



Grade 10 Course Selection Form

Mandatory Courses

- ☒ English
- ☒ Mathematics
- ☒ Social Studies***
- ☒ Science***
- ☒ Physical and Health Education
- ☒ Religion
- ☒ Career Life Education

Last Name: _____

First Name: _____

*** This symbol indicates that the course will be offered in a hybrid model via Ascend Online School. Students will take these courses online, while under the supervision and assistance of a St. Carlo Acutis teacher. Going forward, the Ascend course catalogue will be available to grade 10+ students, allowing them a much larger course catalogue to choose from. In grade 10, students will take science and social studies from Ascend. They will still take part in relevant science and social studies experiences, such as guest speakers and relevant labs.

Selectable Courses and Programs

Early Morning Fine Arts:

Students in 2026/2027 will have the option of taking an additional Arts course outside of the timetable. Depending on interest, we will offer one of the two options below. Please select your top choice:

- ☐ Choir ☐ Concert Band ☐ None

Language Block:

Students in grade 10 can choose between the following options during SCALA's language blocks.

- ☐ French 10:
☐ Introductory Latin 10:
☐ Ascend Elective 10***

Teams and Academies:

Schedules to be determined in September. Additional fees may apply.

☐ Hockey Academy:

In partnership with the Okanagan Hockey Group, the Hockey Academy provides student-athletes with specialized on-ice and off-ice training during school hours. Students will develop hockey skills, athletic performance, leadership, character, and teamwork while learning the value of hard work and positive habits. Designed for players who are passionate about the game, the academy helps students pursue their athletic potential while maintaining success in the classroom.

☐ Golf Team:

The Golf Team provides students with previous golf experience the opportunity to further develop their skills through regular, after-school tee times and on-course play. The program emphasizes skill development, sportsmanship, course management, and enjoyment of the game in a supportive team environment. Students will build confidence, improve their technique, and foster a lifelong appreciation for golf.

☐ Math Team:

The Math Team is designed for students who enjoy challenging mathematical problems and extending their learning beyond the regular classroom. Students will participate in training sessions during designated lunch blocks, complete optional practice materials at home, and have opportunities to compete in a variety of local, national, and online mathematics contests. The program emphasizes problem-solving, critical thinking, and a love of mathematics in a supportive and engaging environment.

☐ District Volleyball Team

☐ District Basketball Team

*** More teams and clubs TBD

Electives:

Students fulfill their Arts and ADST course requirements through a choice of electives. A wide variety of potential offerings are available, however only the top 9 most popular electives will be offered (3 teachers x 3 semesters). On the lines provided, rank electives 1st, 2nd, and 3rd in both ADST and Arts Sections. Checkmark any other electives that you would enjoy trying.

Applied Design, Skills and Technology Electives (ADST)

_____ Food Studies

Food Studies is designed for students who enjoy cooking and learning about nutrition. Students will develop practical food preparation skills while exploring healthy eating, kitchen safety, and a variety of cooking techniques through hands-on activities.

_____ Textiles

This introductory course is designed for students interested in learning sewing and textile skills. Students will learn to use sewing equipment safely while creating projects using a variety of fabrics and construction techniques.

____ Technology Explorations

Students will explore a variety of technology-related fields, including coding, electronics, robotics, and digital design. Through hands-on projects, students will develop problem-solving skills and gain experience with emerging technologies.

____ Robotics

Students will design, 3D print/build, and program robots to complete a variety of challenges. Through hands-on activities, they will develop skills in coding, engineering, problem-solving, and teamwork.

____ CAD/3D Printing

Students will learn the fundamentals of computer-aided design (CAD) while creating digital 3D models using introductory software. Designs will be brought to life through 3D printing projects that encourage creativity, problem-solving, and engineering thinking.

____ Web Development

Students will learn how websites are designed and built using modern web development tools and coding languages. Projects will focus on creating engaging, functional websites while developing creativity and technical skills.

____ Office Technology

Office Technology introduces students to digital tools commonly used in school, post-secondary education, and the workplace. Students will develop practical skills in typing, word processing, spreadsheets, presentations, budgeting software, and digital organization while completing real-world projects that build confidence and efficiency with technology.

____ Leadership

Students will work together to build school spirit and strengthen the school community through event planning, service projects, and leadership activities. The course emphasizes teamwork, communication, organization, and community involvement.

____ Entrepreneurship

Students will explore how businesses are created and operated while developing their own business ideas. Topics include innovation, marketing, budgeting, leadership, and problem-solving through real-world projects.

____ Laboratory Skills

This hands-on science course focuses on the skills and techniques used in scientific laboratories. Students will conduct experiments, collect and analyze data, and learn safe laboratory procedures while exploring a variety of scientific topics.

____ Home Repair

Students will develop practical skills used in everyday home maintenance and repair. Topics may include basic carpentry, plumbing, electrical work, tool safety, and problem-solving for common household projects.

____ Outdoor Recreation

Outdoor Recreation provides students with opportunities to explore activities such as hiking, geocaching, fishing, survival skills, and team building. Students will develop leadership, outdoor skills, and an appreciation for safe and responsible participation in outdoor environments.

____ Orienteering

Students will learn navigation and outdoor travel skills using maps, compasses, and modern navigation tools. Activities will challenge students to work independently and in teams while building confidence in outdoor environments.

____ Fit for Life

This course focuses on developing lifelong fitness habits through a variety of physical activities. Students will learn about personal wellness, goal setting, strength and cardiovascular fitness, and healthy lifestyle choices.

Arts Electives

____ Photography/Journalism

Students will explore photography, interviewing, writing, and digital publishing while learning how stories are communicated through visual and written media. Projects may include photo essays, news articles, and school publications.

____ Yearbook/Digital Media

This course combines digital design, publishing, photography, and media production. Students will help create the school yearbook while developing skills in graphic design, layout, and visual communication.

____ Music: Guitar

This course is designed for students who have an interest in developing proficiency on the guitar. Whether beginners or experienced players, students will build skills in playing techniques, music reading, and performance.

____ Visual Arts

Students will explore a variety of artistic mediums, techniques, and styles while developing their creativity and technical skills. Through creating and analyzing artwork, students will learn to express ideas and gain appreciation for different perspectives.

____ Spanish Arts and Culture

Students will explore the language, traditions, art, music, food, and customs of Spanish-speaking countries. Through interactive activities and cultural projects, students will develop an appreciation for the diversity of the Spanish-speaking world.



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