

OKANAGAN MISSION SECONDARY SCHOOL



Grade 10 Course Guide

2018 - 2019

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Administrators' Message

OKM prides itself on the excellence achieved by our students in the areas of: Academics, Fine Arts, Applied Skills and Athletics. Our school's motto is "Excellence Through Effort". We steadfastly believe that all students should be challenged individually to pursue excellence and achieve their goals. It is our commitment to provide a flexible and positive atmosphere built on mutual trust and respect so that students can focus 100% of their attention to achieving their goals. With that in mind, students are introduced to and have the opportunity to explore a wide variety of courses. OKM is able to provide these opportunities through various outstanding academic, fine arts, applied skill and work / career related opportunities. All of these efforts are aimed at allowing students to explore many different areas of interest and provide them with a pathway towards graduating with dignity, purpose and options.

This Course Selection Guide is intended to assist students in planning their educational program to meet their long-term goals. We are proud to be able to offer a diverse selection of courses. Students are encouraged to investigate the courses that are of interest and make an informed decision. Take time to make your selections and keep in mind your goals and interests. Feel free to see one of our counsellors, administrators, career programs staff or teachers in specific areas should you have any questions.

Mr. Bruce McKay
Principal

Mr. Michael Dornian
Vice-Principal

Mrs. Nina Ferguson
Vice-Principal

Ms. Jasmine Lemon
Vice-Principal

Who's Who at OKM

Area	Contact	E-mail
Specific Programs		
Athletics	Paul Thiessen/Rob Steciuk	paul.tiessen@sd23.bc.ca rob.steciuk@sd23.bc.ca
Enrichment Programs	Lisa Fidler	lisa.fidler@sd23.bc.ca
Leadership Excellence	Jody Cronquist	jody.cronquist@sd23.bc.ca
Music	Ed Schnellert Megan Frederick	ed.schnellert@sd23.bc.ca megan.frederick@sd23.bc.ca
Outdoor Education	Jody Cronquist	jody.cronquist@sd23.bc.ca
Theatre	Ryan Grenier	ryan.grenier@sd23.bc.ca
Work Experience	Jill Robinson	jill.robinson@sd23.bc.ca
Academies		
Golf Academy	Paul Janke	paul.janke@sd23.bc.ca
Hockey Academy	Kurt Corman	kurt.corman@sd23.bc.ca
Soccer Academy	Blain Wright	blain.wright@sd23.bc.ca
Swimming Academy	Sarah Sinclair	sarah.sinclair@sd23.bc.ca
General Questions		
Administrative/Behavior A-G	Nina Ferguson	nina.ferguson@sd23.bc.ca
Administrative/Behavior H-N	Mike Dornian	michael.dornian@sd23.bc.ca
Administrative/Behavior O-Z	Jasmine Lemon	jasmine.lemon@sd23.bc.ca
Behavior Support	Austin Ross	austin.ross@sd23.bc.ca
Career Exploration, Dual Credit, Grad Transitions and Readiness	Jill Robinson	jill.robinson@sd23.bc.ca
Counselling/Course Advising A-H	Marilyn Green	marilyn.green@sd23.bc.ca
Counselling/Course Advising I-M	Solenn Dishaw	solenn.dishaw@sd23.bc.ca
Counselling/Course Advising N-Z	Lorna Proch/Brent Sookochoff	lorna.proch@sd23.bc.ca brent.sookochoff@sd23.bc.ca
Learning Support	Beth Parks	beth.parks@sd23.bc.ca
Library	Leisha Cumming Sarah Murdochblack	leisha.cumming@sd23.bc.ca sarah.murdochblack@sd23.bc.ca
Resource Gr. 10-12	Jennifer McLeod	Jennifer.mcleod@sd23.bc.ca

How to Plan your Courses for Next Year

CONSIDER GRADUATION REQUIREMENTS

- Students need 80 or more credits to graduate. At OKM we ask you to have a minimum requirement of 88 credits.
- Students **must** take a full course load in **grade 10 and 11**. In **grade 12**, students must take a **minimum of six courses plus the Capstone Project**.

Grade 10 in 2018-2019	
Grade 10	Grade 11/12 Years
<ul style="list-style-type: none"> • English 10 • Social Studies 10 • A Math 10 • Science 10 • A PE 10 • Numeracy Assessment (Gr. 10 or 11) • Career Ed 10 • A Grade 10, 11, or 12 Applied Design, Skills, and Technologies or Arts Education • Elective 	<ul style="list-style-type: none"> • English 11 • English 12 • A SS 11 or 12 • A Math 11 or 12 • A Science 11 or 12 • Literacy Assessment • Career Connections • Capstone Project • PLUS additional electives (4 courses must be at the grade 12 level)

POST-SECONDARY PLANNING

Questions? Do you need information about?:

- 1) **Approved Academic Grade 12 Courses for Post-Secondary entrance**
- 2) **Post-Secondary Entrance Requirements including**
 - a) **Math requirements**
 - b) **Secondary language requirements**
 - c) **Academic averages**

Answers and information can be found on the following websites:

- 1) **Counselling Website**
- 2) **My Blueprint**
- 3) **Post-Secondary Websites – University/College of your choice**

Course Descriptions

ACADEMIC SUPPORT PROGRAMS

ACADEMIC INTERVENTION PROGRAM (AI)

To support student success, OKM has developed an after-school program that helps students who are struggling academically. The program runs on Mondays to Thursdays and is staffed by a teacher and CEAs who can help support a wide variety of subject areas so that students can get the academic support they need. Often, students are directed into this program by teachers and administrators if they are not being successful. However, students are welcome to drop in for academic support at any time.

LEARNING ASSISTANCE

The OKM Learning Assistance program provides support to students with learning disabilities who have a designation from the Ministry of Education. Assessment, identification, curriculum adaptation, and the development and implementation of an Individual Education Plan (IEP) are all integral parts of the learning assistance program. Learning strategies are taught and support is given both within the whole class setting as well as within small groups. Some students are given time within the school timetable to receive assistance and support for their academic courses. OKM's Learning Support Team, along with the student and family are included in decisions regarding involvement in this program. Students who are non-designated, but who face academic challenges, may also receive support from the learning assistance program based on recommendations from the School Based Resource Team.

