

NECHAKO VALLEY SECONDARY SCHOOL

GRADE 10 COURSE DESCRIPTIONS

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INTRODUCTION TO STUDENTS

This book has been written for all students going into grade 10 that planning their courses. In planning you should have the advice of your parents, and in order to receive full benefit, the following should be taken note of:

1. It is important that you understand the graduation requirements. If something is unclear, be sure to contact your counsellor.

Please note:

You are responsible for ensuring that both your graduation and post-secondary admission (if applicable) requirements are met. If you plan to pursue post-secondary training, please review the section on post-secondary planning in this booklet.

2. It is important that you read the course descriptions thoroughly.

INFORMATION FOR PARENTS

TIMETABLE:

At NVSS, the school is on a semester timetable, which means that the school year is divided in half and, with a few exceptions, each student takes a total of four courses each semester. We try to balance student timetables with electives so that students are not overloaded in either semester with heavy academic courses. Students are able to meet with counsellors to have their timetables adjusted when necessary.

SPECIAL NOTES:

COURSE CONSTANTS - courses that **MUST** be taken by all students.

ELECTIVES - courses that students may choose to take considering their qualifying options and goals for future years.

QUALIFYING OPTION - a course that will give the student the background skills or is a prerequisite to senior courses in Grades 11 and 12.

COURSE LOAD - students are required to take full course loads (8 courses) in Grades 8, 9, 10 and 11.

Students are strongly encouraged to select their courses with consideration to their future plans and interests. Students will NOT be permitted to make changes to their course requests unless one of the following conditions applies:

- **To meet grad requirements**
- **To meet Career Prep program requirements**
- **To complete core course requirements**
- **To balance academic course load**

GRADUATION PROGRAM

Once you enter Grade 10, you'll be working towards completing the 80-credit graduation program.

To make sure you don't miss graduation because of a technicality, meet with a school counsellor early in the school year to find out if you're taking the courses you need. If you are planning to continue your education beyond secondary school graduation, make sure you have all the course credits you require to enter the program of your choice.

Credit Requirements: Grades 10 – 12

Eighty credits in Grades 10 – 12 (equivalent to 20 four-credit courses) are required for graduation.

52 credits are required courses, including:			Course selected
Language Arts (English First Peoples*)	10	4 credits	
Language Arts (English)	11	4 credits	
Language Arts (English First Peoples*)	12	4 credits	
Social Studies	10	4 credits	
Social Studies 11 or 12 (BC First Peoples,* Contemporary Indigenous Studies*)	11/ 12	4 credits	
Science	10	4 credits	
Science 11 or 12	11/ 12	4 credits	
Mathematics (Workplace Math OR Foundations of Math & Pre-calculus)	10	4 credits	
Mathematics (Workplace Math, Foundations of Math OR Pre-calculus)	11	4 credits	
Physical & Health Education OR Mindful Living	10	4 credits	
Arts Education or Applied Design, Skills & Technologies (ADST)	10 or 11 or 12	4 credits	
***Grade 10 - 12 BAA courses <u>DO NOT</u> meet the Arts Educations/ADST requirement.			
Career Life Education	10	4 credits	
Career Life Connections/ Capstone Project		4 credits	
Elective Courses (7 courses)		28 credits	
*Meets Indigenous-focused Graduation Requirement			
Minimum of 16 credits at the Grade 12 level including Language Arts 12. All ministry-authorized and board/authority-approved courses count.			

Check with counsellors before dropping a course – it could be the one you need to graduate.

Don't forget that post-secondary institutions often require you to complete specific courses to get into certain programs. Careful planning in Grades 10, 11 and 12 will ensure you have all the courses and credit you need. The majority of universities require at least 5 approved academic Grade 12 courses.

Provincial Graduation Assessments

The Graduation Program requires all students to write THREE Provincial Assessments.

- Grade 10 Provincial Numeracy Assessment
- Grade 10 Provincial Literacy Assessment
- Grade 12 Provincial Literacy Assessment

** Elective choices will be based on future and career plans. Consult the Post-Secondary Planning Section on the next page or meet with a school counsellor.

Indigenous-Focused Graduation Requirement

- As part of the Province of British Columbia's commitments to truth, reconciliation, and anti-racism, the Ministry of Education and Child Care (the Ministry) has implemented an Indigenous-focused graduation requirement for students working towards a BC Certificate of Graduation (Dogwood Diploma) in English or French.
- This graduation requirement came into effect in the 2023/24 school year.

Rationale:

Why is this requirement being an important step in the BC education system?

- Implementation of an Indigenous-focused graduation requirement is an important next step in the K-12 sector's ongoing journey towards truth and reconciliation, which has included integrating Indigenous perspectives, histories, and cultures across the curriculum.

This is an important part of the K-12 sector's mandate:

- To develop the Educated Citizen, which can in turn help to promote diversity, equity, and inclusion in our schools and communities.
- The graduation requirement also provides an opportunity for schools and school districts to consult and collaborate with First Nation(s) on whose territory they are located.
- The new graduation requirement does not replace the learning standards that currently exist in the BC curriculum.
- The model for this change to the Graduation Programming allows students to meet the new requirement through existing and new course options. **Students are required to complete 4 credits of Indigenous-focused coursework to graduate.** Students can earn these credits by successfully completing:
- English First Peoples 12 would meet both the existing English Language Arts requirement for Grade 11 or 12, as well as this graduation requirement.
- BC First Peoples 12 or Contemporary Indigenous Studies 12 would meet both the existing Social Studies requirement for Grades 11 or 12, as well as this graduation requirement.

