

HIGH SCHOOL 101

Bow Valley High School





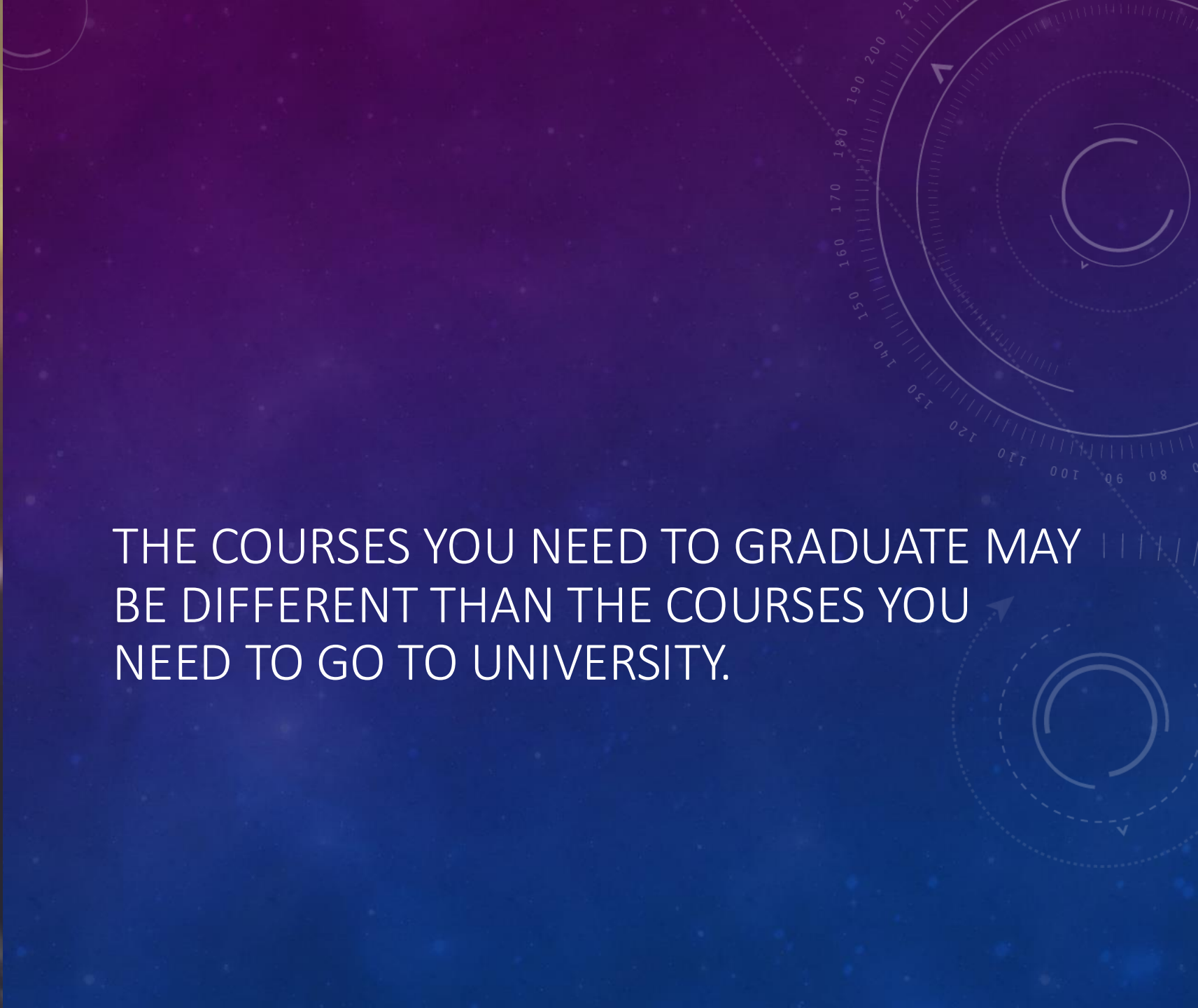
HIGH SCHOOL GOALS:

- Goal one is to graduate.
 - Check into PowerSchool to monitor progress
 - Have a MYPASS account made online to monitor credits and progress towards graduation
- Goal two is to be able to take post secondary schooling or enter the world of work.
 - You WILL require specific courses for post-secondary and it is important to begin thinking about what you would like to do after high school





THE COURSES YOU NEED TO GRADUATE MAY
BE DIFFERENT THAN THE COURSES YOU
NEED TO GO TO UNIVERSITY.



