

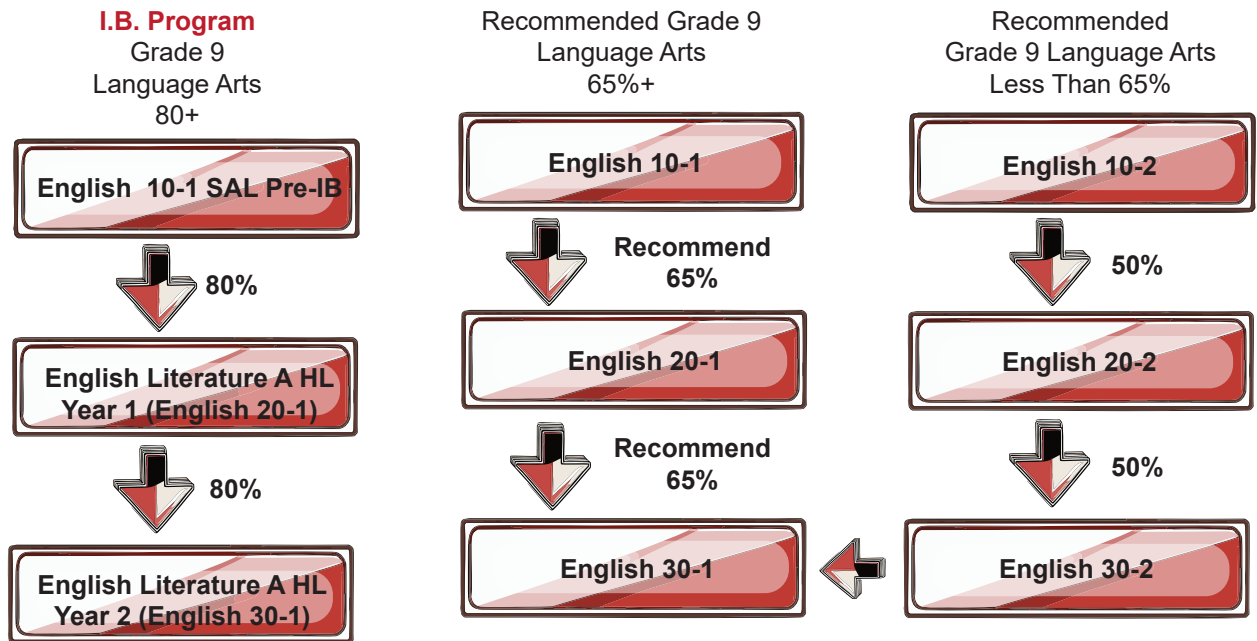
# 2025 - 2026

## Grade 10 Course Information

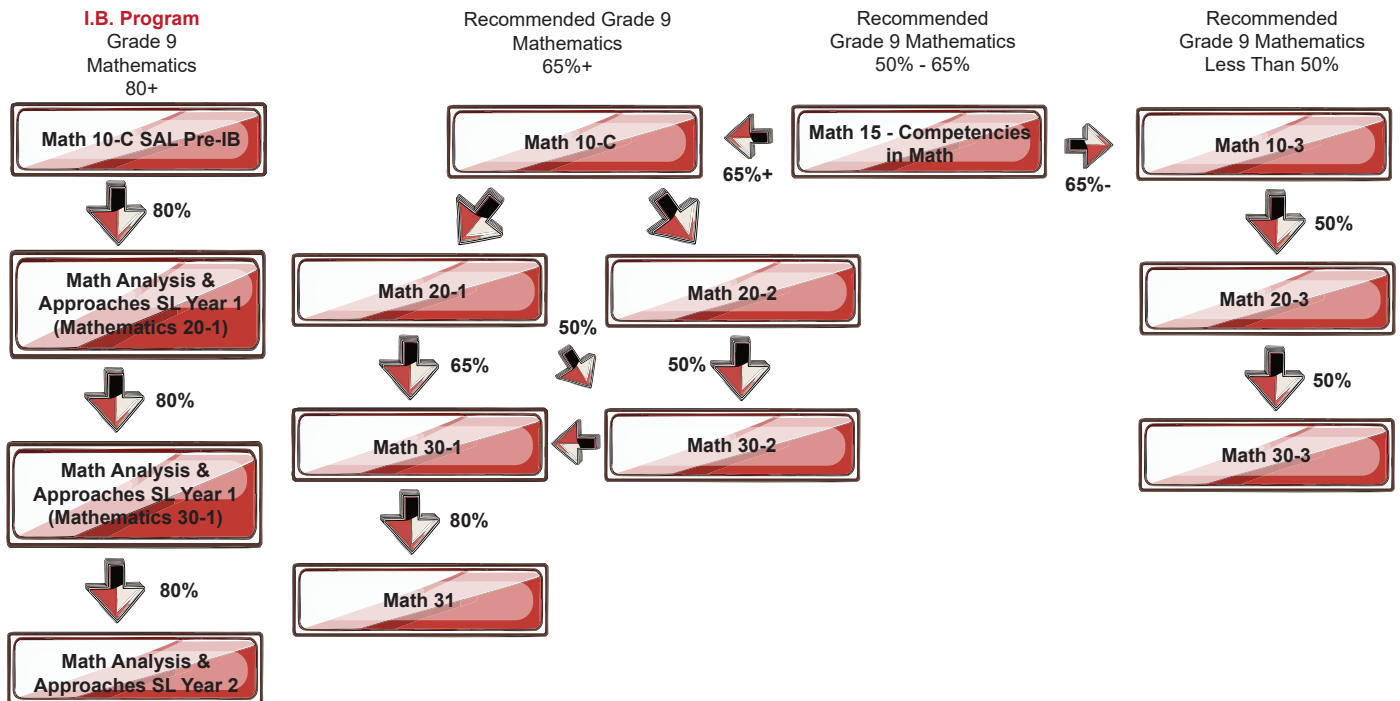


# Core Subject Course Streams

## English Language Arts



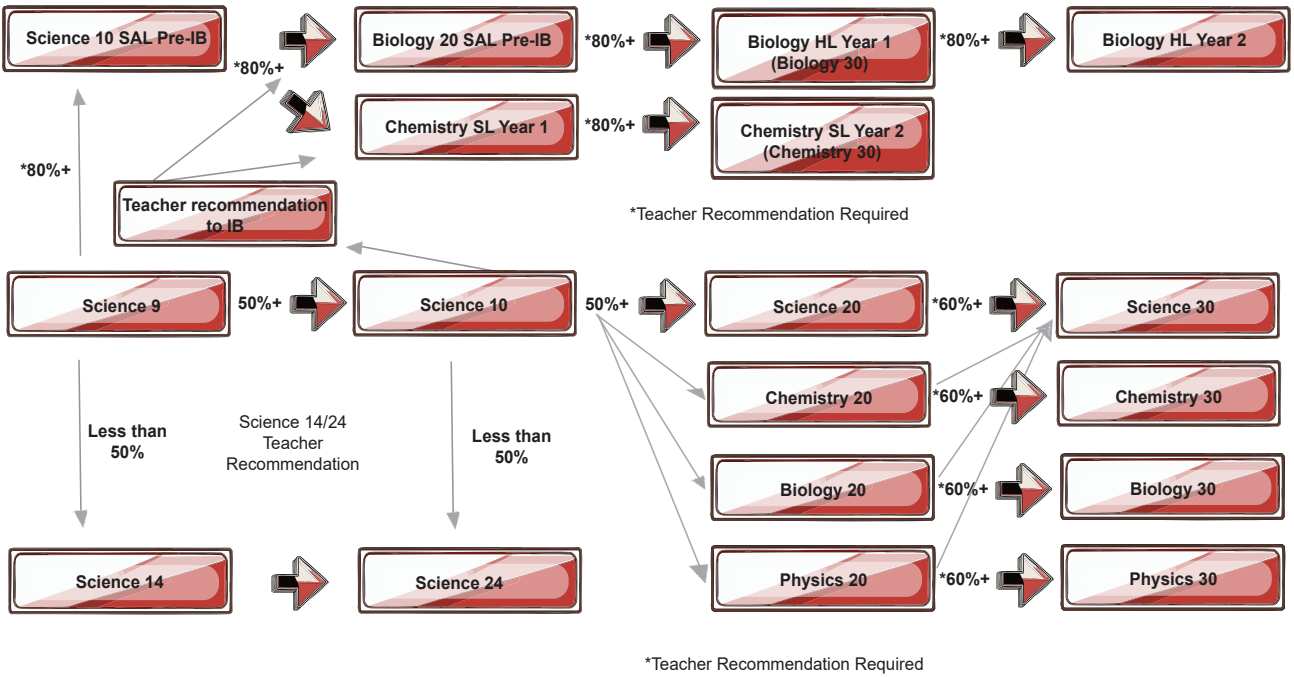
## Mathematics



# Core Subject Course Streams

## Science

I.B. Program



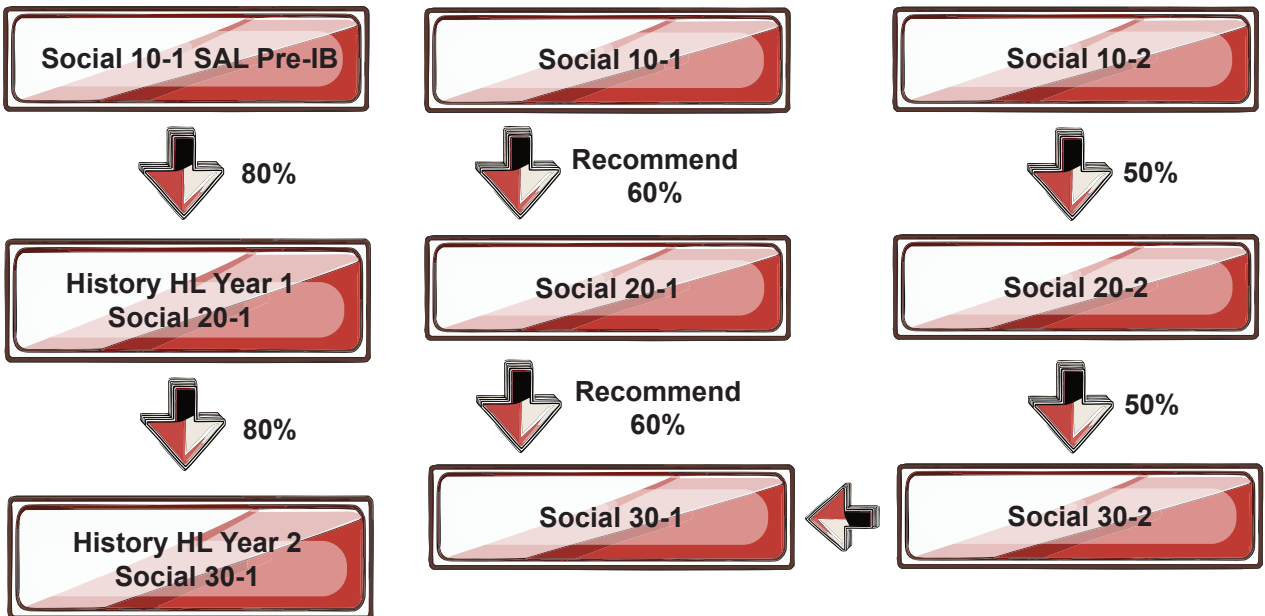
## Social Studies

I.B. Program

Grade 9 Social Studies  
80%+

Recommended Grade 9 Social Studies  
65% +

Recommended Grade 9 Social Studies  
Less Than 65%



## Grade 10 Complementary Courses

**Aboriginal Studies 10:** Students explore the historical, cultural, and societal issues facing Aboriginal peoples in Canada.

**Advanced Acting and Touring 15:** Students enhance their skills in set design, technical design, and performance.

**Art 10:** Focuses on visual learning through drawing, painting, sculpture, design, and art appreciation.

**Aviation – Flight 15/25:** Introduces students to the skills, training, and knowledge required for aviation, focusing on Transport Canada standards of pilot knowledge and practical skills in a simulated environment.

**Band 15:** This performance-oriented course is for students new to music who want to learn a woodwind, brass, or percussion instrument.

**Computing Science 10:** Students will learn computer programming with Python, while exploring foundational computing theory.

**Construction Technologies 10:** An introductory course for students interested in woodworking and construction.

**Cosmetology Studies 10:** An introductory program that teaches foundational hair and skin techniques.

**Cross Sport 10:** Provides advanced cross-sport training in basketball, volleyball, football, with support from Cross Conditioning trainers.

**Culinary Arts 10:** Students learn how to prepare food for service, and developing skills in baking, cooking, and teamwork.