NVSS will be offering the following courses to meet the Indigenous-Focus Graduation Requirement:

- English First Peoples 10
- English First Peoples 11
- English First Peoples 12
- BC First Peoples 12 OR Contemporary Indigenous Studies 12

Course Constants

Grade 10

**Successful completion of Grade 9 constants plus:

English Language Arts 10 – English First Peoples 10

Social Studies 10

Science 10

A Math 10 (Workplace Math **or** Foundations of Math and Pre-calculus)

Physical and Health Education 10 OR Mindful Living 10

Career Life Education 10

Elective #1 – If planning to attend university a Second Language 10 may be needed

Elective #2 – based on future and career plans.

Grade 11

**Successful completion of Grade 10 constants plus:

English Language Arts 11 – English First Peoples 11

A Social Studies 11 or 12

A Science 11 or 12

A Math 11

Elective # 1 - If planning to attend university a Second Language 11 may be needed

Elective #2 – based on future and career plans

Elective #3 – based on future and career plans

Elective #4– based on future and career plans

Grade 12

**Successful completion of Grade 11 constants plus:

English Language Arts 12 – English First Peoples 12

Elective #1 – Grade 12 course

Elective #2 – Grade 12 course

Elective #3 – Grade 12 course

Elective #4 – based on future and career plans

Elective #5 – based on future and career plans

Elective #6 – based on future and career plans

Elective #7 – based on future and career plans

Career Life Connections/ Capstone Project

Post-Secondary Planning

It is important to begin considering your “*after high school*” (post-secondary) plans in grade ten. Graduates have many post-secondary options, ranging from entering the work force, trades or technology programs or college or university courses. Having some ideas about your future plans, even though they might change, will help you select courses. It is important to take into consideration the wide variety of choices you will have, as well as the entrance requirements of programs you might apply for after high school. Do not plan for the minimum that is required. By taking a wide variety of courses during your years at NVSS, you will ensure that you are ready for whatever path you choose.

Helpful Websites for Post-Secondary Planning

www.workfutures.com

www.educationplanner.bc.ca

www.schoolfinder.com

www.myblueprint.ca/sd91

Commonly attended BC Universities and Colleges

College of New Caledonia

www.cnc.bc.ca

Thompson Rivers University

www.tru.ca

University of British Columbia

www.ubc.ca

University of Northern British Columbia

www.unbc.ca

University of Victoria

www.uvic.ca

To find other Colleges and Universities

www.collegeanduniversityguide.com

Dual Credit Program Opportunities

Dual credit programming offers students the opportunity to get both high school and trades/college/university credits either through onsite or with online learning. Created through partnerships between school districts and post-secondary institutions, these dual credit programs are designed for students who wish to earn credits towards both graduation and a Level 1 Apprenticeship, college certificate program (eg. Early Childhood Education), or first-year academic degree (eg. Criminology). There are several benefits to doing a dual credit program:

- Save money: Your tuition is covered by your school.
- Earn credits for high school and post-secondary/trades at once.
- Build confidence in your life after graduation.
- For degree dual credit programs, start college with a lighter course load, and transfer credits to CNC, UNBC, and other post-secondary institutions.

Contact the Career and Trades Centre at your school or visit the Career and Trades website to learn more.

YOUTH TRAIN IN TRADES (YTT)

4 courses (16 Grade 12 elective credits)

Formerly called Skills Exploration, this dual credit program has grade 11 or 12 students register as a youth apprentice with the Industry Training Authority of British Columbia (ITA). Students earn credits toward graduation and their Level 1 Apprenticeship Technical Training credentials. Students are selected through an application process. Students enrolled in this program will also be registered as trainees with the ITA.

Local programs offered may vary from year to year, as well as their locations within the school district.

Transportation and accommodations are the responsibility of the student and caregiver. Once the program is completed, the student will return to their home school to complete graduation course requirements.

Programs may include:

- Automotive Service Technician
- Electrician
- Metal Fabrication
- Professional Cook
- Automotive Refinished Prep Technician
- Heavy Mechanic Group Trades
- Motor Vehicle Body Repair
- Welding
- Carpenter
- Industrial Mechanic (Millwright/Machinist)
- Piping (Plumber/Sprinkler/Gas/Steamfitter)

YOUTH WORK IN TRADES (WRK)

4 courses (8 Grade 11 elective credits & 8 grade 12 elective courses)

Youth Work in Trades (formerly Secondary School Apprenticeship) program allows students to earn up to 16 credits toward graduation and be credited for work-based training hours toward future Industry Training Authority of British Columbia (ITA) apprenticeship training requirements. This program includes up to 480 hours of work-based training, with some accompanying assignments and employer evaluations. This program is open to students aged 14 to 19, and the work must be paid and, in an ITA-recognized trade.

The WRK Scholarship, a \$1000 cash award, is available to WRK students for sustained and exceptional work as an apprentice. The funds are intended to assist apprentices with the purchase of tools, equipment, materials, or post-secondary tuition.

YOUTH EXPLORE TRADES SAMPLER (YETS)

3 Courses (12 Grade 12 elective credits)

The Youth Explore Trades Sampler program gives students in grades 10-12 the opportunity to explore multiple trades before choosing a specific pathway. Through hands-on learning, students can better understand different trades, build confidence, and identify areas of interests before entering a high school foundation program (eg. YTT). Delivered in partnership with the Ministry of Education and SkilledTradesBC, students gain 300 hours of hands-on trade experience that can support future participation in YTT.

Program Delivery:

- Total hours: 300 hours
- Schedule: Typically delivered Monday to Friday. Half days aligned with secondary school timetable.
- Duration: Approximately 4.5 months
- Timing: Offered during the school year to fit alongside students' regular coursework

CERTIFICATE AND DIPLOMA DUAL CREDIT PROGRAM

1 course

School District 91 has partnered with the College of New Caledonia (CNC), and the University of Northern British Columbia (UNBC) to offer a selection of first-year level courses for a variety of fields. All courses are delivered as 'unscheduled online', meaning that there is no travel required, and there are no set online classes, thereby allowing students to work through the content at their own pace. Courses are offered in the Fall (September-December) or Spring (January-April).

