



# **COURSE HANDBOOK**

## **2025-2026**

St. Boniface Diocesan High School  
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# Mission Statement

***Called to assist in the Church's mission of education, St. Boniface Diocesan High School seeks to serve students, parents, and the Catholic community by educating the whole person through quality education in a Christ centered environment.***

St. Boniface Diocesan High School gives expression to its mission by:

- Challenging each student to excellence according to individual aptitude and ability.
- Recognizing each student as a unique person destined to achieve his or her God-given potential.
- Providing a family environment of caring and sharing.
- Fostering a community in which it is evident that a loving God lives among us.
- Providing programs designed to nurture the whole student in an atmosphere of faith.
- Helping to develop mature Christians with a vision of hope, a sense of justice, and a commitment to the Church and the global community.
- Providing a discipline system in which students learn to take responsibility for their actions.
- Complementing the efforts of the family in its responsibility for education of the student.

## School History

St. Boniface Diocesan High School was established in 1965 to provide Catholic high school education to English speaking students of the Diocese of St. Boniface.

As a "Diocesan" high school, it is operated under direct administration of the Archbishop. Responsibility for the education program, and the day-to-day administration was delegated to the Principal. In 1978, the Archbishop appointed a Rector to manage the affairs of the school. A School Board operated as an advisory body to the Rector who was accountable to the Archbishop.

St. Boniface Diocesan High School had, throughout its history, Marianist Brothers and Priests on staff. Between the years 1986 and 1989, the school operated as a Marianist school with a Marianist Rector. In April 1989, the school was incorporated as St. Boniface Diocesan High School Inc. In structure, the corporation assumed an organization typical of religious organizations that operate schools, hospitals, service organizations, and parishes. This structure is two tiered.

The upper tier is composed of the Archbishop, Vicar General, Financial Administrator of the Diocese, Director, and Chairperson of the Board of Directors. The purpose of this tier is to ensure that the principles of the Church are upheld. It has powers to appoint Directors, approve budgets, by-laws, and make management decisions. The Board of Directors is responsible for full management of the affairs of the Corporation. The Director held the position of chief executive officer and administered the business affairs of the school. In 1994, the position of Director was redefined by the Membership and a Financial Director was hired by, and made accountable to, the Board of Directors for the sole purpose of managing the school's financial affairs. The Board of Directors assumed the responsibility of chief executive officer.

The educational program is delegated to the Principal who is hired by, and accountable to, the Board of Directors. The basic educational program is prescribed by Manitoba Education and Youth, however, the school exercises freedom to determine electives, special services and religion programs. Although the Board holds ultimate decision-making powers relating to school issues, it collaborates with the Principal when making any such decisions.

Although SBDHS currently is not a Marianist school in terms of ownership or operation, it does enjoy a philosophy deeply influenced by members of the Marianist Community. The primary objective of the Marianists is formation and education in faith. Their mission is founded in Jesus, is lived out in community, under the influence and inspiration of Mary.

In order to meet the increasing demand for Catholic education at the high school level, St. Boniface Diocesan High School now serves a broader community. It welcomes students from the Archdiocese of Winnipeg, the Ukrainian Archeparchy of Winnipeg, and some non-Catholic students, providing space is available.

# Programming

1. **Academic:** This program is for students who wish to obtain a Manitoba high school diploma with compulsory courses in English, Math, Science, Social Sciences and Physical Education. Students will need to ensure they meet the requirements for their chosen post-secondary institution.
2. **Business & Technology Certificate:** Students who successfully complete a minimum of 6.0 credits from the following list of eligible courses over the course of their high school career will be awarded an **SBDHS Business & Technology Certificate**. This certificate signifies that the student has attained at least the minimum entry level skills necessary to gain employment in a business environment.

ACCOUNTING ESSENTIALS 30S (1.0)

ACCOUNTING SYSTEMS 40S (1.0)

BUSINESS INNOVATIONS 10S (1.0)

COMPUTER SCIENCE 20S (1.0)

CREATIVE PROMOTIONS 20S (1.0)

EXPLORATION OF GRAPHIC DESIGN 10S (1.0)

FUNDAMENTALS OF ANIMATION 30S (1.0)

INTRODUCTION TO MOTION PICTURE ARTS 20S (1.0)

INTRODUCTION TO PHOTOGRAPHY 20S (1.0)

3. **University Now!:** University Now! is a unique opportunity for St. Boniface Diocesan High School students to earn university credit in partnership with the University of Manitoba while still in high school. Each course will have tuition over and above SBDHS tuition and is considered a dual credit course which means that it counts for both a high school standing credit and a university credit.
4. **High School Apprenticeship Program:** This program allows students to start apprenticeship training while still in high school. Students will receive regular high school instruction in their compulsory courses and also work at a paid, part-time placement receiving on-the-job training. Students must have completed grade 10 and be 16 years of age in order to be eligible. It is up to the student to find an employer who will hire them as an apprentice in their chosen trade. Students will be required to complete 110 hours of training to earn one credit.
5. **Skilled Trades Options:** SBDHS has a shared agreement with Nelson McIntyre Collegiate offering courses in Food and Nutrition, Power Mechanics and Pre-Engineering.
6. **EAL Support:** Students from an EAL background are offered language supports according to their specific needs either through taking a class with like-learners or individual support in the regular classroom. The goal is for full classroom integration once a certain level of language competence has been achieved.
7. **International Program:** International students are welcome to study at our school where they will enhance their English language skills and be immersed in Canadian culture. In order to achieve curricular goals to earn a high school diploma, support is provided based on each student's needs.

## RESOURCE DEPARTMENT

The Resource Department provides assistance for those students who require additional supports in programming to help bring out their gifts and skills to be as successful as they can be in school and beyond. Supports include providing adaptations, modifications, Educational Assistant support, Individual Education Plans (I.E.P.'s), or referrals to Clinical Services provided through the Louis Riel School Division.

