

# High School Orientation Handbook

Sacred Heart School





Know Him, love  
Him, serve Him

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SACRED HEART SCHOOL

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# Welcome to Grade 10!

We warmly welcome you to grade 10 at Sacred Heart School, where faith, knowledge, and community come together to create a nurturing and inspiring educational experience. As you prepare to embark on this exciting new chapter, we are thrilled at the prospect of having you join our vibrant school family.

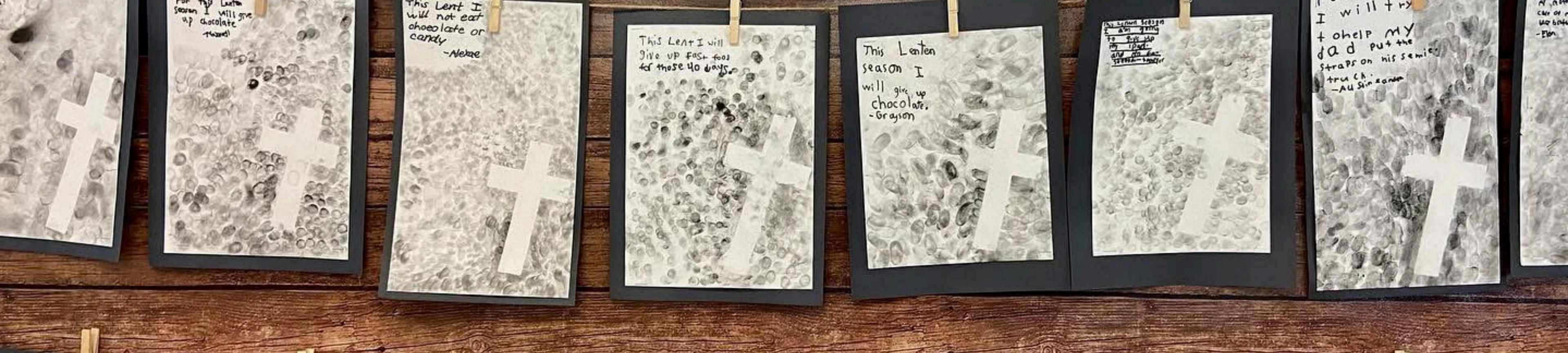
At Sacred Heart School, we are committed to fostering both academic excellence and spiritual growth. Our dedicated teachers, supportive staff, and engaging programs are all designed to help you thrive and discover your God-given potential.

Beyond the classroom, you'll find opportunities to participate in various extracurricular activities, service projects, and events that will enrich your high school journey.

As you consider your options for Grade 10, we invite you to visit our school, meet our staff, and experience the welcoming spirit that makes Sacred Heart so special. We look forward to guiding you on a path of success and fulfillment rooted in the teachings of Christ.

May God bless you as you make this important decision, and we hope to see you soon at Sacred Heart School!





# Catholic Education at Sacred Heart

## Know Him

Knowing God is the first step to building a relationship with Him. At Sacred Heart, we learn about who God is, what He is like, and what He wants for us. We learn about Him by reading scripture, praying, and talking about what we experience in life. Knowing God isn't just about learning facts; it's about feeling His presence in our lives and understanding His love, fairness, kindness, and holiness. It also means seeing Him as the one who created us and saves us.

## Love Him

Loving God is our natural response to truly knowing Him. Our love for God should be wholehearted, involving every aspect of our being: heart, soul, and mind (Matthew 22:37). We demonstrate our love through worship, obedience to His commandments, and a desire to build a relationship with Him. It is also reflected in how we treat others, because loving others is a reflection of God's love.

## Serve Him

Serving God means showing our love for Him through our actions. We use our skills, talents, and time to help others and share His message. We can serve God by doing kind things for others, helping in church, and telling others about God. Serving God also means living in a way that shows we follow His teachings, so others can see His love through us.

# Student Services



**Grade 10 Learning  
Support**

Mrs. Bear



**Family School Liaison  
Worker**

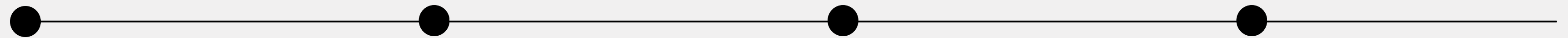
Ms. Lefebvre



**Grade 10 Academic  
Advisor**

Mrs. McBride

# Registration Process



## High School Information Session

Grade 10 information presented to grade 9 students.

Grade 10 Parent/Student Orientation Evening, 7:00 pm

## High School Planning Chart

Grade 9 students will complete with their teachers.

## Course Selection

Students will complete their course selection with Mrs. McBride.

## Timetabling

**EARN AT LEAST 100 CREDITS BY TAKING REQUIRED COURSES, PLUS OTHER COURSES THAT INTEREST YOU AND HELP YOU ACHIEVE YOUR GOALS.**

**REQUIRED COURSES:**

- English 30-1 or 30-2
- Social Studies 30-1 or 30-2
- Mathematics 20-1 or 20-2 or 20-3
- Science 20 or 24 or Biology 20 or Chemistry 20 or Physics 20\*
- Physical Education 10
- Career and Life Management (CALM)

**EARN 10 CREDITS, IN ANY COMBINATION, FROM:**

- Career and Technology Studies (CTS)
- Fine arts
- Second languages
- Physical Education 20 and/or 30
- Registered Apprenticeship Program (RAP) courses
- Knowledge and Employability courses
- Locally developed courses in CTS, fine arts, second languages or Knowledge and Employability;  
and

**EARN 10 CREDITS IN ANY 30-LEVEL COURSE (IN ADDITION TO ENGLISH AND SOCIAL STUDIES), IN ANY COMBINATION, FROM:**

- 30-level mathematics, science, fine arts, second languages, CTS, or physical education
- 30-level locally developed course (learn more about these course options through your high school)
- 30-level Work Experience
- 30-level Registered Apprenticeship Program (RAP)
- 30-level Knowledge and Employability courses
- Advanced level (3000 series) in CTS courses
- 30-level Green Certificate Specialization courses
- Special Projects 30

# Alberta High School Diploma Requirements



**EARN A MINIMUM OF 80 CREDITS AND COMPLETE THE FOLLOWING COURSES:**

- English Language Arts 20-2 or 30-4; and
- Mathematics 10-3 or 20-4; and
- Science 14 or 20-4; and
- Social Studies 10-2 or 20-4; and
- Physical Education 10; and
- Career and Life Management (CALM)

**AND EITHER**

**EARN 5 CREDITS IN**

- 30-level Knowledge & Employability occupational course, or
- 30-level Career and Technology Studies (CTS), or
- 30-level locally developed course (learn more at your high school) with an occupational focus

**AND 5 CREDITS IN**

- 30-level Knowledge & Employability Workplace Practicum course, or
- 30-level Work Experience course, or
- 30-level Green Certificate course, or
- Special Projects 30

**OR**

**EARN 5 CREDITS IN**

- 30-level Registered Apprenticeship Program (RAP) course.