Courses available from CNC for 2026-2027 – go to the Career and Trades website <https://careers.sd91.bc.ca/educational-partner-programs> for course descriptions:

Nursing

- English 103 (Fall/Spring)

Criminology

- Criminology 103 (Fall/Spring)
- English 103 (Fall/Spring)

Social Work

- English 103 (Fall/Spring)

Early Childhood Care and Learning (ECCL)

- ECCL 150 (Fall)
- ECCL 151 (Spring)
- ECCL 154 (Spring)
- ECCL 156 (Fall)
- ECCL 165 (Fall)
- ECCL 166 (Spring)
- ECCL 172 (Spring)

WORK EXPERIENCE PROGRAMS AT NVSS

Work Experience 12

NVSS offers many Work Experience Programs designed specifically for Grade 11 and 12 students who would like to have the opportunity to combine and compliment regular secondary school graduation with career study. Students are encouraged to meet regularly with the Career Coordinator.

PROGRAM REQUIREMENTS:

In addition to satisfying graduation requirements, Work Experience students **MUST** complete the following requirements:

1. A minimum of 4 focus courses common for all students taking the program.
2. Ministry Work Experience 12A or 12B requirements, including 120 hours of work experience related to the focus area.
3. Career Life Connections Capstone Project 12

When the 3 requirements are completed, the student will receive a letter grade and 4 (Grade 12) credits toward graduation.

The following are the 8 Focus Areas from which a student may choose:

Business and Applied	Liberal Arts and Humanities
Fine Arts, Design and Media	Science and Applied Science
Fitness and Recreation	Tourism, Hospitality and Foods
Health and Human Services	Trades and Technology

Why take Work Experience?

- * Many post-secondary institutions require some work experience in order to be admitted into their programs.
- * Many employers want to see previous work experience before they hire.
- * The graduation process stresses the importance of career development and work experience.
- * Work Experience can lead to summer, part-time, or full-time employment.
- * Work Experience provides the opportunity to develop maturity, independence & good work habits. You can also make some good contacts for later in life.

Raven Program

The Raven Military Program is a six-week Indigenous summer training program run by the Canadian Armed Forces (Royal Canadian Navy) at CFB Esquimalt near Victoria, BC. It takes place each summer (July–August) and is open to Indigenous peoples who are at least 16 years old, and who have completed or are completing Grade 10. Participants are temporarily enrolled in the CAF and receive paid training (approx. \$4200), accommodation, meals, travel, and equipment. The program combines Indigenous cultural teachings with basic military training, including physical fitness, drill, teamwork, leadership, navigation, first aid, weapons safety, and naval exposure such as time aboard a Navy ship. Graduates earn a Reserve Basic Military Qualification (BMQ) and often Standard First Aid certification, and are eligible for high-school credits (1 external course). The program helps students build confidence, leadership, and career skills, and offers a pathway to future opportunities in the Canadian Armed Forces if they choose to continue.

Work Experience 12A/B

The BC Ministry of Education Work Experience (WEX) 12A/12B courses provide Grades 11-12 students with 4 credits per course for completing 90-120+ hours of supervised, unpaid or paid workplace experience. These elective courses, often held outside the timetable, help students develop employability skills, explore career options, and fulfill safety training requirements. (210 hours will get you 2 grade 12 electives).

Junior Initial Attack – (JIA) 12, 4 credit Board Authority Approved Course

This course operates in Vanderhoof and Burns Lake in partnership with the local Forest Service (Protection Division). In each centre, 12 senior students (Gr.12) are selected through an application procedure to participate in an intensive Forest Fire Fighting Training Program. They meet about once per month and have classroom as well as outdoor sessions which cover topics such as, fire behavior, weather, safety, equipment operation, procedures, fitness, map reading and helicopters. Successful completion of the JIA Program allows them to apply for employment in fire centres anywhere in the province.

Essentials of Fire Fighting – Firefighting 12, 4 Credit Board Authorized Course (Vanderhoof Fire Rescue Junior Program)

Students in Grade 11 or 12 are selected through an application procedure to participate in the Vanderhoof Fire Rescue Junior Program. They will undertake a course of study covering topics such as ladders, fire behaviours, hoses and extinguishers, search and recovery, vehicle extrication and urban interface fires. It is expected that they will achieve a degree of competency in these areas of study in addition to the following:

1. Maintain at least a passing grade in all courses
2. Attend practice on a regular basis
3. Attend school and all classes on a regular basis
4. Maintain an acceptable level of behaviour at school and in public that represents their positions as members of the Vanderhoof Volunteer Fire Department
5. Have the full approval of their parents for participation in all Fire Department training and activities
6. Complete at least 120 hours of combined Fire Department Training and activities in order to receive 4 credits for this BAA Course.
7. Complete the WCB Level One First Aid Course upon acceptance into the Junior Fire Fighter Program
8. Participate in Project Fire Fighter.

RCMP Youth Academy

This program is offered to students interested in a career in policing or law enforcement. Students are provided with a "boot camp" style experience during a week of their Spring Break. Approximately 32 students (ages 16-18) from Northern BC stay at a Prince George secondary school 24 hours a day for the week. RCMP officers provide training opportunities on a wide range of topics from major crimes to victim services. Successful students must be very physically fit. All students will be given a fitness test prior to their acceptance into this program. Entry into this program will be through an application /interview process. Applications are available online [RCMP Youth Academy - SD 57 CAREER PATHWAYS](#) or talk to your guidance counsellor or careers in **September**. This will give you an external credit (1 course-4 credits).