APPLIED DESIGN, SKILLS, AND TECHNOLOGY (ADST)

BUSINESS STUDIES 10

This course offers students hands on experience with the process of creating, operating and dissolving a business. Students will be required to form a team, create a business plan, design a marketing plan and calculate a financial plan. The skills developed in this course include: collaboration, creative thinking, interpersonal communication, public presentations, financial literacy and work ethic that directly corresponds to the success of the business. The student's will be competing in the School District 23 Dragon's Den competition with a chance to engage with the local business community and learn many real world skills.

COMPUTER ANIMATION 10

3D Studio Max Level A

This course is for the beginner (Level A) who is interested in using the computer for its 3D graphic (drawing) and animating capabilities. It is intended for students with a background, talent or interest in Game Design, Art, Photography, Drafting and/or Animation. This computer animation course concentrates on 3D Studio Max, plus other video editing and graphic software programs. Special effects like explosions, melting, bouncing, fireworks, architectural walk-through and morphing may be explored as well. Productions/Digital Portfolios will be output to DVD with sound. This course satisfies the applied skills requirement for graduation.

COMPUTER PROGRAMMING – VISUAL BASIC 10

This is a hands-on programming course where students will learn the Visual Basic programming language. Students are expected to be self-motivated, and use logic and organizational skills in designing original computer programs. This course is unique in that students will learn to use a programming language in order to tell the computer to perform specific tasks. Tasks will range from simple ones like counting, to making decisions and moving objects on the screen. This course will be project-based. Students will develop software as well as construct and edit programs. **CP 12 may be an approved academic course for SOME post-secondary entrance requirements.**

DRAFTING & DESIGN 10

These courses will explore the fundamentals used in the development of drafting and design concepts in both the Architectural and Mechanical fields. While developing their Computer Assisted Drafting (CAD) skills, students will study these fields utilizing orthographic projections, isometric, pictorial and auxiliary view techniques. As well, measuring and dimensioning will involve the common usage of both the Metric and Imperial systems. The Architectural component will involve the design and development of a basic set of house plans.

ELECTRONICS & ROBOTICS 10

This course is designed to introduce you to the exciting world of electronics. Come and explore a subject that impacts almost everything you do on a daily basis. Electronics is a continually changing field that offers many different and fascinating careers. Projects and theory will focus on hands on activities. Projects will include either a portable MP3 amplifier or a 40 watt stereo amplifier. You will be involved in all steps from design and PC Board construction to case construction, testing and assembly.

FOOD STUDIES 10

This course starts off with more basic cooking skills and progresses to more complex recipes throughout the semester. The course will also have a number of written assignments that will cover the areas such as: safety and sanitation, food preparation skills, healthy eating, and a number of other food related topics that are relevant to our modern society. Students will learn about the nutrients and food groups and how they affect our bodies. This is a great course for someone who enjoys cooking, trying new foods, and developing their cooking skills

MEDIEVAL ARMORY 10

Keep motivated with fun and exciting projects that you can't wait to finish. This course starts from the basics (no experience needed) and develops a student's metal working skills through amazing medieval armory projects. This course focuses on the traditional techniques of medieval armory, as well as touching on modern tools and equipment to speed up the manufacturing process. Blacksmithing, forging, sheet metal armory and chainmail work will all be included in this course. Students will create projects including a shield, helmet, chainmail and their choice of forging projects. This course is hands-on and project-based, however students will engage in a period of research on heraldry to design and paint their shields.

METALWORK 10

This is a project-based course designed to introduce students to a variety of metalworking tools and processes, such as welding, machining and sheet metal work. Students will also learn how to create and interpret simple working drawings, select materials, and work safely in a shop environment. Students will complete a series of required projects to develop basic skills to a minimum proficiency. Afterwards, students, in consultation with the teacher, may have the opportunity to build a project of their own choice using a design-thinking, project planning and management process. Students in Grade 10, who have taken Metalwork 9, will further develop their skills through a series of more complex projects.

POWER AND ENGINE TECHNOLOGY 10

This course introduces students to basic mechanical power systems and their applications. Students will develop an awareness of current and emerging trends in design, energy use/consumption, and recycling. The small engine unit will introduce students to systematic planning and procedures while developing problem solving skill. Basic and specialized hand tools will allow students to explore the operation of a small engine through a complete disassembly, inspection and reassembly of the engine. Additional modules may include CO₂ dragsters, bridge design and destructive testing, rockets, and alternate energy vehicles. These units will enhance various design methods and construction techniques.

SEWING AND FIBRE ARTS 10

This course provides students the opportunity to be creative, problem solve, and have fun, while learning design elements and construction techniques for a number of different textile and craft projects. There will be an emphasis (about 70%) on both hand and machine sewing, but other skills will also be acquired. Students will use the skill of sewing and design to create a number of different projects including: PJ pants, hoodies, bags, and stuffed toys. Other skills will be gained in the areas of needlework, knitting, and macramé. Students will develop a wide range of creative knowledge that will develop their lifelong love of crafts. Students will be expected to work on class projects, as well as create individual assignments. Projects will vary each year and will be student driven.

TEXTILES ARTS AND CRAFTS 10

This course has less emphasis on sewing (only 30%) and more on different craft techniques. We will be making many small projects for you and your home. Some of the techniques that we will be exploring are: decorative painting techniques, knitting, felting, cross stitch, embroidery, quilting, holiday crafts, macramé, card making, and jewelry design. Students will be expected to work on class projects, as well as create individual assignments. Projects will vary each year and will be student driven

WOODWORK 10

A traditional woodworking course designed to introduce students to a variety of woodworking tools and processes, including basic joinery and finishing techniques. Students will also learn how to create and interpret simple working drawings, select materials, and work safely in a shop environment. Students will begin by completing a series of required projects to develop basic skills to a minimum proficiency. Afterwards, students may choose from a list of projects supplied by the teacher. Students in grade 10 who have taken woodwork in grade 9 may, in consultation with the teacher, build a project of their own choice based on their abilities and skill level.

ARTS EDUCATION

ART STUDIO 10

In this course, students will be involved in formulating and investigating creative visual problems. Art products will be personal developments resulting from these explorations. Investigations will focus on media, themes, and visual arts elements and principles of design as well as creative strategies. The process of discovery, invention, and risk taking will be emphasized to enhance creativity. Studio activities will include selections from drawing, painting, printmaking, mixed media and three-dimensional design. Creative personal approaches will be encouraged for all projects. A sketchbook will be required for this course.