Graduation Requirements – Diploma

To earn an Alberta High School Diploma:

- 100 credits or more, including
- 30-level English (30-1 or 30-2)
- 30-level Social Studies (30-1 or 30-2)
- 20-level Math (20-1, 20-2, or 20-3)
- 20-level Science (Sci 20, Bio 20, Chem 20, Physics 20, or Sci 24)
 - Little known fact: Science 10 and Science 14 will also meet the Science requirement
- CALM
- PE 10 (3-credit)
- 10 CTS/Fine Arts/Second Language/PE 20-30/RAP credits
- 10 credits of 30-level courses that are not English or Social (Math, Science, Options all count)



GRADUATION REQUIREMENTS CERTIFICATE OF ACHIEVEMENT

To earn an Alberta Certificate of High School Achievement:

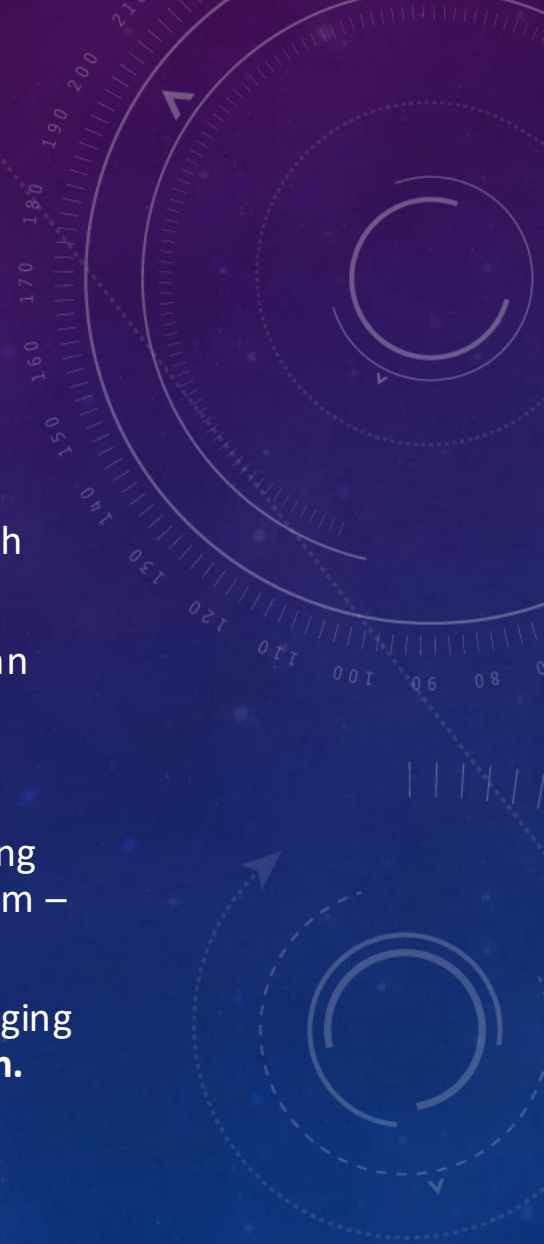
80 credits or more, including:

- English 20-2 or 30-4
 - Social Studies 10-2 or 20-4
 - Math 10-3 or 20-4
 - Science 14 or 20-4
 - CALM
 - PE 10 (3-credit)
- 5x 30-level RAP credits
- OR
- 5x 30-level CTS or K&E Occupational Course
- AND
- 5x 30-level Work Experience, K&E Workplace Practicum, or Green Certificate credits



CAREER GOALS:

- What do you hope to do when you are done high school? Uni? College? Apprentice? Trade?
- High school course selection affects what you can do when you finish high school.
- Your high school diploma will affect these.
- Your course selection will affect these. Graduating does not guarantee admission into every program – course selection helps to determine this.
- Keep your options open – take the most challenging of level of a course **that you can be successful in.**

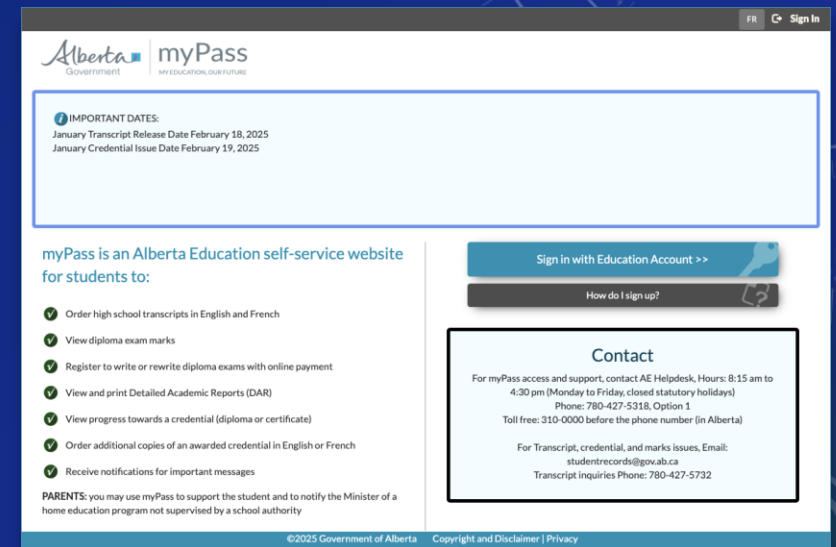


HOW DO YOU CHECK PROGRESS? MYPASS (MYPASS.ALBERTA.CA)