## GUIDANCE AND COUNSELLING SERVICES

During the course of the year, students may need to access these services for information, support or for referral to an outside agency. Services that are offered include: career planning, post-secondary preparation, re-registration information and social/emotional support. These services are provided in a safe, caring and confidential environment.

## CAMPUS MINISTRY

Campus Ministry is an integral part of the SBDHS community. In keeping with our Catholic tradition, it seeks to provide our students and staff with opportunities to encounter Christ in their daily lives. Because we acknowledge the uniqueness of each individual, Campus Ministry provides a variety of different ways to engage students in their faith; through celebrating the Liturgy and Sacraments, participating in retreats, engaging in service work, and developing enriching relationships with their peers. Students wishing to grow in their faith on a deeper level are encouraged to join the Campus Ministry Team. This team takes part in weekly formation and planning meetings in order to engage in peer to peer ministry and organizes events that give the student body an opportunity to encounter Christ.

## SEMESTER SYSTEM

SBDHS operates on a semestered system where the first semester runs from September to January and the second semester from February to June.

## CREDIT SYSTEM

A credit is defined as one subject that is designed for 110 hours of instruction, a half credit is 55 hours of instruction.

## COURSE DESIGNATIONS

COURSE DESIGNATION	DEPARTMENT DESCRIPTION
<b>E – EAL</b>	English as an Additional Language
<b>F – Foundation</b>	Foundation or exploratory study
<b>G – General</b>	General Education Courses
<b>M – Modified</b>	Learning outcomes have been modified (I.E.P.)
<b>S – Specialized</b>	Academic
<b>U – University</b>	Dual Credit University and High School

## PROVINCIAL GRADUATION REQUIREMENTS

Students who graduate after four years from SBDHS will receive a Manitoba Provincial diploma as well as an SBDHS diploma having successfully completed a minimum of 34 credits. Students who have completed 6 credits from the designated Business & Technology courses will receive a Business & Technology Certificate. The table below outlines the mandatory credit requirements for each grade:

Grade 9		Grade 10		Grade 11		Grade 12	
English 10F	1 cr.	English 20F	1 cr.	English 30S	1 cr.	English 40S	1 cr.
Mathematics 10F	1 cr.	Mathematics 20S	1 cr.	Mathematics 30S	1 cr.	Mathematics 40S	1 cr.
Phys.Ed./Health 10F	1 cr.	Phys.Ed./Health 20F	1 cr.	Phys.Ed./Health 30F	1 cr.	Phys.Ed./Health 40F	1 cr.
Social Studies 10F	1 cr.	Geography 20F	1 cr.	History 30F	1 cr.	Religion 41G	1 cr.
Science 10F	1 cr.	Science 20F	1 cr.	Religion 31G	1 cr.	3 Electives	3 cr.
Religion 11G	1 cr.	Religion 21G	1 cr.	3 Electives	3 cr.		
4 Electives	4 cr.	3 Electives	3 cr.				
<b>TOTAL CREDITS</b>	<b>10 cr.</b>	<b>TOTAL CREDITS</b>	<b>9 cr.</b>	<b>TOTAL CREDITS</b>	<b>8 cr.</b>	<b>TOTAL CREDITS</b>	<b>7 cr.</b>

## ALTERNATE CREDITS

1. Dual Credit – Students have a unique opportunity to earn university credit in partnership with the University of Manitoba, while still in high school. Each course will have tuition over and above SBDHS tuition and is considered dual credit which means that it counts for a high school credit and also a university credit. Dual credit courses are identified with a “U” designation.
2. Special Language Credit – Manitoba high school students may take testing to claim special credits for languages in which they are proficient, excluding English and French. Only students who are enrolled in a regular high school program, adult or evening high school classes are eligible. The maximum number of Special Language Credits allowed is four out of those required for graduation, one each at grades 9 to 12.
3. Private Music Credits – Students may claim special credits for private music lessons taken in some instruments. To claim the Private Music Option credit, a Royal Conservatory of Canada or Conservatory of Canada certificate of standing must be presented to the school. Students will receive an “S” for “Standing” rather than a percentage grade. These credits cannot be used towards high school graduation but are recognized only as additional credits beyond the minimum graduation requirement.
4. Cadet credit - One credit can be recognized on successful completion of the cadet basic training program. An additional credit can be recognized on successful completion of the cadet advanced training program. These two credits are used only as additional credits beyond the minimum credits required for high school graduation.

# COURSE DESCRIPTIONS

The following course descriptions are to be used as a reference when making course selections. Students must ensure that they have the required pre-requisites for a course before registering for it. For the courses that have co-requisites, students must register for both courses. Where enrollment is limited, students who register first will be given priority.

**Administration has the right to withdraw courses with insufficient enrollment.**

## BUSINESS

### Accounting Essentials 30S (1.0 credit)

Dept. of Ed. Code: 0309

Pre-requisite: any Math 20S or permission from Administration

Accounting Essentials 30S introduces students to Canadian accounting principles and practices while monitoring student use of the Accounting Standards for Private Enterprises (A.S.P.E. \*formally Generally Accepted Accounting Principles). Students will practice accounting concepts manually and then have an opportunity to input their data into a computerized accounting program and/or spreadsheet. Students considering entrepreneurial pursuits or post-secondary studies in accounting and/or business will find this course beneficial. Students who like practical, logical thinking will enjoy this course as they study the accounting cycle, journalizing, posting, preparing financial statements, cash control and payroll.

