

# Find your passion at Vic High!

Fernwood Campus: 1260 Grant Street Victoria, BC V8T 1C2

(250) 388-5456

More information on our website: 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.
   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 students with designations. 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 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

### **Business Education**

#### MARKETING 10

Throughout the semester, students will explore key concepts related to starting, managing, and growing a business, with a particular focus on the role of effective marketing strategies. The course is structured to combine theoretical insights with practical applications, fostering a hands-on learning experience that prepares students for real-world challenges. By the end of this course, students will not only have a solid understanding of entrepreneurship and marketing principles but will also have developed practical skills that can be applied to real-world business scenarios. Whether aspiring to launch their own venture or contribute to the success of an existing business, students will be well-equipped to navigate the dynamic landscape of entrepreneurship and marketing. Join us on this journey of discovery and innovation! This course will be helpful for students who are interested in taking Entrepreneurship 12.

### **Home Economics**

#### **FOOD STUDIES 10**

Explore a wide variety of culinary, nutritional, and consumer education topics in an inclusive and creative environment. Foodsafe Level 1 certificate will be completed during class time in FS10. Students will practice planning, producing 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.

#### **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 10**

Video games are not just fun to play but fun to create. The video game industry is a booming area and is quickly becoming one of the largest markets of the entertainment industry. Students will learn to develop sprites (character animations) and apply these animations to have characters interact with keyboard and joystick controls. Programming skills using software called "GameMaker" will be developed and students will complete the course with an arcade style game. Students will also get a chance to explore industry standard animation and drawing software to further develop their multimedia abilities. Although this is an introductory course, a wide range of abilities will be accommodated due to the project style nature of the course.

#### MEDIA DESIGN 10 - MEDIA BROADCASTING

Media design focuses on fundamental elements of media production and is designed as an introductory course. This includes the pre-production, production, and post-production skills required for diverse aspects of media creation, such as content creation, video production and editing, and podcast production and editing. This course provides opportunities to explore media styles, techniques, and technologies of interest.

### **Technology Education**

### **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. Some safety supplies are provided, however respirator filters will need to be purchased at a cost of \$50. Please note that no student will be denied an opportunity to take this course if they cannot afford the safety equipment.

#### **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.

#### Introduction to Robotics, Electronics and Electrical 10

This is an introduction to Robotics Engineering, Electronics Design, and Electrical Installation. You will be doing hands-on learning to design and build a Sumobot that will compete against other students. You will learn how to use resistors, capacitors, LEDs, and other components to design and build a variety of electronic circuits such as flashers, motion detectors, and sirens. You will also learn all about electrical wiring as you use wires, switches, lamps, receptacles and smoke detectors to build a variety of electrical circuits that you would find in your home. Students who want to explore further have the opportunity to choose the next level of Robotics Engineering 11 or Electrical Apprenticeship 11, or both if you wish. This is a great course to take if you want to look at becoming a Mechanical or Robotics Engineer, Electrician, or Electrical Engineer.

#### 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 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

 $48" - \frac{1}{4}"$  round cold rolled steel - \$2.50

#### **SKILLS TRADES ROTATION 10**

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.

#### 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 1/4" 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" - Assorted aluminum MIG wire for chains - \$2.00

### **Arts Education**

### Dance

#### **DANCE FOUNDATIONS 10**

This is an inclusive course designed for any student interested in developing their identity and sense of belonging through movement. We will learn technical skills across a wide variety of genres to build self-expression, perseverance and resilience. This course is suitable for any student, from beginner to advanced, who wishes to put in the repetition and hard work required to develop their body as an instrument for artistic expression and share stories through aesthetic experiences. This course will not have a performance requirement and will happen inside the timetable.

#### DANCE TECHNIQUE & PERFORMANCE: HIP HOP FOCUS 10

This is a fast-paced and demanding dance course in which students will train in a variety of hip hop styles. Students will develop their risk-taking, creative collaboration and critical thinking skills as they challenge themselves physically through daily rehearsals. Strong work ethic, patience and dedication are important for this course. Previous hip hop experience is recommended. This course require participation in several performances and happens inside the timetable.

#### DANCE TECHNIQUE & PERFORMANCE: CONTEMPORARY FOCUS 10

This is a fast-paced and demanding dance course in which students will train in the technique families of contemporary, ballet and jazz. Students will develop their risk-taking, creative collaboration and critical thinking skills as they challenge themselves physically through daily rehearsals. Strong work ethic, patience and dedication are important for this course. Previous contemporary, ballet and/or jazz experience is recommended. This course requires participation in several performances and happens inside the timetable.