DANCE 10

This class focuses on improving the skill, artistry, flexibility, strength and stamina of each dancer. All levels are encouraged to join as options will be given that allow students to advance at their own pace. Each class starts with a fun dance-related workout, then students move across the floor, learn choreography and create their own dances. Dance styles covered may include: Contemporary, Hip Hop, Broadway, African, Lyrical, Acro, Ballet, Salsa and Jazz, Group project work, field trips and optional performance opportunities are highlights of this class! Students enrolled in this course will receive credit for physical education at their grade level. This course will meet either the Physical and Health Education or the Arts Education requirement of the BC Ministry of Education Graduation Program.

DRAMA 10

Drama 10 is a progressive course designed to immerse students in the Core Competencies through the creative art of drama. Students will develop drama skills/techniques and learn about the elements of drama and theatre through a variety of creative drama projects which will develop critical and creative thinking, personal and social awareness and responsibility and foster positive personal and cultural identity. Course work will involve character building, improvisation, play building (Children's Theatre), speech and movement work, and the writing and performing of scripts and scripted scenes. Stage etiquette and theatre terminology are also included. Co-operative learning skills are necessary. Greater emphasis is placed on theatre skills and acting technique at the grade 10 level.

OKM TRIPLE THREAT/MUSICAL THEATRE 10 (*Audition required*)

The OKM Triple Threat course will appeal to any OKM student who is passionate about Acting, Singing and Dancing. Skill development with the goal of creating a showcase performance will be the primary directive of this project based course. Another component to the course will be exposing students to the Fine and Performing Arts in our community and beyond. **THIS IS AFTER SCHOOL AND CANNOT BE PICKED IN PLACE OF A COURSE DURING THE DAY.**

THEATRE PRODUCTION 10 (Formerly STAGECRAFT)

Technical theatre classes focus on design elements in theatre, aligning the Core Competencies with lighting, sound, costume and scenic design. We critically and creatively communicate our ideas through hands on demonstration and experiential learning by learning basic costuming and property construction, creating soundscape, hanging and focusing lights, building models, set construction). Personal and social competency through working with others to achieve the design goals. Personal awareness and responsibility is developed and required in regards to theatre, tool and equipment safety. Social responsibility is expected as the group comes together to produce of the design elements for every production during the school year. The OKM theatre has some of the best lighting and sound technology in BC and students are mentored into use from basic to mastery levels. Students should be self-motivated, willing to follow instructions precisely and work outside of school hours when needed to produce the yearly school play or musical. Interested Theatre Production students will also learn to be the main theatre technicians for some school events. Theatre Production courses are available for multiple grades, and grade level expectations are adjusted based on the experience of students enrolled in the class. Students in Stagecraft are given great responsibility, and are expected to develop and demonstrate outstanding leadership abilities.

THEATRE COMPANY 10 (Audition Required)

Motivated and dedicated young actors will be delighted in this opportunity to be exposed to the world of theatre production. Training in technical theatre, acting methods and character development will be a focus, but the primary goal of this course will be to create live theatre. This is a rigorous course meant to shine a light on our strong young actors. At least one major production will take place at term end for a live audience. **THIS IS AFTER SCHOOL AND CANNOT BE PICKED IN PLACE OF A COURSE DURING THE DAY.**

CAREER LIFE PROGRAMS

CAREER LIFE EDUCATION 10

Career Life Education 10 will connect students' career life journey from grade 9 into the high school setting. Instructional focus will encourage each student to create a positive and valuable pathway involving exploration of educational course/program options and social responsibilities in the high school, local community and global environments. The district's Myblueprint program will be a major resource in this course.

ENGLISH

ENGLISH 10

Under the BC Ministry of Education Revised Curriculum students will complete two modules of the Language Arts requirement. Each module is worth two credits for a total of four credits that Grade 10 students need for graduation. Literary Studies (2 credits) allows students to explore specific themes, periods, authors, or areas of the world through literary works in a variety of media. Through student choice they can follow their passions through genre-specific studies such as poetry, short stories, novels, drama, graphic novels, and children's literature within Canadian literature and First Peoples' texts. Composition (2 credits) Students will develop communication skills through a critical process of questioning, exploring, and sampling. Students will work individually and collaboratively to explore and create coherent, purposeful compositions, study compositions by other writers, and consider a variety of styles as models. The course builds students' writing competencies by introducing them to varied structures, forms, and styles of compositions. Students will individually and collaboratively study, create, and write original pieces, exploring audience and purpose.

Students will take a Literary Assessment in Grade 12 as part of the Minister of Education's Graduation Requirement.

LANGUAGES

Studying a language through to grade twelve is not required to graduate but is highly recommended for a well-rounded education. Sometimes a language course completed to the end of grade eleven is required for entrance into university/college programs, and sometimes the equivalent of a grade twelve language is required to finish that university/college program. Parents and students are responsible to check with the post-secondary institution(s) that are being considered for their entrance/program requirements. Beginner Spanish 11 is not considered a "Language 11". All language classes at OKM include a strong oral component. All students are expected to participate in oral dialogues and presentations in class.

FRENCH 10

Prerequisite: French 9

French 10 is an academic elective and is a continuation of French 9. Students will become more proficient at speaking French in this course as there is a strong emphasis on communication skills. Writing, reading and listening skills will also be further developed.

BEGINNER SPANISH 11 (SPANISH 10)

This is an introduction to the Spanish language, open to students in grades 10-12. It combines both spoken and written language skills, and is designed to give students the opportunity to explore another language. Students will be expected to participate in group activities as well as presentations in front of their peers. C+ or higher in French 8 and/or French 9 is strongly recommended. **This course is not intended as an easier replacement for French.**

MATH

The Mathematics Department of OKM wishes to provide students and parents with suggestions regarding the mathematics course he/she will study during the following school year. The following information is designed to assist students in making the choice for next year's math course(s). We recognize that students and their parents often have difficulty selecting the most appropriate course. We hope this information will help guide you in making your choice. Included are two different flow diagrams showing the possible paths, course options, course prerequisites, and details you should consider when looking into your son's/daughter's secondary school graduation.

