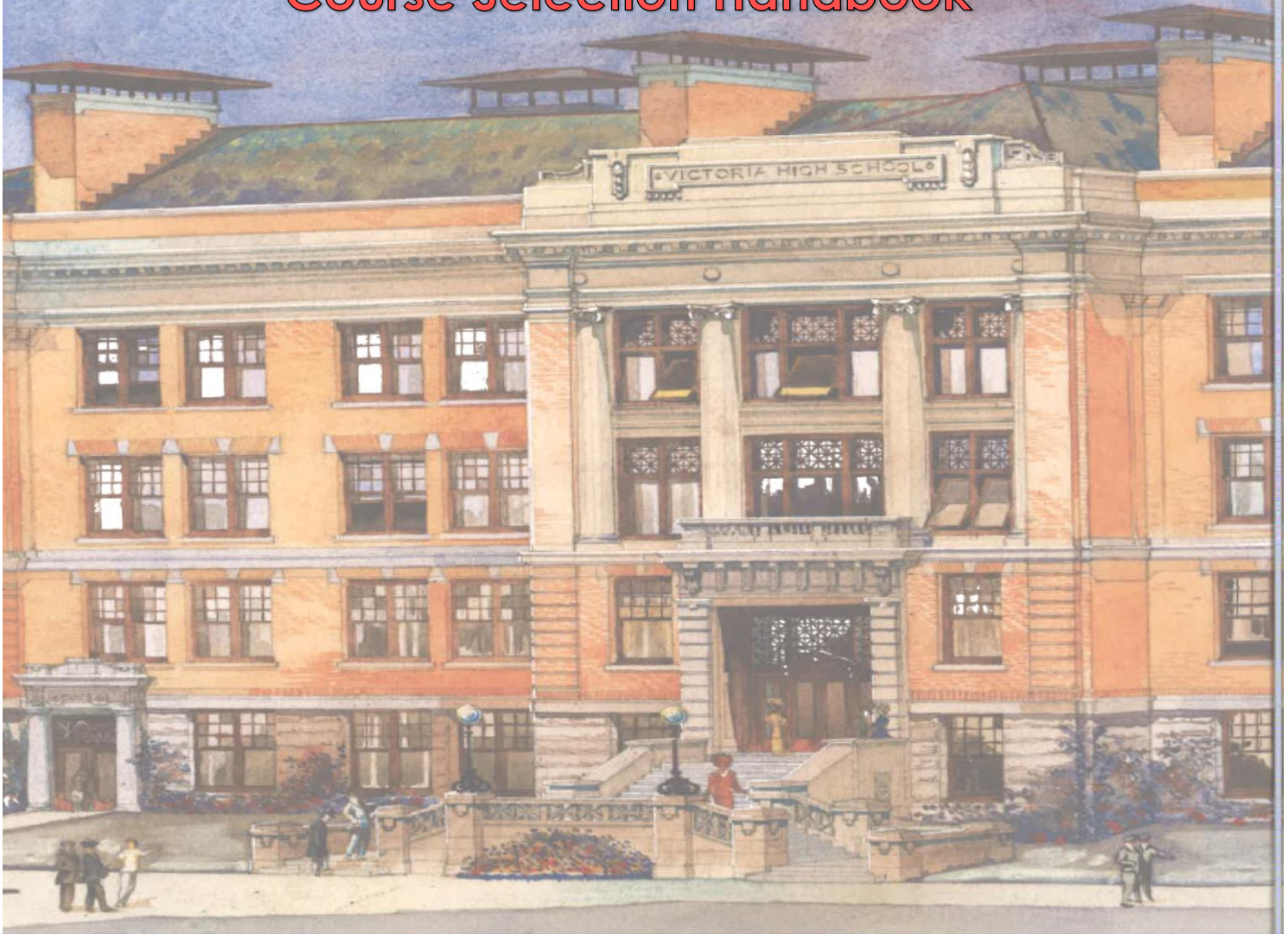


École **Victoria High** School

**Grade 9**

**Course Selection Handbook**



**Find your passion at Vic High!**



**Fernwood Campus: 1260 Grant Street Victoria, BC V8T 1C2**  
**Topaz Campus: 923 Topaz Avenue, Victoria, BC V8T 2M2**

**(250) 388-5456**

**More information on our website: [www.vichigh.sd61.bc.ca](http://www.vichigh.sd61.bc.ca)**

## FREQUENTLY ASKED QUESTIONS

- ❑ **May I take grade 10 electives?** Yes! All of your elective options are listed in this handbook.
- ❑ **How do I apply for Honours classes?** Put them on your course request after discussing it with your parents and your current teacher. You should have a B or better in that course in Middle School.
- ❑ **What are “outside of the timetable” courses?** These elective classes run before school, at lunch or after school. (See the back page for timetable examples.)
- ❑ **May a grade 9 student have a spare?** All grade 9 and 10 students must have a full timetable and may not have a spare. Talk to a counsellor or an administrator if there are extenuating circumstances.
- ❑ **How will I know what courses I have in grade 9?** Timetables will be delivered to the Middle Schools in June.
- ❑ **I need extra help.** Learning support blocks are available for designated students. The Vic High staff meets with the middle school teachers to determine those blocks. Support staff are available to assist students during Learning Over Lunch.

**The following courses are those available for our grade 9 students. This guide is to help you choose courses you are interested in as well as fulfill the requirements towards your Vic High graduation.**

# Applied Design, Skills and Technologies

## Home Economics

### FOOD STUDIES 10

Explore a wide variety of culinary, nutritional, and consumer education topics in an inclusive and creative environment. The opportunity to earn the Food Safe Level 1 certificate will be offered during class time in FS10. Students will practice planning, prototyping and improving recipes by applying basic and intermediate techniques to a wide range of staple foods for self and others. Develop valuable skills deliciously and explore food studies topics from the farm to the fork. FS10 is an Applied Skills 10 class, your choice for one AS10 class is required for graduation