MyPass is the official Alberta Education student self-service website for:

- requesting official high school transcripts
- viewing diploma exam marks
- registering to rewrite diploma exams (*requires online payment*)
- viewing and printing Detailed Academic Reports (DAR)
 - current credit count
 - finalized grades for past courses
- viewing current progress towards high school completion (certificate or diploma)

****Students will set up accounts in grade 10 CALM Class****



HOW DOES ALL THIS AFFECT YOU RIGHT NOW?

Your courses and marks that you obtain right now can affect what you can register in next year.

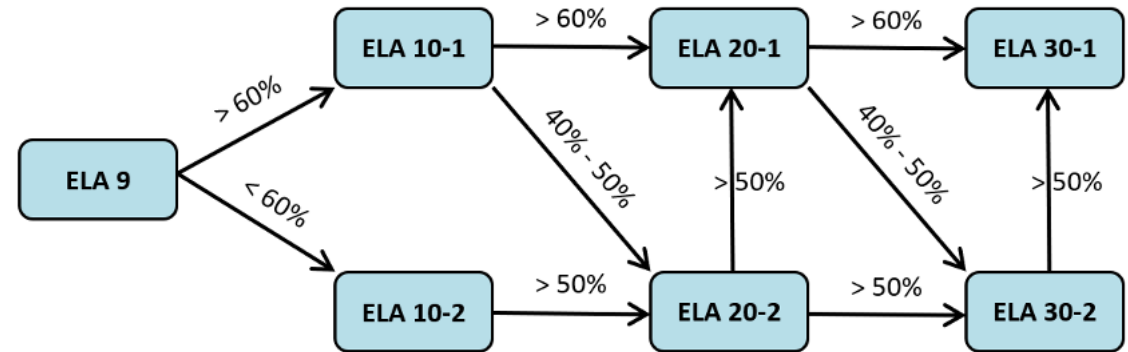
65% in a course in the recommended minimum for most -1 level courses.

