

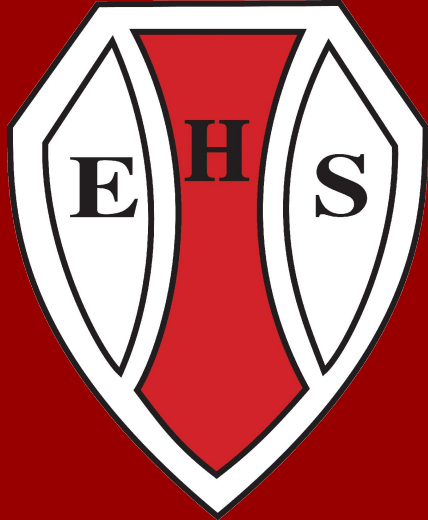
# **COURSE Planning**

**Guide for Families**

**Grades 10-12**

**Course Selection 2025-2026**

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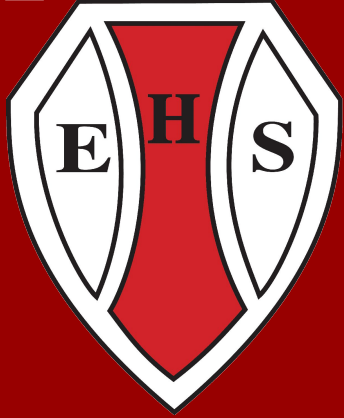


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# Acknowledgement

## Introductions

- **Administration:**  
Principal - Sarah Garr  
Vice-Principals - Sonja van der Putten &  
Chris Koutougos
  - **Counsellors:**  
Ally Hoffman  
Anastasia Andrews
-



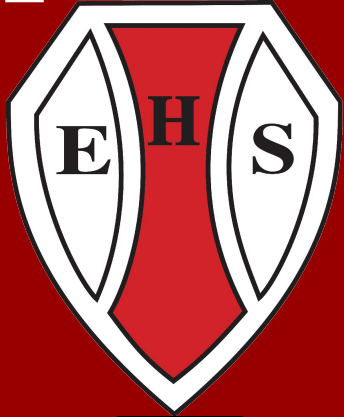
# In this presentation...

Overview of:

- Course planning process and timeline
- Graduation requirements
- Course offerings and elective options

We also want to provide families with the opportunity to ask questions!





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# Course Planning Timeline

## BLOCK B FEB 20

- fill out course form- hand in to block B teacher
- Hand in final draft your forms to Block B teacher or office (if there are changes)
- **Last day to hand in: February 21**

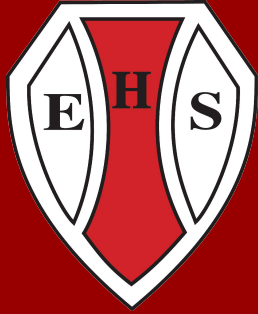
What's next?

MARCH/APRIL - Course requests = which courses we offer

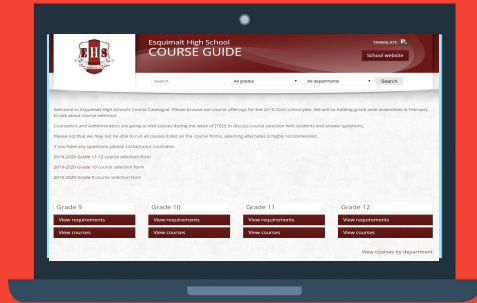
MAY - Build school timetable, load classes

JUNE - Draft schedules to students

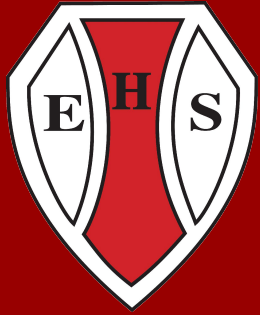
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# Course Planning