MATH PATHWAYS

GR. 9	Math 9		
	<ul style="list-style-type: none"> • Preparation for Foundation of Math & Pre-Calculus 10 		
	↓	↓	
GR. 10	Workplace Math	Foundation of Math & Pre-Calculus	
	<ul style="list-style-type: none"> • Trades and Workplace Pathway • Moderate homework load • Life skills and work/trade related mathematics 	<ul style="list-style-type: none"> • Solid C recommended from Math 9 • Leads to Foundation of Math 11 or Pre-Calculus 11 • Heavy homework load • Honours class is has same content/assessment with additional concepts and increased pace • Recommended for students planning to attend university/college (excluding trades programs) 	
	↓	↓	↓
GR. 11	Workplace Math	Foundations of Math	Pre-Calculus
	<ul style="list-style-type: none"> • Recommended for Entry into most trades programs • Moderate homework load 	<ul style="list-style-type: none"> • Required for Post-Sec programs not involving Theoretical Calculus • Solid C recommended from Math 10 • Heavy homework load 	<ul style="list-style-type: none"> • Required for Post-Sec. programs involving Theoretical Calculus • Solid B recommended from Math 10 • Heavy homework load
	ALL three options satisfy the math requirement for basic graduation (gr. 11 level)		
	↓	↓	
GR. 12	Foundations of Math		Pre-Calculus
	<ul style="list-style-type: none"> • Solid C+ recommended from Math Foundations 11 • Intended for entrance into Arts and Fine Arts programs 		<ul style="list-style-type: none"> • Solid B recommended from Pre-Calc 11 • Intense homework load • Intended for entrance into Science, Engineering and Business Degree Programs
	↓		↓
It is the sole responsibility of parents and students to research entrance requirements at the Post-secondary institutions of their choice.			Calculus <ul style="list-style-type: none"> • Strongly recommended for those planning to take Science, Math or Engineering at the post-secondary level

STUDENTS WILL TAKE A NUMERACY ASSESSMENT AS PART OF THE MINISTRY OF EDUCATION'S GRADUATION REQUIREMENT.

INTRO MATH 10

The aim of Intro 10 Math is to provide an easy transition into Foundations and Pre-Calculus 10. This is a prep course so that students can get a head start on Foundations and Pre-Calculus the following semester. This is **NOT** geared towards students enrolled in Workplace Math 10. We will be reviewing key topics that students had trouble with in Math 8/9 as well as working on units coming up in the Foundations and Pre-Calculus 10 course. We will also be working on study habits, organizational skills, and how to properly show your work. This course is only offered in the first semester of the school year. **Credit?**

WORKPLACE MATHEMATICS 10

This course is designed to provide students with the practical math and critical-thinking skills that will support entry into the majority of trades or for direct entry into the work force. Essential life math skills and specific job-related mathematical skills will be explored in this course. Students will learn to use mathematics to analyze a variety of situations, support personal choices, and connect mathematical concepts to each other and to areas of interest.

FOUNDATIONS & PRE-CALCULUS MATH 10

This is a more theoretical and rigorous course than Math 9 and is designed to provide students with the mathematical understandings and critical-thinking skills identified for all post-secondary studies. Students will use reasoning and logic to analyze and apply mathematical ideas, develop conceptual understanding and apply flexible strategies to solve problems, and communicate and represent their thinking in a variety of ways. Upon successful completion of this course, students will then make a choice between Foundations of Mathematics 11 or Pre-Calculus 11 based on which post-secondary studies they wish to pursue. During their learning journey, students will continue to develop and strengthen their curricular and core competencies.

MUSIC

BAND 10

An important outcome for Band is to have fun by enjoying making music! The courses mentioned here are progressive steps toward musicianship and leadership in the music area. Each year requires progressively greater competence in technique skills, tone, and ability to play well in ensemble situations and progressively greater responsibility for assisting their sections to play their best. A wide range of styles is explored including traditional concert band literature, pop, rock, jazz and contemporary. Exceptional extra-curricular travel and touring opportunities are open to all Band students - including our unrivaled Europe and International Touring program. **All students are required to participate in scheduled school concerts and festivals as an extension of their class work.**

COMMERCIAL MUSIC 10 (CONTEMPORARY MUSIC)

Commercial Music – is for rock, country, folk, metal, grunge, digital/turntabling, beatboxing, vocals...guitars, drummers – it's all welcome in Commercial Music. Exceptional timetabling flexibility will allow you to book many class times to fit your schedule. Students will be given the freedom to focus on the area that they are most interested in and will have the opportunity to form bands, rehearse together, create set lists and perform throughout the year. Students also have the opportunity to learn how to DJ using our DDJSK2 Pioneer and NS7FX Numark controllers and Serrato Itch software. If you do not already play an instrument, that's ok – you can learn in this course! You have the ability to learn a new instrument or work on the sound, lighting and promoting aspects of our gigs. Students will have the opportunity to learn how to set-up and run a professional sound system, rent a venue, advertise, sell tickets, and produce a live concert. Students will also be expected to operate sound systems at various live events at the school and throughout the community. You will have the opportunity to speak to professionals in the music industry about job opportunities in this field. **This course will run once a week after school and you will also be responsible for extra weekly rehearsals scheduled with your band as well as all performances.** For questions or more information please see Ms. Frederick or Mr. Schnellert.

THIS IS AFTER SCHOOL AND CANNOT BE PICKED IN PLACE OF A COURSE DURING THE DAY.

CONCERT CHOIR 10

Choir is intended as an introductory choral experience for students in any grade who enjoy singing. No previous experience is necessary but students should have a love for singing. The course will cover basic vocal production, music reading, part-singing, and performances, along with the responsibilities and the fun which go along with working in a team. Students interested in taking part in any musicals the school puts on in the future are encouraged to take this course. This is a performance-based course and all students are required to attend all scheduled rehearsals and performances.

THIS IS AFTER SCHOOL AND CANNOT BE PICKED IN PLACE OF A COURSE DURING THE DAY.