### TEXTILES 10

Interested in learning to sew? This textiles course is designed for the BEGINNING sewing student who has little or no previous experience. Develop your sewing skills while learning about fabrics, patterns and design. Learn about natural and manufactured fibers. Learn the uses and care of the various types of fibers including in First Peoples cultures. Explore your creative side. Uncover an appreciation for 'slow fashion.' Make various free choice craft and garment projects. Explore the factors that influence textile choices. Apply the elements and principles of design to your projects. Learn hand and machine construction techniques. Alter clothing patterns prior to construction, repair and upcycle of textile items. A wide range of materials will be available for use. This course is open to all students grade 9 through 12. If you want to learn how to sew in a fun and creative environment then this is the class for you.

## Information & Communications Technology

### COMPUTER STUDIES 9

Computer Studies 9 is a survey course that is suitable for grade 9 students at all skill levels, from novice computer users to experts, and anyone in between. Many of the skills learned in IT9 are directly applicable to your other classes, improving assignments and projects, making them stronger and more engaging. You will understand basic web page design and create animations and images for the web or for computer applications. You will be introduced to basic computer programming and prepare some fun simple video games. You will also be introduced to computer hardware, and understand how computers work.

# Technology Education

## **POWER MECHANICS 10**

This course is open to students in the Grade 9 and 10 and introduces you to the world of mechanics - bike, small engine, and automotive. You will learn about the maintenance and repair of bicycles through learning to tear down and rebuild a bike. Then on to small engines, where you will use a single cylinder Briggs and Stratton engine to learn all about how engines run and how all the parts work together to bring the engine alive with power. Finally, you will be introduced to the maintenance of automobiles.

## **ELECTRONICS AND ELECTRICAL 10**

This course is open to students in the Grade 9 and 10. You will learn about electronics and electrical in a fun and creative way. Besides learning about electrical safety and components (resistors, LED's, capacitors, SCR's) as well as building electronic prototypes and projects, you will learn to use tools and equipment to install electrical components (switches, receptacles, smoke alarms and lamps) as found in a home. This course will give you the experience and knowledge on how electronic and electrical things work in the preparation for taking further courses in Vic High's electrical apprentice program.