- We ask that students select courses carefully to make the best choices.
- Check out the [course guide](https://esquimaltcourses.sd61.bc.ca/) at ESQ website
- <https://esquimaltcourses.sd61.bc.ca/>



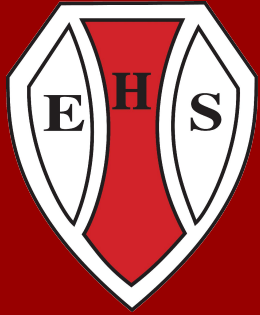
# Graduation Requirements

In grades 10, 11 and 12 you must earn 80 credits in three years:

- 52 credits in required courses
- 28 credits from elective courses
- 4 credits of an Indigenous focused course
- Career Life Education
- Career Life Connections
- Numeracy Assessment in grade 11
- Literacy Assessment in grade 10, grade 12
- FRAL Literacy Assessment in grade 12 (French Immersion)

**\* Courses are worth 4 credits**

**\* Take 8 courses minimum in grades 10 and 11**



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# Graduation Requirements: Grade 10

- 4 credits of Language Arts 10
  - 4 credits of Math 10
  - 4 credits of Social Studies 10
  - 4 credits of Physical Education 10
  - 4 credits of Science 10
  - 3+ electives
  - Career Life Education
  - Literacy Assessment Grade 10 and Grade 12
  - Numeracy Assessment Grade 10
-



# Graduation Requirements: Grade 11

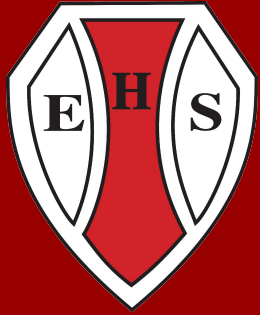
- ✓ 4 credits of a Language Arts 11
- ✓ 4 credits of a Math 11
- ✓ 4 credits Social Studies 11 or 12
- ✓ 4 credits Science 11 or 12

- ✓ Elective courses
- ✓ Career Life Education/CLC - grade 11
- ✓ Numeracy Assessment



Ministry of  
Education





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# Graduation Requirements: Grade 12

- 4 credits of English Studies 12 OR English First Peoples 12
- 3 courses @ grade 12 level
- Elective courses
- CLC Capstone Project
- Grade 12 Literacy Assessment
- \*French Immersion Assessment



Ministry of  
Education



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# Career Life Education

- Required for graduation
  - Delivered through seminars and workshops throughout Grade 10
  - Enrolling class in Grade 11
  - Capstone project in Grade 12
  - Google Classroom
-

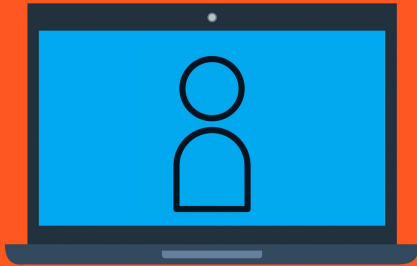


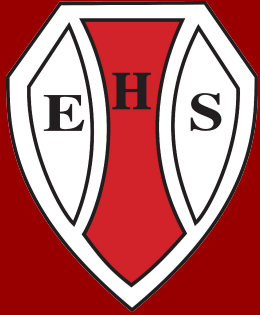
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# Numeracy and Literacy Assessments

Required for graduation:

- Literacy 10 in Gr. 10
- Numeracy 10 in Gr. 11
- Literacy 12 in Gr. 12
- \*French Immersion Literacy in Gr. 12
- Want more information? [Click here.](#)





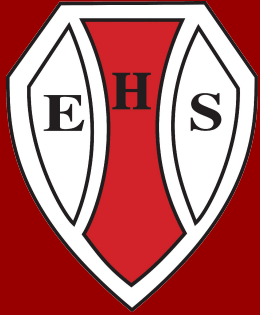
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# General Guidelines

- If students have failed a core\* course, please contact a counsellor about the options.