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# Certificate of High School Achievement

# Programming

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Grade 10 students must register for a minimum of 40 credits, with no spares.

A student's final marks in their grade 9 core subjects will determine which courses the student can register for in grade 10.

**SACRED HEART SCHOOL: HIGH SCHOOL PLANNING CHART**

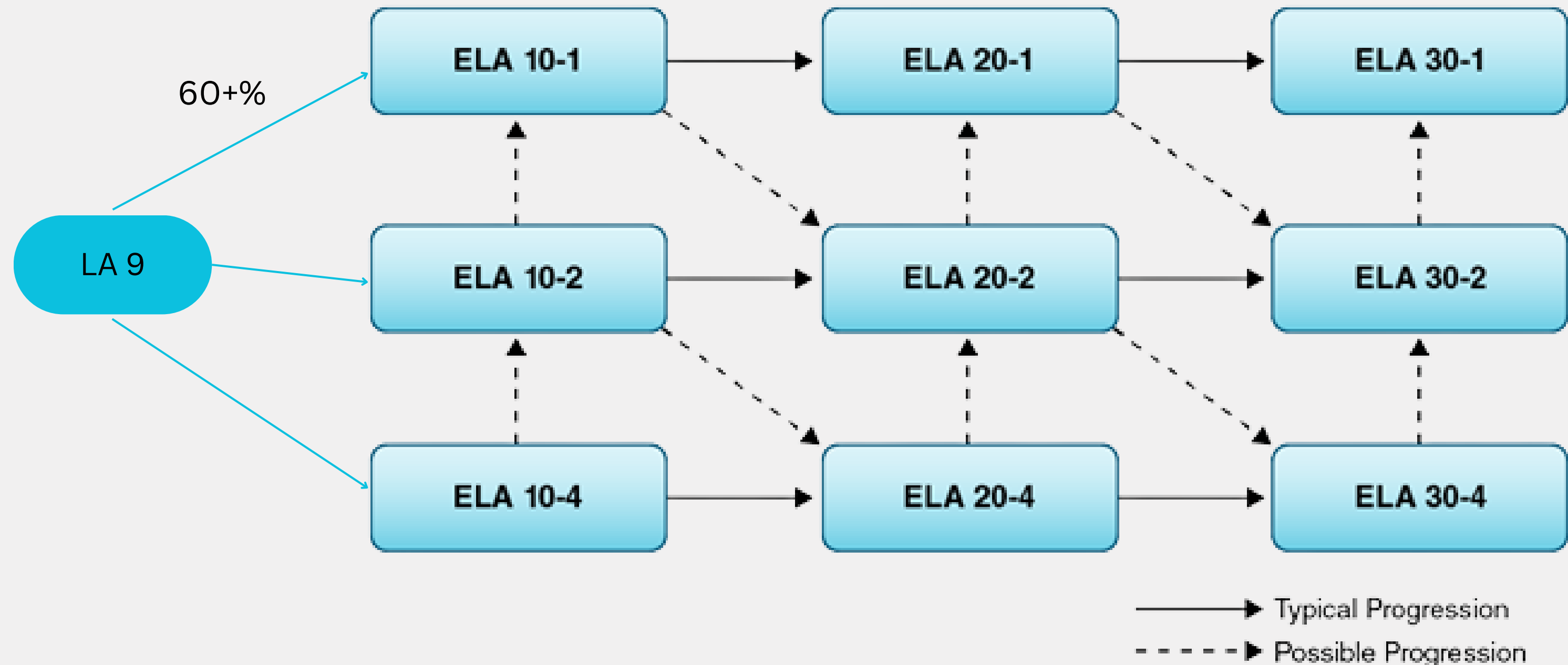


| Name:                           |   |                              |   | School ID: |  |   |        | Grade:   |   |                    |   |
|---------------------------------|---|------------------------------|---|------------|--|---|--------|--|---|--------------------|---|
| Grade 9 Prerequisite            |   | Grade 10                     |   |            | Grade 11   |   |        | Grade 12   |   |                    | High School Diploma Requirements  |
| Course Name                     | % | Course Name                  | % | Credit     | Course Name  | % | Credit | Course Name  | % | Credit             |   |
| Language Arts<br>(60+% = 10-1)  |   | English 10-1<br>English 10-2 |   |            | English 20-1<br>English 20-2   |   |        | English 30-1<br>English 30-2                           |   |                    | 15 credits total  |
| Social Studies<br>(60+% = 10-1) |   | Social 10-1<br>Social 10-2   |   |            | Social 20-1<br>Social 20-2   |   |        | Social 30-1<br>Social 30-2                             |   |                    | 15 credits total  |
| Mathematics<br>(65+% = 10C)     |   | Math 10C<br>Math 10-3        |   |            | Math 20-1<br>Math 20-2<br>Math 20-3                                  |   |        | Math 31<br>Math 30-1<br>Math 30-2<br>Math 30-3         |   |                    | 10 credits total<br>(to grade 11)   |
| Science<br>(60+% = 10)          |   | Science 10<br>Science 14     |   |            | Biology 20<br>Chemistry 20<br>Physics 20<br>Science 20<br>Science 24 |   |        | Biology 30<br>Chemistry 30<br>Physics 30<br>Science 30 |   |                    | 10 credits total<br>(to grade 11)   |
|                                 |   | Religious Studies 15         |   |            | Religious Studies 25   |   |        | Religious Studies 35                                   |   |                    | 9 credits in Religious Studies  |
|                                 |   | Phys Ed 10                   |   |            |  |   |        |  |   | 3 credits in PE 10 |   |
|                                 |   | CALM                         |   |            |  |   |        |  |   | 3 credits in CALM  |   |
|                                 |   | Electives Courses            | % | Credit     | Electives Courses  | % | Credit | Electives Courses                                      | % | Credit             | 10 credits must be in 30-level in addition to English and Social Studies. |
|                                 |   |                              |   |            |  |   |        |  |   |                    |   |
|                                 |   |                              |   |            |  |   |        |  |   |                    | 10 credits must be in Fine Arts, CTS, Second Languages, PE 20 or 30.      |
|                                 |   |                              |   |            |  |   |        |  |   |                    |   |
|                                 |   |                              |   |            |  |   |        |  |   |                    | 100 credits required  |
|                                 |   | <b>TOTAL CREDITS:</b>        |   |            | <b>TOTAL CREDITS:</b>  |   |        | <b>TOTAL CREDITS:</b>                                  |   |                    | <b>TOTAL CREDITS:</b>   |

