

Pleasant Valley Secondary School



2026-2027 Course Catalogue

Phone 250-546-3114

Registration information is available on the PVSS website at <https://pvs.sd83.bc.ca>

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What to Consider Before Choosing Your Courses

Grad Requirements

Have you chosen the correct courses to help you graduate on time? See the list below for the current British Columbia Grad Requirements. Only grade 10-12 courses count towards graduation credit requirements.

REQUIRED COURSES	MINIMUM CREDITS
Language Arts 10	4 (2+2)
Literacy 10 Provincial Graduation Assessment	requirement
Language Arts 11	4
Language Arts 12	4
Literacy 12 Graduation Assessment	requirement
Social Studies 10	4
Social Studies 11 or 12	4
Science 10	4
Science 11	4
Mathematics 10	4
Numeracy 10 Graduation Assessment	requirement
Mathematics 11	4
Physical and Health Education 10	4
Career Life Education 10 (offered in Grade 11)	4
Career Life Connections 12	4
Capstone	requirement
Fine Arts or Applied Design Skills Technology	4
Indigenous Focused Course in grade 10, 11, or 12	requirement
TOTAL REQUIRED COURSES	52
12 Elective Credits	12
16 Grade 12 Level Elective Credits	16
TOTAL ELECTIVE CREDITS	28
TOTAL MINIMUM REQUIRED CREDITS	80

Entrance Requirements for Post-Secondary Education

Will the courses you have chosen allow you to enroll in the Post-Secondary program of your choice? If you are planning to attend a university, a college, a technical institution, or an art college, you should consult a counselor regarding the pre-requisites for that program. Students planning to attend school in the USA must also write the ACT or the SAT entrance exam. Mr. Brown in the Career Centre is a great resource for helping you check entrance requirements. However, ultimately, it is the responsibility of each individual student to ensure that they are meeting the requirements for post-secondary programs.

Scholarship Opportunities

Every Grade 12 student is enrolled in a PVSS Grade 12 Team where we share important information for graduation and scholarships. There are three kinds of scholarships potentially available:

1. **Local Scholarships:** Local merchants, organizations and service groups contribute generously to the Pleasant Valley Scholarship Fund to encourage students to further their education. Students attending PVSS have opportunities to receive scholarships, bursaries and awards based on performance in their final years of schools. Exceptional accomplishments as well as overall citizenship and deportment are considered. The scholarship information booklet is published every January and is posted on our website and the Grade 12 Team.
2. **District Authority Awards:** The Ministry of Education provides between 11 and 13 District Authority Awards (depending on the size of the graduating class) valued at \$1250 each and in the form of tuition vouchers. There are a number of categories that you may choose from. To be eligible for these awards, you must complete the application (available on the Grade 12 Team) and present to the Scholarship Committee.
3. **External Scholarships:** There are many scholarships available from various institutions, non-profit groups, and foundations. When the school receives information about these opportunities, we post it on the Grade 12 Team. Some of these scholarships require a nomination from the school, so be sure to pay attention to criteria.

On-Line Learning

Are you planning to supplement your education with On-Line Learning courses? All courses that fall within the graduation program, i.e. courses Grade 10 through 12, are tuition free. SD83 uses Kool School as our online learning school of choice. A list of the courses available through them can be found at <https://kool.sd73.bc.ca>.

The Timetable

There are four blocks a day, and we label those blocks as A, B, C, and D.

Each day, the blocks rotate in a different order, which allows students to have their subjects at different times of day. Mondays, Tuesdays, Wednesdays, and Thursdays always follow the same block rotation, but Fridays change each week.

Please note that times may be adjusted slightly each year based on consultation with staff, the school district, and meeting instructional minutes requirements.

Bell Schedule

	Day 1 MONDAY	Day 2 TUESDAY	Day 3 WEDNESDAY	Day 4 THURSDAY	ROTATING FRIDAY
OTT AM 8:00-9:00*					
BLOCK 1 9:10-10:31	A	C	B	D	rotation
BLOCK 2 10:35-11:55	B	D	A	C	rotation
Lunch 11:55-12:40					
BLOCK 3 12:40-2:00	C	A	D	B	rotation
BLOCK 4 2:05-3:25	D	B	C	A	rotation
OTT PM 3:30-4:30*					

Outside of the Timetable Courses (OTT Courses)

PVSS offers the majority of its courses inside the timetable but some courses at PVSS are offered outside of the regular day to give students additional opportunities that would otherwise not be available. All students are required to choose at least 8 courses inside the timetable but they may also choose OTT courses to supplement their educational experience. Outside the timetable courses are indicated in the course catalogue by having OTT written beside their title.

Applied Design, Skills, and Technologies (ADST)

Computer Technology

Game Design 11/12

Ever wondered why some games are addictive and others just don't work? In Game Design 11/12, you'll research what makes great games successful, explore design principles, and learn how to program core mechanics from the ground up. Along the way, you'll apply math in practical ways and gradually build toward creating your own small playable game. No experience is required — but perseverance is. Problem-solving, trial and error, and not giving up are key to success in this course.

Home Economics

Child Development and Caregiving 12 (MCDAC12)

Discover the challenges and joys of child development and caregiving in this grade 12 course. While the primary focus of the course is the social, physical, and emotional development of a child from birth to age 12, students will also explore the health and experience of caregivers and their families in a variety of cultures. If you see a future in parenthood, education, childcare, healthcare, or social work, this course is for you.

Food Studies 9 (MADFS09)

In this course, you will have a chance to learn culinary essentials and have fun creating dishes that are healthy and delicious...giving you the skills to survive on your own! You will develop the foundational skills and knowledge to prepare food from “scratch” and confidently make healthy and positive choices involving food. Recipes during the semester will include baking, desserts, lunches, soups, snacks, breakfasts etc.! It is hoped that students will leave this course with an appreciation of simple food preparation and how integral it is to our lives.

Food Studies 10 (MFOOD10)

This course builds upon the foundational skills acquired in Food Studies 9. Increase your knowledge of food by cooking up a storm while honing your knife skills, preparing menus and examining local and global issues related to food production. Menu selections will include baked items, breakfast, lunch and dinner foods, desserts, international foods, soups and snacks etc. Attendance is essential for success because of the hands-on nature of this course. It is hoped that students will leave this course with an appreciation of how fascinating and rewarding food preparation can be and how integral it is to our lives. This course is run in conjunction with the ITA (Industry Training Authority) and would be great for students interested in pursuing a career in the food industry, or simply wanting a strong foundation in baking and cooking skills.

Food Studies 11/12 (MFOOD11/MFOOD12)

Interested in working in the Food service industry or taking your home cooking skill to another level? This advanced course will focus on developing your skills and confidence with time management, food preparation and production, menu planning, and much more. This course will encourage you to try new foods and flavours while broadening your understanding of ingredients and techniques. In addition, you will also be introduced to recipes that require more complex preparation such as, deboning chickens and preservation techniques, larger scale production, and food service. It is hoped that students will leave this course with an appreciation of how fascinating and rewarding food preparation can be and how integral it is to our lives. The course content alternates over two years so students may take this course over two years with minimal repetition. A previous Foods Studies course is recommended as a prerequisite for this course.

Technology Education

Path	Grade 9	Grade 10	Grade 11	Grade 12
Trades Exploration/ Life Skills	Junior Trades 9	Engineering 10	Students are eligible for any shop courses	Students are eligible for any shop courses
			Senior Trades	Senior Trades
Mechanics	Mechanics and Metal 9	Mechanical Trades 10 (No Prerequisite)	Automotive Technology 11 (No Prerequisite)	Automotive Technology 12 Engine & Drivetrain 12
Metalwork			Metalwork 11 (No prerequisite)	Metalwork 12
Woodwork	Woodwork 9	Woodwork 10 (no prerequisite)	Woodwork 11 (no Prerequisite)	Woodwork 12
				Woodwork 12 Furniture and Cabinets

Trades Explorations and Life Skills Courses:

Junior Trades 9 (MSTX-0B)

Did you hear about the fun in Jr. Trades? Interested in learning valuable hands-on skills? This course explores practical skills from 4 modules based on construction trades: carpentry, plumbing, electrical, drafting. Each module is introduced with technical knowledge and has students creating labs/activities from basic design and engineering principles. Great for students who think they might be interested in pursuing a career in the construction trades or who want to be versatile and have a broad range of hands-on skills. This course is run in conjunction with ITA curriculum.