Bold Eagle Program

Bold eagle delivers hands-on skills development, encourages teamwork, provides physical fitness training and promotes cultural awareness to Indigenous students. This unique summer training program combines Indigenous culture and teachings with military training, that will help you develop valuable skills such as self-confidence, self-discipline, teamwork, time management, respect and fitness.

The six- week program is conducted from early July to late August each year. During this time, you are enrolled as a member of the Canadian Armed Forces (CAF). Upon completion of the program, you can choose to remain in the CAF (as a Regular Force member, a Reserve Force member or a Canadian Ranger) or to be released from service.

This program provides meals, accommodation, military clothing and equipment to use during training, transportation to and from the training, a salary of approximately \$4200 and 1 course credit (4 credits, 1 course). **Apply before January** for your best chance at getting a spot in the program.

External Credits

You can also receive external credits for DELF, Piano, Provincial Sports, BC Games, First Aid courses, Bronze Cross, Lifeguard Training, Water Safety Instructor Training, Cadets, 4H and many more. Check with your counsellor or online at [External credentials - Province of British Columbia](#)

ACADEMIC ADVISING SERVICES AT NVSS

Currently at NVSS, there are two academic advisors. Their duties can be divided into three different areas – educational, career and personal – with educational advisory being the majority of their time.

The academic advisors handle course selections and course transfers for current and new students, as well as arrange and conduct meetings with parents and students.

Academic advisors organize liaison visits between students and post-secondary representatives and assist students with financial aid (loans, scholarships, bursaries), and post-secondary education. They counsel students regarding such things as academic progress, attendance and behaviour; they interpret educational needs of students to administration and staff.

They are always available for personal counselling, and they are prepared to help students in resolving special problems (e.g. with teachers, family, peers, self) and in developing skills in making personal decisions, and in realizing potential. The academic advisors will assist students with referrals to outside agencies when necessary.

As well, the academic advisors and school administration assistants are responsible for monitoring and maintaining adequate and accurate student information records such as: permanent record cards; graduation requirement credits; up-to-date student timetables; student medical problems; student performance surveys and interim reports; student course selection sheets; student course transfers; class size counts and limits.

Mrs. Thiessen works primarily with students in Grades 11-12. Ms. MacKinlay works primarily with students in Grades 7-10. Of course, the academic advisors will be available to assist any student in emergency situations and for personal counselling and healthy relationships.

REQUIRED GRADE 10 COURSES

English First Peoples: 10

2 credits each for a total of 4 credits Required Courses

English First Peoples Literary Studies and Writing 10 meet both the Grade 10 English Graduation Requirement and the Indigenous-Focused Graduation Requirement. **All grade 10 students must take these courses.**

English First Peoples: Literary Studies 10

This course will focus on analysis of literature. Resources in the course are drawn predominantly, but not exclusively, from Indigenous voices. Students will explore text in a variety of forms and genres, and will be encouraged to think critically, creatively, and reflectively to explore ideas within and between texts.

English First Peoples: Writing 10

Students will explore text in a variety of forms and genres that use authentic Indigenous voices. Students will be encouraged to write critically, creatively, and reflectively to write in a variety of genres, structures, and forms, and will be encouraged to take risks in their use of language.

Science 10

4 credits Required Courses

Science 10 is a general science course in which you will seek to better understand the natural world by thinking like a scientist. You will expand your knowledge of chemistry and come to understand how energy change is required as atoms rearrange in various chemical processes. You will learn the physics of motion and how mathematics can be used to analyse moving objects. You will explore the field of astronomy with consideration towards how the universe changes over time as well as the astronomical data that supports theories of the universe. You will understand how DNA is the basis for the diversity of life on earth as well as patterns for how genetic traits are passed through generations. Finally, you will apply your learning by contributing to interdisciplinary scientific field research to monitor local watershed ecosystems. Throughout Science 10 you will use critical thinking, creative insight, and your current scientific knowledge to collaborate with peers, to investigate nature, to solve problems, to communicate effectively, to innovate, to discover, and to increase your understanding of science through hands-on experiences.

Social Studies 10

4 credits Required Courses

Social Studies 10 covers the history of Canada from 1920 up to present day. Students will learn about the events and ideologies that make a distinct Canadian identity. Canadian political identity has been influenced by social, economic, and ideological factors over the 20th century. Global and regional conflicts, such as World War II and the Cold War, have also influenced our national identity. However, there will also be a focus on the different perspectives of what it means to be Canadian and whether historical and contemporary injustices challenge our perceived identity of a multicultural Canada.

Career Life Education 10

4 credits Required Courses

The aim of **Career Life Education 10** is to enable students to develop the skills they need to become self-directed individuals who set goals, make thoughtful decisions, and take responsibility for pursuing their goals throughout life.

The big ideas are:

- Mentorship
- Strategies for maintaining well-being
- Learning styles
- Becoming an educated citizen
- Employability skills
- Appropriate workplace behaviour
- Workplace safety
- Personal networking
- Career life planning
- Financial planning
- Pre- and post-grad opportunities

Physical & Health Education 10

4 credits Required Courses – Physical & Health Ed. 10

In PHE 10, the student will be expected to demonstrate knowledge, understanding, skill, strategies, and habits by engaging in the major competency areas of physical literacy, healthy and active living, social and community health, and mental well-being. The student will expand their understanding and knowledge of how these competency areas influence personal health while considering the following concepts:

- Daily participation in different types of physical activity influences our physical literacy as well as personal health and fitness goals
- Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.

- Healthy choices influence our physical, emotional, social, and mental well-being
- Healthy relationships can help us lead rewarding and fulfilling lives
- Advocacy for the health and well-being of ourselves and others connects us to our community
- Understanding our personal strengths, weaknesses, and preferences helps us plan and achieve our goals and objectives
- Trying a variety of physical activities can increase the likelihood that we will be active and healthy throughout our lives
- Personal fitness can be maintained and improved through regular participation in physical activities

All students are expected to dress for safety and success by wearing appropriate active wear for this course including clean indoor court shoes for the gymnasium.