JAZZ BAND 10

These courses explore Swing, Latin, Funk, Rock and Pop music in a “Big Band” setting. Students learn the foundations of improvisation, jazz form, and playing technique specific to jazz performance. **All students are required to participate in scheduled school concerts and festivals as an extension of their class work.** These courses are open to concert band students by invitation or audition. Students must be enrolled in the regular concert band program in order to participate. THIS IS AFTER SCHOOL AND CANNOT BE PICKED IN PLACE OF A COURSE DURING THE DAY.

JAZZ STUDIES 10

This course is for students that wish to play in a small ensemble setting. Students will learn a variety of jazz repertoire and improvisation techniques. The course will also cover basic jazz theory, harmony and arranging. Students must be prepared to work independently. **All students are required to participate in scheduled school concerts and festivals as an extension of their class work.** This course is also open to grade 8 and 9 students by audition as an extracurricular activity. Students must be in Jazz Band to enroll in this course. THIS IS AFTER SCHOOL AND CANNOT BE PICKED IN PLACE OF A COURSE DURING THE DAY.

PHYSICAL EDUCATION

PHYSICAL AND HEALTH EDUCATION 10

Similar to hockey and soccer academies throughout the country, this course will be structured to develop the fundamentals for athletes in Basketball or Volleyball. All aspects of the fundamentals of the game will be improved through advanced theory, personal training programs to develop specific fitness attributes for each sport, long term training programs to allow for individual training outside of class, diet programs for optimized nutrition, and university level basketball and volleyball coaching in line with the objectives of Basketball Canada and Volleyball Canada. Students will also develop an appreciation for competition, life-long physical activity and a healthy lifestyle. They will learn to work in a collaborative setting, to problem solve and to explore and enhance their leadership skills. The courses will be predominantly taught by Senior OKM Coaches however strategic guest speakers will be brought in for further program development. (Students enrolling in the program will receive credit for physical education at their grade level). **If either of these courses do not run due to enrolment, students will be automatically scheduled into regular Physical Education at their grade level.**

PHYSICAL AND HEALTH EDUCATION 10 – BASKETBALL OR VOLLEYBALL

Similar to high performance hockey and soccer academies throughout the country, this course will be structured to develop high-performance athletes in Basketball or Volleyball. All aspects of the fundamentals of the game will be improved through advanced theory, personal training programs to develop specific fitness attributes for each sport, long term training programs to allow for individual training outside of class, diet programs for optimized nutrition, and university level basketball and volleyball coaching in line with the objectives of Basketball Canada and Volleyball Canada. Students will also develop an appreciation for competition, life-long physical activity and a healthy lifestyle. They will learn to work in a collaborative setting, to problem solve and to explore and enhance their leadership skills. The courses will be predominantly taught by Senior OKM Coaches however strategic guest speakers will be brought in for further program development. (Students enrolling in the program will receive credit for physical education at their grade level). **If either of these courses do not run due to enrolment, students will be automatically scheduled into regular Physical Education at their grade level**

PHYSICAL AND HEALTH EDUCATION 10-DANCE FITNESS

DANCE to get FIT, while satisfying PE credits! This class will focus on increasing strength, flexibility, and stamina through fun dance-related workouts! Students will tone and tighten with warm-ups, workshops and choreography in a range of dance styles. Potential options may include: Hip-Hop, stretch & strength, Lyrical, Jazz, Aerial Hoop, yoga, Zumba, and much more! Build confidence while learning simple, yet impressive moves, tricks and dance skills. Progress in this class will be catered to each individual dancer, and no previous experience is required. Presentation opportunities will be available, but are not required. Students enrolling in this course will receive credit for physical education at their grade level.

PHYSICAL AND HEALTH EDUCATION 10- FITNESS

Fitness 10 focuses on personal fitness and life-long physical activity and healthy lifestyle choices with an emphasis on developing student's cardiovascular endurance, muscular strength and endurance, core agility and flexibility. This course is designed specifically towards further improving students' fitness levels. Students will learn the various techniques, theories and concepts of various training methods. Knowledge gained in this course will be applied into the design and implementation of a muscular and aerobic fitness program specific to the individual's needs. Students will also develop the ability to make healthy choices with respect to their emotional and mental wellbeing and incorporate strategies for developing positive relationships. Fitness 10 students will explore topics around nutrition, prevention of illness and injury, and learn CPR and AED (automated external defibrillator) skills. Students will be offered optional field trips around the community and guest instructors when possible. Appropriate PE attire is required for this class

PHYSICAL AND HEALTH EDUCATION 10 – GOLF ACADEMY (Application & Academy Fee Required)

The golf program is intended to provide students with an opportunity to further enhance their golf skills and to grow personally both on and off the course. An OKM teacher plus two-three Canadian Professional Golf Association instructors will be with the students for each session. On course classes will be held at The Okanagan Golf Club. (Students enrolling in the program will receive credit for physical education at their grade level).

Visit the program at <http://okmgolfacademy.weebly.com/> APPLICATION DEADLINE IS MARCH 9, 2018

PHYSICAL AND HEALTH EDUCATION 9 – ADVANCED SKILLS PROGRAM: HOCKEY FULL YEAR PROGRAM FOR REP PLAYERS (Online Application & Academy Fee Required)

Students enrolled in SD#23 and registered in their local Minor Hockey Association have a unique opportunity to participate in a program that allows them to develop and improve their hockey skills and gain course credits. Advanced Skills Program (ASP) is for rep hockey players, grade 9-12 who want the ASP class for a full year. The ASP is based on the following principles:

- Strictly supplementary to Minor Hockey
- To provide additional training for minor hockey aged players playing rep hockey
- Focus on individual skill development and academic achievement
- Receive instruction from fully qualified Hockey Canada instructors

Each student selected into the program will be assisted in the planning of course selection based on individual academic goals. (Students enrolling in the program will receive credit for Physical Education at their grade level). Visit the program website at www.okmhcsa.weebly.com to complete the online application.

APPLICATION DEADLINE IS MARCH 9, 2018

PHYSICAL AND HEALTH EDUCATION 10 – HOCKEY CANADA SKILLS ACADEMY ONE SEMESTER PROGRAM

(Online Application & Academy Fee Required)

Students enrolled in SD#23 and registered in their local Minor Hockey Association have a unique opportunity to participate in a program that allows them to develop and improve their hockey skills and gain course credits. The HCSA's are based on the following principles:

- Strictly supplementary to Minor Hockey
- To provide additional training for minor hockey aged players
- Focus on individual skill development and academic achievement
- Receive instruction from fully qualified Hockey Canada instructors

OKM will offer one semester HCSA classes for students in grades 9-12. Each student selected into the program will be assisted in the planning of course selection based on individual academic goals. (Students enrolling in the program will receive credit for Physical Education at their grade level).