## **SKILLS EXPLORATION 10A**

This is a project based course that introduces grade 9 and 10 students to the variety of trade program options available at Victoria High School. You will have fun while you explore the areas of electrical, carpentry, metal fabrication, welding, joinery and automotive repair. You will start to develop the knowledge and skills required to obtain and maintain a job in a trade. This course also provides an awareness of career and apprenticeship opportunities. Students who successfully complete this course will have the opportunity to take Victoria High's Career and apprenticeship courses.

## **AUTO BODY 10**

This course is open to students in Grade 9 and 10. This exploration course gives students the opportunity to participate in hands-on learning of automotive body repair. Students will be introduced to dent repair, surface preparation, painting and welding. This is a great opportunity to learn some new skills in a fun environment. Safety supplies are provided, however students can purchase their own to keep for a cost of \$35. This includes a respirator with all necessary filters.

## **METALWORK 10**

This course is open to students in Grade 9 and 10, and is designed for students to learn metalwork techniques on the fabrication of projects such as: sheet metal box, 'balancing man' brazing and gas welding project, MIG and SMA (stick) welding projects, aluminum casting, and CNC plasma cutting projects. Emphasis will be on the creativity and design prior to building. Students will learn to use metal lathes, milling machines, grinders, drill presses and welding equipment, along with sheet metal machines and hand tools.

Metalwork 10 supplies – All materials will be supplied by provided for the course except the following metal material. You may already have the material, you may wish to purchase it from local vendors, or purchase it from the metalwork department for \$15.

12" x 12" 22 gauge galvanized sheet stock - \$5.00

96" ½" x ½" square tube – \$4.00

48" – 1/8" x 1" Flat bar - \$3.50

48" – ¼" round cold rolled steel - \$2.50

## **WOODWORK 10**

This course is open to students in the Grade 9 and 10. In this course you will make a variety of projects from wood. These include a display table, a box of your choice, a wood turned bowl and, if time permits, another project of your choice. Students will learn the safe operation of tools and equipment, as well as wood characteristics, processes and finishing.

Woodwork 10 supplies – All materials will be supplied by provided for the course except the following wood material. You may already have the material, you may wish to purchase it from local vendors, or purchase it from the woodwork department for \$15. The material needs to be clean and dry to be used in the woodshop.

1 piece -1 ¼" x 8" x 48" hardwood (maple, alder or a similar hardwood)

1 piece - 1" x 6" x 48" hardwood (maple, alder or a similar hardwood)

## ART METAL / JEWELRY 10

This course is open to students in Grade 9 and 10. Students will create jewelry and unique personal projects for themselves and their homes. Techniques include enamel bead making, rings, silver soldering, chain making, two- and three-dimensional wirework, and much more!

Art metal and Jewelry 10 supplies – All materials will be supplied by provided for the course except the following metal material. You may already have the material, you may wish to purchase it from local vendors, or purchase it from the metalwork department for \$14.

1" x 10" Copper sheet .040" thick - \$6.00

1" x 4" nickel silver plate .040" thick – \$2.00

24" – 3/8" hot rolled round stock - \$4.00

48" – Aluminum MIG wire for chains - \$2.00

# Arts Education

## Dance

### **BEGINNER DANCE FOUNDATIONS 9**

An introductory course to the foundations and techniques of Hip-Hop, Jazz, Lyrical, Modern Stage, Contemporary, Ballet-Jazz and Tap; Body Alignment and Conditioning, Injury Prevention and Body-Spatial Awareness specific to the elements of the dance to be included. Beginner Dance is designed to develop and support self-confidence through the movement-dance experience.

### **INTERMEDIATE DANCE FOUNDATIONS 9**

Prerequisite: Beginner Dance of Equivalent Dance Training

A continuum of Beginner Dance with the expectation of a higher skill set. For example, pirouettes, concept of spotting, and an understanding of placement & posture for the different dance genres. Intermediate Dance is designed to challenge the dancer through a wide range of choreographic experiences.