4 credits – Mindful Living – Physical & Health Ed 10

In PHE10- Mindful Living, the student will be expected to demonstrate growth and understanding in different ways of creating healthy long lasting life habits.

We will be exploring ways to engage our whole being – physical, emotional, mental – and putting some of those explorations into practice during our class time.

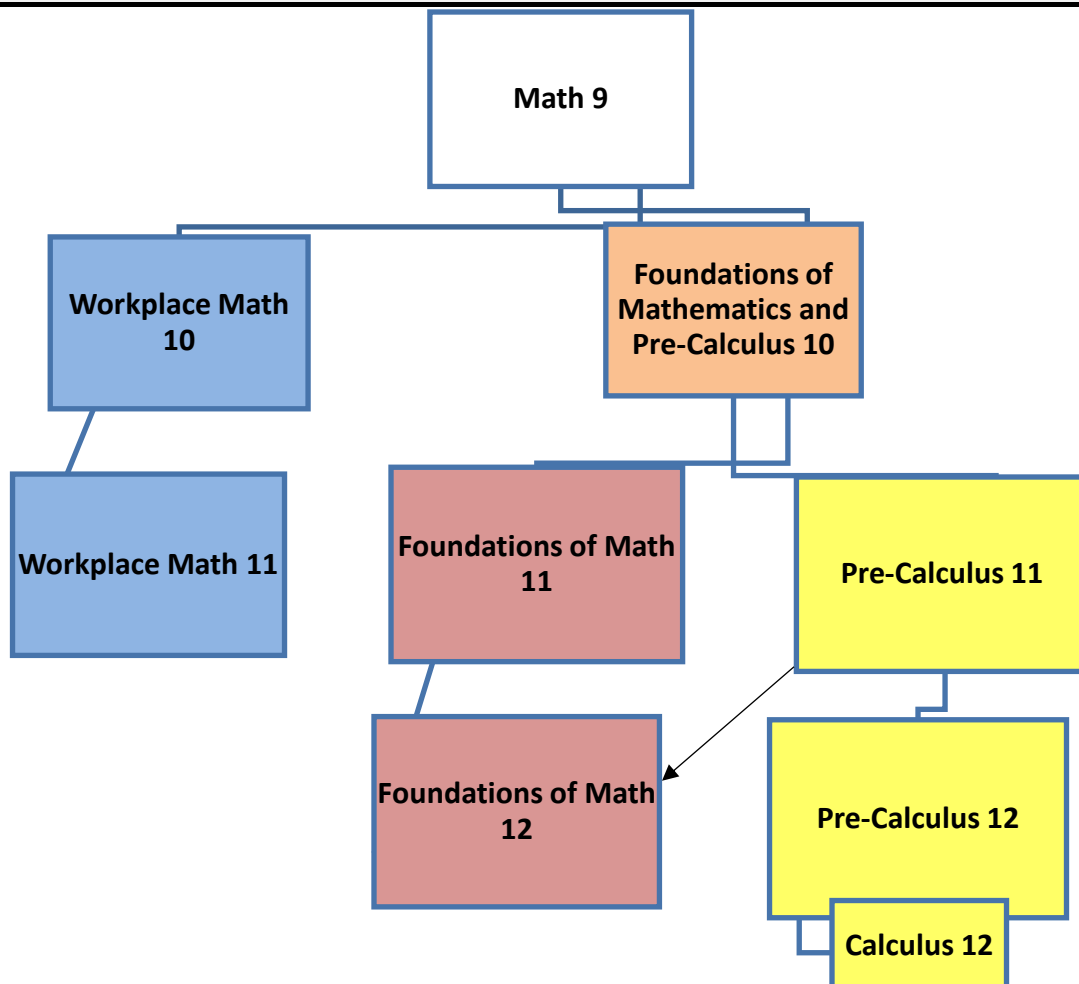
The students will expand their knowledge of:

- A variety of physical activities
- Making healthy choices in different aspects of their life
- Keeping their life in balance
- How to be resilient, resourceful, and grateful

The student is expected to:

- Participate daily in a range of pursuits including: outdoor activities, meditation, yoga, sports, crafts, journaling, etc
- Be dressed in active wear

MATHEMATICS



Workplace Mathematics 10

4 credits Required Courses

This pathway is designed to provide students with the mathematical understandings and critical-thinking skills identified for entry into some trades and for direct entry into the work force.

After completion, students can register in Foundations of Mathematics and Pre-Calculus 10 (same grade level) or advance into Workplace Math 11.

Foundations of Mathematics and Pre-calculus 10

4 credits Required Courses

This pathway is designed to provide students with the mathematical understandings and critical-thinking skills identified for post-secondary studies. This course is academically challenging and is intended for students with strong math skills who may wish to continue on into post-secondary studies.

After completion, students can register in Foundations of Mathematics 11 or Pre-calculus 11 based on their needs and ability.

**** If you are not sure which Math course is best for you, talk to your Math teacher!
Remember take the most difficult Math you will be successful in to keep post-secondary options open ****

MODERN LANGUAGES

French 10

4 credits Elective Courses

French 10 continues to build on previously acquired grammar and vocabulary. Through easy reading and watching French video clips students will further their understanding of both the French language and culture. Students will have short conversations and be able to read and write short text, and will produce a short French film.



Introductory Japanese 11

Open to students in grades 9 – 12.

4 credits Elective Courses

Introductory Japanese is a provincially prescribed curriculum that serves as a pre-requisite for Japanese 11 for students who may not have taken Japanese 5 to 10. It will introduce students to the fascinating language and culture of Japan. The linguistic component of the course will focus on the five skills of language acquisition – speaking, listening, reading, writing, and interpreting. The cultural components will include some of the many unique customs, hobbies, foods, arts, etc. which has been at the root of the island people's background for countless generations. Students will find this course as a beginning point of a life-long love and pursuit which will instil great satisfaction, as well as providing to be an important tool of communication in the Pacific-Rim.