Engineering 10 (MTEXP10)

If you would like to build things and understand the structures, products and systems that we depend on every day, this course is for you. Students will be given the opportunity to develop problem solving skills, use their creativity and learn about the latest trends in technology. Students will be exposed to a variety of tools, materials and processes used to design and manufacture products. Using their knowledge students will design, make and evaluate a series of projects that typically include; graphic drawings, CO₂ cars, tower construction, catapults and an electronics project.

Sr. Trades 11 (MSTX-1A)

Did you miss out on Jr. Trades, heard about all the fun they had? Interested in learning valuable hands-on skills? This course explores practical skills from 4 modules based on a variety of common construction trades; Cabinetmaking, carpentry, electrical, plumbing. Each module is introduced with technical knowledge and has students creating skill building activities from basic design and engineering principles. The semester will culminate with a large project such as a garden shed, chicken house or play structure. Great for students who think they might be interested in pursuing a career in the trades or who want to be versatile and have a broad range of hands-on skills. This course is run in conjunction with ITA curriculum. You may take this course in Grades 11 or 12.

Mechanics and Metalwork Courses

Mechanics and Metal 9 (MADM09)

Want to learn about how to repair mechanical things and build stuff from metal? This is an introductory course into understanding and repairing engines along with projects that give a taste of welding and fabricating with metal. The core mechanical work is tear-down and reassembly of small engines. Be a whiz with a lawnmower or dirt bike. Several small projects are constructed from metal including candleholders, pencil holders and small motors.

Mechanical Trades 10 (MSTX-0A)

Discover what mechanical and metal trades can offer. Hands-on activities in small engine mechanical, automotive mechanics, welding, metal fabrication, machining, hydraulics and electrical are all geared towards giving students a broad range of skills and sparking interest in trades opportunities. This course is based largely on material from the ITA (Industry Training Authority (Apprenticeship Branch)) and gives students who may be considering a career in the trades a leg up on how to prepare themselves and what to expect from prospective employers.

Automotive Technology 11 (MTAUT11)

Automotive Technology 11 is intended for students to gain a basic knowledge of all the systems in the car and create an interest in mechanical repair work. Students will focus their time on safe work practices, tool skills, precision measurement, engine fundamentals, brake systems, tire and suspension servicing, and electrical systems. Time is also spent exploring the impact of the automobile on our culture and career options in the automotive industry.

Automotive Technology 12 (MTAUT12)

Automotive Technology 12 is intended for students interested in gaining knowledge, skills and attitudes required by students to successfully work in automotive related industry. Areas explored include shop safety practices, tool skills, precision measurement, engine diagnostics, advanced electrical and electronics skills, and the impact of the automobile on culture.

Automotive Technology 12: Engine and Drivetrain (MTEAD12)

The engine and drivetrain course is the advanced mechanics option for students who have developed significant skill in both Auto tech 11 and 12 courses. Emphasis is placed on analytical and critical thought patterns necessary for mechanical problem solving. Students will have the opportunity to use diagnostic equipment and troubleshooting on a variety of automotive systems. Repair work on significant engine or power train components is a large component of this course. Recent developments in automotive design/engineering are explored.

Metalwork 11 (MTMET11)

If you like to construct things from metal this is the course for you. This is a project oriented course that will further your basic knowledge of metalworking tools, materials and processes. General fabrication and welding are covered with an emphasis on arc welding, and advanced machining with the lathe and milling machine. Students will be given a variety of projects to select from that may include dice, cannons, model engines and a custom ring made using jewelry skills.

Metalwork 12 (MTMET12)

The Metalwork 12 option is the advanced fabrication course for students who have developed significant skill in both Metal 10 and 11 courses. A higher level of precision and quality will be encouraged on all machine operations. An introduction to TIG welding is given in this course. Student projects are decided in collaboration with the instructor to stretch student creativity and innovation. These large-scale projects often result in custom bike or go-kart fabrication.

Woodwork and Carpentry Courses

Woodwork 9 (MADW09)

Are you ready for the big time? Woodworking in a full woodshop? This course is for students new to woodwork that are ready to step up to tools and processes used in grade 9 woodworking. It will include both traditional and innovative woodworking techniques using the latest CNC technology. Students will learn the safe operation of power equipment and produce practical and decorative projects. Students will add their own design input to Instructor guided projects. Projects will include CNC Laser (computer designed) engraving projects. Projects in the past have included step-stools, book shelves, name plaques, phone speakers and wooden toys.

Woodwork 10 (MWWK10)

Are you ready to start using all the big machinery? This course will include woodworking techniques and a problem solving/design approach to project work. Students will learn the safe operation of all power equipment and produce practical and decorative projects. Bring the computer into the woodshop and start to produce projects that utilize the CNC Laser/router and the [VCarve Pro](#) design software. All students will be expected to design their own final project after completing skill building exercises and an instructor guided project. Additional costs may be incurred depending on the size and type of wood used in the final project.

Woodwork 11 (MWWK11)

Do you feel like you missed out on the fun of woodwork? No previous woodshop classes are necessary for this course. The students in this class will study the nature of wood, joinery, and tool care. Projects will involve basic joinery techniques and lead up to furniture construction. Using all the power of the computer design program [VCarve Pro](#) students will incorporate their own ideas to produce a final project after completing instructor guided skill building projects, one of which utilizing the shops [CNC Laser/router](#). Students will learn the safe operation of all power equipment. Possible additional costs may be incurred depending on the size and type of wood used in final project

Woodwork 12 (MWWK-12)

Do you remember the fun you had in grade 11 woodwork? This course is designed for students interested in furthering their knowledge in areas of woodworking. Building on the skills learned in grade 11, students will study the nature of wood, joinery, and tool care. Projects will involve advanced joinery techniques and lead up to furniture construction. Using all the power of the computer design program [VCarve Pro](#) students will incorporate their own ideas to produce all projects after completing a few skill building projects. Possible additional costs may be incurred depending on the size and type of wood used in final project.

Woodwork 12: Furniture and Cabinets (MTFAC12)

This is an advanced Cabinetmaking course designed for the student that has been successful in Woodwork 12, which covers the skills and techniques of fine cabinets and furniture making. This course will emphasize the design of furniture and cabinets. Students will produce designs before construction of their projects. The students will learn to use various techniques and a variety of machine operations in a safe manner. Possible additional costs may be incurred depending on the size and type of wood used in final project.

Arts Education

Dance

Dance 9 and Dance 10-12 Performance and Technique (MDNC-09 & MDNTP10/11/12)

These are physically demanding, activity-based courses that emphasize individual growth of skills while prioritizing a teamwork environment. Come learn a fun new skill or refine your skills, while improving your fitness and flexibility levels while dancing to fun music with your friends! These courses include four main components:

- Technical skills and choreography training in jazz, hip hop, musical theatre, tap, modern/contemporary, lyrical, and partner dance genres
- Cardio, strength, and flexibility training
- Dance composition (how to choreograph) based on the fundamental elements of dance
- Final public performance in the semester-end dance gala show – mandatory!

Note: only students with Dance 10 or special teacher permission can sign up for Dance 11/12.

Dance Conditioning 10/11/12 (MPHED10DNC - MDNCN11/12)

Do you have dance and fitness goals, but do not want to perform in the Dance Gala? Then this course is for you! Participate in physical activities designed to maintain or enhance your overall fitness and improve your dance technique. Develop core support, turnout, flexibility, strengthen your arms and legs, and increase your cardio abilities. In this course we will experience more than just dance training, it will include fitness activities such as aerobic movements, stretching, yoga, strength training, Pilates, cross fit, jump rope, hand/ankle weights etc. will be incorporated to work on your individual goals. Students will also develop a positive sense of physical and emotional well-being as well as mindfulness. Come experience the effects these different types of fitness activities have on the body. These effects can include:

- Strengthening muscles and bones
- Strengthening heart and lungs
- Reducing stress and/or anxiety levels

This course will have the same format as a dance class including warm up, exercise, and ending with a cool down. This course meets the requirement for Physical Health Education 10.

Adrenaline Dance Company 10-12 (OTT Course)

This is a physically demanding course that emphasizes individual growth of skills while prioritizing a teamwork environment. This course is run outside of the timetable on Mondays after school from 3:30-5:45, with lunch rehearsals every Wednesday 12:00-12:35. Full commitment to this out-of-timetable course is essential!