\*core courses are graduation requirements. For example: Math, Science, English or Socials.

- “Pick and Stick” student course selections determine how many courses we run.
  - Encourage students to ask questions and explore the course guide on the website!
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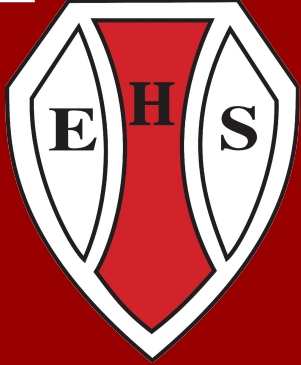


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# Things to keep in mind...

- What do you want to get out of your high school experience?
- What opportunities do you want to take advantage of? Dual credit? AP? Electives?
- What Post Secondary options do you want to consider? Do some research! (Look at websites under PROSPECTIVE Students--admission requirements )
  - UVIC Four Academic 12s (Many schools require 5)
  - STEM will require Chem and Physics 11 plus Pre Calculus 11
  - Many students opt to do University Transfer or diploma programs and credentials at Camosun
  - Many schools look at grade 11 courses for prerequisites, but most do not use for entrance GPA (will have minimum grades)





# English Language Arts (4 credits @gr 10, 11 &12)

GR 10 One of:

- Creative Writing and Spoken Word 10
- Focused Literary Studies and New Media 10
- English First Peoples Writing & Literary Studies 10

GR 11 one of:

- Composition 11
- Creative Writing 11
- English First Peoples Writing & Literary Studies 11

GR 12 one of:

- English Studies 12
- English First Peoples 12

Linear Option: grade 10, 11, 12

New Media / Media Design 10-12 LINEAR: Game design and language arts focus - available for grade 10-11-12 \*meets the Language Arts (LA) graduation requirement





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# Mathematics (4 credits gr 10, 11- 12 is optional)

## GR 10 one of:

- Workplace Math 10
- Foundations and Pre Calculus 10 (linear option)

## GR 11 one of:

- Pre-Calculus 11
- Foundations of Math 11
- Workplace Math 11

## GR 12 (option but often required for post sec)

- Pre-Calculus 12
- Foundations of Math 12
- Calculus 12

General Math Pathways:

<https://youtu.be/nb9nVpqhRel?si=8TBEL-Ovn1vr9H1t>

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\*Contact the most recent math teacher to determine the best pathway.





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# Social Studies (4 credits grade 10, 4 @ grade 11 OR 12)

## Grade 10 one of:

- Social Studies 10
- Science Humaines 10 (for FRIMM students)

## Grade 11/12 one or more of:

- Explorations in Social Studies 11
- 20th Century World History 12
- Law Studies 12
- Contemporary Indigenous Studies 12\*
- Contemporary Indigenous Studies 12 Challenge\*
- Comparative Cultures 12
- Human Geography 12
- Social Justice 12
- Justice Sociale (FRIMM option)

**Other ELECTIVE option: Psychology 11 or 12** (ELECTIVE does NOT count for

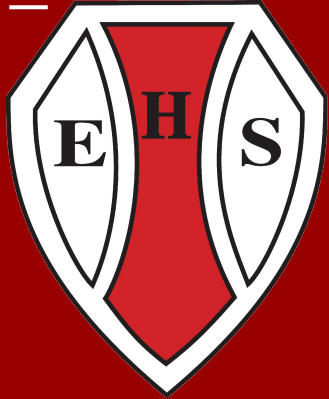
SS11 grad credit) \*AP option

[Very high tech video from Mr Z](#)

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\*meet the Indigenous focused grad requirement





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# Science

(4 credits grade 10, 4 @ grade 11 OR 12)

## GRADE 10 one of:

- Science 10

## GRADE 11/12 one or more of:

- Science for Citizens 11
  - Chemistry 11 & 12
  - Physics 11 & 12
  - Life Sciences 11
  - Environmental Science 11
  - Environmental Science 12
  - Anatomy and Physiology 12/AP Biology 12
-