### Accounting Systems 40S (1.0 credit)

Dept. of Ed. Code: 0310

Pre-requisite: Accounting Essentials 30S

Accounting Systems 40S builds on and reinforces the concepts, skills, and understandings mastered in Accounting Essentials 30S. Introductory principles and practices are reviewed, developed and applied. Students expand their understanding of accounting principles and concepts through examining the accounting cycle of merchandising businesses, including subsidiary ledgers, special journals and the Accounting Standards for Private Enterprises (A.S.P.E. \*formerly Generally Accepted Accounting Principles) as they are applied to small and large merchandising businesses. Use of accounting software will be accessed when available.

### Business Innovations 10S (1.0 credit)

Dept. of Ed. Code: 0315

Pre-requisite: none

Business Innovations is an introductory course that offers students the opportunity to explore commerce-related topics, such as economics, entrepreneurship, business, marketing, technology, and finance. Throughout the course, students will apply the concepts and strategies they learn to a variety of creative business projects or simulations.

### Creative Promotions 20S (1.0 credit)

Dept. of Ed. Code: 0317

Pre-requisite: none

Creative Promotions helps students develop an understanding of promotional communication from both a theoretical and a practical approach. This course focuses on advertising strategies, direct marketing, personal selling, sales promotions, and public relations. Students will apply these concepts and their creativity to design a variety of promotional and advertising material. Creative Promotions is designed for students who are looking to expand their business knowledge regarding communicating effectively and creatively.

**Introduction to Motion Picture Arts 20S (1.0 credit)****Dept. of Ed. Code: 9207****Pre-requisite: none**

This course introduces students to visual storytelling through the tools of film grammar, cinematography, editing, and sound design.

**Introduction to Photography 20S (1.0 credit)****Dept. of Ed. Code: 9157****Pre-requisite: none**

This course is designed for students to explore photography. Students will learn about photographic history and theory, as well as basic functions of point-and-shoot and DSLR cameras through practical applications and in-class exploration. Students will learn basic editing skills and techniques through the use of Adobe Photoshop. Students will also explore the use of different light sources and how to use light more effectively to enhance their photography skills.

## COMPUTER TECHNOLOGY

**Computer Science 20S (1.0 credit)****Dept. of Ed. Code: 0280****Pre-requisite: none**

Computer Science 20S is an introduction to computer programming and is open to students in grades 10 and higher. Through both group and individual work, students learn and apply methods which are used to develop computer applications. Topics include interactive development environments and how they are used in the application development process, planning tools including flowcharting, basic programming structures (data types/variables, basic operations, “if” statements, loops), simple methods, implementation of drawing methods and code from built-in libraries, and basic game development.

**Exploration of Graphic Design 10S (1.0 credit)****Dept. of Ed. Code: 9135****Pre-requisite: none**

This course is intended for students wishing to explore graphic design. Students will be encouraged to think creatively to solve basic design challenges.

**Fundamentals of Animation 30S (1.0 credit)****Dept. of Ed. Code: 9208****Pre-requisite: none**

This course allows students to explore the principles of animation, stopmotion, character animation, rigging, walk cycles, cell animation, lip syncing and compositing.



# ENGLISH

## English Language Arts 10F (1.0 credit)

Dept. of Ed. Code: 0001

Pre-requisite: none

English language arts enable each student to understand and appreciate language. The five general learning outcomes of this course are: exploration of thoughts, ideas, feelings and experiences; discovering meaning in oral, literary, and media texts; managing ideas and information; communicating with clarity, artistry and precision; and the celebrating and building of community. Students will become increasingly sophisticated in their ability to use these skills, in conjunction with the six language art strands of listening, speaking, reading, writing, viewing, and representing using a variety of texts.

## English Language Arts 20F (1.0 credit)

Dept. of Ed. Code: 0001

Pre-requisite: English Language Arts 10F

The study of English language arts enables each student to understand and appreciate language, and to use it competently and confidently in a variety of situations for communication, personal satisfaction, and learning. Students become competent and confident users through many opportunities to listen, speak, read, write, view, and represent in a variety of combinations and through a wide range of relevant texts.

## English Language Arts: Comprehensive Focus 30S (1.0 credit)

Dept. of Ed. Code: 0092

Pre-requisite: English Language Arts 20F

This course presents pragmatic and aesthetic purposes and texts in approximate balance meaning students will pursue a balanced focus of both literary investigation, as well as language-based application. This course builds on the skills learned in English Language Arts 20F. It also serves as the foundation for all grade 12 English Language Arts programs.

## English Language Arts: Comprehensive Focus 40S (1.0 credit)

Dept. of Ed. Code: 0092

Pre-requisite: English Language Arts: Comprehensive Focus 30S

This grade 12 English course is designed to develop a student's ability to apply accumulated language experiences to a wide range of forms (organization and structure from a variety of fiction and nonfiction novels, drama, short stories and poetry). This course aims to give students an understanding of form and the basic ability to apply and evaluate it in their own communication.

## English Language Arts: Transactional Focus 40S (1.0 credit)

Dept. of Ed. Code: 0094

Pre-requisite: English Language Arts: Comprehensive Focus 30S

Students will practice using a variety of forms of written, verbal and visual communication used in everyday life in business, government, academic, media and as informational.

## Introductory Oral Communication 11G (0.5 credit)

Dept. of Ed. Code: 9920

Co-requisite: taken together with Skills for Success 11G

The aim of this course is to develop oral communication skills beyond the level provided in the regular English Language Arts program. Students will learn how to create and respond to speeches while improving upon their analytical, reasoning and listening skills. The main focus of the course is on public speaking, debating and research skills.

**Skills for Success 11G (0.5 credit)****Dept. of Ed. Code: 7698****Co-requisite: taken together with Introductory Oral Communication 11G**

Students will learn time management skills, study techniques and how to use learning strengths to achieve success. Skills covered are: organization, goal setting, time management, memorization, textbook reading, note taking and stress management. Students will also learn test taking strategies as well as proper documentation and citation techniques for research assignments.