#### **DANCE COMPANY 10\***

This course is designed for students who want additional performance opportunities and/or are considering pursuing dance in some capacity after high school. Students will participate in learning experiences that are transferable to personal, professional, and educational contexts. The genres studied in this course will change from year to year depending on the collaboration of the team, but the focused dedication, rehearsal attendance and time-management skills required to be a successful dance company will always remain high. This course requires participation in the greatest number of performances and happens outside the timetable.

### **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.

### **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	\$2.00
White Eraser	\$2.00
Sketchbook (hard cover)	\$20.00
OR	
Sketchbook (soft cover)	\$6.00
18 x 24 canvas	\$15.00

#### 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.

### **Music**

#### MUSIC 9: CONCERT BAND

This class is open to any grade 9 student who wants to continue to develop their skills on a woodwind, brass, or percussion instrument in a large group setting. For most students, this will be a continuation of what they learned in middle school band. However, students with little to no musical experience, or students in other grades, can participate after checking in with Mr. Rawson and developing a plan of action.

Students will be evaluated on participation/effort, attitude, 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. This class will take place in the timetable but will run as a linear class (Sept-June).

#### GUITAR 10

Like listening to music and wish you could play some of your favorite songs yourself? Guitar is a new music class offering aimed at those who would like to add more music to their lives, no musical experience is required. Learn to play guitar through popular music, sheet music, and chords. Songwriting and the basics of music theory will be taught to encourage music in the lives of those who would not normally walk into a music class. This class is based around the principle that learning requires patience and time and is an experiential process. Classes will take place within the timetable and be one semester long. All skill levels are welcome.

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

Concert Choir is open to any grade 9 or 10 student. No experience is necessary, come and explore the joy of singing. This is an opportunity to experience a variety of styles of music from many periods. This course is designed to enhance the choral skills and confidence of all participants. Rehearsals will take place outside the school timetable. This is a yearlong course and credit is achieved in June.

#### CONTEMPORARY MUSIC 10: INSTRUMENTAL (R&B)\*

This class will combine with Vocal Jazz 10/11/12 to form a performing ensemble. This group will provide students with an opportunity to perform funk, rock, pop, and a variety of other genres. Students should be proficient at one of the following instruments: Saxophone (alto, tenor, or, baritone), Trumpet, Trombone, Guitar, Piano, Bass, or Drums. Members of this ensemble must also be members of either Concert Band 10/11/12 or Jazz Band 10/11/12, or by permission from Mr. Rawson. Rehearsals will take place outside the timetable after school. This is a yearlong course and credit is achieved in June. Applying for this course demonstrates that you are interested in participating but does not guarantee participation. Auditions for parts will take place in September to determine the makeup of the group. Please see or write to Mr. Rawson if you have any questions.

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

This class will combine with Instrumental Contemporary Music 10/11/12 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 10/11/12. Rehearsals will take place outside the timetable after school. This is a yearlong course and credit is achieved in June. Applying for this course demonstrates that you are interested in participating but does not guarantee participation. Auditions for parts will take place in September to determine the makeup of the group. Please see or write to Mr. Rawson if you have any questions.

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

This class plays a variety of styles of upbeat music and will focus on reading rhythms as a section and playing by ear.

- Students should have previous instrumental experience for this course. Saxophone (alto, tenor, or baritone), trumpet, trombone, as well as piano, bass, electric guitar, electric or acoustic bass and drums/percussion players are required.
- Grade 9 students are eligible for this class by enrolling in Jazz Band 10, but they must have experience on an instrument listed above, or have a plan to transition onto one of the listed instruments.
- Space is limited for guitarists, bassists and drummers and the ability to read basic jazz chords and notation is essential.
- 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 rehearsals, concerts and festivals is a requirement of the course.
- Members of this band must also be members of either Concert Band 10/11/12 or Instrumental Contemporary Music 10/11/12.
- This is a yearlong course and credit is achieved in June.

#### INSTRUMENTAL MUSIC: ORCHESTRA 10 (STRINGS, WOODWINDS, BRASS, AND PERCUSSION)\*

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.