**Note: Requirements for an Alberta High School Diploma may differ from entrance requirements for post-secondary. Be diligent and plan with an end in mind.**

# English

Start inspired with thousands of templates, collaborate with ease, and engage your audience with a memorable Canva Presentation.



# English

-1

## English 10-1 (5 credits)

In ELA 10-1, students analyze and respond to literature, including extended texts (a novel/nonfiction book, a feature film, and a modern or Shakespearean play) and shorter texts (poetry, short stories, visuals and multimedia, and essays) that relate to cultural and societal issues in Canadian and global contexts. They also create their own texts, e.g., fiction, nonfiction, poetry, presentations/media.

This course is for students considering careers that require strong reading and communication skills and for those who may be interested in post-secondary education.

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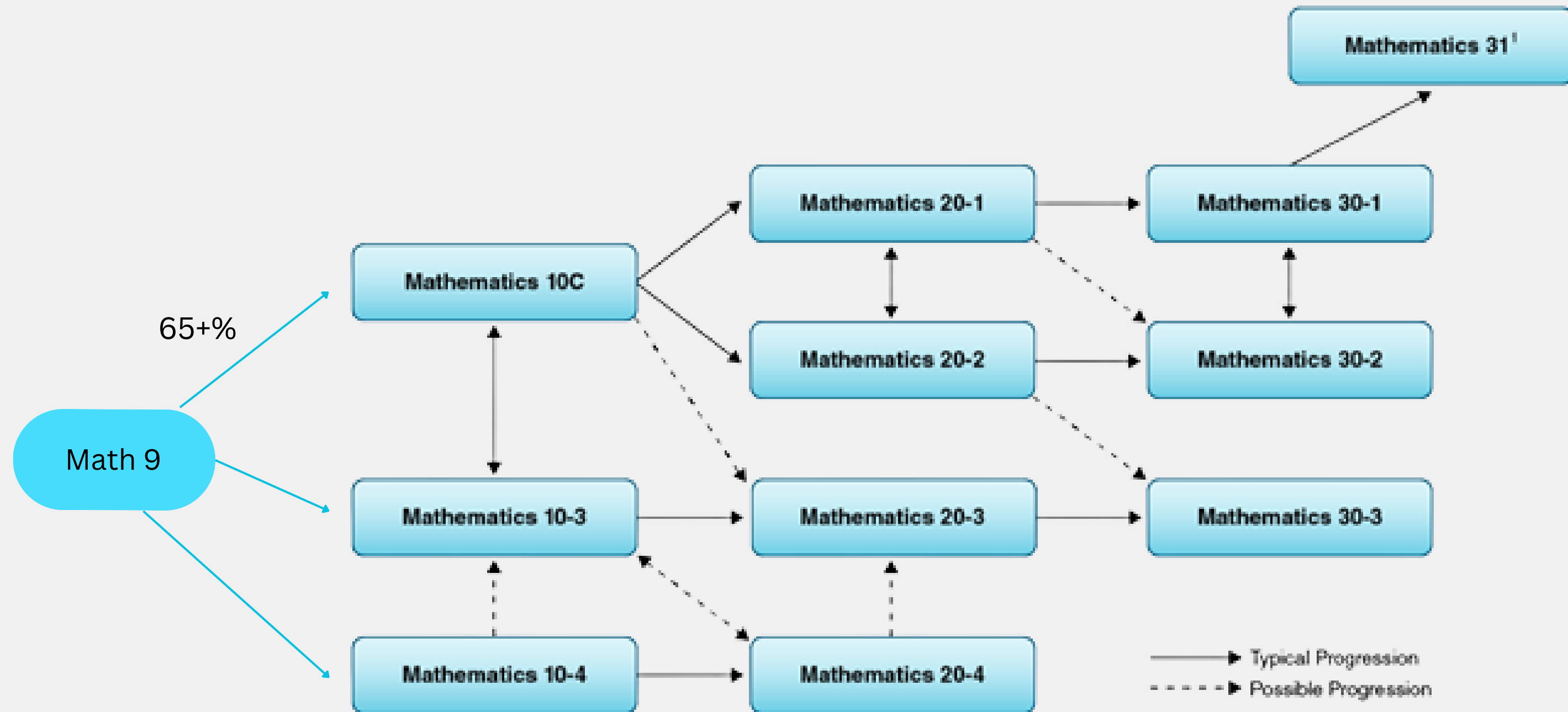
-2

## English 10-2 (5 credits)

In ELA 10-2, students with diverse abilities and goals study different types of texts, written at various levels, that explore issues in Canadian and global contexts. They study extended texts (a novel or nonfiction book, a feature film, and a modern or Shakespearean play) and shorter texts (poetry, short stories, visuals and multimedia, and popular nonfiction). Students are also encouraged to create their own texts, e.g., fiction, nonfiction and reports, poetry, and presentations/media.

This course is designed for students considering careers that require basic reading and communication skills and for those interested in a range of post-secondary education or other opportunities.