This course includes the following components:

- Technical skills and choreography training in jazz, hip hop, musical theatre, tap, modern, contemporary, ballet, and lyrical dance genres.
- Cardio, strength, and flexibility training
- Dance composition (how to choreograph) based on the fundamental elements of dance.
- Theatrical training for performance emotions, facials, and characterization
- Final public performance in the semester-end dance gala and musical theatre show. Performances at Elementary schools and community events. Performance for local adjudicators to help tighten-up routines and technique before Gala performances!
- Team clothing
- Trip to see a Professional Dance show and attend workshops!
- Fundraising efforts to cover costs of team clothing, trips, costumes, footwear, and performances.

Note: *only students with successful completion of Dance 10 or special teacher permission can sign up for Adrenaline, you must also be enrolled in the Dance 11/12 class during semester 2. You must fill out an application form and attend an interview. You need to be a strong leader in the school community who is a kind, helpful, hardworking student with positive attitudes and behaviour to be considered to attend Adrenaline fieldtrips such as trips, performances, workshops, fundraisers, and community events.*

Come prepared to commit yourself to improving your dance skills, musicality, stage presence, fitness, and flexibility levels while learning more challenging technique and choreography in a fast pace learning environment!

Dance Company 11 (MDNCM11)

Dance Company 12 (MDNCM12)

Drama and Musical Theatre

Drama 9/10 (MDR--09/MDRM-10)

Drama provides students with opportunities to explore human experiences through character and situations. All drama students are required to actively participate, collaborate with others, and demonstrate personal commitment. Drama is a fun and creative way to express ideas, emotions, stories, and characterizations through games, improvisation, skits, monologues, plays, performances, and skill and team building exercises.

Stage Craft/Theatre Production 10-12 (MDRD-10, MD RTP11/12)

This course requires a diverse range of skills and personal motivation as this class is all project-based. Students will need to actively participate, collaborate with others, and demonstrate personal commitment in many art and tech projects throughout the semester. We will be focusing on three major areas of study in this course: production design, technical theatre, and theatre management. We will be training a full technical crew in the areas of lighting, sound, stage management, props, set design, and costumes all for the Musical Theatre Production shows at the end of the semester.

Musical Theatre 10-12 (MMUTH10/11/12)

This course consists of three major areas of study: acting, choreography, and vocals. Areas of development will include character development and interpretation, vocal technique and projection, movement and choreography, and stage presence. This course requires a diverse range of skills. Students will need to actively participate, collaborate with others, and demonstrate personal commitment. Specific to the musical theatre disciplines of drama, music, and dance we will participate in auditions, rehearsals, and performance techniques. Our final public performance of our Musical Production shows will take place in December, with a second show put on at the end of January. The January show will be a review to showcase individual strengths and skillsets.

Performances are a mandatory requirement of this course.

Music

CONCERT BAND

Concert Band 9 (MMU—09CCB)

This course is for all successful Grade 8 Band students and will operate as a Concert Band at PVSS. There will be strong emphasis on technical development, tuning and intonation, balance and team building. This band will perform at our annual Winter Concert, as well as participate in an elementary band tour.

Do not worry if you have little or no experience in a concert band setting. All are welcome to be part of this team.

Concert Band 10-12

Prerequisite: *previous experience* in Concert Band 9 from a middle school music program. This class is expected to be the “showcase” band at PVSS. It is a Senior Band which demands considerable dedication from all of its members. Regular practice, extra rehearsals, fundraising, music trips and community concerts are typically expected of *all* students. There are increasingly demanding standards of performance, knowledge, understanding and leadership in this course.

Band 10 (MMUCB10)

Band 11 (MIMCB11)

Band 12 (MIMCB12)

JAZZ BAND

Instrumental Music: Sr Jazz Band 10-12 (OTT Course)

With Big Band instrumentation, this limited enrollment class focuses on swing, rock and funk music. Only serious music students need apply. This group requires uncommon professionalism and diligent practice of its members. Jazz interpretation, improvisation, ensemble refinement, and independent rehearsal skills are some of the major areas of concern. This course will be selected by senior instrumentalists with enrollment subject to the teacher’s permission. This ensemble is also welcome to attend our annual band trip in the Spring.

Jazz Band 10 (MMUJB10)

Jazz Band 11 (MIMJB11A)

Jazz Band 12 (MIMBJ12)

BLUES BAND

Contemporary Music: Blues Band 9-12 (OTT Course)

Prerequisite: permission and interview with the teacher. This course exists to provide guidance to and structure for a student-led musical group. Students will have regular rehearsals and be expected to prepare for, plan, book and perform at occasions and venues appropriate to their genre. The teacher will support these activities with guidance, instruction, facilities, and equipment as necessary. Most students taking this course will play in genres involving the key elements of Jazz, Rock, Blues and Pop

Blues Band 10 (MMUCM10) Blues Band 11 (MMUCM11) Blues Band 12 (MMUCM12)

ROCK BAND

Rock Band 9-12

Rock Band is a course for those who like to sing and perform in a group setting. The purpose of this course is for beginner singers, guitarists, bassists, keyboardists and drummers to explore many genres and realms of music. Groups will perform at occasions and venues appropriate to their level. There will be opportunities to sing and play in small or larger groups. This course will explore music that is both old and new with student input. There is no prerequisite for this course.

Choir 9 (MMU—09SNG) Choir 10 (MMUCC10) Choir 11/12 (MCMCC11/12)

Visual Arts

Visual Art 9 (MVA—09)

Visual Art 9 is an introductory course designed to expose students to both two- and three-dimensional art forms. Students will explore a variety of media and techniques such as drawing, painting, mixed media, printmaking, and sculpture. Through hands-on projects, students will develop foundational skills in observation, creative thinking, problem-solving, and craftsmanship while learning basic elements and principles of design. Emphasis is placed on experimentation, risk-taking, and personal expression, as well as safe and responsible use of tools and materials. This course provides students with a solid foundation and prepares them for further study in Studio Arts 2D and Studio Arts 3D.

Visual Art 10 (MVAD-10)

Visual Art 10 is an introductory course designed to expose students to both two- and three-dimensional art forms. Students will explore a variety of media and techniques such as drawing, painting, mixed media, printmaking, and sculpture. Through hands-on projects, students will develop foundational skills in observation, creative thinking, problem-solving, and craftsmanship while learning basic elements and principles of design. Emphasis is placed on experimentation, risk-taking, and personal expression, as well as safe and responsible use of tools and materials. This course provides students with a solid foundation and prepares them for further study in Studio Arts 2D and Studio Arts 3D.

Studio Art 2D 11 (MVAD-11)

Studio Art 2D is an intermediate-level course focused on the creation of two-dimensional artworks. Students will further develop skills using a range of media and techniques such as drawing, painting, printmaking, and mixed media. Building on foundational knowledge, students will deepen their understanding of the elements and principles of design, composition, and visual communication. Through increasingly complex projects, students will be pushed to challenge themselves, take creative risks, and express ideas and personal perspectives on a deeper level. Greater independence and personal choice are emphasized, allowing students to explore individual interests and develop their own artistic voice. Previous experience in Visual Art 9/10 is recommended but not required.

Studio Arts 3D 11 (MVAC-11)

Studio Art 3D is an intermediate-level course focused on the creation of three-dimensional artworks. Students will explore a variety of sculptural processes and materials such as clay, wire, cardboard, found objects, assemblage, and other construction-based media. Building on foundational skills, students will deepen their understanding of form, space, structure, balance, and surface treatment. Through increasingly complex projects, students will be challenged to think critically, solve problems, and take creative risks while developing conceptual and technical skills. Emphasis is placed on personal expression, craftsmanship, and safe, responsible use of tools and materials. Students are encouraged to explore individual interests, allowing for greater independence and personal choice in their work. Previous experience in Visual Art 9/10 is recommended but not required.

Studio Arts 2D 12 (MVAD-12)

Students are expected to demonstrate a higher level of independence, conceptual depth, technical refinement, and development of a personal artistic voice. Projects require increased complexity and self-directed decision making. Students will further develop skills using a range of media techniques such as drawing, painting, printmaking, and mixed media. Building on foundational knowledge, students will deepen their understanding of the elements and principles of design, composition, and visual communication. Through increasingly complex projects, students will be pushed to challenge themselves, take creative risks, and express ideas and personal perspectives on a deeper level. Greater independence and personal choice are emphasized, allowing students to explore individual interests and develop their own artistic voice.

Previous experience in Visual Art 9/10 is recommended but not required.