### **ADVANCE DANCE FOUNDATIONS 9**

Prerequisite: By permission of Faculty

A fast-paced and technically challenging course that includes a comprehensive and intensive study of genres best suited to the interests of the Advance dancers as individuals and as a class. Technical refinement and expression in movement-dance for the stage and camera will be explored with the potential to produce formal and informal works for both stage and camera.

Advance dancers seeking acceptance to a post-secondary training school will be prepared for their auditions as outlined by specific criteria of selected universities and Professional Training Programs.

### **DANCE COMPANY 9**

Prerequisite: By Audition

A performance-based linear course scheduled outside the timetable – September to June. The VHS Dance Troupe is known as "Platform 61" est. 2005. Dancers and choreographers focus on building a diverse repertory that reflects the skill set of dancers. Each year Guest Choreographers are invited to set new works on the dancers and work with the dancers in a pre-professional setting.

## Drama

### **DRAMA 9**

Junior drama focuses on ensemble building and developing the foundational skills required to find success in senior drama. Emphasis is placed on self-reflection and individual growth through participation based activities and assignments. Students study voice, movement, improvisation, characterization, and play building. Junior drama can be taken twice, with new curriculum and skills taught in each course. Students are encouraged to take junior drama before taking senior drama.

## **MUSICAL THEATRE 10**

This is an out-of-timetable, by-audition course and gives credits to students who perform in the annual school musical. Students are expected to attend each rehearsal and will learn the intricacies of live performance. Students will develop skills in ensemble building, dance, stage blocking, vocals, and acting. Students are expected to help support all elements of the production, including fundraising and advertising. Students are given the opportunity to help select the annual musical. Casting is based on availability, years of musical experience, and an audition that includes a song and monologue. Please be prepared for evening and weekend rehearsals, as needed.

## Music

### **MUSIC 9: CONCERT BAND**

This class is open to any grade 9-12 student who wants to learn to play a woodwind, brass, or percussion instrument in a large group setting. This is a great way for students to join the music program if they have had a little, or even no previous musical training. This course provides students with the foundational skills in order to pursue Instrumental Music 10 and beyond.

Students will be evaluated on participation/effort, attitude, behaviour, attendance and the development and improvement of technical skills and musicianship. Topics of study include ear training, music theory, development of listening skills, sight-reading and instrumental performance techniques.

### **CHORAL MUSIC 10: CONCERT CHOIR**

Concert Choir is open to any grade 9 or 10 student. No experience is necessary. This is an opportunity to experience a variety of styles of music from many periods, including madrigal, folk, popular and gospel/spiritual. Units in musicology, music history, theory, sight-reading and rudiments are taught and tested. This course is designed to enhance the choral skills of all participants.

### **CONTEMPORARY MUSIC 10: INSTRUMENTAL**

This class will combine with Vocal Jazz 10 to form a performing ensemble. This group will provide students with an opportunity to perform funk, rock, pop and a variety of other genres. Members of this band must also be members of either Concert Band 10 or Jazz Band 10. Please see Mr. Rawson if you have any questions.

### **CHORAL MUSIC: VOCAL JAZZ 10**

This class will combine with Instrumental Contemporary Music 10 to form a performing ensemble. This group will provide students with an opportunity to perform funk, rock, pop and a variety of other genres. Members of this band must also be members of Concert Choir 10. Please see Mr. Rawson if you have any questions.

### **INSTRUMENTAL MUSIC: JAZZ BAND 10**

Students should have previous instrumental experience for this course. Saxophone, trumpet, trombone, as well as piano, bass, electric guitar, electric or acoustic bass and drums/percussion players are required. Students will learn to interpret music in a variety of styles including swing, funk, rock and Latin. Performance is a major focus of this group; attendance at concerts and festivals is a requirement of the course. Space is limited for guitarists, bassists and drummers and the ability to read basic jazz chords and notation is essential. Members of this band must also be members of either Concert Band 10 or Instrumental Contemporary Music 10. Please see Mr. Rawson if you have any questions.

### **INSTRUMENTAL MUSIC: ORCHESTRA 10 (STRINGS)**

Students should have previous instrumental experience for this course. Violin, Viola, Cello, or Double Bass are the only string instruments accepted. Students will learn to interpret music in a variety of eras and styles including Baroque, Classical, Romantic, and Programmatic. Performance is a major focus of this group; attendance at concerts and festivals is a requirement of this course.