The successful completion of Introductory Japanese 11 should provide students with a level of competence that will allow them to participate successfully in Japanese 11 and Japanese 12 courses

Introductory Spanish 11

Open to students in grades 10 – 12.

4 credits Elective Courses

In Introductory Spanish 11, students will develop a desire to learn about Spanish speaking cultures and become more aware of the influence and contribution of Spanish language and culture in North America. Students will study various expressions of Spanish culture. This course can prepare students for travel to Spanish speaking countries by increasing their understanding of the language through participation in conversations, and the study of vocabulary, grammar, stories and other written material.

Successful completion of Introductory Spanish 11 should provide students with a level of competence that will allow them to participate successfully in a Spanish 11 course.

APPLIED DESIGN, SKILLS & TECHNOLOGY COURSES

HOME ECONOMICS

Food Studies 10

4 credits Elective Courses or 4 credits ADST

Students will acquire a working knowledge of nutrition, food selection, and cooking techniques through written assignments and labs. Students will discover how food choices affect all aspects of their lives, while becoming aware of food safety and global food systems.



TECHNOLOGY EDUCATION

The objective or aim of the Tech Ed. Department is to develop interests and talents that you have, or will discover you have. All of the courses will challenge you and will provide you with a knowledge that will be useful in making a choice in your life regarding your occupation or hobbies. Tech Ed. is for everyone. No matter what your goals are in life, the courses you take will allow you to keep your options open in a changing world. Take a course or two. You'll enjoy them!

Woodwork 10

4 credits Elective Courses or 4 credits ADST

This course builds on the fundamentals taught in Woodwork 9. Cabinets and projects of greater complexity and size are the focus. Students will continue to focus on safety in the shop. Students will follow building plans that they have found and developed and learn proper breakdown of wood projects.

Metalwork 10

4 credits Elective Courses or 4 credits ADST

This course is a continuation in the development of fundamental metal working skills and safety procedures that will be useful throughout a person's life. It provides technical knowledge and practical experience working in the following facets of metalwork: layout, reading drawings, sheet metal, hand tools, forging, heat treatment, oxy-acetylene welding and cutting, arc welding, and machining. This course is largely project and lab oriented.

Power Technology 10

4 credits Elective Courses or 4 credits ADST

Welcome to the exciting field of Mechanics! This course is a continuation of Power Technology 9 and is a largely project-based or hands-on based course. Students will be disassembling and reassembling a 2-stroke engine as well as bringing in your own small engine projects to work on. This course will be a valuable asset for students throughout their lives.



ELECTRONICS AND ROBOTICS

Electronics and Robotics 10

Open for Grades 9-12

4 credits Elective Courses or 4 credits Applied Skills

Electronics & Robotics 10 is an introductory course into robotics focusing on programming and building robots. This course will be useful for students interested in pursuing studies in the fields of science, engineering and robotics. This is a hands-on course that will require you to design, build and test robots. Throughout the course you will learn basic programming techniques and apply those techniques to program the robots. You will learn how to integrate the robotic sensors and motors into both the program and the actual design of the robot.

Teamwork is essential in this course as you will be part of a team. As such you will learn to work effectively in a team environment and how to communicate with each other as well as your project supervisor.

ARTS EDUCATION COURSES

DRAMA & MEDIA

Drama 10

4 credits Elective Courses or 4 credits Arts Education

This course allows students to explore all elements of theatre in a collaborative, active atmosphere. Students will:

- Work in pairs, small groups, and as a class to create their own material
- Develop a solid foundation in acting, improvisation, and technical theatre
- Gain experience with aspects of theatre, other than performance, including directing, choreographing, writing, lighting, sound, set design, and marketing
- Grow their confidence, sense of personal and social responsibility, communication skills and creativity
- Rehearse, contribute to, and participate in a final performance project that will be devised by the class as a whole to present for the larger NVSS community, elementary school communities, or their own families and friends

Photography 10

4 credits Elective Courses or 4 credits Arts Education

This course is designed to introduce students to digital photography and digital imaging in Adobe Photoshop and Lightroom Classic. Students are introduced to the fundamentals of digital camera operation and will gain familiarity with the digital camera and its many functions. There will be a focus on learning about framing, composition, creativity, and the various types/styles of photography.

Photography 10 students **MUST** have a strong work ethic as they will be required to work independently to complete assignments and develop a large portfolio at the end of the semester.

Students who enroll **MUST** enjoy working with computers. Students **MUST** have access to their own digital SLR camera or will be able to borrow one from the school. Students will be using very expensive equipment and **MUST** behave appropriately.

Media Arts 10

4 credits Elective Courses or 4 credits Arts Education

Students can receive credits in this course multiple times by choosing different modules each time.

This course is a modular course where students will choose a module that they wish to study for the year based on their interests. Possible modules include 3D Modeling, Illustration and Graphic Art, Video Game Design, Video Game Coding, Video Production, Stop-Motion Filmmaking, Digital Painting, Graphic Design, and Photography.

Students will expand on the skills learnt in Foundations of Media Arts and will focus their learning into their chosen module. Students will also participate in small class-wide learning days where the entire class learns about the practices various skills/styles of digital media production.

Students will use a variety of programs within their chosen modules, including Adobe Photoshop, Illustrator, Premiere Pro, and Blender.

Students **MUST** have a strong work ethic as modular work requires a lot of self-directed learning and troubleshooting. Students will need to keep themselves motivated and must meet assignment/project deadlines as they work on their individually chosen modules. Students **MUST** enjoy working with computer and web-based applications.