## FINE ARTS

**Art 10S (1.0 credit)****Dept. of Ed. Code: 0289****Pre-requisite: none**

This course will introduce students to the study of the Elements and Principles of Design and their use in creative expression. Focus is on the development and utilization of drawing techniques using a variety of media and on the organization of the elements and principles of design within a work of art:

- Elements of Design: line, shape, texture, value, color and form.
- Principles of Design: unity, harmony, contrast, balance, repetition, emphasis, variety and proportion.

**Art 20S (1.0 credit)****Dept. of Ed. Code: 0289****Recommended: Art 10S or permission from Administration**

Art 20S will familiarize students with the elements and principles of design. Students enrolled in this course will continue to develop their drawing skills, learn techniques for the construction of three-dimensional art, and learn how to formally critique works of art.

**Art 30S (1.0 credit)****Dept. of Ed. Code: 0289****Recommended: Art 20S or permission from Administration**

Art 30S is an extension of the study of the elements and principles of design and their use in the visual arts. Students will create both two and three-dimensional works of art through a combination of directed and independent study. Students will also critique works of art, with some exploration of art history through biographical studies of influential artists.

**Art 40S (1.0 credit)****Dept. of Ed. Code: 0289****Recommended: Art 30S or permission from Administration**

Students will use the elements and principles of design in their continued exploration of the visual arts. Students will use the information they have learned throughout their art career to develop and execute project ideas for both directed and independent projects. Students will engage in art critiques, and will explore art history through the study of various art movements. Students may use this course to begin the development of a personal portfolio for entrance to a visual arts program at a post-secondary institution.

**Drama 10S (1.0 credit)****Dept. of Ed. Code: 0252****Pre-requisite: none**

The goal of this course is to provide students with the opportunity to develop, enhance, and utilize their acting abilities through drama games, role playing, stage movement, and improvisation. A class performance will be integrated into this course which will involve the practices of drama making, the creating and connecting of dramatic content, and responding to dramatic forms.

**Drama 20S (1.0 credit)****Dept. of Ed. Code: 0252****Pre-requisite: none**

This course provides students with the opportunity to develop, enhance, and utilize their acting abilities through drama games, role playing, stage movement, and improvisation. A class performance will be integrated into this course which will involve the practices of drama making, creating and connecting of dramatic content, and responding to dramatic forms.

**Drama 30S (1.0 credit)****Dept. of Ed. Code: 0252****Pre-requisite: none**

This course provides students with the opportunity to continue to develop, enhance and utilize their acting abilities through drama games, role playing, stage movement and improvisation. Learning will include vocal development, character analysis and drama designing. A class performance will be integrated into this course which will involve the practices of drama making, creating and connecting of dramatic content and responding to dramatic forms.

**Drama 40S (1.0 credit)****Dept. of Ed. Code: 0252****Pre-requisite: none**

This course provides students with the opportunity to continue to develop, enhance and utilize their acting abilities through drama games, role playing, stage movement and improvisation. Learning will include vocal development, character analysis and 20th century drama movements. A class performance will be integrated into this course which will involve the practices of drama making, the creating and connecting of dramatic content and responding to dramatic forms.

**Music 10S (1.0 credit)****Dept. of Ed. Code: 0268****Pre-requisite: none**

This course will teach students music fundamentals through the use of the guitar. Students will explore a combination of basic music theory and note reading, chord notation, music history, and composition and improvisation. These skills will be used for performances that include individual and group participation. Regular home practice and performance participation are requirements for this course.

## LANGUAGE

### **French: Communication & Culture 10F (1.0 credit)**

**Dept. of Ed. Code: 0403**

**Pre-requisite: Basic French**

This course aims to provide students with quality French instruction through a variety of oral and written activities. This will enable them to authentically communicate in the French language and to appreciate francophone culture.

### **French: Communication & Culture 20F (1.0 credit)**

**Dept. of Ed. Code: 0403**

**Pre-requisite: French: Communication & Culture 10F**

The purpose of the French curriculum is to encourage the learning of French as a means of communication and to make it an integral part of the students' overall education. An orientation, in which French is not only the subject matter, but also the language of instruction, encourages a multidimensional approach consisting of four components: experience/communication, culture, language, and general language education. The experiential component requires language to be learned by communicating and participating in the most authentic experiences possible.

### **French: Communication & Culture 30S (1.0 credit)**

**Dept. of Ed. Code: 0403**

**Pre-requisite: French: Communication & Culture 20F**

The purpose of the French curriculum is to continue learning French as a means of communication and to make it an integral part of students' educational experience. An orientation in which French is not only the subject matter, but also the language of instruction, encourages a multidimensional approach consisting of experience/communication, culture, language, and general language education which is necessary for developing students' communication skills. As students improve their communication skills, their linguistic accuracy increases and their language learning strategies expand.

### **French: Communication & Culture 40S (1.0 credit)**

**Dept. of Ed. Code: 0403**

**Pre-requisite: French: Communication & Culture 30S**

The purpose of the French curriculum is to continue learning French as a means of communication and to make it an integral part of students' overall educational experience. An orientation in which French is not only the subject matter, but also the language of instruction, encourages a multidimensional approach consisting of experience/communication, culture, language, and general language education, which is necessary for developing students' communication skills. As students improve their communication skills, their linguistic accuracy increases and their language learning strategies expand.

## MATHEMATICS

### **Essential Mathematics 20S (1.0 credit)**

**Dept. of Ed. Code: 3000**

**Pre-requisite: Mathematics 10F**

This course is intended for students whose post-secondary planning does not include a focus on mathematics and science related fields. It is a course that emphasizes consumer applications, problem solving, decision making and spatial sense. Topics include: analysis of games and numbers, personal finance, measurement, 2-D geometry, trigonometry, consumer decisions, transformations and angle construction.