## Visual Arts

**Visual Art Supplies** - All materials will be provided for your Visual Arts course except the following items which are yours to keep. You may already have these supplies, you may wish to purchase from local vendors or as a convenience to you, purchase from the Art Department. If the purchase presents financial difficulty please see your teacher for alternate arrangements.

Drawing Pencil	\$1.00
White Eraser	\$1.50
Sketchbook (hard cover)	\$10.00
OR	
Sketchbook (soft cover)	\$5.00
#2 Paintbrush	\$4.00
18 x 24 canvas	\$10.00

## VISUAL ART 9

Discover your hidden talents. A foundation course for students with little formal art experience who wish to explore art concepts and build skills in drawing, painting, printmaking, pottery and sculpture. Material might include graphite, coloured pencil, charcoal, pastel, watercolour, acrylic, styrofoam, lino, clay... You will discover many approaches to expressing yourself visually. Students with extensive art experience should register in Visual Arts 10.

# Career Education and Personal Development

## YOGA FOR MINDFULNESS 9

Yoga for mindfulness is a holistic pursuit of wellness. In this course, students will experience the health benefits of yoga and develop their well-being and personal management skills - skills which will help them to balance school, work and other life priorities. Students will use yoga, meditation, breathing techniques and mindfulness to learn more about themselves. They will learn to identify the precursors of stress and learn how to release them more easily. The course will also include an introduction to the history of yoga, yogic philosophy, human anatomy and physiology.

This is an inclusive class that is open to all grades, genders and ability levels. No yoga experience is required.

## LEADERSHIP 9

If you want to get out and get involved in your school and community, this is the class for you. Students will have the opportunity to participate in planning activities such as school-wide breakfasts, special assemblies, a talent show, school dance and large school spirit events. Students can expect to be involved in fundraising and volunteering for various charities and social causes at both the school level and the community level. Students will have the opportunity to join tens of thousands of like-minded students who are seeking to "Be the change they want to see in the world" at WE Day in Vancouver. Along the way we will also have a lot of fun and develop meaningful and lasting friendships!

This course is designed to give students the opportunity to develop their individual and collective sense of social responsibility through the acquisition and application of leadership skills and theory. Students will develop lifelong skills in the areas of self-image, goal setting, time management, communication, marketing, school and community service, public relations, decision making, team building, collaboration and an increased understanding of various leadership styles.

Evaluation for all sections is largely based on attendance, participation, attitude and effort. All sections are available to students who have not previously enrolled in Leadership classes.

# English Language Arts

## ENGLISH LANGUAGE ARTS 9

Working individually and collaboratively, students will explore a variety of oral, visual, digital and written texts, including First Peoples and Canadian perspectives, and reflect on their different purposes, audiences and messages. Students will synthesize an understanding of the social, cultural and personal connections of the texts by extending their critical thinking skills through inquiry and other creative avenues. The writing process and conventions of language in a multi-paragraph format, and other presentation techniques, will be applied by students to explain their understanding of the various texts.

**All students should complete English classes in the recommended pre-requisite order.**

## ENGLISH LANGUAGE ARTS 9 HONOURS

In English 9 Honours, students are exposed to a wider variety of more advanced thematically based literature, in addition to some of the regular curriculum texts. The craft of academic paragraph and essay writing is emphasized as well as some creative writing. The course affords students the opportunity to develop inquiry based thinking skills and extended critical thinking skills. This course is appropriate for students who have an ability

to read fluently, a willingness to participate in discussion using critical thinking skills, and enjoy a challenge in English.

**Placement in English Honours is based upon student choice and recommendation from teachers.**

## **CREATIVE WRITING 9**

Writing 9 is for students who love to write. Students will explore, and experiment with several forms of creative writing in order to improve their own style. Professional writers will be brought in to give workshops to the students. At the end of the course, each student will create a magazine about their particular passion.

