

Grade 10 Course Selection 2025-2026

RETURN FORM TO COUNSELLING OFFICE BY April 7th

Student Name:

Parent/Guardian Signature:

INSTRUCTIONS:

1. Select academics (using the provided check boxes).
2. Select **two (2)** electives from the list on the back.
3. Select **two (2)** alternate courses in case you don't get your first choices.
4. Extended Day electives take place outside of school hours. Only select if interested.

GRADE 10 COURSE PLAN

✓ Math 10 – *Check one* →

✓ Physical Ed 10 - *Check one* →

Courses Automatically Loaded:

- ✓ English First Peoples:
Writing and New Media 10
- ✓ Social Studies 10
- ✓ Science 10
- ✓ Career Life Education 10

Math 10: *Check ONE*

- ___ *Foundations of Math & Pre-Calculus 10*
- ___ *Foundations of Math & Pre-Calculus 10 YEARLONG*
- ___ *Workplace Math 10*

Physical Ed 10: *Check ONE*

- ___ *PE 10 – in the SSS Gym*
- ___ *PE 10: Active Living – Community and School-Based Activity*

Electives (Choose 2)

1.

2.

Alternates (Choose 2)

1.

2.

Extended Day Options

Basketball Academy 10 will take place before school a couple days a week. If you are interested, please check this box.

Volleyball Academy 10 will take place before school a couple days a week. If you are interested, please check this box.

SPORTS SCHOOL - If you applied to Sports School please check the box below and attach your additional course selection form.

Online Learning

Bulkley Valley Education Connection (BVEC) will be offering online courses in 2025-2026.

Enrollment for Online Learning with BVEC will be available in September 2025.

COMMENTS FOR YOUR COUNSELLOR:

Grade 10-12 Course Options

ENGLISH

English 10

- EFP Writing and New Media

Senior English 11

- Literary Studies
- New Media

Senior English Studies 12 Credit

- with focus in Literary Studies
- with focus in New Media

SOCIAL STUDIES

Social Studies 10

Explorations in Social Studies 11

Social Studies 12: Next Year

- Philosophy 12
- Urban Studies 12
- 20th Century World History 12

Social Studies 12: 2026-2027

- Law Studies 12
- Genocide Studies 12

MATHEMATICS

Foundations & Pre-Calculus 10

- Semestered
- Yearlong

Workplace Math 10

Pre-Calculus 11

- Semestered
- Yearlong

Workplace Math 11

Pre-Calculus 12

SCIENCE

- Science 10
- Science for Citizens 11
- Life Sciences 11
- Chemistry 11
- Physics 11
- Anatomy and Physiology 12
- Chemistry 12
- Physics 12

CAREER EDUCATION

- Career Life Education 10
- Career Life Connections 12

LANGUAGES

- French 10/11/12
- **2026-2027** Witsuwit'en 10/11/12
- SSS Online French 10/11/12 - when scheduling challenges arise

PHYSICAL EDUCATION

PE 10

- PE 10 in the Gym
- PE 10 Active Living – Community and School-Based Activities

PE 11/12 in the Gym

Canadian Sports School 10/11/12

Extended Day Courses

- Basketball Academy 10/11/12
- Volleyball Academy 10
- Volleyball Academy Tutoring 11/12

ARTS EDUCATION

Visual Arts

- Art Studio 10/11/12
- Creative Construct & Design 10/11/12
- Photography 10/11/12

Theatre

- Drama 10/11/12
- Theatre Design 10/11/12

Music

- Concert Choir 10/11/12
- Guitar 10/11/12
- Contemporary Music (Rock Band) 10/11/12
- Senior Concert Band 10/11/12
- Senior Jazz Band 10/11/12

APPLIED DESIGN, SKILLS & TECHNOLOGY EDUCATION ADST

Culinary Arts

- Culinary Arts 10/11/12

Information and Computer Technology

- Computer Studies 10
- Computer Programming 11/12
- Media Design (Digital Arts) 10/11/12

Technology Education

- Senior ADST 10-12 SHOP

This course leads students through all phases of the design process. In 2025-2026, this course will include projects in **metalworking, woodworking and an intro to power mechanics.**

OTHER

- Interdisciplinary Studies 10/11/12
- Junior Fire Crew 12
- Tutoring 11/12
- Supervised Study - Grade 12 only, (not for credit)

PLEASE NOTE

All electives are subject to change based on availability of teaching staff.

For course descriptions visit

<https://sss.sd54.bc.ca/course-selection>



COAST MOUNTAIN COLLEGE

Intro to Health

- Sept-Jan - Smithers Campus

Early Childhood Care and Education

- Sept-Jan - Smithers Campus

Business Courses

- Sept-June - Smithers Campus

Nail Technician

- Feb-June - Smithers Campus

Train in Trades – Houston Campus

- Pro Cook Level 1 Feb- July

Train in Trades – Terrace Campus

- Automotive Foundation
 - Fall 2025
- Carpentry Foundation
 - Winter 2025-26
- Electrical Foundation
 - Fall 2025 & Winter 2025-26
- Hairstylist Foundation
 - Fall 2025
- Heavy Mech Foundation
 - Fall 2025
- Welding Foundation
 - Fall 2025

UAPIC Welding Course

Feb – June - Smithers (SSS)