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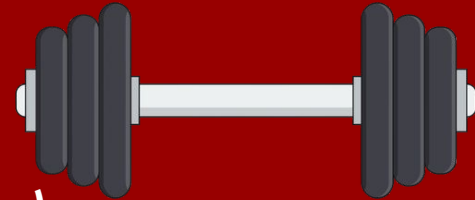
# Physical and Health Education

Grade 10 Must take:

- PE 10 or PE 10 Volleyball or Rugby Academy

Elective Options:

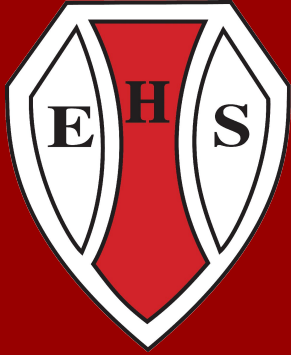
- Active Living 11-12
- Active Living 11-12: Volleyball
- Fitness and Conditioning 11-12
- Athletic Leadership 10-12 - *(Application)*
- Outdoor Education 10-12
- Rugby Academy - *(Application)*



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[A word from T! \(Mr Thompson\)](#)

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# Electives!

- Opportunities to try something new



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# ADST: Applied Digital Skills and Technology

[What is ADST?](#)

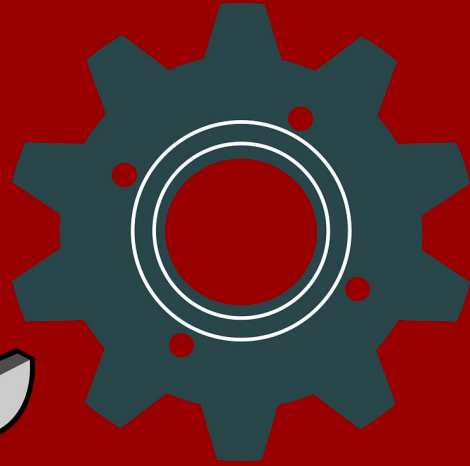




# Our Shops

- Wood Shop
- Metal Shop
- Auto Shop

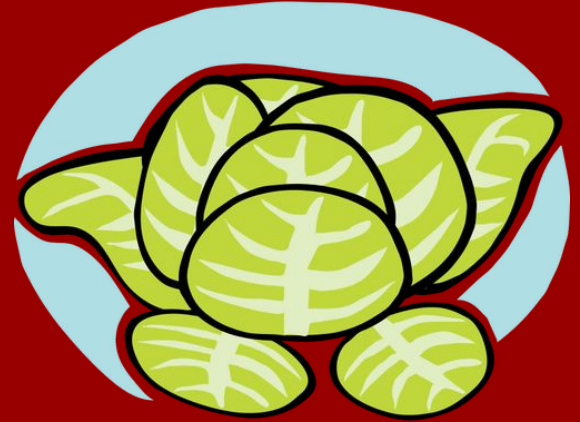
- 1 Block OR 2 Blocks: Auto Program (Semester 1)





# Our Kitchens

- **Food Studies**
- **Culinary Arts**
- **Professional Cook Training**
  - Two Blocks one to 10, 11, 12

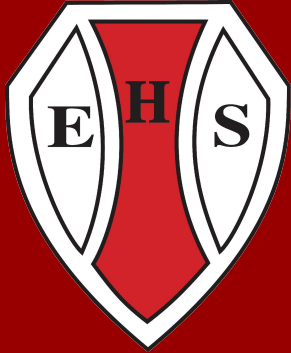




# Our Labs

- **Computer Studies**
- **Media Design**
- **Web Development**
- **Entrepreneurship and Marketing**