**Design Tech 10:** Students customize their program to align with their interests, such as gaining photography, graphic creating, and film editing.

**Drama 10:** Focuses on movement, speech, improvisation, acting, and theatre studies.

**Enterprising Minds 10:** Students to develop skills in creating market-ready products while also learning about entrepreneurship, including marketing, branding, pricing, and sales.

**Environmental Studies 10:** Students learn the social, economic, and political significance of environmental issues, while collaborating on environmental sustainability.

**Fabrication Studies 10:** This introductory course teaches students basic skills in metalworking and introduces the diversity of careers available in the industry.

**Film and Media Art 15:** Students explore film as an art form, while embracing its technological and literary aspects.

**Foods 10:** A hands-on course that enhances cooking and baking skills.

**French 10-9Y SAL Pre-IB:** Prepares students for the IB French Programme by expanding vocabulary to advance proficiency in reading, writing, and speaking.

**French 10-9Y:** This course is designed for students who have studied French as a second language from grade 4 to grade 9.

**General/Personal Psychology 20:** General Psychology provides an overview of psychology.

**German 10 SAL Pre-IB:** This course follows the German Language and Culture 10-3Y and is designed for students with little to no previous experience in German.

**German 10-3Y:** Designed for beginners, this course uses a communicative approach to teach listening, speaking, reading, and writing skills.

**Instrumental Jazz 15:** This performance-oriented course teaches various styles and improvisational techniques in jazz, big band, and stage band music.

**Instrumental Music 10:** Students with previous playing experience on woodwind, brass, and percussion instruments, with preparation for concerts, festivals, clinics, and tours.

**Mathematics 15 - Competencies in Math:** Competencies in Mathematics 15 is a review of grade 9 math and will focus on knowledge and the skills required for Mathematics 10C. Mathematics 15 aims to set students up for success in future math courses.

**Mechanics 10:** Introduces students to the automotive trade.

**Musical Theatre 15:** Students develop vocal, acting, and dance skills while working on a junior musical production.

**Off Campus - Career Pathways Courses:** Work Experience, Green Certificate, Dual Credit, RAP Prep (grade 10), RAP - Registered Apprenticeship Program (grade 11 and 12). Please make an appointment in Guidance to meet with the Career Pathways Coordinator.

**Personal Fitness 10:** This course offers learning opportunities for students passionate about athletics and personal wellness.

**Physical Education 10:** Activities include: aquatics, badminton, basketball, biking, fitness, dance, flag football, curling, bowling, volleyball, touch rugby, slo-pitch.

**Physical Education 10/CALM:** This co-ed program combines Physical Education 10 (3 credits) and Career and Life Management (CALM) 20 (3 credits).

**Robotics 10:** This course explores electricity and electronics, covering coding, electrical principles, safety, wiring, and energy generation.

**Reading Foundations B 15:** Designed for students who love to read, focusing on a wide range of texts and reading strategies to help them develop a larger vocabulary.

**SAIL:** The SAIL (Students Active in Leadership) program combines team building and service, offering opportunities to explore and develop leadership skills.

**Sports Medicine 10:** Offers advanced learning opportunities through cross-sport training, sports psychology, athletic development, and nutrition, with students working alongside trainers

**Technical Theatre 15:** Students collaborate to design, create, and build lighting, sets, costumes, sound, and props for a production.

**Yoga 15:** A wellness course that teaches students about self-awareness, physical literacy, and stress management through various postures, breath work, and relaxation techniques.

**Yoga 15/CALM:** Yoga/CALM combines physical, mental, and emotional wellness through yoga postures, breath, and relaxation, while CALM helps students make informed decisions about careers.

*Full course descriptions will be available in our Course Handbook at [www.salcomp.ca](http://www.salcomp.ca), under Quick Links.*

# Graduation Requirements

## High School Diploma Credit Requirements:

All Students will be required to earn a minimum of 100 credits in high school, including:

English Language Arts 30-1 or English Language Arts 30-2

Social Studies 30-1 or Social Studies 30-2

Mathematics – a minimum of 10 credits including a 20-level course

Science – a minimum of 10 credits including a 20-level course

Physical Education – a minimum of 3 credits

Career and Life Management (CALM) – 3 credits

Career and Technology Studies or Fine Arts or Second Languages or Physical Education 20 or

30 – a minimum of 10 credits in any combination

2 courses at the 30 level

## High School French Immersion:

French Immersion senior high students must take 45 credits in courses taught in French over the three years of high school to graduate with a French Immersion certificate.