COURSE PATHWAYS

ENGLISH



Bow Valley High School Recommended Prerequisite Grades English

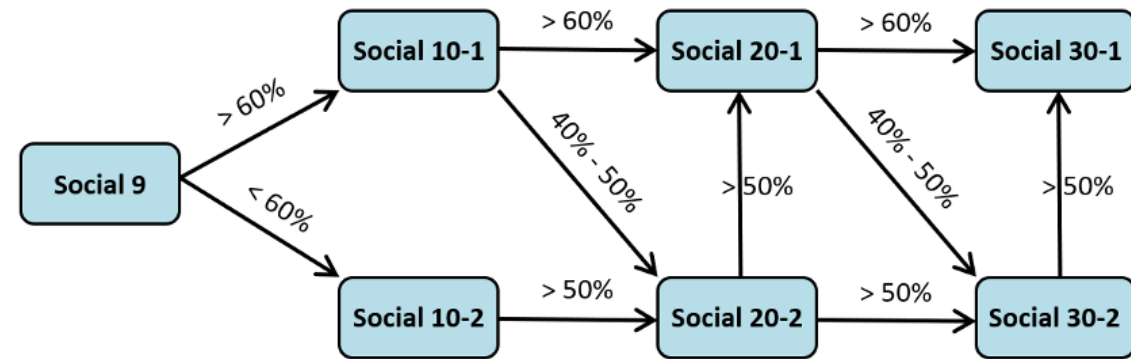


COURSE PATHWAYS

SOCIAL STUDIES



Bow Valley High School Recommended Prerequisite Grades Social Studies

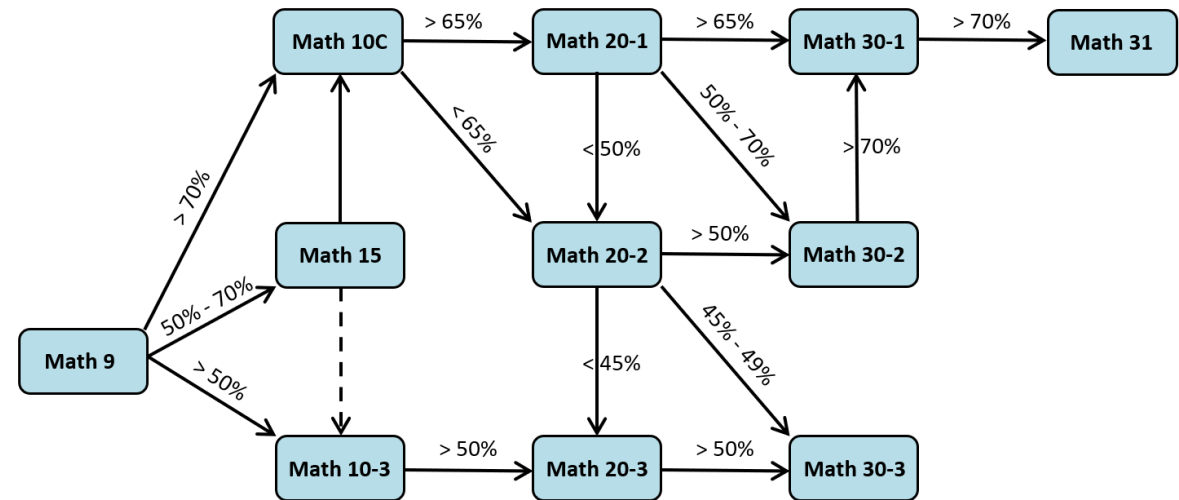


COURSE PATHWAYS

MATH



Bow Valley High School Recommended Prerequisite Grades Math



CHOOSING YOUR MATH PROGRAM

The Alberta Mathematics program includes 4 sequences.

At the grade 10 level, most students choose between 10-3 and 10C.

At the grade 11 level, a student who passed 10C would now choose between 20-2 and 20-1. These sequences are both considered “academic” and lead to 30-2 and 30-1, respectively. These are **both** widely accepted at a number of post-secondary institutions.

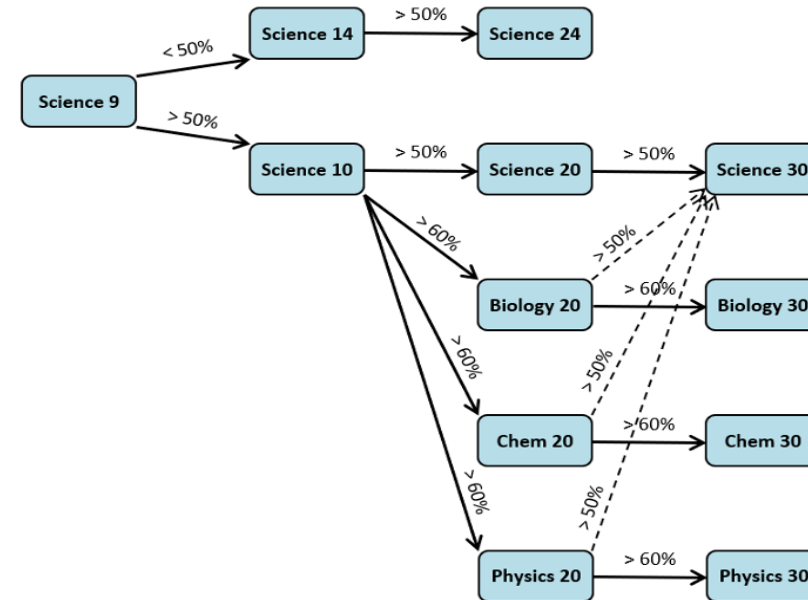
A student in the 10-3, 20-3 and 30-3 sequence is more likely to have goals of entering the workforce or beginning apprenticeship with any of a number of trades following high school.

COURSE PATHWAYS

SCIENCE



Bow Valley High School Recommended Prerequisite Grades Science



Course Pathways - CTS (“Options” or “Electives”)



For the most part, in CTS courses students must take the 10-level (introductory) before the 20-level (intermediate) before the 30-level (advanced).

There are a few exceptions to this that can be discussed with CTS teachers or your student’s counsellor.

Some options/electives are **not** CTS courses (e.g. Psychology, Sociology, etc).

Grade 9 to Grade 10 Transition

Grade 9 marks are important for grade 10!

Although your student is now “in high school” they **are not yet** taking high school classes. Good habits in grade 9 will set the stage for success throughout their high school career.

If they **fail** their grade 9 core courses, it will affect their streaming at the high school level and potentially their post-secondary options further down the road.

Upgrading is always available, so don't worry! But it means sacrifice on your and your student's part (e.g. summer school or potentially not getting an option class).