Visit the program website at www.okmhcsa.weebly.com to complete the online application.

APPLICATION DEADLINE IS MARCH 9, 2018

PHYSICAL AND HEALTH EDUCATION 10: HUMAN PERFORMANCE (Application Required)

This course is intended for student athletes engaged in high level training and competition which results in missed school days. This course replaces the High Performance Program. The Human Performance 10 course will provide students with the opportunity to survey various components of health, physical fitness, strength and conditioning, psychology, and leisure pursuits. The course will contribute to the physical, intellectual, human and social development of the student. The overall objective is to allow students to acquire the knowledge, skills, and attitudes that will enable them to enhance their quality of life. The student's physical activity component of PHE is satisfied through their extensive participation in their sport.

APPLICATION DEADLINE IS MARCH 9, 2018

PHYSICAL AND HEALTH EDUCATION 10 – SOCCER ACADEMY (Application & Academy Fee Required)

The soccer program is intended to provide students with an opportunity to further enhance their soccer skills and to grow personally both on and off the field. This program will support the Ministry's desire to increase program flexibility for students. An OKM teacher plus one-three certified soccer instructor(s) will be on the field for each session. Students enrolling in the program will receive credit for physical education at their grade level. Visit the program website at www.okmsocceracademy.weebly.com APPLICATION DEADLINE IS MARCH 9, 2018.

PHYSICAL AND HEALTH EDUCATION 10- STRENGTH & CONDITIONING

This course focuses on personal fitness and healthy lifestyle choices with an emphasis on developing student's cardiovascular endurance, muscular strength and endurance, core agility and flexibility. This course is specifically designed towards further improving students' fitness levels. Students will learn the various techniques, theories and concepts of various training methods. Knowledge gained in this course will be applied into the design and implementation of a muscular and aerobic fitness program specific to the individual's needs. This is a linear class worth two credits per semester. Students enrolling in the program will receive credit for physical and health education at their grade level. This course is offered both inside and outside of the timetable as an Extended Day Course. THIS IS AN AFTER SCHOOL COURSE AND CANNOT BE PICKED IN PLACE OF A COURSE DURING THE DAY.

PHYSICAL AND HEALTH EDUCATION 10 SWIMMING ACADEMY (Application & Academy Fee Required)

The goal of Swimming Academy 10 is to build students' physical and emotional well-being through the promotion of active living, movement and leadership skills in an aquatic environment. Students will develop an appreciation for personal fitness, the development of life-long physical activity and healthy lifestyle. Students will have the opportunity to engage in a variety of activities to further develop their knowledge and skills with respect to water comfort, breath control, kicking, strokes, diving and water safety. Students will be provided with field trips around the local community, qualified coaches as well as fitness instructors for dryland training. Students enrolling in the program will receive credit for physical and health education at their grade level. All students (7-12) and swim abilities are welcome in this program. Visit the program website at: <http://okmswimacademy.weebly.com/> APPLICATION DEADLINE IS MARCH 9, 2018.

PACIFIC SPORT PROGRAM

The Canadian Sport School Kelowna is a high performance multi-sport program for student-athletes designed to enhance their overall learning environment. Canadian Sport School participants will be exposed to a high performance lifestyle throughout the 10 month academic school year and will benefit from a flexible academic timetable that supports their competitive training schedule while allowing them to attend their public school of choice. For program information and associated costs please visit www.pacificsportokanagan.com.

SCIENCE

SCIENCE 10

Science 10 will be an opportunity for students to develop and build in their core and curricular competencies through the big ideas based in Life Sciences, Space sciences, and Physical Sciences. The goal of science education is to create a lifelong interest in science and the attitudes that will make our students scientifically literate citizens. Students will get to explore these the big ideas in Science through direct instruction, meaningful student discussion, hands-on activities, laboratory investigations and inquiry projects

SOCIAL STUDIES

SOCIAL STUDIES 10

Social Studies 10 focuses on Canada from 1919 to the Present. This course is the beginning of a comprehensive study focusing on the history of Canadian national identity, and the development of our economic and political institutions. Students will learn about a variety of topics, including international and domestic conflict, and discriminatory policies and injustices throughout Canada's history. There will be special emphasis placed on skill acquisition and understanding historical content.

OTHER COURSES

LEADERSHIP 10

This course offers students the opportunity to learn and practice leadership skills. Students will take an active role in planning and implementing with the teacher acting as a facilitator. Students will learn the value of contribution through the volunteer component of the course which allows students to work with a variety of age groups on projects, activities and events throughout the community. Students will learn through a variety of low and high risk activities.

LEADERSHIP EXCELLENCE 10 (Application Required)

The Leadership Excellence program will expose students to a rich leadership education curriculum in order to develop the knowledge and skills to be exemplary leaders. Students will then be in a position to use these skills to excel as leaders in the areas they are passionate about now and in the future by taking a leadership role at OKM on one of the Program's committees. For example, students can help ease students' transition from elementary school to grade seven as members of the LINK CREW Committee, facilitate several spirit activities for OKM students as members of the Large Events Committee, or boost school spirit through weekly events.

THIS COURSE IS BEFORE SCHOOL AND CANNOT BE PICKED IN PLACE OF A COURSE DURING THE DAY.

OUTDOOR EDUCATION 11

This course is open to Grade 10 students. This course is intended to instill in students the wonder of being in nature, the courage to overcome physical challenges, and respect for our environment. In addition, this course will provide the opportunity to develop life-long outdoor skills, practical skills related to employment in the field of outdoor activities, environmental studies, health and safety, and some knowledge of the sporting retail/rental business. A strong willingness to learn new things, independence, a positive attitude, mental strength, and physical stamina are essential in taking this course. Students will also be given the chance to help plan trips, make reservations, reserve equipment, and find resource people when necessary. **This course is scheduled in the late PM with some activities taking place on the weekend.** Classes will be held weekly on a weekday to be determined from 3:30–5:00 p.m. over the course of both semesters. Day trips may include activities such as hiking, mountain biking, snowshoeing, cross-country skiing, kayaking, orienteering, etc. Extended trips might include biking/camping excursion on Kettle Valley Railway, camping/day hikes, ocean exploring, winter camping, etc. Class time will include instruction on equipment and skills as students prepare for various outdoor adventures and guest presentations.