# Mathematics

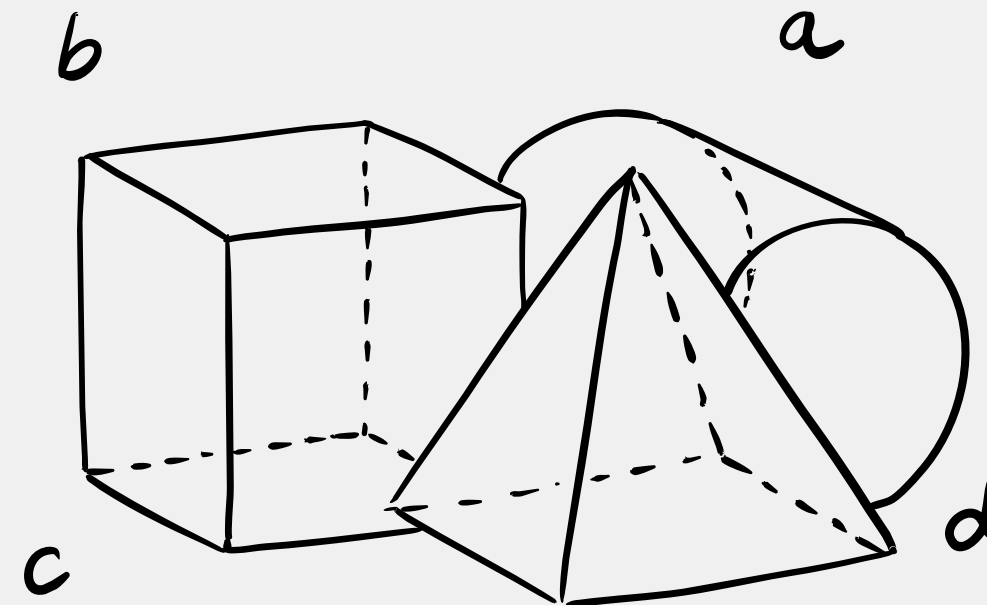


# Mathematics

## Math 10C (5 credits)

Math 10C is for students planning on completing the -1 or -2 sequences in grades 11 & 12. Students need to have successfully completed Math 9 in order to enrol in Mathematics 10C.

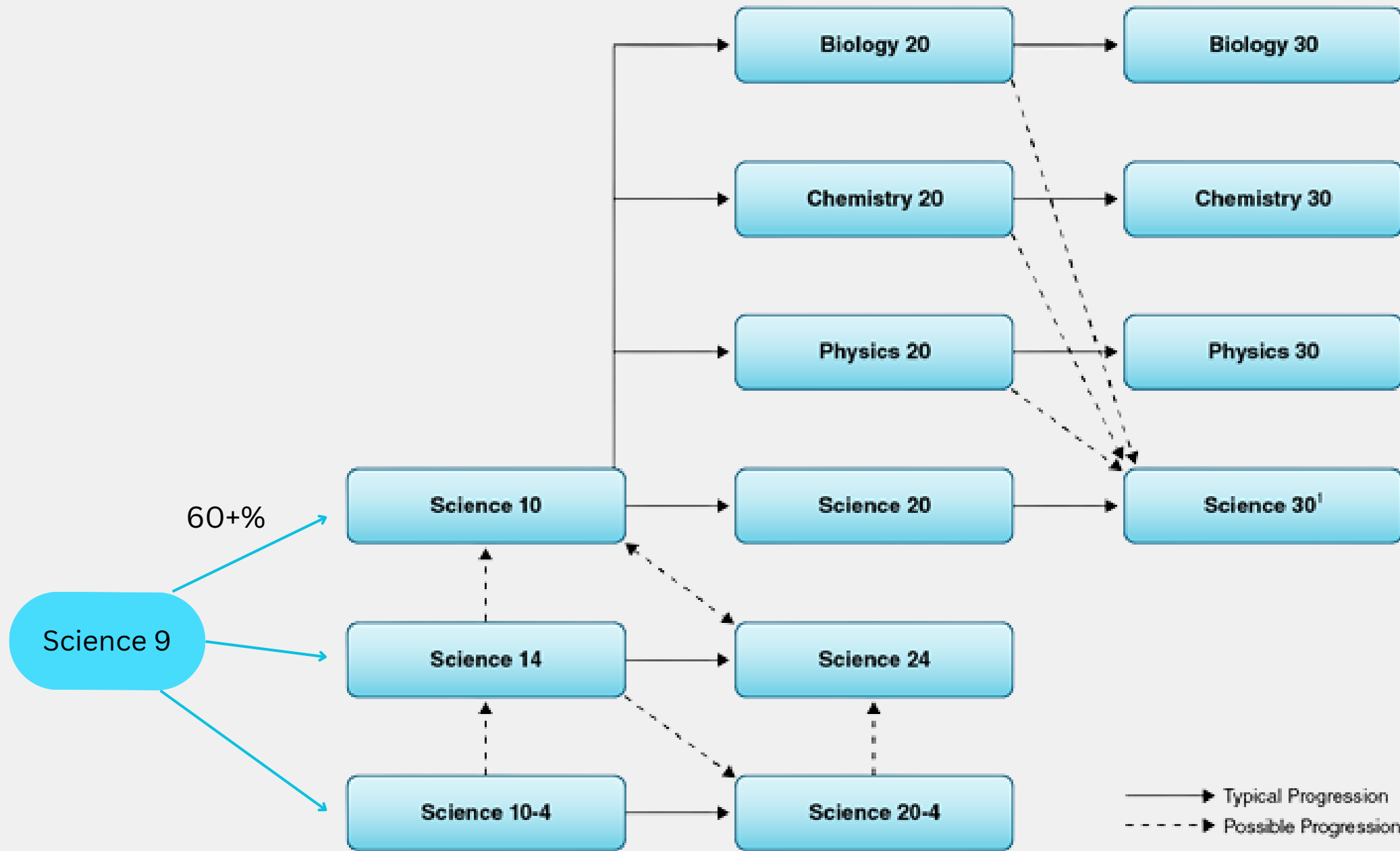
Mathematics 10C students determine the surface area and volume of 3-D objects and use trigonometric ratios to solve problems involving right triangles. They simplify expressions that involve powers with integral and rational exponents and simplify or factor polynomial expressions. At this level, students also analyze linear relations, solve systems of linear equations, and solve problems related to both of these sets of skills.