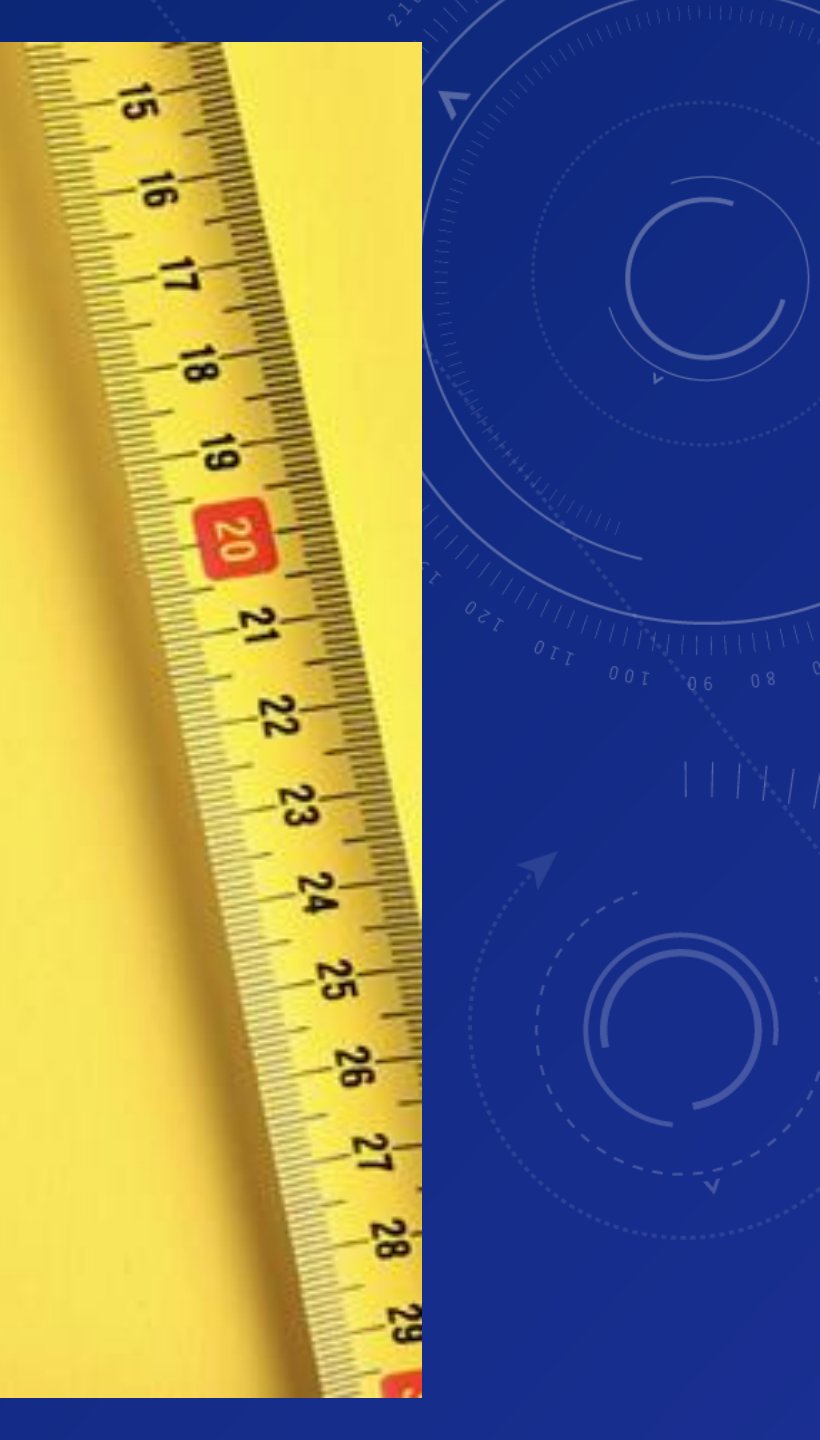
BUILDING FUTURES – GRADE 10 ONLY

- Complete your regular high school courses AND earn credits while learning skills in the trades
- Students build two homes over the course of the year
- Check out their open house!!
- Must complete an application
 - spots are limited
 - not based on grades
 - Includes students from Cochrane High, BVHS, and Springbank High
- APPLICATIONS ARE DUE TBA!!!!



I need to maintain my GPA, so I should drop this course!

- We do **NOT** calculate **GPA** in **Canada**.
- If you are heading to the USA after high school, this may be important, but it also depends on your school of choice.
- Universities/colleges look at the courses you select for application
- Maintaining a high average for Rutherford is important but it is **not** based on GPA



WECONNECT – GRADE 11 AND 12

PRIORITY GOES TO GRADE 12 STUDENTS NEEDING A COURSE FOR GRADUATION OR POST-SECONDARY – SPOTS ARE LIMITED.



Online courses offered in the building – attendance is mandatory

Online teachers in Rockyview teach the courses

A classroom supervisor oversees the classroom in the building and supports students in keeping up with their work, accessing their online teachers, etc.