Studio Arts 3D 12 (MVAC-12)

Students are expected to demonstrate a higher level of independence, conceptual depth, technical refinement, and development of a personal artistic voice. Projects require increased complexity and self-directed decision making. Students will explore a variety of sculptural processes and materials such as clay, wire, cardboard, found objects, assemblage, and other construction-based media. Building on foundational skills, students will deepen their understanding of form, space, structure, balance, and surface treatment. Through increasingly complex projects, students will be challenged to think critically, solve problems, and take creative risks while developing conceptual and technical skills. Emphasis is placed on personal expression, craftsmanship, and safe, responsible use of tools and materials. Students are encouraged to explore individual interests, allowing for greater independence and personal choice in their work.

Previous experience in Visual Art 9/10 is recommended but not required.

Independent Directed Study in Art (Grade 12 ONLY)

The Independent Directed Study (IDS) in Visual Arts 12 is an advanced course that allows students, under the supervision of a teacher, to initiate, design, and develop their own individualized program in visual arts. This course is intended for highly motivated students who demonstrate a strong interest or passion for art and wish to pursue their studies in greater depth and complexity.

Students will propose an area of focus and develop a body of work that reflects sustained inquiry, experimentation, and personal artistic growth. Emphasis is placed on advanced problem-solving, creative risk-taking, conceptual development, and technical refinement. Students are expected to work with a high level of independence, manage their time effectively, seek feedback, and take responsibility for directing their own learning.

Throughout the course, students will build a portfolio that documents their creative process, exploration, and growth, culminating in a cohesive collection of resolved artworks.

Note: This course is open to Grade 12 students only. Successful completion of **Studio Arts 2D 12** or **Studio Arts 3D 12**, along with **teacher permission**, is required.

Humanities

English Language Arts

Grade 9	Grade 10	Grade 11	Grade 12
<p>You must take:</p> <p>English 9 (MEN--09)</p>	<p>You must choose:</p> <p>English 10 (MCMPS10) – Literary Studies and Composition</p> <p>OR:</p> <p>English First Peoples 10 (MEFLS10)</p>	<p>You must choose:</p> <p>Literary Studies 11 (LTST11)</p> <p>OR:</p> <p>Composition and Journalism 11 (MCMPS11)</p>	<p>You must choose:</p> <p>English Studies 12 (MENST12)</p> <p>OR:</p> <p>English 12 First Peoples (MENFP12)</p>

English 9 (MEN--09)

The major goal of English 9 is to provide learning strategies around the three core competencies of thinking, communicating and personal / social learning. This will be done by examining a variety of texts and genres. Students will learn literary techniques and explore creative writing, poetry, and other writing processes.

English 10 (MCMPS10 & MLTST10)

English 10 is designed to strengthen students’ ability to think critically and communicate effectively. This will be done through the study of a variety of literary and non-fiction texts. Students will develop skills to comprehend and connect to what they read, hear, and view, and will learn to express and support their ideas using evidence. The course emphasizes writing, speaking, and literary analysis. This course is composed of 2 credits each of Composition 10 (MCMPS10) and Focused Literary Studies 10 (MLTST10).

English First Peoples 10 (MEFLS10 & MEFWR10)

English First Peoples 10 is a continuation of English 9 where students will continue to develop skills in the curricular competency areas of Comprehend and Connect and Create and Communicate. English First Peoples is intended for both Indigenous and non-Indigenous students. Students will become open minded scholars of First Peoples’ worldviews through the study of literary, informational and media texts with Indigenous First Peoples’ content. This course provides opportunities for all student to engage with First Peoples’ creative expression and focuses on the experiences, values, beliefs, and lived realities of First Peoples as evidenced in various forms of text – including oral story, speech, poetry, dramatic work, dance, song, and prose (fiction and non-fiction). This course consists of 2 credits each of English First Peoples Writing 10 (MEFWR10) and English First Peoples Literary Studies 10 (MEFLS10)

Composition & Journalism 11 (4 Credits) (MCMPS11)

Composition & Journalism 11 builds on previous learning in English 10 and provides an opportunity to develop strong writing and communication skills in a variety of contexts. Students will focus on journalistic and non-fiction writing, including news articles, feature stories, interviews, opinion pieces, and creative non-fiction. The course emphasizes clarity, style, and structure, while encouraging students to research, analyze, and present ideas thoughtfully and accurately. Students will also explore ethical considerations in journalism and develop the skills to communicate effectively to diverse audiences.

Literary Studies 11 (4 credits) (MLTST11)

Designed for students who have already developed skills in English 10, this course allows students to delve more deeply into literature through the study of more complex texts. Students will explore a range of themes, periods, and authors across fiction and non-fiction in multiple forms, including poetry, plays, short stories, and oral and visual media. Emphasis is placed on analyzing literature, reflecting on diverse perspectives, making meaningful connections between self, text, and the world, and communicating understanding both formally and informally. Successful completion of an English 10 course is a prerequisite for enrolment.

English Studies 12 (4 credits) (MENST12)

English Studies 12 builds on and extends students' learning from English Language Arts courses in Grades 10 and 11. Designed for all students, the course focuses on refining effective communication in a variety of contexts, thinking critically and creatively about language, and deepening understanding of self and others in a changing world. Students will engage with diverse voices and perspectives while expanding their understanding of what it means to be educated Canadian and global citizens.

English 12 First Peoples (4 credits) (MENFP12)

English First Peoples 12 builds upon and extends students' previous learning in English 10 and 11 courses and is grounded in the First Peoples Principles of Learning. The course provides opportunities for all students to engage deeply with First Peoples oral and written literature and visual texts across a range of media. There is a focus on understanding and appreciating authentic First Peoples voices, as well as their experiences, values, beliefs, and lived realities.

French

French 9 (MFR--09)

French 9 is an introductory course for students who have little or no knowledge of French. They will enhance their understanding and appreciation of diverse French-speaking communities and will develop skills necessary for lifelong language learning.

French 10 (MFR--10)

French 10 provides opportunities for students to communicate in French about everyday matters and topics of personal interest in real-life situations. Students will exchange information, ideas, and opinions with others in structured, guided, and increasingly spontaneous spoken interactions.

Pre-requisite FRENCH 9

French 11 (MFR--11)

French 11 is an advanced French course for the **serious French student** planning to pursue post-secondary education. This course offers students extended opportunities to speak and interact in real-life situations in French with greater independence.

Pre-requisite FRENCH 10

French 12 (MFR--12)

French 12 is designed for the successful French 11 student who has mastered grammatical concepts and who enjoys an intellectual challenge. The language of instruction, interaction, and discussion is French. Successful completion of French 12 will satisfy the 'Language other than English' requirement for The BA program at UBC. Students will be given the opportunity to write the A1 or A2 DELF exam in April. This exam is a recognized worldwide grading standard for the French language.

A DELF diploma offers:

International recognition of French proficiency:

- Recognized in 164 countries

Proof of one's success in learning French:

- Recognition of the candidate's accomplishments to date on the path to French proficiency.
- Represents an official document, recognized internationally, that enriches the candidate's school or professional portfolio.

Advantages for post-secondary education:

- Recognized internationally by francophone postsecondary institutions, including a growing number in Canada.

Enhances one's resume:

- A description in meaningful terms what the candidate is capable of doing in French.
- An aid for professional advancement, open doors to a wide range of career and recreational opportunities throughout Canada and around the world.

Levels:

A1: (Beginner) Students are able to introduce themselves and talk about their hobbies, explain where they live, describe relationships, etc.

A2: (Beginner-Intermediate) Students are able to communicate and exchange on familiar subjects.

Social Studies

Grade 9	Grade 10	Grade 11	Grade 12
<p>You must take:</p> <p>Social Studies 9 (MSS09)</p>	<p>You must take:</p> <p>Social Studies 10 (MSS10)</p>	<p>You must choose:</p> <p>20th Century World History 12 (MWH12)</p> <p>OR:</p> <p>Law Studies 12 (MLST12)</p> <p>OR:</p> <p>BC First Peoples 12 (MBCFP12)</p> <p>Also Available:</p> <p>Psychology 12 (YPSYC2A) Note: Psychology 12 is not a university-eligible course and will not count as a Social Studies 11/12 credit</p>	<p>You MAY choose:</p> <p>20th Century World History 12 (MWH12)</p> <p>OR:</p> <p>Law Studies 12 (MLST12)</p> <p>OR:</p> <p>BC First Peoples 12 (MBCFP12)</p> <p>OR:</p> <p>Psychology 12 (YPSYC2A) Note: Psychology 12 is not a university-eligible course and will not count as a Social Studies 11/12 credit</p>

Social Studies 9 (MSS--09)

The major goal of Social Studies 9 is to develop students' understanding of Canada and the world by exploring history, geography, politics, and culture. Students will investigate key events, including the First World War, and consider their impact on societies and individuals. The course emphasizes critical thinking, inquiry, and the ability to connect past and present, while encouraging students to communicate their ideas clearly through discussion, writing, and other media.