## Math 10-3 (5 credits)

The -3 sequence is designed for students who are planning on entry into the majority of trades and direct entry into the workforce.

Mathematics 10-3 students solve linear and area measurement problems of 2-D shapes and 3-D objects using SI and imperial units. They use spatial reasoning to solve puzzles; solve problems involving right triangles and angles; solve unit pricing, currency exchange, and income problems; and manipulate formulas to solve problems. They also use scale factors and parallel and perpendicular lines to solve problems.



# Science



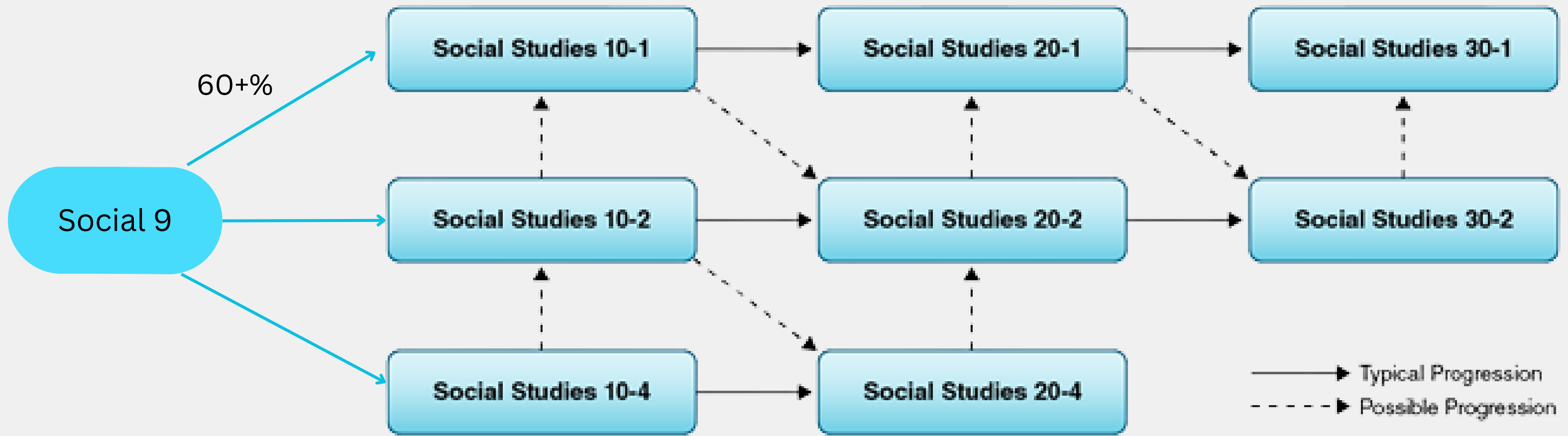


## **Science 10 (5 credits)**

This is an introductory course to high school science that is designed for academic students. In Science 10 students are introduced to the biological, chemical, physical, and Earth sciences. By studying chemical reactions, cellular and multicellular processes that occur in plants, the conservation and conversion of energy, and Earth's climate, they discover how energy is transformed.

## **Science 14 (5 credits)**

Science 14 students learn about the atom, the periodic table, and the safe handling of chemicals. They investigate how energy is transferred in machines, and they examine the digestive and circulatory systems, including ways to keep these systems healthy. Students also explore how human activities influence the flow of matter and energy in the biosphere.



# Social Studies

# Social Studies 10-1

(5 credits)

*What is globalization and how does it affect us? Social Studies 10-1 students explore the changing meaning of identity and citizenship in a globalizing world, while also understanding the impacts of globalization, both positive and negative, on people worldwide.*

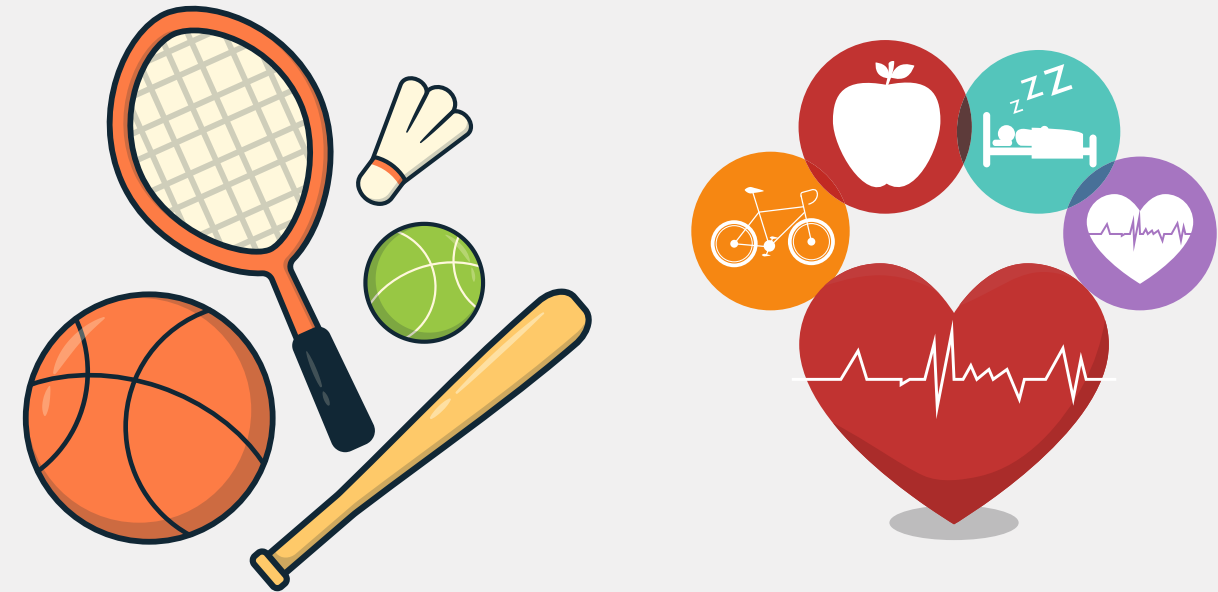
# Social Studies 10-2

(5 credits)

*What is globalization and how does it impact me? Social Studies 10-2 students explore the history and effects of globalization. They develop an understanding of the impact that globalization has on people's identity and citizenship, while addressing emerging issues that globalization presents.*



# Other Required Courses for an Alberta High School Diploma



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## **Physical Education 10** (3 or 5 credits)

This course is designed for students interested in and excited about athletics, sports, and physical activities. It runs daily for a semester and covers fitness, individual and team sports, and outdoor activities. Students can earn an extra credit by becoming certified in emergency first aid.

