

STURGEON COMPOSITE HIGH SCHOOL GRADE 10 COURSE SELECTION 2023-2024

STUDENT NAME: _____

JUNIOR HIGH: _____

PARENT/LEGAL GUARDIAN NAME AND EMAIL: _____

CURRENT GRADE 9 MARKS

Language Arts	
Math	

Social	
Science	

*****Circle any K & E Marks

CORE COURSES AND PE - SELECT ONE FROM EACH GROUPING

CORE COURSE	CREDIT
SCIENCE	
Science 10 <i>65% plus in gr 9</i>	5
Science 14 <i>less than 65% in gr 9</i>	5
Science 10-4 K & E <i>recommended by school</i>	5
ENGLISH LANGUAGE ARTS	
English 10-1 <i>65% plus in gr 9</i>	5
English 10-2 <i>less than 65% in gr 9</i>	5
English 10-4 K & E <i>recommended by school</i>	5
FRENCH IMMERSION	
French Language Arts 10	5
Études Sociales 10	5
<i>Must have successfully completed grade 9 French Immersion</i>	

CORE COURSE	CREDIT
SOCIAL STUDIES	
Social Studies 10-1 <i>65% plus in gr 9</i>	5
Social Studies 10-2 <i>less than 65% in gr 9</i>	5
Social Studies 10-4 K&E <i>recommended by school</i>	5
MATHEMATICS	
Math 10C <i>65% plus in gr 9</i>	5
Math 15 - prep for 10C <i>50-65% in gr 9</i>	5
Math 10-3 <i>less than 65% in gr 9</i>	5
Math 10-4 K & E <i>recommended by school</i>	5

REQUIRED COURSE	CREDIT
PHYSICAL EDUCATION	
PE 10 COED	3
PE 10 FEMALE	5
PE 10 MALE	5

Mathematics information

****Students should only select MATH 15, if they do not believe they are ready for MATH 10C but would like to obtain this course.****

If you intend to take PE 10 or CALM in Summer School please indicate which course and the location:

COMPLEMENTARY COURSES

Select your preferred courses with 1 being your favourite. Your total number of credits including core and PE should be between 40 and 44. Make sure you choose 3 credit courses in pairs. If you only choose one year long music course, you need to make sure you have selected two 3 credit courses to balance your timetable. Please select two alternate courses and label them "A". Look online for course descriptions. See attached sample timetables to assist in picking enough courses.

Physical Education/Fitness & CALM

Sports Performance	5
CALM 20	3
Outdoor Ed 10	3

Fine Arts

Art 10	3
Art 10	5
Drama 10	5
Music-Choral year long	5
Music-Inst. Conc Band yr lg	5
Music 10 Drumline	5
Music 10 Guitar	5

Second Languages

French Lang. & Culture	5
Spanish Lang. & Culture	5

Humanities

Aboriginal Studies 10	5
Military Studies 15	5



CTS and Locally Developed Courses

Childcare 10	5
CISCO 10	5
Comm Tech 10	5
Constructions 10	5
Comp. Sci Game Design	5
Cosmetology 10	5
Fab Studies (Welding)10	5
Fashion & Home Design	3
Fashion & Home Design	5
Film Studies 15	5
Foods 10	3
Foods 10	5
Intro to Health Pathways	5
Leadership 15	3
Learning Strategies 15	3
Mechanics 10	5
STEAM (Science, Technology, Engineering, the Arts, and Math)	3

TOTAL NUMBER OF CREDITS SELECTED: _____

Parent Signature: _____

Student Signature: _____

Junior Homeroom Teacher Signature: _____

Please note that you may not get all of the complementary courses you choose. Substitutions may be made based on registration numbers.

STURGEON COMPOSITE HIGH SCHOOL

SAMPLE TIMETABLE PLANNING SHEET

SEMESTER ONE	SEMESTER TWO
MATH 10-3	ENGLISH 10-2
<div>Concert Band</div> <div>PE 3 credit</div>	<div>Concert Band</div> <div>Foods 3 credit</div>
Science 14	Social 10-2
Construction	Fashions

Total 40-44 credits (no spares in grade 10): 41

Please note that your courses will not be in this order on your timetable

STURGEON COMPOSITE HIGH SCHOOL

SAMPLE TIMETABLE PLANNING SHEET

SEMESTER ONE	SEMESTER TWO
Math 15	MATH 10C
Social 10-1	Science 10
PE 10	Sports Performance 10
ENGLISH 10-1	French Lang & Culture

Total 40-44 credits (no spares in grade 10): 40

Please note that your courses will not be in this order on your timetable

Sturgeon Composite High School



Name: _____ Current Grade: _____

High School Planning Sheet

Semester One	Semester Two

- *Grade 11s may have one spare if 40 credits were earned in Grade 10*
- *Grade 12s may have two spares if 75 credits were earned in Grade 10/11*
- *Please note that your courses are not guaranteed and may not be in this order in your timetable.*