired with the Bridging Science of the Environment elective. Please note that both programs allow a student to enter CEGEP. The major difference is that students who wish to continue with Math/Science related programs at the post-secondary level are required to take the Bridging Science pathway, as it is the pre-requisite for Chemistry and/or Physics at the Secondary V level. **If you choose the Bridging Science of the environment pathway, do not complete section 5 on your course selection form as this course replaces your elective.**

#### STA416 Applied Science & Technology

Students will develop a deeper understanding of how technology and machine function. The course will combine theory and practical approaches. The goal of the course is to help students understand more about the material and technological world around them. Experimentation, technological analysis, and design may be included in this

process. Main topics to be covered include electricity and magnetism, electrical engineering, machinery and gear systems, energy resources from the lithosphere, hydrosphere and atmosphere, gravity, and forces in fluids. **This course is required for graduation.**

#### **SCE402 Bridging Science of the Environment**

This course is offered as an optional combination with STA416. The course will address additional concepts that prepare students for studies in senior sciences. Focus will be on the principles of chemistry including solutions, the periodic table, acids and bases and molar mass calculations. An introduction to physics will also be included that will cover kinetic energy and gravitational potential energy. It is intended to prepare students for Grade 11 Chemistry and Physics courses and possible careers in which they will monitor and assess environmental impacts. **Students are required to have passed Secondary 3 Science with a 75% to be admitted into this course. NOTE: Enrollment in and successful completion of this pathway is required for students to take Chemistry and/or Physics in Secondary V, both courses that are required for entry into a CEGEP Pure & Applied Sciences program.**

5. **Elective Courses** – Place numbers from 1 to 3 beside your course choices (1 being your most preferred, 3 being your least). Please see descriptions attached for further details. Each Sec. 4 student will be scheduled for one (1) elective option course.

#### **ART404- 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. Visual Arts 402 builds on the skills used in Secondary 3. 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 variety of art materials. **Priority will be given to students who have passed Visual Arts 302 with a 70% average or be motivated and artistically driven.**

#### **DRA 404- 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 302.**

#### **HAW452- Health & Wellness**

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.

#### **JEP474- 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. 3 English.**

#### **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.

**MUS404- Music**

This course is designed to focus on building fundamental knowledge. We will explore music from all angles: 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 302.**

**PEG444 - 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.

**PEM444- Physical Education & Health**

This course includes cross-country skiing, weight training, badminton, fitness, advanced training in the traditional individual and team sports. **Students must have passed Secondary 3 Physical Education course.**

**PHI404- 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.

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

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