## Plan Your Grade 10 Courses:

Please use the charts below to plan your Grade 10 Courses.

Best Grade 9 option (s):

Course:	Grades Received:

History of skills (provide examples):

Leadership Activity:	
Individual Pursuits:	
Work Experience:	

Grade 9 marks (fill in marks):

English: _____ %	Math: _____ %
Social: _____ %	Science: _____ %

Considering the above data, circle the Grade 10 core subjects most appropriate for your future success:

English:	Social:	Math:	Science:
10-1 SAL Pre-IB (Honours)	10-1 SAL Pre-IB (Honours)	10-C SAL Pre-IB (Honours)	10 SAL Pre-IB (Honours)
10-1	10-1	10-C	10
10-2	10-2	10-3	14
		15 Competencies in Math	

### French Immersion Core Subjects:

French Language Arts 10	Social Studies 10-1 FI	Mathematics 10-C FI	Science 10 FI
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Biology:	Physical Education:
20 SAL Pre-IB	10

Considering the above data, list the four complementary courses you would like to request.


\*This page is not required for official registration and is used for your planning purposes only.

Student Name: \_\_\_\_\_ Present School: \_\_\_\_\_

You must choose a total of 40 credits (8 classes) for your timetable in the traditional school day. Credits are shown in parenthesis ( ). Our Course Handbook is available at <a href="http://www.salcomp.ca">www.salcomp.ca</a> under Quick Links.			
Core courses and Physical Education:		Current Grade:	Optional courses:
Select one English course:			Second Languages courses:
	English 10-1 SAL Pre-IB (5)		French 10-9Y SAL Pre-IB (5)
	English 10-1 (5)		French 10-9Y (5)
	English 10-2 (5)		German 10-3Y SAL Pre-IB (5)
Select one Mathematics course:			German 10-3Y (5)
	Mathematics 10-C SAL Pre-IB (5)		CTS courses:
	Mathematics 10-C (5)		Computing Science 10 (5)
	Mathematics 10-3 (5)		Construction Technologies 10 (5)
	Mathematics 15 Competencies in Math (5)		Cosmetology Studies 10 (5)
Select one Science course:			Culinary Arts 10 (5)
	Science 10 SAL Pre-IB (5)		Design Tech 10 (5)
	Science 10 (5)		Enterprising Minds 10 (5)
	Science 14 (5)		Environmental Studies 10 (5)
	Biology 20 SAL Pre-IB (5)		Fabrication Studies 10 (5)
Select one Social Studies course:			Foods 10 (5)
	Social Studies 10-1 SAL Pre-IB (5)		Mechanics 10 (5)
	Social Studies 10-1 (5)		Robotics 10 (5)
	Social Studies 10-2 (5)		Fine Arts courses:
French Immersion courses:			Art 10 (5)
	French Language Arts 10 (5)		Band 15/Instrumental Music 10 (10)
	Social Studies 10-1 FI (5)		Drama 10 (5)
	Mathematics 10-C FI (5)		Musical Theatre 15 (5)
	Science 10 FI (5)		Technical Theatre 15 (5)
Physical Education courses:			Special Interest courses:
	Physical Education 10 (male) (5)		Aboriginal Studies 10 (5)
	Physical Education 10 (female) (5)		Aviation - Flight 15/25 (6)
	Physical Education 10/CALM (co-ed) (6)		Film and Media Art 15 (5)
	Personal Fitness 10 (co-ed) (5) or Cross Sport Advantage 10 (co-ed) (5)		General and Personal Psychology 20 (6)
	Sports Medicine 10 (co-ed) (5)		Reading Foundations B 15 (5)
	Yoga 15 (co-ed) (5)		CALM (3)
	Yoga 15/CALM (co-ed) (6)		Off Timetable courses:
			SAIL (Sabres Active in Leadership) (5)
			Instrumental Jazz (5)

To Parent/Guardian: You are encouraged to discuss education plans with your child and to call your school if there are any questions. Your initials indicate agreement with your child's choices.

Alternative Courses: 1: \_\_\_\_\_

Parent Initial: \_\_\_\_\_

Alternative Courses: 2: \_\_\_\_\_