Social Studies 10 (MSS--10)

Social Studies 10 is designed to help students understand Canada and the world in the 20th century, focusing on the period after the First World War. Students will explore key events, movements, and ideas that shaped societies, including social, political, and economic change. The course emphasizes critical thinking, inquiry, and the ability to connect historical events to contemporary issues, while encouraging students to communicate their understanding through discussion, writing, and other media.

20th Century World History 12 (MWH--12)

This course covers world history in the 20th century to 1991. The major focus is on international affairs. Topics include: authoritarian regimes, fascism and communism, post-war social, economic, and technological changes, World War II, the Cold War, China and the Middle East, and civil wars. Socials 10 is a prerequisite for this course.

Law Studies 12 (MLST-12)

The purpose of this course is to provide young people with an introduction to the Canadian Legal System. Areas to be studied include: History of Law, the Charter of Rights and Freedoms, Criminal Law, Family Law, Tort Law, Employment Law, Aboriginal Law, and the Youth Criminal Justice Act. This course is open to all grade 11 and 12 students.

BC First Peoples 12 (MBCFP12)

BC First Peoples 12 will explore the identities and worldviews of BC First Peoples. Students will study ethics and appropriation, assimilation policies, contemporary issues, and governance systems to learn how First Peoples have been impacted by contact and colonialism. Story, sharing circles, hands-on activities, land-based learning, and guest speakers will highlight the richness, diversity, and resiliency of BC First Peoples.

Psychology 12 (YPSYC2A)

Psychology 12 provides an introduction to the scientific study of human and animal behaviour and experience. Students will explore developmental, physiological, and social aspects of psychology, including sensation and perception, learning and motivation, memory, brain function, mental disorders, and treatment methods. The course also examines emotions, personality, and the practical applications of psychology to everyday life and future learning.

Please note that Psychology 12 is not a university-eligible course and will not count as a Social Studies 11/12 credit.

Mathematics and Sciences

Mathematics

Which Math Course is Best Suited to My Child?

Your child's educational choices after high school depend, in part, on the courses they take in secondary school. The specific math courses that are required by colleges and universities depend on the program a student wishes to enter. We believe that students should always take the most academic math course they can successfully complete. The Pre-Calculus courses are the most academic courses in the senior grades. Students may not self-select Workplace Math 10 or Workplace Math 11. Enrolment in these courses may only happen with the recommendation of the previous Math teacher.

Why are there different math courses in Grades 10, 11 & 12?

Math is used in different jobs in very different ways. The mathematics used by a retail salesclerk is different from that used by an automotive mechanic or an electrical engineer. To address different abilities, interests and future plans, the Math 10-12 curriculum is delivered in three "Pathways". Statistics 12 is a Math elective that does not fit into one of the pathways.

Mathematics 9 (MMA--09)

All students must enroll in Math 9. Concepts include operations with rational numbers, exponents, polynomials, linear relations, linear equations, proportional reasoning, statistics in society and financial literacy.

Foundations of Mathematics and Pre-Calculus 10 (MFMP-10)

Prerequisite: Math 9—Teacher Recommendation

This academic course introduces students to the mathematical and critical thinking skills further developed in the Foundations of Mathematics or Precalculus pathways. Topics include; linear functions, systems of linear equations, relations and functions, multiplying and factoring algebraic expressions, roots and powers, trigonometry, arithmetic sequences and series, and finance. Students need to have; a strong understanding of the basics of algebra, a strong foundation/understanding of basic computation skills without the use of a calculator (BEDMAS using numbers 1 to 12), an understanding of operations with fractions, and be able to graph a linear function.

Workplace Mathematics 10 (MWPM-10)

This pathway is designed to provide students with the mathematical understandings and critical thinking skills identified for direct entry in the work force. Workplace Math 10 covers practical money skills, right angle triangles, surface area and volume, basic statistics, and measurement. Enrolment in this course may only happen with the recommendation of the student's Math 9 teacher.

Pre-Calculus 11 (MPREC-11)

It is recommended that students enrolling in this course have a C+ or higher in Foundations of Mathematics and Pre-Calculus 10. This course allows students to enter directly into a B.A. program at most Western Canadian Universities.

Foundations of Math 11 (MFOM-11)

Prerequisite: Foundations and Pre-Calculus Math 10

This course is designed to provide students with the mathematical and critical thinking skills identified for college or university studies in programs like Geography, Social Sciences, or Arts. This course is not easier than Pre-Calculus 11 but rather is a different style of course. This course satisfies high school graduation requirements but is not sufficient for entry into all post-secondary programs. Students need to determine if this course is an accepted entrance requirement for the program and post secondary institution of their choosing. Topics include: financial mathematics, angle relationships, trigonometry, logic and reasoning, relations and functions, and probability and statistics.

Workplace Math 11 (MWPM-11)

This pathway is designed to provide students with the mathematical understandings and critical-thinking skills identified for entry into the majority of trades and for direct entry into the work force. This course satisfies the requirements for the Grade 11 math Graduation requirement. Students may not self-select Workplace Math 11. Enrolment in this course may only happen with the recommendation of the student's Math 10 teacher.

Pre-Calculus 12 (MPREC-12)

It is recommended that students enrolling in this course have a C+ or higher in Pre-Calculus 11.

Calculus 12 (MCALC12)

Calculus 12 is intended to prepare students for post-secondary Math and Science courses. In most post-secondary institutions all first year science students are required to take calculus, Students who have had no prior experience with calculus tend to find it extremely difficult. As a result, it is highly recommended that students who plan on entering a science based program in their post-secondary studies take calculus 12 in high school. Students who enroll in calculus 12 should also be enrolled in Pre-Calculus 12. It is also recommended that students enrolling in Calculus 12 have a C+ or higher in Pre-Calculus 11. Calculus explores the concepts of how things change. It provides a framework for modeling real world problems. The final assessment for this course is a hands-on construction project using the principles explored during the course.

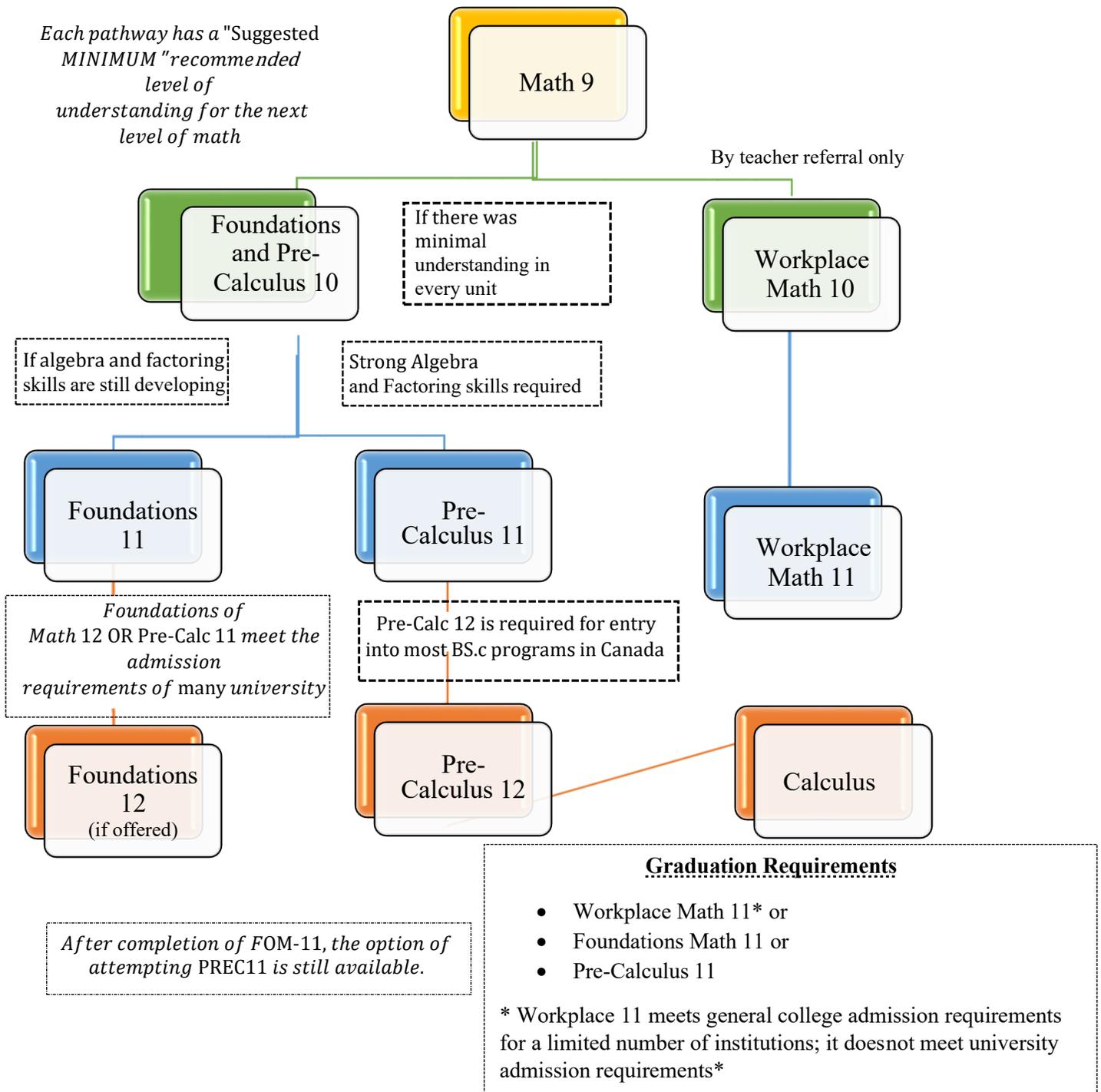
Statistics 12 (MSTAT12)