# **Français langue seconde - immersion**

## **FRANÇAIS LANGUE 9**

This is a course that is required for the completion of the French Immersion program in British Columbia. This course helps students to refine their French language skills and encourages the use of French in everyday activities. Students will continue their study of French language and culture with a focus on:

- Improving communication skills in French to define and affirm ideas.
- Understanding the cultural implications of language.
- Studying a variety of texts at different levels and bringing different meanings to light.
- Improving writing skills to enrich text
- Understanding the use of past tenses and pronouns.
- Examining narrative structure and descriptive sequences.

## **SCIENCES HUMAINES 9**

Socials 9 will allow students to gain an understanding of how local, regional and global issues and events have shaped the world in which they live. Students will study the period between 1750 and 1919, as well as the physiographic regions of Canada.

## **ÉDUCATION PHYSIQUE ET SANTE 9**

The goal of this course is to encourage students to engage in daily physical and health education in a French-speaking environment. Students will develop their physical literacy, healthy living, and mental well-being skills while exploring:

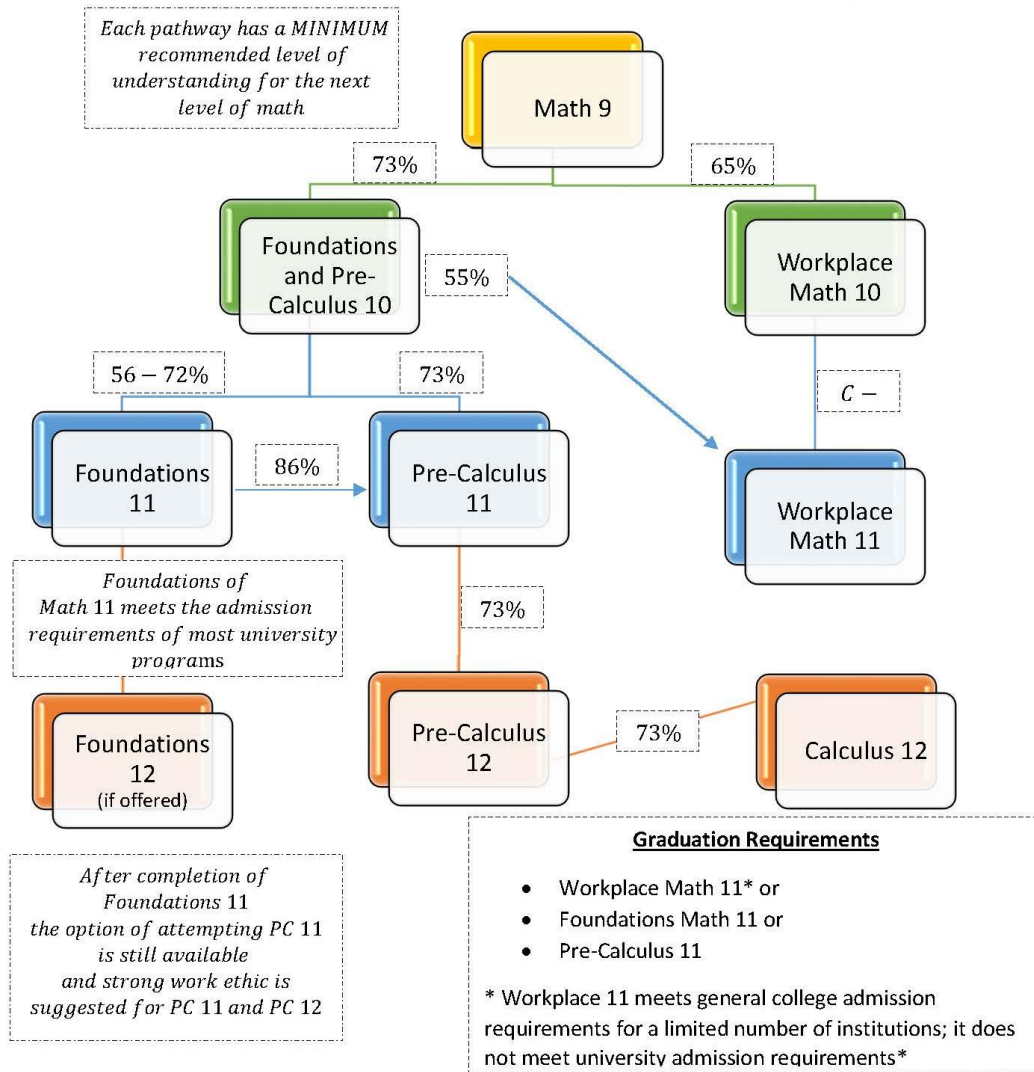
- The benefits of lifelong physical activity on the development of a healthy lifestyle.
- How healthy choices influence physical, emotional and mental well-being.
- How healthy relationships can contribute to rewarding and fulfilling lives.
- How advocating for the health and well-being of others connects us to our community.
- Understanding the factors that influence health and how to affect healthy changes in lifestyle choices.