**Essential Mathematics 30S (1.0 credit)****Dept. of Ed. Code: 3000****Pre-requisite: Any 20S level Mathematics**

This course is intended for students whose post-secondary planning does not include a focus on mathematics and science related fields. It is a course that emphasizes consumer applications, problem solving, decision making and spatial sense. Grade 11 Essential Mathematics builds on the knowledge and skills from grade 10 Essential Mathematics and provides a foundation for the topics studied in grade 12 Essential Mathematics. Topics include: analysis of games and numbers, managing money, interest and credit, 3-D geometry, trigonometry, relations and patterns, statistics and design modelling.

**Essential Mathematics 40S (1.0 credit)****Dept. of Ed. Code: 3000****Pre-requisite: Any 30S Mathematics**

This course is intended for students whose post-secondary planning does not include a focus on mathematics and science related fields. The Essential Mathematics program has been designed to meet the needs of students who desire a challenging and thoughtful Mathematics course, but whose future does not foresee the use of advanced mathematics. It is for students who wish to develop co-operative, interactive and communicative skills that have been fostered throughout their senior years' mathematics programs. Topics include: analysis of games & numbers, vehicle finance, statistics, precision measurement, home finance, geometry & trigonometry, business finance, probability. Students will be required to complete a career life project as a component of this course.

**Introduction to Applied & Pre-Calculus Mathematics 20S (1.0 credit)****Dept. of Ed. Code: 3905****Pre-requisite: Mathematics 10F (minimum 75%)**

This course is intended for students considering post-secondary studies that require a Pre-Calculus or Applied Math pre-requisite. Topics studied will form the foundation for topics to be studied in both grade 11 Applied Mathematics and grade 11 Pre-calculus Mathematics. The learning outcomes are divided into three topics: measurement; algebra and number; relations and functions.

**Mathematics 10F (1.0 credit)****Dept. of Ed. Code: 0080****Pre-requisite: none**

The main goal of Mathematics education is to prepare students to solve problems. Mathematics 10F includes studies in four strands of Mathematics (which is a continuation of the k–8 frameworks): number sense, patterns & relations, shape & space and, statistics & probability. In studying these strands, students will learn to communicate mathematically; make mathematical connections; improve their visualization, mental math, estimation, problem solving, and reasoning skills; and use technology to supplement their learning.

**Pre-Calculus Mathematics 30S (1.0 credit)****Dept. of Ed. Code: 3939****Pre-requisite: Introduction to Applied & Pre-Calculus Mathematics 20S (minimum 75%) or permission from Administration**

Pre-Calculus Mathematics 30S is a continuation of Introduction to Applied and Pre-Calculus Mathematics 20S, with a focus on theoretical mathematics, an emphasis on algebra, problem solving, and mental math. This course is recommended for students planning to pursue post-secondary studies in Mathematics and Science. Topics include: quadratic, rational, radical, absolute functions and equations, trigonometry, systems, inequalities and sequences.

**Pre-Calculus Mathematics 40S (1.0 credit)****Dept. of Ed. Code: 3939****Pre-requisite: Pre-Calculus 30S (minimum 75%) or permission from Administration**

Pre-calculus Mathematics 40S is an advanced Mathematics program that is designed for students who plan on pursuing post-secondary level Mathematics courses. The course is fast-paced, rigorous, and demanding of students' time, intellect, and independent initiative. The course emphasizes a deep, conceptual understanding of topics and focuses on taking command of a variety of abstract areas in Mathematics that provide a firm foundation for future studies in Mathematics. Topics include: trigonometry, relations and functions (transformations, exponents and logs), permutations, combinations and binomial theorem.

## PHYSICAL/HEALTH EDUCATION

**Exercise Science 40S (1.0 credit)****Dept. of Ed. Code: 0300****Pre-requisite: Any grade 11 Science course or any grade 11 or 12 Physical Education course**

This course focuses on the study of human movement and of systems, factors, and principles involved in human development. Students will learn about the effects of physical activity on health and performance, the evolution of physical activity and sport, and the physiological, psychological, and social factors that influence an individual's participation in physical activity and sport. The course prepares students for university programs in nursing, physical education and health, kinesiology, health sciences, health studies, recreation, and sports administration.

**Physical/Health Education 10F (1.0 credit)****Dept. of Ed. Code: 0169****Pre-requisite: none**

Physical Education will primarily focus on helping students develop and refine activity-specific skills and understand the importance of physical activity as part of a healthy lifestyle and life-long learning. Students are required to wear appropriate physical education attire and participate in all indoor and outdoor activities. This course will address curricular outcomes related to the on-going development of basic movement skills along with instruction and discussion regarding the following Health topics: Active Living, Basic Muscle Physiology & Anatomy, Fitness Development, Social Management & Personal Safety, Substance Abuse Prevention, and Human Sexuality.