This is a first course in Statistics. The objective of the course is for students to gain a good understanding of statistical principles and methods. At the end of the course, students should be able to use elementary statistical techniques.

Big Ideas: • Statistics plays an integral role in research, decision making, and policy in society. • The research question and practical and ethical issues determine whether a statistical study should be observational or experimental. • Statistical analysis allows us to explore, describe, model and explain variation. • We can develop statistical thinking to help make inferences intuitive. • Statistical findings gain value through effective communication.

This will be more of a project-based course with a Mid-Term and Final Exam. The course will give a good overview of STAT 200 or STAT 100, which are required for most BSc and BA (Social Science) degrees.

Each pathway has a "Suggested MINIMUM" recommended level of understanding for the next level of math



- The Pre-Requisite courses listed require only a passing grade to enroll in the next level.
- However, it is strongly encouraged that students demonstrate a strong level of **understanding** in their previous years' courses 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.

Science

Science 9 (MSC--09)

Science 9 exposes students to a wide variety of ideas and theories in various fields, much of which is designed to provide a general background for future Science studies. Emphasis is placed on the practical applications of Science principles. The major topics include: Biology (Genetics and Reproduction), Chemistry (Symbols, Formulas, and Chemical Reactions), Electricity and grand cycles of matter and energy.

Science 10 (MSC--10)

By exploring a range of topics in Science 10, students will develop their interest, curiosity and understanding of the natural world around them. Emphasis is placed on inquiry and experimentation, as well as theoretical work. The topics of study in Science 10 include Biology (genetics), Chemistry (chemical reactions and radiation), Physics (energy transformations) and Astronomy (examining the universe).

Chemistry 11 (MCH--11)

Prerequisite: To be successful in this course, it is strongly recommended that students have a minimum of a C+ in both Science 10 and Foundations of Math and Pre-calculus 10.

Content: In this course you will learn some of the skills necessary to become a successful scientist. You will work independently and in groups on the development of scientific competencies that include: questioning and predicting; planning and conducting; processing and analyzing data and information; evaluating, applying and innovating; and communicating. This will be accomplished through the study of various topics including; atoms and molecules are building blocks of matter; organic chemistry and its applications have significant implications for human health, society, and the environment; the mole is a quantity used to make atoms and molecules measurable; matter and energy are conserved in chemical reactions; and solubility within a solution is determined by the nature of the solute and solvent. This class will help you develop a sustained curiosity to the world around you, an ability to assess assumptions and question given information, and an ability to apply scientific literacy to social, ethical, and environmental consideration in the real world. In senior science classes, there is a large focus on continuing education and careers that incorporate the field of science.

CALCULATOR: A scientific calculator is required for this course.

Environmental Science 11 (MEVSC11)

This applied science course provides students with the opportunity to learn, in a hands on way, the concepts, skills, and attitudes needed to understand the practices and issues related to diversity in local ecosystems, processes and changes in local ecosystems, sustainability in local ecosystems, and the conservation and restoration of ecosystems. The ultimate goal of Environmental Science 11 is to learn how humans interact with our environment in local ecosystems. A secondary goal is to support students to find viable ways to diminish their ecological footprint and make a local difference by becoming environmentally responsible students/citizens. Participation in Armstrong/Spallumcheen ecological projects will be expected of all students.

Horticulture 11 (MSCCT11)

This course provides a hands-on learning experience for students interested in developing job related skills. This is done through the lens of hydroponics/aquaponics. Practical and project-based work are major components of this course.

Life Sciences 11 (MLFSC11)

This is a survey course of interest to students who want to know more about the living world and those who plan to study science in their future. Major topics include classification, evolution and comparative anatomy. We will study the range of living organisms: virus, prokaryotes, protists, fungi, plants and animals. Dissections will be a major part of the animal's unit and participation is expected. Emphasis will be placed on the evolutionary relationships linking all life. A wide range of hands-on lab activities will support the theoretical components of the course.

Physics 11 (MPH--11)

Physics 11 is recommended for students interested in pursuing post-secondary studies in the sciences, engineering, technology, health sciences, or skilled trades. It is particularly well suited for students who are curious about how the physical world works and who may require Physics as a prerequisite for future academic or career pathways. Students are advised to carefully research the admission requirements of their intended post-secondary institutions.

Physics 11 is an introductory course designed to develop foundational analytical and problem-solving skills through the study of core physics principles. Students will deepen their understanding of physical concepts and apply them to practical situations in the following areas: Kinematics, Dynamics, Momentum, Energy, Electric Circuits, Waves, and Special Relativity.

Anatomy and Physiology 12 (MATPH12)

Anatomy and Physiology 12 is a challenging academic course that provides students with an in depth investigation into aspects of human anatomy and physiology. Emphasis is placed on both practical and theoretical work. The major areas of study in this course include: physiological processes at a cellular level, gene expression and the interaction between genes and the environment, as well as organ systems and the complex interrelationships.

Chemistry 12 (MCH--12)

This course introduces and explores the concept of equilibrium in chemical reactions. Topics include: Reaction Rates, Dynamic Equilibrium, Solubility, Acids and Bases, and Electrochemistry. These topics will be studied through both theoretical and practical work. Good math skills are required. This is a challenging course that is intended for students who wish to pursue post-secondary studies.

Physics 12 (MPH--12)

Physics 12 is recommended for students planning to pursue post-secondary studies in the physical sciences, engineering, medicine, or skilled trades such as electrical work. It is particularly well suited for those who are curious about how the physical world operates and who intend to enter careers where Physics is a prerequisite. Students are strongly encouraged to carefully review the admission requirements of their intended post-secondary institutions.

Physics 12 focuses on classical mechanics and electromagnetism and is designed to further develop students' analytical and problem-solving skills. Throughout the course, students deepen their understanding of physical principles and apply them to practical situations in the following areas: Vector Kinematics, Vector Dynamics, Work, Energy and Power, Momentum, Gravitation and Circular Motion, Equilibrium, Electrostatics, and Electromagnetism.

Physical and Health Education

Physical and Health Education

Physical and Health Education 9/10 (MPHE-09 / MPHE10)

Physical and Health Education 9/10 is a participation-based course focusing on well-being and the connections between physical, intellectual, mental, and social health. Students experience a variety of individual, dual and team activities to develop a personalized understanding of what healthy living means to them as individuals and members of society. The aim of Physical and Health Education 9/10 is to gain the knowledge, movement skills, positive attitudes and behaviours that contribute to lifelong physical health and mental well-being. Students are required to wear appropriate PHE strip which includes a clean T-shirt, clean shorts and proper indoor shoes. PVSS PHE strip is available for purchase if students require a T-shirt or shorts.