VISUAL ARTS

“Art does not reproduce what we see. Rather, it makes us see.” Paul Klee

It may be drawing, painting, or sculpture that our Arts Program provides; or it may also be such things as film, animation, graphic design, or photography, that our Media Arts program offers. Media Arts is about understanding computer and information technologies and developing technical skills for use in visual communication. Visual Arts is about creating compelling visual images, conveying messages and telling stories through imagery. Through these productions students are honing such valuable life skills as problem solving, creativity, teamwork, time management, professionalism, vision, planning and organization.

Art Studio 10

4 credits Elective Courses or 4 credits Arts Education

The exploration of mediums through specific drawing, sculpture, and painting techniques

Drawing, sculpture, printmaking, and color theory.

In this course, the student will create personal meaningful artistic works that demonstrate an appreciation for, personal, social, and cultural, environmental, and historical context.

The art 10 course will expand on the four major art forms learned in art 9 while promoting independent thinking and creativity. In this course, the student will continue to learn the history, terminology and basic skills of art, while developing independent ideas and expression.

All students will participate collaborate, critique and submit as well as participate in the year-end art show.



3D Studio Arts 10

4 credits Elective Courses or 4 credits Arts Education

3D Studio Arts provides students with a foundation in 3D media, techniques and methods to utilize a variety of materials, processes, and innovations to explore and expand on the element of form. In this course, students will add to the skills and knowledge required to be expressive, creative, thoughtful and authentic through their sculpture. Students will examine and make connections to the personal, social, cultural, and environmental influences in their sculptures for individual and public audiences and through exhibitions. Sculpture includes a variety of class activities, individualized projects, and group collaborative works that build on and expand personal and collective expression and creativity.



MUSIC

Instrumental Music 10: Concert Band

4 credits Elective Courses or 4 credits Arts Education

Concerts and performances outside of class time are an integral part of this course, and band members are expected to be involved.

Concert band 10 will allow students the opportunity to explore and communicate their identity through music, while gaining insight into perspectives and experiences of people from a variety of times, places and cultures. We will utilize a collaborative musical experience to build community, teamwork, and nurture relationships with others. In this course, students will:

- Perform collaboratively in a large ensemble, while developing an understanding of personal, social, cultural, historical, and environmental contexts through a variety of musical experiences.
- Develop, refine, document, and critically appraise ideas, processes, and technical skills to improve your quality of musicianship.
- Reflect on musical performance to make connections to personal learning and experiences.
- Build musical literacy skills such as metre, rhythm, pitch, intonation, dynamics, and blend as they pertain to your concert band instrument in a large ensemble setting.

Instrumental Music 10: Jazz Band

4 credits Elective Courses or 4 credits Arts Education

This course meets outside the timetable. A placement audition is required with Mr. Larden. You must have prior experience on either trumpet, trombone, saxophone, clarinet, drum-kit, guitar, bass, or piano. Guitarists will require elementary theory knowledge.

Jazz Band is a highly specialized instrumental organization that meets outside regular school hours. The skills and knowledge gained in the Concert Band course are imperative for success in Jazz band. Students learn the techniques of swing, funk, bebop, rock, soul, and other genres. The course will cover the principals of improvisation and entry level Jazz theory and history. Since this course meets outside the timetable, attendance at all rehearsals is a required part of the course.



** OTHER INTERESTS **

Entrepreneurship 12 – The Young Entrepreneur Leadership Launchpad (YELL)

4 credits Elective Courses or a Dual Credit Course

SFU: Students who complete this course with a B+ or higher receive a 1st year credit.

UNBC: B or higher receive a 100 level Commerce Course credit.

Also, all students compete to win a \$2000 scholarship from UNBC during our regional event.

No Pre-Requisites. Open to Grade 10, 11 & 12 students. Semester 1 only.

YELL Canada's Entrepreneurship 12 is a BC Ministry of Education approved high school entrepreneurship course. Students will focus on business concepts, learn from speakers, develop their own ideas and learn how to put their ideas into action. Although the course is called Entrepreneurship 12, the students learn about more than just building a business – it is about developing a growth mindset.

In this fast-changing world, regardless of the career path a student chooses, you want to develop a mindset that can problem solve when you get stuck, develop your curiosity on how you can impact the world and teach you how to present your point of view or ideas in an engaging way. A growth mindset is an entrepreneurial mindset.

The top 3 things our past students have gained from taking this course are:

1. **Self Confidence** - from speaking, sharing your ideas, building knowledge about how the world works via the eyes of the speaker here.
2. **Problem solving** - learning how to critically look at your ideas, it is about training your brain to understand the process of problem solving. Knowing when and how to PIVOT.
3. **Working in teams** - practise how to be open to ideas of other people, how to collaborate, how to work with people both that you like and don't like.

COMPUTER SCIENCE & TECHNOLOGY

Computer Science 11

4 credits Elective Courses or 4 credits Math

Open to Grade 10, 11, & 12 students

Pre-requisite: FMP10 or pre-approval from instructor

Computer Science 11 is an academic course focused developing computer programming skills for a variety of purposes. C.S. 11 is an excellent course for students considering a career in information technology or post-secondary education in computer science, science, engineering, technology, or mathematics.

This is a hands-on course based on learning by doing. You will become comfortable with the *Python programming language*. You will learn basic data types, ways to control the flow of programs, and you will be introduced to a variety of useful data structures such as lists all of which you will use to implement *algorithms*. You will also learn some of the *mathematics* behind computer science. The focus will be on logic which you will need to control your programs. You will learn to make your logical statements as simple as possible so that your programs run efficiently. Finally, you will *apply* your skills to solve a variety of real-world problems. You will have the computer perform financial analyses, perform statistics on data, and maybe even do some of your math homework for you. Convincing your math teacher that this is acceptable will be left to you!