This compulsory course involves both Physical Education and Health Units. Students will build on their current physical literacy skills through various activities that are designed to promote and enhance basic movement skills, personal fitness goals, as well as contribute to a student's social-emotional well-being. Some of the activities that students will participate in are as follows: *Low Organized Games, Ultimate Frisbee, Disc Golf, Volleyball, Basketball, Badminton, Soccer, Floor Hockey, Zumba, Dance, Yoga, Juggling, Omnikin, Slo-Pitch, Fitness Testing, Strength & Endurance Exercises.*

**Physical/Health Education 20F (1.0 credit)****Dept. of Ed. Code: 0169****Pre-requisite: Physical Education 10F**

This compulsory course involves both Physical Education and Health Units. Students are required to wear appropriate physical education attire and participate in all indoor and outdoor activities. The curricular outcomes of this course emphasize the enhancement of skill acquisition and application, as well as the continued development of a student's social-emotional well-being. Some of the activities that students will participate in are: *Low Organized Games, Ultimate Frisbee, Disc Golf, Volleyball, Basketball, Badminton, Soccer, Floor Hockey, Zumba, Dance, Yoga, Juggling, Omnikin, Slo-Pitch, Fitness Testing, Strength & Endurance Exercises.*

The intent of the curriculum is to help Senior Years students develop the necessary skills for life-long physical activity participation and to provide students with the knowledge necessary to help prevent or avoid health issues that commonly affect youth. This course will address curricular outcomes related to the on-going development of basic movement skills

along with instruction and discussion regarding the following topics: Healthy Lifestyle Practices, Fitness Physiology & Anatomy, Nutrition, Addictions & Mental Health, Human Sexuality, and Personal/Social Management.

**Physical/Health Education 30F (1.0 credit)**

**Dept. of Ed. Code: 0169**

**Pre-requisite: Physical Education 20F**

This compulsory course is designed to help students take greater ownership of their own physical fitness. Students will participate in a wide variety of activities either in the gym or outside. They are required to wear appropriate physical education attire and participate in all indoor and outdoor activities. Students are also required to maintain an activity log book which shows the activities they have been participating in. Parents/guardians are required to review the log book to verify entries. Students must complete 75 hours of moderate to vigorous physical activity throughout the course; this means that some activities will have to be done at home. In the classroom, students will study topics related to fitness management, mental health, substance use and abuse prevention, and the social impact of sport. Students are assessed using a “complete” or “incomplete” designation, instead of percentage grades.

**Physical/Health Education 40F (1.0 credit)**

**Dept. of Ed. Code: 0169**

**Pre-requisite: Physical Education 30F**

This compulsory full-credit course is designed for students to take greater ownership of their own physical fitness. Students participate in a wide variety of activities either in the gym or outside. They are required to wear appropriate physical education attire and participate in all indoor and outdoor activities. Students are also required to maintain an activity log book which shows the activities they have been participating in. Parents/guardians are required to review the log book to verify entries. Students must complete 75 hours of moderate to vigorous physical activity throughout the course. This means that some activities will have to be completed at home. Students will be introduced to safety and risk management planning to minimize the risks of the activities they have chosen. In the classroom, students study topics related to fitness management, nutrition, social/emotional health, and personal development. The focus of this content will be on health and personal planning. Students are assessed using a “complete” or “incomplete” designation instead of percentage grades.

## RELIGION

*Religion courses are compulsory for all students at SBDHS, as our faith and its development, is integral to our Catholic Christian identity. SBDHS seeks to enable students to develop their religious identity by integrating the fundamentals of faith within their lives through an intellectual knowledge of religion as well as a “heart-knowledge” of our God. To help develop this identity beyond the classroom, students engage in experiential learning opportunities through the retreat program, reception of the Sacraments of Eucharist and Reconciliation, as well as through Christian Service. Our retreat program further develops the community of faith through students’ witness to one another as well as providing much needed rest and relaxation with our God. The Sacraments allow students to experience God’s love in a tangible way. Christian service is an outward expression of this growth in the larger community and is coordinated within each Religion course.*

**Religion 11G (1.0 credit)**

**Dept. of Ed. Code: 7850**

**Pre-requisite: none**

This course will acquaint students with both the Hebrew Scriptures (Old Testament) and Christian Scriptures (New Testament), as well as how to use the Word of God in their prayer life. The purpose of this program is to familiarize students with the Bible, to create a firm foundation for their Catholic faith, and to help them to develop a deeper love and respect for Scripture. There are four main aspects to this course: Hebrew Scripture; Christian Scripture; Praying with Scripture; and Christian Service.

***In addition to attending regularly scheduled Religion classes, students will participate in a compulsory one-day retreat, attend all school Masses, and complete a specified number of Christian Service hours.***

**Religion 21G (1.0 credit)****Dept. of Ed. Code: 7850****Pre-requisite: Religion 11G**

This course explores the loving relationship we have with God and our response in prayer, worship and celebration of the sacraments. Since the sacraments are an integral part of what it means to be Catholic, it is essential for students to understand how God reveals Himself through the sacraments by exploring how they are rooted in the life and ministry of Jesus Christ.

***In addition to attending regularly scheduled Religion classes, students will participate in a compulsory one-day retreat, attend all school Masses, and complete a specified number of Christian Service hours.***

**Religion 31G (1.0 credit)****Dept. of Ed. Code: 7850****Pre-requisite: Religion 21G**

This course aims to deepen students' understanding and appreciation of what it means to be Catholic. Students will examine the expression and profession of the Catholic faith, as it is understood through the rich tradition of its historical roots, including a particular examination of the Creed.

***All grade 11 students will participate in a compulsory one-day retreat and attend all school Masses. Students will participate in a Christian Service outing arranged through the school and complete a reflection/project based on their experience.***

**Religion 41G (1.0 credit)****Dept. of Ed. Code: 7850****Pre-requisite: Religion 31G**

This course provides students with an opportunity to explore the components required in making moral, Christian-based decisions that will assist them in living their lives as responsible young adults. Students will study concepts such as morality, ethics, and conscience while exploring their relationships with God, others and themselves. Students will be exposed to a variety of social justice issues facing our world. They will be asked to explore various ways they can "make a difference" in our world by promoting social justice as individuals and as a Christian community.