## **Career and Life Management - CALM** (3 or 5 credits)

Your teen will enhance their ability to make good choices today and in the future. They will examine health holistically: the emotional, intellectual, social, spiritual, and physical dimensions. They will learn how to make responsible choices about money and other resources, and they'll learn that their decisions are based on their values and goals. Your teen will continue to plot out their career path as they plan for life after senior high school.

# Sacred Heart Graduation Requirements



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## Religion 15 (3 credits)

The overall aim of this class is to assist young persons in the shaping of our culture. Christ and Culture explores what it means to be a part of this world, drawing on the Western and Christian traditions from cultural studies, from theology and the study of Jesus. This dialogue centers on three key elements:

1. Being human.
2. Influences shaping culture in Canada.
3. Christ's active presence within us and among us.

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## Religion 25 (3 credits)

God's gift of Salvation invites students to deepen their relationship with Jesus through a study of Scripture. Students will explore the Jewish historical, religious, and cultural world into which the Messiah was born and the Old Testament covenant fulfilled. Using the Gospels as primary sources, the course explores Jesus' birth, early life, and ministry; his preaching of the Kingdom of God; his special teachings, particularly the parables; and his miracles. It then focuses on the scriptural accounts of his death and Resurrection, and the Ascension, and their central significance for the church's understanding of Jesus as the Christ, the Son of God.

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## Religion 35 (3 credits)

Students will explore their creativity in the ways they choose to communicate what they have learned and their response to the call to discipleship. They will explore ethical and moral guides for living and learn that the major life decisions of a disciple of Christ must flow from a living relationship of love with the Lord and the wisdom acquired through that relationship. As true disciples, students strive to live in the world conscious that their choices should be rooted in their relationship with Christ and fidelity to his call. They focus on making moral and ethical decisions based on Truth.

# High School Electives

| The Arts          | Sports   | STEM   | The Trades      | Other                   |
|-------------------|--|--|-----------------|-------------------------|
| Art 10            | Recreation Leadership  | Forensic Studies 25<br>(semester 2, Sci 10/14<br>prereq) | Construction 10 | French 10-3y            |
| Media & Cinema 15 | Forever Fit<br>*archery, golf, swimming,<br>skating, pickleball, fitness | Personal Psychology 20                                   | Food Studies 10 | Braided Journeys 15     |
| Ukulele/Guitar 15 | Sport Performance 15<br>*PE 10 is a recommended<br>prerequisite          | Environmental<br>Stewardship                             |                 | Leadership 15           |
| Drama 10          |  |  |                 | Work Experience 15      |
| Journalism 15     |  |  |                 | Cosmetology / Esthetics |
|                   |  |  |                 | Aboriginal Studies 10   |
|                   |  |  |                 | CTS Combo               |

Provincially  
Developed  
Courses

CTS Courses

Locally  
Developed  
Courses



# The Arts

## **Art 10 (3 credits)**

This course explores the whole art experience and focuses on developing creativity in art making. Students will learn fundamental concepts, terms, techniques, and mediums of art and apply them to in-class drawing, painting, and sculpture projects allowing them to explore their own personal artistic style.

## **Media & Cinema 15 (3 credits)**

Love movies? Learn the techniques used to create films while creating your own short film. Learn about what makes a story so popular in today's culture, and how these films will continue to influence the film industry and society for generations to come.

## **Ukulele/Guitar 15 (3 credits)**

Students with little or no previous musical experience will learn basic techniques including reading of melodies and rhythms, chording, strumming and finger-picking. Music theory related to ukulele and guitar is covered.

## **Drama 10 (3 credits)**

This action packed course explores the wonderful world of creative drama and theatre. From improvisation games to scripted work, we will play at the art of making a play. Drama helps students develop creative ways to think outside the box and discover their confidence. Students voice their thoughts and ideas through a range of mediums which encourages the creative soul.

## **Journalism 15 (3 credits)**

Journalism 15-25-35 provides students with opportunities to explore, create and reflect through journalistic media. In this course sequence, students evaluate the impact, responsibility and ethics of media in society and develop skills in creating texts for diverse audiences. Students will have opportunities to interact with individuals and organizations within the field of journalism to increase their knowledge, experience, and networking opportunities within the profession.



# Sports

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## **Recreation Leadership (3 credits)**

Develop skills useful for coaching, fitness leadership, sport performance, athletic therapy and leading recreational activities.



## **Forever Fit (3 credits)**

This course emphasizes regular participation in a variety of enjoyable physical activities that promote healthy active living. Students learn movement skills and principles, ways to improve physical and mental fitness and physical competence.