# **Mathematics**

## **MATH 9**

This course completes the grade 7 to 9 module of the Western Canada Protocol Mathematics Curriculum. Course content includes operations with rational numbers, integers, exponents, polynomials, equations and inequalities, linear functions, and statistics. Upon completion of this course students must choose which Mathematics stream to continue on with: Workplace Mathematics 10 or Foundations of Mathematics and Pre-calculus 10. In order to ensure success in mathematics, the mathematics department recommends that students wishing to proceed to Foundations of Mathematics and Pre-calculus 10 achieve at least 73% in Mathematics 9. For more information, see the Math Pathways chart below, or please see your math teacher for a recommendation if you are not sure.

## Victoria High School Math Pathways



- ❖ The Pre-Requisite courses listed above require only a passing grade to enroll in the next level
- ❖ However it is strongly encourage that students demonstrate a strong level of **understanding** in their previous years courses in order to facilitate and promote success in the later years.
- ❖ Attempting a course multiple times is not a sign of 'failure' but is the resilience and persistence required to learn complex and abstract concepts

## Physical and Health Education

### PHYSICAL AND HEALTH EDUCATION 9

PHE 9 is required to be taken by all students for graduation completion. This course presents all students with a wide variety of activities in individual, competitive and team sports. Students will also explore strategies and ways of maintaining their own mental health and well-being. This includes decision making related to health of self and others, healthy sexual decision making and online safety. Physical Education is an activity-based course where regular physical participation is a basic requirement. Physical activities will be enjoyed at recreational and some competitive levels. Students will learn rules of different sports, strategies, techniques, and movement principles as they relate to various games and activities. Students will improve various social skills such as cooperation, teamwork, good sportsmanship, leadership, and respect for individual differences. Students will develop an understanding of the terms fitness and health and will know how to apply this knowledge to everyday living.



## **FIT FOR LIFE 9**

This course is geared to the interests of the students and designed to foster a positive attitude towards physical activity throughout one's life. In addition to various games and dance, this course will expose students to a variety of activities such as yoga, skating, weight training, Zumba, water aerobics, rock climbing, golf, curling, gymnastics and hiking. Other topics we may explore are nutrition and first aid. The goal of this course is to encourage students to develop a personal life long plan for a balanced healthy lifestyle including nutrition, exercise, work and rest. The health and fitness outcomes in this class are designed to support the needs of youth that identify as female.

## **OUTDOOR EDUCATION 10**

We go outside! Students have the opportunity to safely experience our amazing natural environment. This is a full credit class that meets outside the timetable throughout the school year and is offered to all students, whether you are beginning your outdoor experiences or want to build on your confidence. This course aims to develop outdoor knowledge, survival skills, leadership, collaboration, team-work, self-reflection, and the importance we have with our natural environment. Examples of activities include fire building, shelter building, bush-craft, trip planning, camp setup, wilderness navigation, kite flying, slacklining, hiking, geocaching, and New Year polar bear swims. Outdoor Education has the option of full student participation throughout the year, as well as some optional fee paying activities such as overnight hiking and camping.