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# Fine Arts

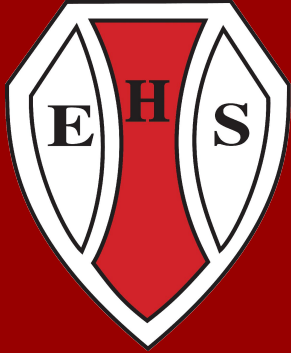
- **Visual Arts**
- **Photography**
- **Dance**
  - Beginner or advanced
- **Drama**
  - Performance or Backstage
- **Guitar**
- **Textiles**
- **Film Studies \*New\***
- **General Music (in timetable)**
- **History of Rock and Roll**
- **Concert Band** Off Timetable



[Find out more about fine arts!](#)

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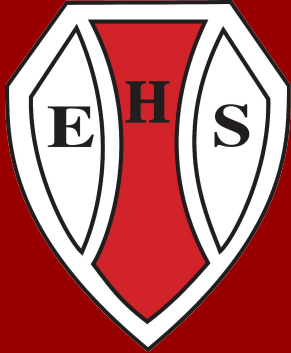
# Modern Languages

- French 9-12
- Spanish 9-12
- Introductory Spanish 11



More from Modern Languages

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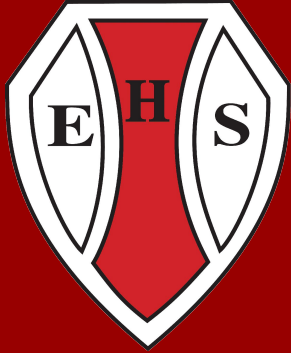
# French Immersion Program

- Français Langue 10, 11, 12
- Sciences Humaines 10
- Espagnol 10
- OR
- \*\*Introduction à La Psychologie 11
- Espagnol 12\*
- Justice Sociale 12

## Dual Dogwood: 6 courses

1. FRAL 10
  2. FRAL 11
  3. FRAL 12
  4. Sciences Humaines 10
  5. Espagnol 10 OR Psychologie 11 AND
  6. Justice Sociale 12 OR Espagnol 12
- 





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# Challenge Program

## Grade 10:

- English 10C
- Math 10C
- Science 10C

## Grade 11:

- Composition 11 Challenge
- Contemporary Indigenous Studies 12 Challenge

## Grade 12:

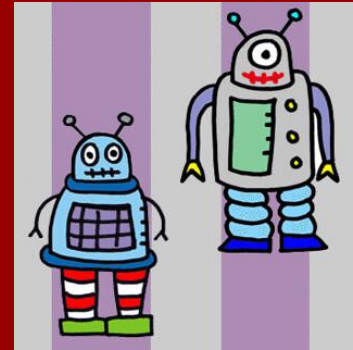
- Integrated Studies/Psychology 12
- 

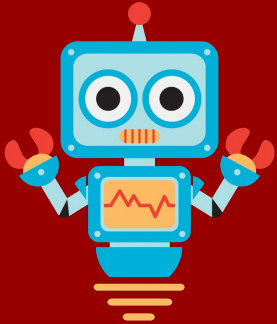
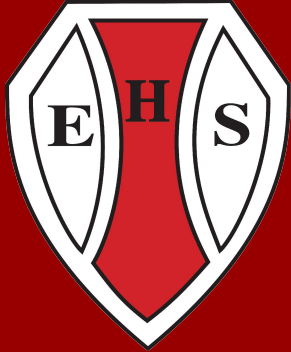




# Electives!

- Many electives run outside the timetable typically in the morning, lunch time or after school





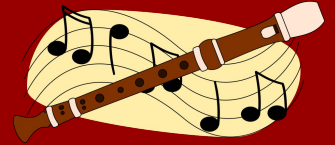
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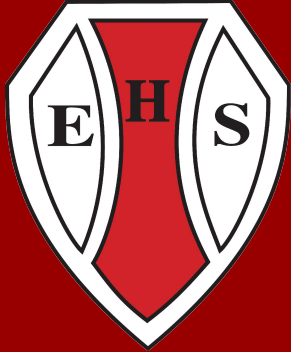
## Electives Outside the Timetable