## **Sport Performance 20 (3 credits)**

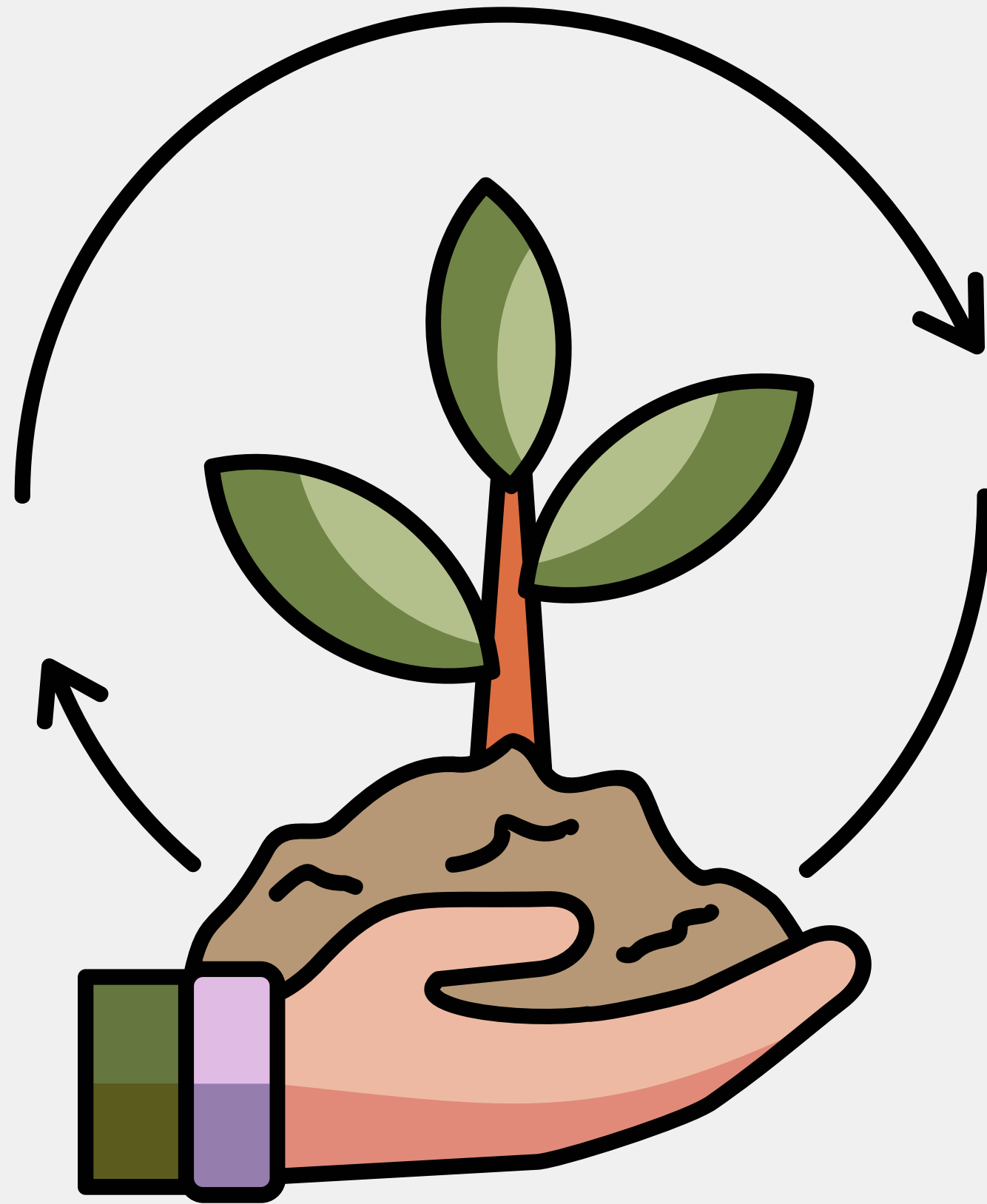
This is a competitive sport-based fitness class designed for students wishing to learn more about the world of volleyball and basketball. Students will train for these sports while learning fitness, sport nutrition, and Leadership in Sports. It is beneficial that students in this course be involved in some way with competitive sport, so that they are able to put the theoretical knowledge gained to practical application.

\*PE 10 is a recommended prerequisite





# STEM



## **Forensic Studies 25 (3 credits)**

Forensics is a hands-on course in which students will investigate and evaluate the processes involved in the collection and preservation of crime scene evidence. We will delve into fingerprinting, blood spatter analysis, footprint casting, arson, serial killers and more. Students will also look at the ethical considerations, the rights and wrongs, involved in the use of forensic evidence.

\*prerequisite: Science 10

## **Personal Psychology 20 (3 credits)**

Get a glimpse into the human brain. Students will learn about the science of the brain as they study personality development, sensation and perception, as well as the concept of intelligence and the meaning of various behaviours.

## **Environmental Stewardship (3 credits)**

ENS 1020: Fostering Stewardship: Students examine the management and conservation of the environment and local, provincial, national and international stewardship organizations and propose individual and shared actions that foster environmental stewardship.

ENS1040: Living With the Environment: Students develop an understanding of how humans interact with their natural and built environments. Students also investigate methods to monitor and measure the quality of natural and built environments in order to maintain healthy and sustainable environments.

ENS1910: ENS Project A: Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant. Students will create a proposal for a school or class initiative and then carry out steps to put it in place.



# The Trades

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## **Construction 10 (3 credits)**

Students learn the safe use of hand tools, power hand tools, and power stationary tools and will have the opportunity to build a range of projects.

## **Food Studies 10 (3 credits)**

Students learn about and apply safe and sanitary food handling procedures, equipment operation and care, reading recipes, the importance of efficient work habits, and the value of nutrition in their diet. Students will engage in both cooking and baking projects. Successful completion of the first module, Food Basics, is a prerequisite for all other modules that follow.



**French 10-3y (5 credits - Day A & Day B)**

This course begins with introductory material, then quickly progresses in order to give a balanced foundation of the French language. Reading, writing, listening, and speaking skills/strategies will be centered around numerous topics including: Activities and pastimes, Food, School, Family & friends. Occupations, and French speaking areas around the world.

**Braided Journeys 15 (3 credits)**

With an emphasis on First Nations Metis and Inuit worldviews and traditions, the Braided Journeys 15-25-35 course sequence is intended to support all students to become leaders of character, vision and action. Students are provided multi-component, culturally-based programs that challenge their creativity, build on their skill set, and increase their support network. In addition, youth have the opportunity to develop citizenship skills, thereby enhancing self-esteem and confidence. Participants gain these skills from a variety of cultural and leadership activities specific to First Nations, Metis and Inuit traditions.

**Leadership 15 (3 credits)**

Students will experience the fun of team building with the meaning of service to create memorable experiences. Leadership is a high energy and reflective class providing students an opportunity to explore leadership, develop leadership skills and abilities, and to grow and develop as individuals while making a difference in their school and community. Students will collaborate and contribute to individual, group and school-wide projects, and will work to strengthen and create new relationships and hone their interpersonal skills all while helping build a sense of community at Sacred Heart.

**Work Experience 15 (3 credits)**

This is an off-campus educational learning experience that allows students to apply knowledge, skills, and attitudes in the workplace. Grade 10 students are able to take this course outside of their regular school course; it does not replace a course within their timetable at this grade level. After successful completion of this course, students who are planning to enter the trades after graduation have the opportunity for RAP (Registered Apprenticeship Program).