# **Science**

## **SCIENCE 9**

This course functions as an introduction to science at the secondary level and is necessary for scientific literacy, developing critical thinking skills, and engaging with scientific concepts and topics that are essential for citizenship. Major topics include lab safety, the chemical nature of elements and matter, electricity and electric current, sexual and asexual reproduction, ecology, sustainability, and energy cycles. Students will also have the opportunity to explore the scientific method and experimental design.

## **SCIENCE 9 HONOURS**

A Science 9 Honours class will be offered to highly motivated student with an A or a high B in Science 8 and Mathematics 8.

# **Second Languages**

## **FRENCH 9**

Build your knowledge of the French language and culture. This is a course for those with little experience with French. It will continue the introduction to spoken and written work. Students will learn basic vocabulary, pronunciation, sentence structure, reading and writing. Theme-based projects on food, music, sports, travel and film will be included.

## **JAPANESE 10**

Japanese 10 is open to students in Grade 9 and 10, and is an introductory level course which covers speaking, listening, reading and writing. Students will be learning hiragana, katakana and approximately 50 kanji (Chinese characters). Students will also look at cultural topics such as sumo, anime, karaoke and traditional arts. No prior knowledge of Japanese language is required.

## **SPANISH 9**

Did you know that almost half of the population in the Western Hemisphere speaks Spanish? Why not prepare yourself for future travel? In Spanish 9, students embark on their journey to Spanish fluency through storytelling. TPRS (Teaching Proficiency through Reading and Storytelling) is a teaching method that creates a fun immersion-like environment through stories, songs and videos. This course is for beginner Spanish students.

# **Social Studies**

## **SOCIAL STUDIES 9**

Social Studies 9 considers a wide range of topics that not only explain Canada's development as a nation from 1750 to 1919, but also provides a foundation for deeper exploration of places, people and history beyond our borders. Thematic topics of study include: revolutions, imperialism and colonialism, patterns of migration, nationalism, local, regional and global conflicts, and discriminatory policies, attitudes, and historical wrongdoings. As well as discussion of current Canadian political and social issues.

# Student Support

## SUPPORT BLOCKS / LEARNING STRATEGIES 9

Support blocks/Learning Strategies is available for students of all grades who have an Individual Education Plan (IEP) and is considered to be an elective in grade 9. Students will receive assistance from a teacher and Educational Assistants. The Resource Room can support student learning in the following ways:

- Extra support in timetabled courses
- Improved organizational and time management skills
- Learning strategies and study skills
- Adapted and / or modified courses.

Our Student Support team will be in contact with the middle schools in the spring to coordinate the transition from Middle to High School. Parents concerned about placement in these courses should contact a School Counsellor.



### Reminders

- Students must select 8 courses within the timetable.
- Other course options are available outside of the timetable (our regular school day). Clubs and teams are not considered courses.
- Choose your courses carefully keeping in mind your skill level and your interests.
- Try new things and find your passion!

### EXAMPLES OF SOME EXTRA-CURRICULAR ACTIVITIES

ATHLETICS	CLUBS
Badminton	Aquarium Club
Basketball	GSA
Curling	Computer Club
Rowing	Environmental Club
Rugby (girls & boys)	Improvisation Club
Soccer	Juggling Club
Track & field	Anime Club
Volleyball	Top Shelf Book Club
Golf	Urban Gardeners
Tennis	Youth for Change & Inclusion
Intramural Sports (Lunch)	
Principal's Advisory Group	



## Contact Us

Parents with questions regarding course selections as well as extra academic or counselling support, please contact an administrator or one of the school counsellors.

**Principal:** Aaron Parker [aaparker@sd61.bc.ca](mailto:aaparker@sd61.bc.ca)  
**Vice Principal:** Chris Koutougos [ckoutougos@sd61.bc.ca](mailto:ckoutougos@sd61.bc.ca)  
**Vice Principal:** Liz McMaster [lmcmaster@sd61.bc.ca](mailto:lmcmaster@sd61.bc.ca)

**School Counsellors:**  
 Martha Dietiker [mdietiker@sd61.bc.ca](mailto:mdietiker@sd61.bc.ca)  
 Paula Manning [pmanning@sd61.bc.ca](mailto:pmanning@sd61.bc.ca)