While C.S. 11 is considered a mathematics credit by the Ministry of Education, students looking to pursue further studies in computing sciences, science, technology, engineering or mathematics are strongly encouraged to also take Pre-Calculus 11 & 12.



Special Projects – SD # 91 (Nechako Lakes)

The following is a brief explanation of some of the “Special Projects” that run annually in SD91. NVSS students are eligible to apply to these projects. While these are not 4 credit courses, they do provide students with work experience hours. Students must complete Work Experience hours to graduate. **Please contact Ms. Morin if you are interested in any of these programs.**

Project Smelter is a 2-day career awareness opportunity for secondary students. The project showcases opportunities in power generation and aluminum production. Hosted by [Rio Tinto](#) in Kitimat.

Project Marine is a 1-day career awareness opportunity for secondary school students. The project showcases marine based career opportunities via in-land ferry operations. Students gain hands-on exposure to marine engineering, deck operations and vessel navigation.

Project Chef is a 2-day career awareness opportunity for secondary school students. The project showcases opportunities in the field of culinary arts. Students gain hands-on exposure to kitchen operations, menu planning, budgeting and meal preparation and presentation.

Project Forest Management is a 1-day career awareness opportunity for secondary school students. The project showcases the world of forest management. Students gain hands-on exposure to the many facets of modern forest management practices. Modern GPS usage, block layout, tree planting, brush cutting, and forest fire fighting practices are available for students to explore and experience.

Project Heavy Duty is 1 day career awareness opportunity for secondary students. The project provides students the opportunity to operate a broad range of industrial machinery such as skidders, loaders, feller-bunchers, gravel trucks, excavators, packers, back-hoes, graders, earth moving machinery, and cranes to name a few.

Project Trades is a 1-day career awareness opportunity for secondary students. Participants discuss career opportunities with electricians, pipe-fitters, saw filers, millwrights, carpenters, and heavy-duty mechanics at their respective job sites.

Project Health is a 2-day career awareness opportunity for secondary school students. The project showcases career options and possibilities in the health. The project provides interested students hands-on exposure to the many aspects and opportunities in medicine.

Project Fire Fighter is a 1-day full immersion opportunity for secondary students. The project involves students participating in a variety of live fire scenarios at the regional fire training centre.

Project Illustrator is a 1-day career awareness opportunity for secondary students. The project showcases opportunities within the field of illustrations. Students gain hands-on exposure to storey boarding, various artistic styles and direct interaction with accomplished illustrators.

Camp Natural Resource Management is a 1-day career awareness opportunity for secondary school students offered in the fall. Participants explore the many career opportunities open to them in the natural resource management sector. Students are exposed to careers in land management, silviculture, archaeology, forest health, forest ecology & fish wildlife. An integrated land management plan is created by students at the end of the project.

Project STEAM is a two-day event for secondary students. The project provides hands-on activities relates to science, technology, engineering, arts and math at UNBC.

Student Name: _____

NVSS Grade 10 Course Selection

2026-27

6 REQUIRED COURSES:

Add your grade level (in case you need to repeat a course), as well as your Math and PHE choice.

1. English: _____ 2. Social Studies _____ 3. Science: _____

4. Career Life Education 10 5. Workplace Math : _____
Or
Foundations of Math: _____

6. Physical & Health Education: _____
Or
Mindful Living: _____

2 ELECTIVE & ALTERNATIVE CHOICES:

Alternative choices are mandatory for ALL students!

1. First Choice: _____ Alternative: _____

2. First Choice: _____ Alternative: _____

Are you interested in any special projects or dual credit courses??

YES

NO

If so which one: _____

Parent/Guardian Signature: _____

IMPORTANT NOTES:

ALL students must commit to their course selections.

Class size and elective offerings are determined by student's original selection of courses.

Students are strongly encouraged to select their courses with consideration to their future plans and interests. Students will NOT be permitted to make changes to their course requests unless one of the following conditions applies:

- ♦ To meet graduation requirements
- ♦ To meet Career Prep Program requirements
- ♦ To complete core course requirements
- ♦ To balance academic course load

ALL COURSE SELECTION SHEETS MUST BE COMPLETED, SIGNED BY YOUR PARENT/GUARDIAN, AND RETURNED TO THE OFFICE BEFORE

WEDNESDAY, February 25, 2026

NVSS Grade 10 Course List 2026-27

** Please write your 2026-27 course choices on the backside of this page and have your parent/guardian sign in agreement to your choices. **

GRADE 10 REQUIRED COURSES (You must have 6)	GRADE 9 REQUIRED (If you have any to be repeated)
English 10 (EFP Literary Studies & Writing)	English 9
Science 10	Science 9
Social Studies 10	Social Studies 9
Workplace Math 10 or Foundations of Math & Pre-Calculus 10	Mathematics 9
Physical & Health Education 10 or Mindful Living 10	Physical & Health Education 9 or Physical & Health Education Mindful Living 9
Career Life Education 10	

GRADE 10 ELECTIVE COURSES (You must choose 2, plus 2 alternatives)	
MODERN LANGUAGES: French 10 Introductory Japanese 11 Introductory Spanish 11	ARTS EDUCATION: Drama 10 Art Studio 10 3D Studio Arts 10 Media Arts 10 Music 10: Concert Band Music 10: Jazz Band
APPLIED SKILLS, DESIGN & TECHNOLOGIES: Food Studies 10 Power Technology 10 Metalwork 10 Woodwork 10 Electronics and Robotics 10	OTHER INTERESTS: Entrepreneurship 12 (YELL) Computer Science 11 (Pre Approval)

Course descriptions are also available online:

To view our course description books online, visit the school website at:

www.nvss.sd91.bc.ca

If you do not have internet access, you can request a copy of this book at the office.