***All grade 12 students will participate in two compulsory one-day retreats and attend all school Masses. Students will participate in a Christian Service outing arranged through the school and complete a reflection/project based on their experience.***

## SCIENCE

**Biology 30S (1.0 credit)****Dept. of Ed. Code: 0124****Pre-requisite: Science 20F (minimum 65%) or permission from Administration**

This course reflects the nature of science as both investigation and inquiry and its importance to the individual. Through the use of textual materials, projects, investigations and activities, students will be introduced to the structure and function of the various systems of the human body with a focus on wellness and homeostasis. A wellness portfolio will help students reflect and make proper decisions relating to their long term health and well-being.

**Biology 40S (1.0 credit)****Dept. of Ed. Code: 0124****Pre-requisite: Biology 30S (minimum 65%) or permission from Administration**

Biology 40S extends the study of biology beyond that of the human body. The course is divided into two main sections: genetics (understanding biological inheritance, mechanisms of inheritance) and biodiversity (evolutionary theory and



biodiversity, organizing biodiversity, conservation of biodiversity). Students explore these topics through the use of textual materials, projects, investigations and activities.

**Chemistry 30S (1.0 credit)**

**Dept. of Ed. Code: 0122**

**Pre-requisite: Science 20F (minimum 65%) or permission from Administration**

Chemistry 30S is an introductory course exposing students to the basic concepts of chemistry which are used as the building blocks for understanding ideas in Chemistry 40S. Chemistry 30S is largely a descriptive course. The ability to think abstractly is a great asset for students who are learning chemistry. A strong background in Introduction to Applied & Pre-Calculus Mathematics 20S and Science 20F is recommended. Laboratory work will be used to reinforce classroom work.

**Chemistry 40S (1.0 credit)**

**Dept. of Ed. Code: 0122**

**Pre-requisite: Chemistry 30S (minimum 65%) or permission from Administration**

Chemistry 40S applies the basic concepts of Chemistry 30S to new situations. This course uses the underlying factors of energy and equilibrium as a thread to tie topics together. In Chemistry 40S there is a much greater emphasis on problem solving than in Chemistry 30S. A strong Mathematics background, plus an ability to handle abstract ideas is essential.

**Physics 30S (1.0 credit)**

**Dept. of Ed. Code: 0123**

**Pre-requisite: Science 20F (minimum 65%) or permission from Administration**

Physics is a science of observation that presents principles or laws as a summary of observed phenomena and their logical inter-relationships. This course is designed to develop and emphasize foundational skills in the areas of science literacy and communication, problem-solving, human relationships and technology. The Physics curriculum deals with a survey of the major fields of Physics. The analysis requires skills in Mathematics as well as the ability to solve problems and think critically. Physics 30S has four major units of study: waves and sound, nature of science, mechanics, and fields.

**Physics 40S (1.0 credit)**

**Dept. of Ed. Code: 0123**

**Pre-requisite: Physics 30S (minimum 65%) or permission from Administration**

Physics is a fundamental science; it is a science about relationships between various quantities in a system. Students will further develop skills in the areas of experimentation, research, critical thinking, and analysis. Problem solving is an extensive component of this course. Many topics studied in the later part of the course require the application of knowledge acquired earlier in the course. Topics to be studied include: relative motion, projectile motion, two-dimensional forces, uniform circular motion, momentum, energetics, fields, and medical physics.

**Science 10F (1.0 credit)**

**Dept. of Ed. Code: 0120**

**Pre-requisite: none**

This course introduces students to various fields of science. Students will gain experience using hands on activities and experiments and will be provided with opportunities to make practical applications of scientific knowledge. Group work is an important tool used in this course to promote knowledge acquisition. The main topics covered are: nature of science, reproduction, atoms and elements, the nature of electricity, and exploring the universe. Students are required to make and present an experiment based science fair project for which a detailed information package will be provided.

**Science 20F (1.0 credit)****Dept. of Ed. Code: 0120****Pre-requisite: Science 10F**

This course introduces students to various fields of science while allowing them to gain experience in hands-on activities and experiments, providing them with opportunities to make practical applications of scientific knowledge. Group work is an important tool used in this course to promote knowledge acquisition. The four main topics covered are: dynamics of ecosystems; chemistry in action; in motion; and weather dynamics. Students are required to make and present an experiment based science fair project for which a detailed information package will be provided.

## **SOCIAL SCIENCE/HISTORY**

**Canada in the Contemporary World 10F (1.0 credit)****Dept. of Ed. Code: 0101****Pre-requisite: none**

This Canadian Social Studies course is intended to help students gain a greater understanding of the society in which they live, their roles within that society, and the role of Canada within the world. Students will examine their country and their world through themes such as immigration, law, government and Canadian global roles and relationships.

**Geographic Issues of the 21<sup>st</sup> Century 20F (1.0 credit)****Dept. of Ed. Code: 1180****Pre-requisite: Canada in the Contemporary World 10F**

In this course, students explore the nature of geography and develop skills related to geographical thinking. Students will use methods and tools of geography in order to examine a variety of issues and challenges of the contemporary world, and to propose solutions. They will study concepts related to ownership and development of natural resources, production and distribution of food, development of industry and trade, and increasing urbanization. Students consider these issues in the context of Canada, North America, and the world. Through their study, students become aware of the importance of the environment, stewardship, and sustainable development, as well as the social, political, and economic implications of their personal choices.

**History of Canada 30F (1.0 credit)****Dept. of Ed. Code: 0105****Pre-requisite: Geographic Issues of the 21<sup>st</sup> Century 20F**

History of Canada 30F examines Canadian history from the perspective of how the present can best be explained by understanding the past. The essential question "How has Canada's history shaped our lives today?" will be explored as major historical events are studied.

**Law 40S (1.0 credit)****Dept. of Ed. Code: 0580****Pre-requisite: none**

Law 40S provides students with an introduction to the principles, practices, and consequence of law. Law 40S intends to increase student awareness and appreciation of the laws that govern and protect society.