\*Prerequisite: HCS 3000

**Cosmetology/Esthetics (3 credits)**

This introductory level introduces students to a number of cosmetology areas, such as personal grooming, long hair styling, scalp and hair care, skin care and manicuring.

**Aboriginal Studies 10 (3 credits)**

The course is based on perspectives and worldviews of Aboriginal peoples. It includes the study of traditions and history of Aboriginal peoples in Canada, and particularly in Alberta. Student learning outcomes provide opportunities to examine such topics as governmental structures, literature, the arts and the sciences.

**CTS Combo (1 credit modules)**

A comprehensive, self-paced module option that allows students to earn credits in CTS areas of interest through self-paced modules with the help of a facilitator. Students will complete modules of their choice (up to 3 credits) in consultation with the facilitator in the areas including, but not limited to: Financial Management, Marketing, Legal Studies, Tourism, Wildlife, Design Studies. Credits will be awarded based on completion of module assignments and a minimum number of class periods attended per credit.

# Sample Timetable

|                | SEMESTER 1           |                                 | SEMESTER 2           |          |
|----------------|----------------------|---------------------------------|----------------------|----------|
|                | DAY 1                | DAY 2                           | DAY 1                | DAY 2    |
| <b>Block A</b> | Math 10C             |                                 | Social 10-1          |          |
| <b>Block B</b> | PE 10                | Religion 15                     | Sport Performance 15 | Foods 10 |
|                | <b>LUNCH</b>         |                                 | <b>LUNCH</b>         |          |
| <b>Block C</b> | English 10-1         |                                 | Science 10           |          |
| <b>Block D</b> | Art 10               | CALM 20<br>with: HCS300/HCS3010 | Ukulele/Guitar 15    | Drama 10 |
|                | <b>22-24 credits</b> |                                 | <b>22 credits</b>    |          |

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## **FLEX Time**

FLEX TIME is a designated period in the schedule that provides students with the flexibility to catch up on assignments, receive additional support, or engage in enrichment activities with a teacher.

This time allows students to seek help, review previous content, and deepen their understanding without interfering with new instruction.

# Student Clubs & Groups



## International Travel Club

Planning for Spring 2028.



## Ski Club

Increase your skills and confidence in skiing or snowboarding.



## Citadel Theatre Club

Experience and learn about live theatre! See some (or all!) of our six Mainstage shows. After the performance, students are invited to stay for a behind-the-scenes talk-back with members of the cast and crew.

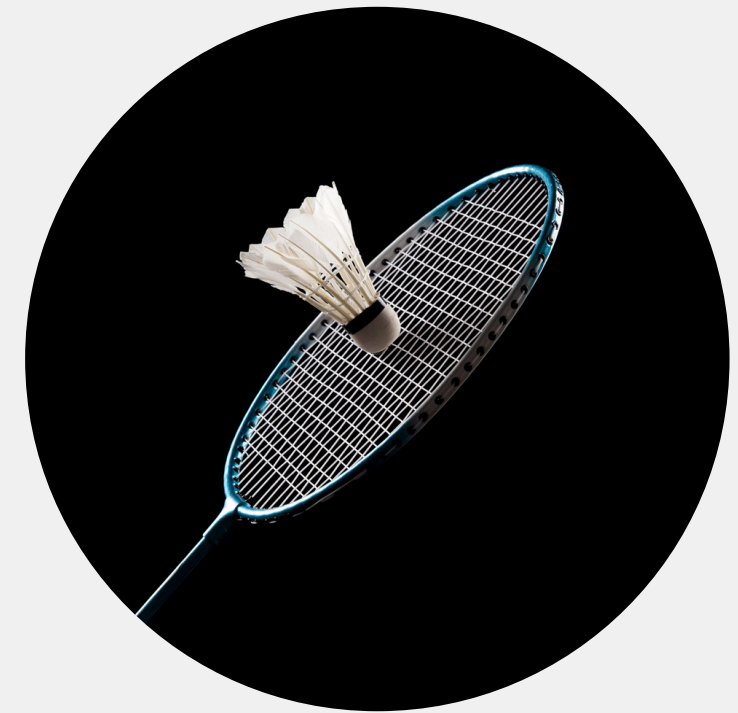
# Titans Athletics



**Volleyball**

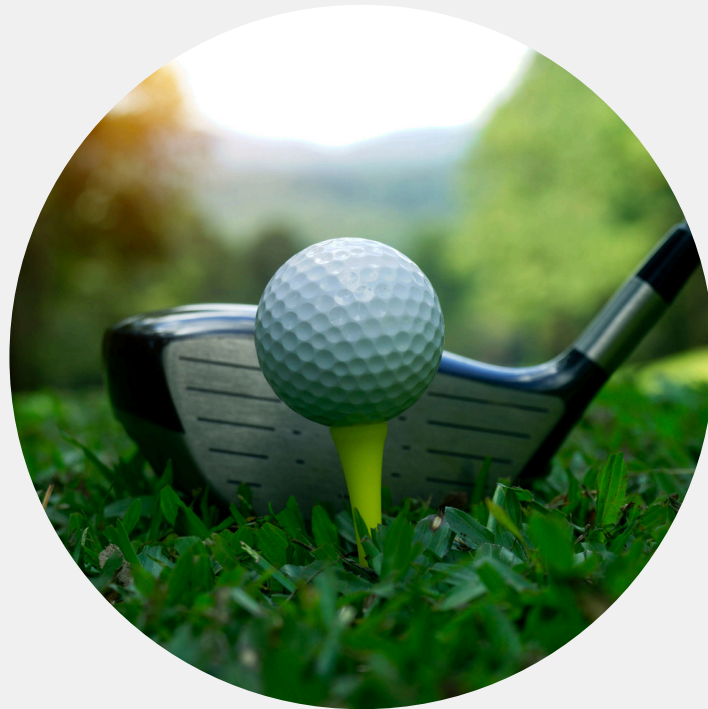


**Basketball**



**Badminton**

# Titans Athletics



**Golf**



**Track & Field**



**Archery**



# Questions?

If you require any assistance with registration, PowerSchool, SchoolCash, or anything else, please contact our office at 780-352-5533 and we will be happy to assist you.

Admin Assistant (PowerSchool): Kelly Strader

Admin Assistant (Registrar): Shelly Rule

Admin Assistant (Finance): Kathy Robinson