Active for Life 9/10 (MPHE-09AFL / MPHE10AFL)

This course satisfies the Physical and Health Education 9/10 requirements. The focus of this course is individual and collective well-being and lifestyle activities that promote physical, social, mental, and emotional well-being as well as active living. Class activities will be co-created with students based on their choices and preferences. Activities can range from fitness activities such as hiking (all season), walking, yoga, minor games, and circuit training, to mind-body connection activities such as breathing, balancing, and concentration exercises. This class will also include ways to develop strategies on self-care, goal setting, conflict resolution, self-awareness (and identity), inclusion, nutrition, and mental wellness.

Dance Conditioning 10 (MPHE10DNC)

Do you have dance and fitness goals, but do not want to perform in the Dance Gala? Then this course is for you! Participate in physical activities designed to maintain or enhance your overall fitness and improve your dance technique. Develop core support, turnout, flexibility, strengthen your arms and legs, and increase your cardio abilities. In this course we will experience more than just dance training, it will include fitness activities such as aerobic movements, stretching, yoga, strength training, Pilates, cross fit, jump rope, hand/ankle weights etc. will be incorporated to work on your individual goals. Students will also develop a positive sense of physical and emotional well-being as well as mindfulness. Come experience the effects these different types of fitness activities have on the body. These effects can include:

- Strengthening muscles and bones
- Strengthening heart and lungs
- Reducing stress and/or anxiety levels

This course will have the same format as a dance class including warm up, exercise, and ending with a cool down. **This course satisfies the Physical and Health Education 10 requirement.**

Active Living 11 (MACLV11)

This course is designed to allow students a more in-depth approach to physical education. There will be aspects where students participate in-game activities, but there is an increasing focus on maintaining health throughout life including injury prevention and physical maintenance through a variety of physical activities and programs. An emphasis is made on self-motivation, health, and well-being, as well as safety, fair play, and leadership of group activities. Students are expected to display some leadership within a fitness or sport environment. Participation is crucial, but Active Living is also about developing our thinking around physical activity as well.

Active Living 12 (MACLV12)

This course builds upon the learning in Active Living 11. The students will engage in a wide variety of activities. An emphasis on positive leadership within the class and community is an increasing focus. There will be continued requirements around in-game activities, maintaining health, self-motivation, health, and well-being, as well as safety, fair play, and recreational activities. Participation is crucial, and there is a continued focus on developing knowledge around physical activity and participation.

AM Fitness and Conditioning 10/11/12

AM Fitness and Conditioning classes will run in the morning before school. AM Fitness and Conditioning is designed for students who have an interest in developing overall fitness. This course is designed to promote a holistic approach to health and well-being through a combination of physical activity, education, and practical skills. Students will be empowered to develop and maintain a healthy, active lifestyle, and foster a lifelong commitment to personal wellness. The course will emphasize a range of fitness activities that encompass cardiovascular endurance, strength training, flexibility, and overall functional fitness.

This is a physically demanding course and is developed for students who are serious about improving their overall fitness and willing to challenge themselves physically. This course can also be personalized for high-level athletes with performance-based goals.

AM Fitness 10 (YHRA-0B)

AM Fitness 11 (YHRA-1B)

AM Fitness 12 (YHRA-2B)

Athletic Leadership 11/12 (OTT Course)

This is a yearlong course, scheduled outside the timetable. On average, students can expect to meet at lunch or after school 2 times per week throughout the year. This is a leadership course with specific emphasis on athletics. Students will be involved with planning, organizing, promoting, and operating school sporting events and activities throughout the school year. Course activities include the PVSS intramurals program, managing and promoting school sports teams, assisting with home games and score table duties, and facilitating school sports tournaments. Athletic Leadership 11 / 12 is for students who love to be involved with organizing school sports.

Athletic Leadership 11 (YIPS-1B)

Athletic Leadership 12 (YIPS-2B)

PVSS Hockey Academy

This program of choice is offered to any students in Grades 9-12 and involves enrolling in two courses – see the chart below.

Highlights:

- **Please be aware that there is a cost of \$400 per student.** Students may select this program when completing course selection and enrolling directly with the school.
- Two 1.5 hour ice session per week
- Two weight training sessions per week.
- Goalie coaching 4x per month (no extra cost)

The program is offered inside the regular school day and within the school timetable and would include at least three hours of ice time at Sunbelt Arena per week, as well as tactical training, fitness, nutrition, leadership, and mentorship components that will occur off ice during the school day.

Grade	Required Course	Plus One Of... (* indicates preferred course)
9	Intro to Fitness 10 (YHRA-0C)	Physical and Health Education 9 (MPHE-09HKY)* OR Athletic Leadership 10
10	Hockey Academy 10 (YHRA-0A)	Physical and Health Education 10 (MPHED10HKY)* OR Athletic Leadership 10
11	Hockey Academy 11 (YHRA-1A)	Fitness and Conditioning 11 (MFTCD11HKY)* OR Athletic Leadership 11
12	Hockey Academy 12 (YHRA-2A)	Fitness and Conditioning 12 M(FTCD12HKY)* OR Athletic Leadership 12

Career Education

Career Education

Career Life Education (MCLE-10)

Career Life Education offers students opportunities to identify and develop personal interests, passions and competencies. Students will also explore learning opportunities, post-graduation options, and career and life path possibilities. Career Life Education encourages community-based learning by facilitating community networking, preparing for real-life contexts and exploring experiences outside the school environment. Students in Grade 11 must take CLE-10 as a graduation requirement.

Career Life Connections 12 (MCLC-12)

Career Life Connections is course that students MUST complete as a requirement of graduation. The goal of the course is to enable students to develop the skills they need to become self-directed individuals who display initiative, establish goals, make thoughtful decisions, and take ownership for pursuing their goals in an ever-changing society. The following Capstone Project is part of the course (each is 2 credits).

Capstone Project

The capstone is an opportunity for students to reflect and share in personally meaningful ways and is a requirement for Career Life Connections and for graduation. It is a representation of the student's learning journey and provides an opportunity to contemplate and synthesize as well as showcase and celebrate. Students do not have to sign up for this.

NOTE: Students must take CLE and CLC and successfully complete the Capstone Project to meet graduation requirements.

Emergency Medical Responder 12 (XAT--12EMR)

This course will be offered as a block inside the timetable semester 2 at PVSS.

This course will build a solid foundation for individuals entering the healthcare field and well-suited for those interested in employment with ambulance services, fire departments, industrial projects, recreational facilities and more. Select this program if you are interested and Mr. Brown will follow-up with a conversation regarding next steps!

Gateway to Tech

This four-credit, dual-credit Grade 12 course is geared towards students interested in becoming more tech savvy or wish to explore careers in Information Technology and Coding. Students will learn about computer components and peripherals, wireless networks, network management, and computer and internet security. The course also explores environments and languages such as Linux, LAMP, HTML, CSS, JavaScript 1 and 2 and SQL. There also an opportunity to meet local employers and associations connected to the tech industry in the region. The course is scheduled to be offered in the 1st semester

outside of the timetable at Salmon Arm's Okanagan College campus two evenings per week. Besides selecting this option as a course, candidates must later fill out an application and be interviewed before being admitted into the course.



New Ways to Graduate

Apply for Next Year, 2026-2027!

There are many new ways for students to get valuable life experiences and a head start on post-secondary level program, most tuition-free, while you are still in secondary school. As these programs are very popular and space is limited, it is important to begin thinking about your options for next year as soon as possible.

For more information please contact PVSS Career coordinator Doug Brown, 250-546-3114 (dobrown@sd83.bc.ca); District Career Education Coordinator George Richard, 778-824-1188 (grichard@sd83.bc.ca); or SD 83 Director of Instruction Middle & Secondary: Reid Findlay, 250-832-3080 (rfindlay@sd83.bc.ca)

Visit the SD83 Career Website at <http://career.sd83.bc.ca/>

Youth TRAIN in Trades opportunities

These programs provide students with Industry Training certification as well as provide high school credits. **For concrete dates and application forms visit the Career Centre at your school.** All students need to apply to Okanagan College and complete a district application and then will be interviewed for a seat in their selected program.

Emergency Medical Responder (District Program at PVSS)

- A solid foundation for individuals entering the healthcare field. Well-suited for those interested in employment with ambulance services, fire departments, industrial projects, recreational facilities and more.

Professional Cook 1 (PC1): (District Program) [Camosun College partner]

- In this program students will be instructed, through flexible (on-line) learning, practical labs and work experience, in all aspects of commercial food preparation.