THIS IS AN AFTER SCHOOL COURSE AND CANNOT BE PICKED IN PLACE OF A COURSE DURING THE DAY.

PEER COUNSELLING 10 (Application Required)

Peer Counsellors are intended to do some of the most important work in the school. Their aim is to develop friendships with grade 7's and 8's and new and International students to make the transition to OKM an easy and positive experience. Peer Counsellors work one on one with these students during their assigned block. To equip Peer Counsellors for this role, they are taught interpersonal communication, conflict resolution and mediation skills and assertiveness training. Applicants should be outstanding citizens with a great work ethic and should have the 'courage to be kind' in all situations. *Current Peer Counsellors may select this course during course selection. Due to limited space in the program, NEW Students to this program will not be able to select this course during the course selection process, but if accepted into the program will be scheduled into the course by dropping a previously chosen elective.*

PEER TUTORING 10 (Application Required)

The peer tutoring program offers students in grade 10, 11, and 12 the opportunity to work with students individually and/or in a class setting. Through training, observation, and involvement, the tutor learns communication techniques and learning styles. Students registering for this course need be interested in working together with their teacher sponsor and the students in an assigned class. They must have good interpersonal skills, and be reliable. Students may need to commit time outside of school for training and other related activities. The requirements are at least a "B" average in the area a student is interested in tutoring and an excellent attendance record. Counsellor permission is required for this course. Students must apply and applications will be considered by a selection team.

SUSTAINABILITY 10 – HUMAN AND NATURE STUDIES

Will Big White get more or less snow 10 years from now? What profession should I go into if I want to make a difference and a great living? What massive changes will happen to food, water and shelter in my lifetime in the world? Where are the opportunities and hope in a shifting global climate? In Sustainability 10-12, students will gain knowledge and understand the different ways that humans impact our world. Current topics, such as climate adaptation, clean / green tech and conscious consumerism will be explored with a focus on sustainable solutions. Through hands on projects, creativity, discussions and field studies, students will be encouraged to take action and become responsible citizens of the world by thinking globally and acting locally. Students will be immersed in learning about their personal passions, the wisdom in nature, eco-product design, green home portfolios, and visiting local organizations that are making a difference in our community.

YEARBOOK 10

Students looking to take this course need to be very self-directed and able to complete projects with a minimum of supervision. This course happens outside of the traditional timetable and is a linear course to ensure Yearbook completion. All students focus on the Yearbook as their primary project; however, students can specialize in design (mostly work on designing yearbook pages in our online program), photography (mostly be in charge of taking photos around the school), journalism (doing the writing for the yearbook), promotion (promoting contests and yearbook sales) or editing (checking finished yearbook pages). Check with the Yearbook Advisor if you have questions regarding this course and to find out if you'd be the right candidate for this course. THIS IS AFTER SCHOOL AND CANNOT BE PICKED IN PLACE OF A COURSE DURING THE DAY.

APPLICATION REQUIRED COURSES & ACADEMIES

We are very fortunate to provide these learning opportunities to students; unfortunately, there is often limited enrolment in these programs. Acceptance in these programs will be determined by the application process. Be sure to carefully follow the instructions for all "application required" programs and adhere to the deadlines for submitting applications.

Applications for each program are available on the school website.

During course selection please check the specialty program you have applied for. If for some reason, you should not have a spot a secondary elective will be scheduled in consultation with a parent and counselor / administrator.

E-SCHOOL

E-SCHOOL

Students may earn graduation credits for any Grade 10, 11 or 12 Ministry or Board Authority Authorized course they complete through distance or electronically-delivered learning. Consultation with a school counsellor prior to registering for online, e-school or other distance learning programs is required. Visit the e-school website for more information www.eschoolbc.com

RESOURCE PROGRAM

Resource Students in consultation with parents, the resource teacher and school counselors make course selections that meet their developmental needs and strengths as well as their IEP goals. Course selections can be made during the time period courses are selected for all students. An individual program for Resource Students can then be adapted or modified at the IEP (individual education plan) meeting. Students on a modified program can participate in regular courses as well as be involved in work experience, job shadowing and fitness programs that meet their needs.

A Resource room is available at OKM for designated Resource Students to work on their individualized programs. When working in the Resource Room they may receive support from Certified Education Assistants under the direction of the Resource Teacher. Certified Education Assistants are also available to support students in regular classes with their peers as determined by the IEP Team. If you have any questions regarding the Resource Program, please contact the school and ask to speak with the Resource Teacher.

ADDITIONAL WAYS TO EARN HIGH SCHOOL CREDITS

EXTERNAL CREDIT

An external credential is earned for successfully completing a set of learning activities developed outside the Ministry of Education for which the learning is not equivalent to Ministry-developed curriculum. For example, British Columbia Conservatory of Music credential may count for Grade 10, 11 and 12 Graduation Program credits. See a counsellor if you think you are eligible for external credit.

EQUIVALENCY

Through **equivalency**, students receive credit for those courses taken outside the BC school system that substantially match the learning outcomes of Ministry-authorized or Board/Authority Authorized Grade 10, 11 or 12 courses. For example, a student may complete a course in Alberta and then receive credit through equivalency in British Columbia.

Equivalency is only granted for courses and programs that meet all of the following requirements:

- The student provides documentation that the course has been successfully completed
- The course matches a substantial number of the prescribed learning outcomes of a Ministry-authorized, Board/Authority Authorized or Locally Developed course taught within the district; and
- The course has been taken from an educational jurisdiction or institution outside the regular British Columbia school system

CHALLENGE

Challenge is a process students can use to receive credit for Ministry-Authorized, Board Authority Authorized or Locally Developed Grade 10, 11 or 12 courses where the student's prior learning is documented. A student can challenge a course if he or she has not completed the course through previous enrolment and can give compelling evidence that he or she will succeed in the challenge. For example, if you are fluent in a second language, you may be able to challenge the outcomes of an authorized course and earn high school credit for the language.