Allows students to take courses that might not otherwise fit into their schedule



Allows students to take courses we may not offer such as Forensic Science, Sociology, World History, World Geography and more

WORK EXPERIENCE – CAREER CONNECTION GR 11 & 12



If you are working in the community you may be eligible for work experience credits.



You must complete a one credit course called Health and Safety 3000 (HCS3000)



Meet with the Off-Campus Coordinator to review programming.

RAP (REGISTERED APPRENTICESHIP PROGRAM) GR 10-12

MUST HAVE SCIENCE 10 COMPLETED

MAY REQUIRE TRANSPORTATION



Interested in beginning your career while in high school?



Interested in joining a trade?



Eligible students can complete their high school courses while completing courses and training in their preferred trade or career internships during the summer



Requirements:

Many require: Science 10 or BETTER

A Journeyman in the trade of interest that is willing and able to supervise

GREEN CERTIFICATE

- Students that are involved in equestrian/agricultural activities
- Students that work with cattle, poultry, sheep, or bees
- Eligible to complete a dual credit “Green Certificate” while in high school
 - 16 high school credits
- Contact Guidance for more information



DUAL CREDIT PROGRAMS

GRADES 11-12

- Opportunity to earn post-secondary credits while in high school
- Olds College: Welding
 - Miss some school time
 - Require transportation
- VET TECH
 - Application process





I need a spare to focus on my academics!

- We hear this ALL the time
- Sorry, grade 10s do **not** get spares and it is **rare** for grade 11s to receive them
 - This ensures an AMAZING credit count and a TON of flexibility for their grade 12 year
- We have found that most students do not use their free block for school work, even if the intention is there

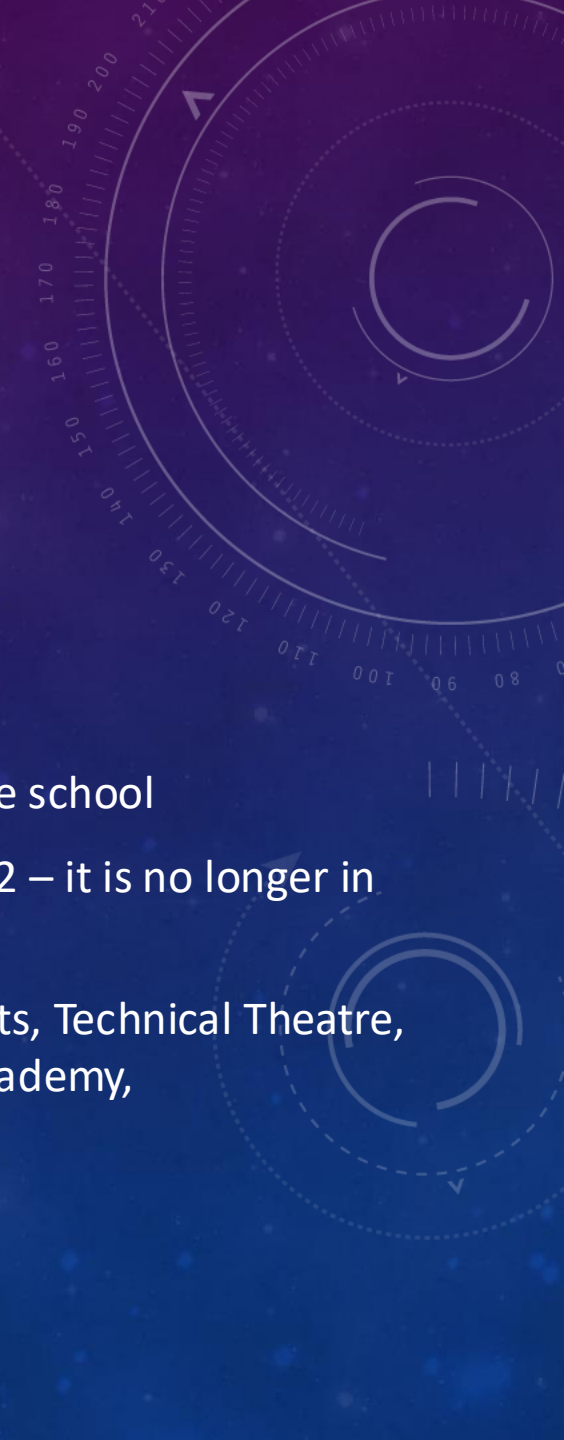
OPTIONS

- You require option credits to graduate high school
- Some 30 level options can be used for post-secondary entrance
- In grade 9 we want you to try different options. In grade 10, 11, and 12 you have the opportunity to focus on a chosen option and build skills each year through this career or interest focused pathway.
- Options have pre-requisites. For example, you need Art 10 before you can take Art 20.