- Leadership
- Improv
- Musical Theatre
  - Production or performance
- Choir
- Concert Band
- Jazz Band
- R&B Band



- Strings
- Peer Tutoring
- Yearbook
- Robotics
- Scholarship 12
- Grad Leadership 12





# ESQ Career Life Education 10-12

- **Structured learning progression in the Career Life Education & Career Life Connections Curricula**
  - **Grade 10 | Linear | Delivered: Pull Out sessions**
  - **Grade 11 | Semester Course | Delivered: within Timetable**
  - **Grade 12 (CAPSTONE) | Linear | Delivered: Outside Of Timetable**
- **8 of the required Graduation credits**

**[More on Careers Program](#)**

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# ESQUIMALT HIGH SCHOOL CAREERS TEAM

Ken Henderson | Careers Department Head | [khenderson@sd61.bc.ca](mailto:khenderson@sd61.bc.ca)

Tarra Clarke | Career Centre Coordinator | [tclarke@sd61.bc.ca](mailto:tclarke@sd61.bc.ca)



**District programs and opportunities** are created by the Pathways and Partnership team to **offer high school students** unique career **exploration opportunities**. Located throughout Victoria, these programs often collaborate with leading community businesses to provide enriched experiences.

**Students can gain certifications, dual credits, apprenticeships, or explore specific interests before graduating.**



# DISTRICT PROGRAMS

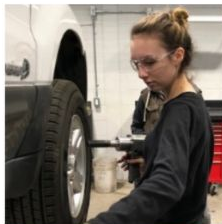
## AUTOTECH Program

Foundation Automotive Program

SEMESTER 2 | ESQUIMALT HIGH | 7 COURSES = 28 CREDITS

13 weeks @ Esquimalt | 7 weeks @ Camosun

**Graduate with your Level 1  
Automotive Service Technician  
Certificate**



Career Teacher: Mr. Henderson [khenderson@sd61.bc.ca](mailto:khenderson@sd61.bc.ca)

**Explore semester-long opportunities** while still in high school with our district programs. Depending on the program area, students will spend the semester at either Esquimalt High or Lambrick. These programs provide students with a chance to earn certifications in specific fields, earn dual credits, pursue apprenticeships, or simply explore an area of interest before graduation.

## TASK Program

Trades Awareness, Skills & Knowledge

SEMESTER 2 | LAMBRICK PARK | 6 COURSES = 24 CREDITS

**EXPLORE 5 Trades: EARN Certificates:**

- Carpentry
- Plumbing
- Electrical
- Sheet Metal
- Welding
- WHIMIS
- Fall Protection
- Confined Space Entry
- Basic First Aid



Career Coordinator: Tarra Clarke [tclarke@sd61.bc.ca](mailto:tclarke@sd61.bc.ca)





# DUAL CREDITS

Earn Credits towards High School and Post Secondary transcripts

## WHY BECOME A DUAL CREDIT STUDENT?

- Your school district covers your tuition!!!
- Most courses are transferable to other colleges and universities
- Avoids the five-course crunch in your first year. Five can be a lot!
- Build your confidence going into future options