## **Career Education and Personal Development**

#### YOGA FOR MINDFULNESS 10

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\***

Leadership is a linear outside the timetable course that connects students to volunteer opportunities to support school and local community initiatives. This course is designed to give students the opportunity to develop lifelong skills in the areas of 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, initiative, participation, attitude and effort. No prerequisites are necessary and students may enroll in leadership in grades 9 - 12.

## **English Language Arts**

Note: All students should complete required English classes in the recommended pre-requisite order.

#### **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.

#### **CREATIVE WRITING 10**

Writing 10 is for students who love to write. It is also open to Grade 9 students who have a flair for writing. They 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

Sciences Humaines 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.

#### SCIENCES NATURELLES 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.

### **Mathematics**

Organization plays a significant role in simplifying the learning process. It is strongly recommended that students come to class prepared to engage in the lessons. We suggest students come to class with:

- Binder Page
- Paper
- Pencils/Pens
- Erasers

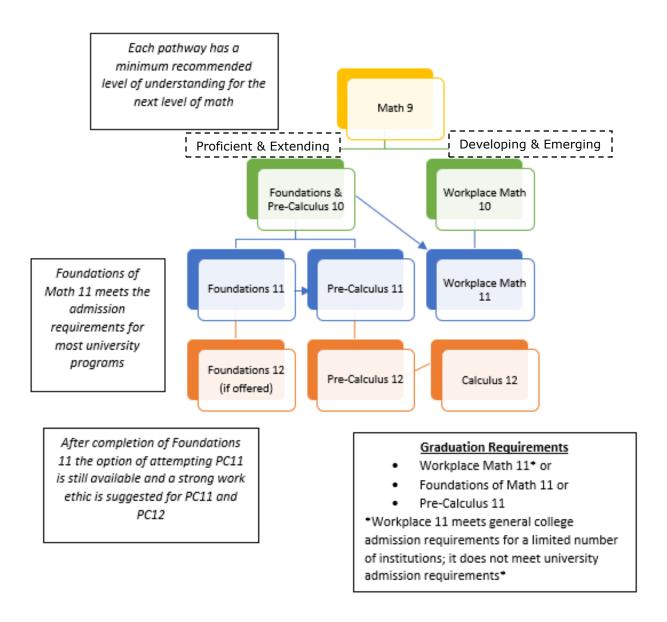
- Ruler
- Highlighter
- Calculator (See Note Below)

#### MATH 9

This course completes the grade 7 to 9 module of the Western Canada Protocol Mathematics Curriculum, a confident understanding of Numeracy Basics (Addition, Subtraction, Multiplication and Division) will greatly support progress through the course. Course content includes, but is not limited to: Operations with Rational Numbers, Integers, Exponents, Polynomials, Equations and Inequalities, Linear Functions, and Statistics and Finance.

Upon completion of this course students must choose which Mathematics stream to continue with: Workplace Mathematics 10 or Foundations and Pre-Calculus Math 10. In order to ensure success in mathematics, the mathematics department recommends that students wishing to proceed to Foundations and Pre-Calculus Math 10 achieve a Proficient Level of Understanding 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.

Note: We are working to standardize the school calculators. The Sharp EL-510 is most efficient and cost-effective calculator that will get students through every Secondary and Post-Secondary math course. It is available for purchase at the school at a discounted rate of \$10. Accommodations will be made if necessary.



- 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 year's 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 (or Fit For Life 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.

#### PHE - 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.

#### **OUTDOOR EDUCATION 10**

We go outside! Students have the opportunity to safely experience our amazing natural environment. This is a full credit class that counts for graduation credits 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, teamwork, self-reflection, Indigenous ways of knowing, and the importance we have with our natural environment. Examples of activities include fire building, archery, shelter building, bush-craft, trip planning, camp setup, orienteering and compass navigation, map reading, kite flying, slacklining, hiking, and geocaching. You should totally take this class!

### 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.

## **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 <u>and</u> 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. This course also includes discussion of current Canadian political, social, and environmental 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	Astronomy Club
Basketball	Chess Club
Rugby	Computer Games Club
Soccer	Green Team
Track & field	GSA
Volleyball	Juggling Club
Tennis	Read and Write Club
	Gardening Club
Student Council	



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

 Vice Principal: Danielle Mercer
 dmercer@sd61.bc.ca

 Vice Principal: Sara Reside
 sresider@sd61.bc.ca

School Counsellors:

Graeme Hamilton ghamilton@sd61.bc.ca
Paula Manning pmanning@sd61.bc.ca