X BLOCK OPTIONS

- These courses occur **before or after school**
- You must have transportation to and from the school
- Leadership moves to X block in grades 10—12 – it is no longer in the timetable.
- X Block courses include: Choir, Performing Arts, Technical Theatre, Leadership, Jazz Band, PA Band, P3 Sports Academy,



NEW COURSES 2025-2026



Construction 10 and 20



Mechanics 10 and 20



Robotics 10



Leather Technology 10



FX Design 10 and 20

COHORT COURSES

3 Quarter Classes

- Humanities 20 and 30
- Phsomatics 20

Multi-grade Classes

- Band 10, 20, 30
- Performing Arts 15, 25, 35



COURSE REGISTRATION FOR 2025-2026

- Consider your goals for the future. Are you wanting to complete post secondary education?
 - You want to chose the level of course that is challenging AND attainable.
- Please look up and include your current marks on your form.
- ENSURE YOU HAVE THE PREREQUISITE MARK YOU NEED for your course request
- Ensure you have requested a full schedule that includes your preferred options
 - 40 credits required for grade 10 within the regular timetable (does not include Xblock)
 - 40 credits required for grade 11 (can include Xblock)
 - 30 credits required for grade 12
- For more information on options please check out the course guide on the school website
 - Course Fees
 - Pre-requisite Courses Required



Bow Valley High School

COURSE SELECTION 2025-2026 – Grade 10

Student's LAST Name:	Student's FIRST Name:
Parent/Guardian Signature:	Student's Signature:

Fill in the tables below with the courses that meet your goals and fulfil the requirements for an Alberta High School Diploma. All Grade 10 students must take a minimum of **40 credits** in their schedule. You must have the appropriate **prerequisite course** for the course you are requesting. The **recommended** passing grades are indicated in RED.

CALM – 3 cr.	<input type="checkbox"/> Passed <input checked="" type="checkbox"/> Need/Enroll
Traditional PE 10 – 3 cr.	<input type="checkbox"/> Passed <input type="checkbox"/> Need/Enroll
Lifestyle PE 10 – 3 cr.	<input type="checkbox"/> Passed <input type="checkbox"/> Need/Enroll

ENGLISH LANGUAGE ARTS (6 cr.)	
Course you are currently enrolled in:	Course you are requesting for next year:
<input checked="" type="checkbox"/> ELA 9	<p>Over 60% → <input type="checkbox"/> ELA 10-1</p> <p>Under 60% → <input type="checkbox"/> ELA 10-2</p> <p>Consultation → <input type="checkbox"/> ELA 10-4 (K&E)</p>
Current 9-level Grade:	Pick only ONE (1) 10-level course!

SOCIAL STUDIES (6 cr.)	
Course you are currently enrolled in:	Course you are requesting for next year:
<input checked="" type="checkbox"/> Social 9	<p>Over 60% → <input type="checkbox"/> Social 10-1</p> <p>Under 60% → <input type="checkbox"/> Social 10-2</p> <p>Consultation → <input type="checkbox"/> Social 10-4 (K&E)</p>
Current 9-level Grade:	Pick only ONE (1) 10-level course!

SCIENCE (6 cr.)	
Course you are currently enrolled in:	Course you are requesting for next year:
<input checked="" type="checkbox"/> Science 9	<p>Over 60% → <input type="checkbox"/> Science 10</p> <p>Under 60% → <input type="checkbox"/> Science 14</p> <p>Consultation → <input type="checkbox"/> Sci. 10-4 (K&E)</p>
Current 9-level Grade:	Pick only ONE (1) 10-level course!

MATHEMATICS (6 cr.)	
Course you are currently enrolled in:	Course you are requesting for next year:
<input checked="" type="checkbox"/> Math 9	<p>Over 70% → <input type="checkbox"/> Math 10C</p> <p>50% to 70% → <input type="checkbox"/> Math 15</p> <p>Under 50% → <input type="checkbox"/> Math 10-3</p> <p>Consultation → <input type="checkbox"/> Math 10-4 (K&E)</p>
Current 9-level Grade:	Pick only ONE (1) 10-level course!