## WAYS TO EXPLORE DUAL CREDITS



**U-START:** Pick from over 250 first year courses to take  
**Applications Due in April of your Grade 11 year**



Take a **course** or **program:** **TRADES & NON TRADE** OPTIONS AVAILABLE

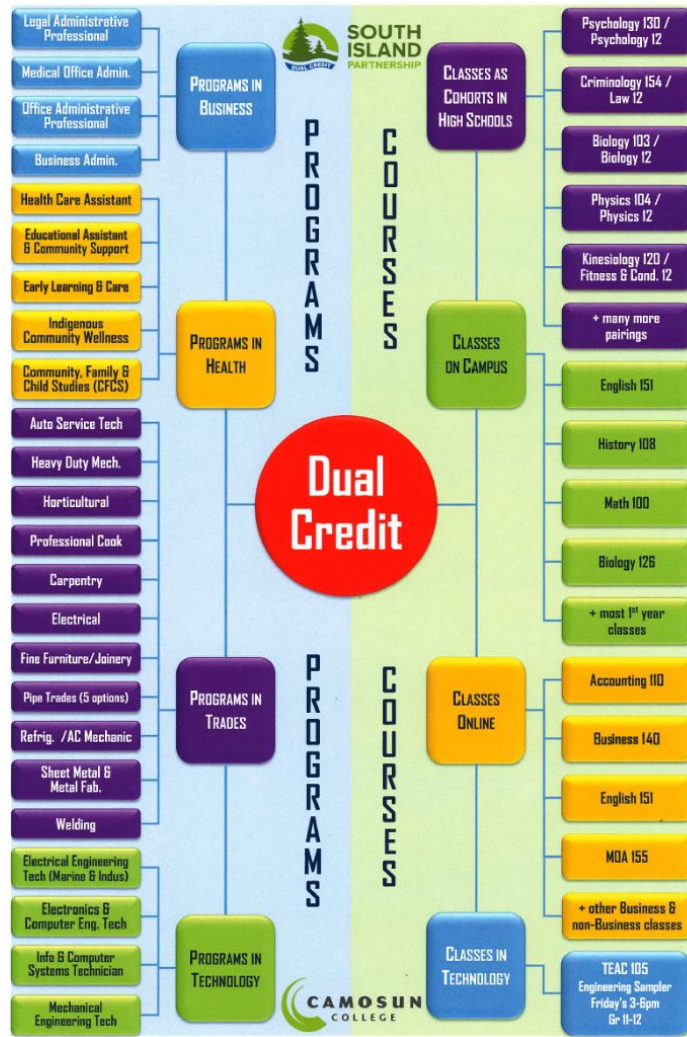


**APPRENTICESHIP:** Begin work-based training component, earn 16 credits towards your highschool diploma & 480 hours towards your credential

Connect with ESQ Careers & Counsellors to make sure your schedule will work and you have the right pre-req's



## DUAL CREDIT PATHWAYS & OPTIONS



# SPRING BREAK & SUMMER OPPORTUNITIES

Free to participate & meets 30hr Work Experience Grad Requirement



## FIRE CAMP

ESQUIMALT FIRE & RESCUE |   
SPRING BREAK | 1 WEEK CAMP, MARCH

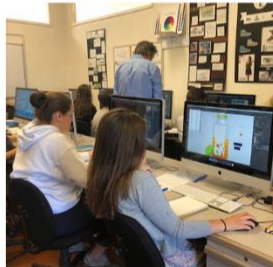
**Provides students with:** An opportunity to explore the career pathway of firefighting through interactive & hands-on activities



## 30 HOUR WORK EXPERIENCE

CAREER EXPLORATION  
SPRING BREAK | 1 WEEK, 30HR EXPLORATION

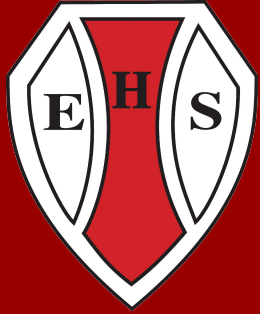
**Provides students with** 30hour experiences through business partnerships to explore area of interest, meet program requirements, or enhance employability & scholarship applications.



## GRAPHIC DESIGN

EXPLORE GRAPHIC DESIGN |   
SUMMER | 4-WEEK PROGRAM, JULY | 4 CREDITS

**Provides students with:** foundational graphic design knowledge, connections to local companies, & enhance soft skills, gain life experience, & foster industry passion.



Questions?

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