Available to OKM Students

DUAL CREDIT PROGRAMS - SD No. 23

Open a door to opportunity!

Although university and college are excellent educational routes to follow, many students require a different option to be able to further their education. SD No. 23 provides "Dual Credit" programs which allow students the opportunity to earn both high school and post-secondary course credits while in high school. These programs generally begin in September or February of their grade 11 or 12 year, depending on the program they wish to pursue. Students are able to 'shadow' any program of interest in order to help them choose their desired program. A Dual Credit application which is available from the Career Centre in each school must be completed. *Tuition grants may be available for BCIT, OC and Youth Train in Trades Technical Training.* Program information is also accessible on the SD No. 23 website at:

<http://www.sd23.bc.ca/ProgramsServices/CareerLifePrograms/dualcredit/Pages/default.aspx>

INFO ON TRADES SAMPLER PROGRAM

Youth Work in Trades (formerly SSA)

The Youth Work program is designed to allow grade 10-12 students to become registered apprentices with the Industry Training Authority (ITA) while completing BC grad requirements. Benefits of the Youth Work program are:

- Can begin as early as grade 10 or 15 years of age
- Students are registered with an acceptable employer
- Students are paid during the training process and will accumulate hours towards his/her journey person status
- Upon successful completion of 480 creditable hours, students will receive 16 high school course credits
- Level One Technical Training can be provided after successful completion of 500 hours

BCIT – Entry Level Trades Training and Technology programs

Completion of a BCIT Dual Credit program will earn students 32 high school credits and Level One Technical training for trades. All course work completed is fully transferable to BCIT second year programs as well as many other post-secondary institutions. Intake dates for a BCIT program is annually every February of the grade 12 year. Available programs are:

- Computer Information Systems
- Electricity & Industrial Electronics
- Heavy Duty Mechanic

Okanagan College - Entry Level Trades Training and Technology programs

Completion of an OC Dual Credit program will earn students from 16-32 high school credits and Level One Technical training. Intake dates for an OC program is annually every February of the grade 12 year. Available programs are:

- Aircraft Structures and Mechanic
- Automotive Collision Repair, Painting & Refinishing
- Automotive Service Technician - “Mechanic”
- Carpentry / Joinery
- Culinary Arts
- Electrical
- Health Care Assistant
- Heavy Duty Mechanic
- Plumbing and Piping
- Recreation Vehicle Technician
- Refrigeration/AC Mechanic
- Residential Construction
- Sheet Metal
- Welding – Level 1
-

SCHOOL BASED YOUTH TRAIN IN TRADES PROGRAMS

Through a Youth Train program, you can take courses that will give you **both high school graduation credits** and a head start towards completion of an apprenticeship program. Youth Train programs are developed and offered as partnerships between school districts and post-secondary institutions. Once you successfully complete a Youth Train program (70%) you'll get **credit for at least Level One of the technical training** (in-class) component of your Industry training program.

GESS – Education Assistant (Non Youth Train in Trades program)

Working in a school setting, Education Assistants perform a variety of duties, including helping to implement Individualized Education Plans for children with exceptionalities in the areas of cognitive abilities, physical challenges, health issues, behavioural challenges, autism and related disorders.

KSS – Auto Service Technician – Level 1

This program exposes the student to all aspects of service and repairs in the automotive trade with a focus on developing practical skills. It is designed to take students interested in the automotive repair trade and supply them with the necessary skills to seek employment in this industry as an apprentice automotive service technician. It is required that students have taken Automotive 11 and 12, with a serious interest in the automotive trade.

MBSS - Culinary Arts

This program allows students to spend time in each of the four training kitchens and covers all the basic skills required including: hygiene, safety and nutrition, hot and cold work, and bakery. The program places emphasis on practical skills and graduates are in high demand both locally and in major centres. Students will need to combine classroom work with a worksite placement in order to be granted Professional Cook Level 1. Apprenticeship practical training credit may also be granted by the employer as a result of prior practical experience.

MBSS – Firefighting (Non Youth Train in Trades program)

Students will work with the Westside Fire Department to start their professional Firefighter Certification (College of the Rockies program). This is a 16 credit program including Firefighter 12, Weights and Fitness 12, Work Experience 12A and 12B. Students will also get their S130 and S190 certificates (Aid, CPR, WHMIS). An entrance interview, physical fitness test, and a commitment to completing the course are required for acceptance.

MBSS – Hair Dressing

This program is designed for grades 11 and 12 students who have a serious interest in exploring hairdressing as a viable career choice. Our program is composed of theory and applied skills hairdressing courses and salon work experience hours. This is in addition to any other academic courses that they will require, by the BC Ministry of Education, for high school graduation. Students must complete all seven hairdressing courses consecutively, and complete additional industry training hours through salon jobs and/or work experience placements, for a total of 900 industry training hours. The MBS Hairdressing Academy is under the umbrella of the Industry Training Authority. Upon completion of the program students can be entered into an apprenticeship with a salon to complete a maximum of 3500 hours. Upon completion of the in-school training and apprenticeship hours, students can apply for their Red Seal certification in Hairdressing.

RSS - Emergency Medical Responder (Non Youth Train in Trades program)

EMR is a Canada wide standard for industrial first aid as well as an entry level qualification to work for an ambulance service. EMRs' may work in industry providing required medical services for worksites, especially higher risk or more remote worksites, or for ski patrol. Any students who are interested in a career in emergency medicine such as a nurse, paramedic, firefighter, respiratory therapist or doctor would benefit from this course. Specifically, the EMR course is the pre-requisite to continue on into the Primary Care Paramedic program.

Note: Preference will be given to grade 12 students with a background in Chemistry 11 and/or Biology 12.

RSS – Forest Resource Field Studies

A comprehensive forestry based program that allows students to gain hands on field work and theoretical skills in the forestry industry. Students will also receive training that enables them to qualify for their Level One – * “Utility Arborist” Certificate. This is a Certified Apprenticeship Program that will allow students to directly enter the Utility Arborist employment field. * “Utility Arborist” means a person who undertakes any work required to prune or clear vegetation in proximity to energized electrical equipment, structures and conductors or who in the course of utility line clearing operations, prunes, falls, or removes trees which could come into contact with energized power lines.