ELECTIVE SELECTIONS – Select enough Options to complete the 40 credit requirement AND complete Alternates.			
Write ONE (1) 5-credit course:	OR	Write TWO (2) 3-credit courses:	
Write ONE (1) 5-credit course:	OR	Write TWO (2) 3-credit courses:	
Write ONE (1) 5-credit course:	OR	Write TWO (2) 3-credit courses:	
ALTERNATE – ONE (1) 5-credit course:	AND	ALTERNATE – TWO (2) 3-cr courses:	
ALTERNATE – ONE (1) 5-credit course:	AND	ALTERNATE – TWO (2) 3-cr courses:	

Please indicate (with a check mark ✓) if you are interested in any of the following courses:	<input type="checkbox"/> Green Certificate	<input type="checkbox"/> P3 Hockey
	<input type="checkbox"/> Reg. Apprenticeship Prog.	<input type="checkbox"/> Work Experience

Should you wish to discuss any part of your child's Course Selection Form, please contact the appropriate Guidance Counsellor:

- Mr. Mike Reece (students with last names starting with A-L) – mreece@rockyview.ab.ca
- Mrs. Larissa West (students with last names starting with M-Z) – lwest@rockyview.ab.ca

Previous Credits	Grade 10 Credits	Guidance Initiate
0		

This form must be completed, signed and present for registrations on Wednesday, March 19, 2025.

ELECTIVE COURSE SELECTION 2025-2026

List your choices and alternatives on the **front** side of this form.
PLEASE NOTE: You may not receive all of your requests. All fees are approximate and may be subject to change.

GRADE 10			GRADE 11			GRADE 12		
Elective Courses	Fee	Credits	Elective Courses	Fee	Credits	Elective Courses	Fee	Credits
French 10	10	5	French 20	10	5	French 30	10	5
Spanish 10	10	5	Spanish 20	10	5	Spanish 30	10	5
Japanese 10	15	5	Japanese 20	15	5			
American Sign Language 10	25	5	American Sign Language 20	25	5	American Sign Language 30	25	5
Art 10	65	5	Art 20	65	5	Art 30	65	5
Creative Writing 10	25	5	Creative Writing 20	25	5	Creative Writing 30	25	5
Drama 10	50	5	Drama 20	50	5	Drama 30	50	5
Esthetics 10	75	5	Esthetics 20	75	5			
Fashion 10	67	5	Fashion 20	67	6	Fashion 30	67	6
Foods 10	116	5	Foods 20	116	6	Foods 30	116	6
Leather Technologies 10	60	5						
Special FX Design 10	100	5	Special FX Design 20	100	5	Special FX Design 30	100	5
CTS Audio-Video 10	35	5	CTS Audio-Video 20	35	6	CTS Audio-Video 30	35	6
CTS Comp. Sci. Essentials 10	40	5	CTS Comp. Sci. Essentials 20	40	6	CTS Comp. Sci. Essentials 30	40	6
CTS Enterprise/Innovation 10	40	5	CTS Enterprise/Innovation 20	40	6	CTS Enterprise/Innovation 30	40	6
CTS Game Design 10	36	5	CTS Game Design 20	36	6	CTS Game Design 30	36	6
Photography 10	67	5	Photography 20	67	6	Photography 30	67	6
Robotics 10	40	5						
			Phys. Ed. 20	150	5	Phys. Ed. 30	150	5
Sports Medicine 10	65	5	Sports Medicine 20	65	5	Sports Medicine 30	65	5
Sports Performance 10*	655	5	Sports Performance 20*	655	5	Sports Performance 30*	655	5
Wildlife (Outdoor Ed.) 10	50	5	Wildlife (Outdoor Ed.) 20	50	6			
Band (Instr. Music) 10	35	10	Band (Instr. Music) 20	35	10	Band (Instr. Music) 30	35	10
Guitar 10	50	5	Guitar 20	50	5			
Construction 10	60	5	Construction 20	60	5			
Mechanics 10	65	5	Mechanics 20	65	5			
						Military History 15/25 & Western World History 30	10	9

The courses below are offered outside the timetable and are in addition to a full timetable.								
Choral Music (Choir) 10	30	5	Choral Music (Choir) 20	30	5	Choral Music (Choir) 30	30	5
Jazz Band 15	35	5	Jazz Band 25	35	5	Jazz Band 35	35	5
Leadership 10	50	5	Leadership 20	50	5	Leadership 30	50	5
Performing Arts 15	51	5	Performing Arts 25	51	5	Performing Arts 35	51	5
Performing Arts Band 10	35	5	Performing Arts Band 20	35	5			
Technical Theatre 15	51	5	Technical Theatre 25	51	5	Technical Theatre 35	51	5
						Wildlife (Outdoor Ed.) 30	60	6
Work Experience 15*	N/A	3+	Work Experience 25*	N/A	3+	Work Experience 35*	N/A	3+

* Denotes these courses may be offered offsite.

NOTE: All fees are based on the 2024-2025 school year and are subject to change.

IMPORTANT REMINDERS AND DATES:

- Students will be entering their individual course requests with Guidance and Admin on:
 - Going into Grade 12: March 17th
 - Going into Grade 11: March 18th
 - Going into Grade 10: March 19th
 - Last day of registrations for all grades: March 20th
- **Students need to bring their signed + completed course selection forms on the above dates.**