Hairstyling: (Pleasant Valley Secondary) [SkilledTradesBC recognized program]

- Students will learn how to cut, dress, curl, and wave hair.
- February 2026 (this is a two-semester program)

Carpenter Foundations (Okanagan College)

Electrical Foundations (Pre-Apprenticeship) (Okanagan College)

HVAC Foundations (Okanagan College)

Plumbing Foundations (Pre-Apprenticeship) (Okanagan College)

Welding Foundations (Pre-Apprenticeship) (Okanagan College)

Trades Exploration Program – “Explore A Trade”

SD83 regularly hosts in-depth trades sampler program at schools within the District. These programs are often a full semester in length. The intent of the program is to expose students to a variety of trades (i.e. carpentry, plumbing, electrical...) so that they can make an educated choice as to which area they would like to further explore (i.e. taking Electrical Foundations). Ask your Career Counsellor if interested and when it will come to your school.

Youth WORK in Trades

- Students that work with a qualified tradesperson (i.e. licensed mechanic, electrician, butcher...) can sign up as a WORK student and receive:
 - o 16 high school credits if they acquire 480 hours of paid work
 - o \$1000 scholarship if: (a) complete the 4 required courses, (b) have a minimum of 900 work based hours registered with the SkilledTradesBC 6 months after graduation and (b) were able to achieve a C+ average in their Grade 12 courses.
- Students can acquire their hours during school time, summer, evenings, holidays and weekends.
- Students also have the opportunity to apprentice with a school district tradesperson in carpentry, painting, HVAC, plumbing and electrical.

4th Class Power Engineering [partnered with British Columbia Institute of Technology – BCIT]

Dual Credit at Okanagan College (OC) and Thompson Rivers University (TRU)

Students have the opportunity to attend OC (Kelowna, Salmon Arm, Vernon) or TRU to acquire *tuition free trades training* if they attend the programs during their time at high school plus one year. Students are responsible for student fees, textbooks, registration fees, transportation, and accommodations. **Pre-apprenticeship programs are available in such trades as Culinary Arts, Automotive Collision Repair, Electrical, Heavy Duty Mechanics, Welding C, and Plumbing.**

- For a full list of programs visit: <http://www.okanagan.bc.ca> and <http://www.tru.ca/>

Academic Programs -- Okanagan College (Vernon/Salmon Arm)

[Office Assistant Certificate](#)

[Health Care Assistant Certificate](#)

[Administrative Assistant Certificate](#)

[Early Childhood Education Certificate](#)

[Education Assistant Certificate](#)

Medical Office Assistant

Medical Device Reprocessing Equipment Certificate

Unit Assistant Certificate

Gateway to Technology Workplace Certificate

[Information Technology User Support Micro-Credential](#)

Academic Programs -- Thompson Rivers University (Kamloops)

- **Medical Lab Assistant Certificate**

Academic Programs – Justice Institute (Offered locally at PVSS Feb 2026)

- **Emergency Medical Responder**

Work Experience

- Do you have a part/full time job? If so, talk to the Career Centre at your school about getting Work Experience 12A (and 12B) credit.

ALL PROGRAMS ARE SUBJECT TO APPROVED FUNDING, STUDENT ENROLLMENT AND PROGRAM AVAILABILITY

Other Courses

Leadership 10-12 (OTT Course)

This course is designed to give students the opportunity to develop their individual and collective sense of social responsibility through the acquisition and application of leadership skills and theory. Students will develop lifelong skills in goal setting, time management, public speaking and communication, school and community service, event planning, public relations and conflict resolution in real time through the implementation of the leadership calendar and various class activities. This is a student driven course where the class determines, under the guidance of their teachers, what activities will be completed. Full participation with enthusiasm and unbounded energy is an expectation for all leadership students. Students in this course must also be willing step out of their comfort zone.

Leadership 10 (YIPS-0A)

Leadership 11 (YIPS-1A)

Leadership 12 (YIPS-2A)

Athletic Leadership 11/12 (OTT Course)

This is a yearlong course, scheduled outside the timetable. On average, students can expect to meet at lunch or after school 2 times per week throughout the year. This is a leadership course with specific emphasis on athletics. Students will work with the school's Athletic Director and be involved with planning, organizing, promoting, and operating school sporting events and activities throughout the school year. Course activities include the PVSS intramurals program, managing and promoting school sports teams, assisting with home games and score table duties, and facilitating school sports tournaments. Athletic Leadership 11 / 12 is for students who love to be involved with organizing school sports.

Athletic Leadership 11 (YIPS-1B)

Athletic Leadership 12 (YIPS-2B)

Yearbook 10/11/12 (OTT Course)

This is a yearlong course, scheduled outside the timetable. On average, students can expect to meet at lunch or after school 2 times per week throughout the year to produce our school yearbook. Students will enjoy learning about digital and standard photography, page layout and design, computer photo manipulation, and desktop publishing. Students will also sharpen their communication skills, develop their organizational talents, and be amazed at their own creativity and progress. Since we are collectively meeting immovable deadlines with an outside supplier, hard work, responsibility, and cooperation are key prerequisites.

Yearbook 11 (YCCT-1A)

Yearbook 12 (YCCT-2A)

Teaching Assistant Courses

Sponsor teacher permission required. These courses present the student with the opportunity to experience mentorship under the guidance of a certified teacher. The student must complete a teaching assistant form and have it signed by the sponsor teacher before enrolling in this course.

Teaching Assistant 11 (YED--1A)

Teaching Assistant 12 (YED--2A)

Peer Mentoring 10/11/12

Peer Mentoring is a course designed to provide the opportunity to work with diverse learners and/or younger peers. The course provides guidance in effective strategies for supporting other students in curricular areas through promoting a sense of inclusion and belonging and demonstrate the possibility wellbeing and academic success. It also provides an opportunity to build leadership skills that will have future applications. Mentors will develop skills in learning styles, communication, interpersonal relations, leadership, and teamwork. Students must be willing to follow peer mentoring guidelines.

This course has limited enrolment and an application form from PVSS administration will be necessary to be considered for the course.

Peer Mentoring 10 (YED-0B)

Peer Mentoring 11 (YED-1B)

Peer Mentoring 12 (YED-2B)

Independent Directed Studies

Students may apply with counselors if they are interested in doing a 1 to 4 credit extension of any Graduation course.

Student Services

Career Centre

The Career Centre is a space in the school where you can sign up for Work Experience and district Career Programs. You can also find out about course options, ensure that you are meeting your graduation requirements, and learn about post-secondary requirements. Mr. Brown is our Career Coordinator.

Counselling Services

Life challenges can disrupt students' studies but support is available to help students manage these challenges and move forward in a positive, healthy way. Students can come to the counselling staff with a wide range of personal, educational, and career concerns that may be affecting their health and wellness. To make an appointment, students or their parent/ guardians may call the school and ask for a counsellor. Students may also walk in to the counselling centre during school hours. Referral services to outside agencies are also available.

Inclusive Education at PVSS

The Student Support Services Department works collaboratively with parents, district resource staff and community agencies to support the educational programming for students with special learning needs. Individual education plans (IEPs) are developed according to student needs and become an integral part of student programming. The delivery of support for a student varies depending on the student's level of need.

Learning Assistance begins with basic skill development through inclusion in a regular classroom. This includes indirect support involving Learning Resource Teacher (LRT) and Classroom Teacher collaboration. Learning Assistance may also provide study and organizational skill development in a separate classroom setting.

Students working towards a school-leaving certificate are offered modified courses to build skills and independence. These students work closely with LRT and CEA support to meet the goals of their IEP.

Admittance to Student Support Services will be through the School Based Team. This team consists of teachers, counselors, administrators and learning resource teachers. As your child transitions to PVSS, please contact the school to access any of these services.

Indigenous Education

Indigenous Education The School District No. 83 Indigenous Education Department partners with schools, teachers, Special Education, district administration, Indigenous communities and Indigenous students and their families to strengthen Indigenous voice, presence and perspective in schools and classrooms across the district. At PVSS, our Indigenous Education Worker, Success Teacher, and Indigenous Outreach Worker provide academic support as well as cultural enrichment and social-emotional support.

Library Learning Commons

The Library Learning Commons is a space in the school being used for a variety of different activities. A teacher-librarian is there most of the time to support students in an effort to promote learning, literature, and school culture. In the Library, you can read, play games, work on school work alone or in groups, photocopy, and seek assistance from the Teacher Librarian.

The Teacher-Librarian is available to help you:

- Find information, resources and books;
- Improve your research skills: Internet searching;
- Avoid plagiarism through effective note-taking, sources citing, and proper use of images, etc.;
- With organizational skills;
- Work on your EOP course;
- With your writing, including report and essay-writing; and
- Solve problems when working with network computers.