This course can be taken by grade 11 students as an elective.

**Psychology 40S (1.0 credit)****Dept. of Ed. Code: 1010****Pre-requisite: none**

This course provides an introduction to the world of psychology – the scientific analysis of behavior and mental activity from the biological, social and individual perspectives. Major topics include: history of psychology, psychological research methods, how the brain and body work, life changes/stages, learning and cognitive processes, personality and individuality, psychological disorders, social psychology and psychology as a profession.

## TECHNICAL/VOCATIONAL

THE FOLLOWING COURSES ARE OFFERED AT NELSON MCINTYRE COLLEGIATE **AS SPACE ALLOWS**.

**Food & Nutrition 10S (1.0 credit)****Dept. of Ed. Code: 0489****Pre-requisite: none**

Students will explore the basics of nutrition and healthy eating. Topics emphasized include Canada's food guide, understanding of personal eating behaviors, kitchen safety, accurate measurement, tools and their uses, food preparation skills and techniques. Practical labs, twice per week, will support and enhance classroom theory.

**Food & Nutrition 20S (1.0 credit)****Dept. of Ed. Code: 0489****Pre-requisite: none**

Students will gain a greater understanding of the 6 essential nutrients that our bodies need, and discover the strong link between eating habits and lifelong health and wellness. Food labs, twice per week, will support and enhance classroom theory.

**Food & Nutrition 30S (1.0 credit)****Dept. of Ed. Code: 0489****Pre-requisite: none**

This course promotes the development of personal health by exploring the psychology of food choices and provides the opportunity for self-assessment of eating habits. Current food trends are explored and analyzed as well as diet related concerns such as fad diets and sports nutrition. We celebrate cultural diversity by examining the culinary regions of Canada, and focus on the food industry unique to Manitoba. Food labs, twice per week, will support and enhance classroom theory.

**Food & Nutrition 40S (1.0 credit)****Dept. of Ed. Code: 0489****Pre-requisite: none**

Students are challenged with the current issues of hunger, both locally and globally and also study the global food supply. This leads into the study of international foods and research on a country of choice. We explore the latest in food technology: irradiated foods, genetically modified foods and organic food. And finally, concentrate on developing life skills by planning nutritional meals within a limited budget.

**Power Mechanics 20G (1.0 credit)****Dept. of Ed. Code: 7965****Pre-requisite: none**

This course is designed to increase students' awareness and understanding of various automotive practices and processes and to relate their significance to various automotive systems. Topics include: student orientation and safety, brake systems, ignition system – tune ups, fuel systems – carburetion, drive line clutch, gas and arc welding, engine type, engine tests and measurements, suspension, steering system, heating and air-conditioning, transmission.

**Pre-Engineering 1&2 15G (0.5 credit each)****Dept. of Ed. Code: 0214****Pre-requisite: none**

Introduction to Engineering is an applied science course where students apply knowledge from academic courses to design and build solutions to problems. In this course, students work in a technology lab environment to **build hands-on projects**. Students will develop technical skills and knowledge while working with a variety of machines (3D printers, CNC routers, power tools, etc.) and materials (wood, metal, plastic, etc.) to build projects. Course topics include lab safety and management, engineering design process, communication, mechanical engineering, electrical engineering, civil engineering, environmental engineering, and robotic engineering. This course allows students to develop a foundation of technical skills and knowledge while participating in hands-on projects in a technology lab environment. Students will improve upon their problem-solving skills while taking part in various areas of study. This course may lead students to post-secondary studies in a related field or simply provide useful knowledge.

**Pre-Engineering 30S (1.0 credit)****Dept. of Ed. Code: 7953****Pre-requisite: none**

This course provides an overview of engineering careers, primarily through open-ended, hands-on design experiences. The information that will be provided to students is designed to support those experiences by providing guidance on course activities and information about the principles, methods, and professional skills that are essential to engineering design. Experience will be gained in developing and working in interdisciplinary teams. Written and oral communication skills will be honed, both through formal communications with classmates and instructors and through formal communication within teams. Proficiency with engineering drawing and graphical presentation of data will be developed.

**Pre-Engineering 40S (1.0 credit)****Dept. of Ed. Code: 7953****Pre-requisite: none**

This course provides an overview of engineering careers, primarily through open-ended, hands-on design experiences. The information that will be provided to students is designed to support those experiences by providing guidance on course activities and information about the principles, methods, and professional skills that are essential to engineering design. Experience will be gained in developing and working in interdisciplinary teams. Written and oral communication skills will be honed, both through formal communications with classmates and instructors and through formal communication within teams. Proficiency with engineering drawing and graphical presentation of data will be developed.

## UNIVERSITY NOW!

### Introduction to Calculus 42U (0.5 credit)

Dept. of Ed. Code: 4922

Pre-requisite: Pre-Calculus 40S (minimum 85%)

In this dual credit course, students will learn the differentiation and integration of elementary functions, with applications to maxima and minima, rates of change, area, and volume. Through these components, students will learn its importance through a wide array of applications. The main objective will be to understand definitions of limit and derivative, and manipulate the properties and appreciate the applications.

Requirements:

- Completion of a minimum of 20 high school credits, including English 30S, Mathematics 30S and Social Studies 30S, with an overall average of at least 80% **(OR)**
- Completion of a minimum of 22 high school credits, including two-40-level courses with an overall average of at least 70%.
- $\geq 85\%$  in Pre-Calculus Mathematics 40S.

### Introduction to Calculus & Advanced Mathematics 40S

Dept. of Ed. Code: 3908

Pre-requisite: Pre-Calculus 40S

Grade 12 Introduction to Calculus & Advanced Mathematics learners will study four topics with specific content outcomes. The topics are: limits, derivatives, application of derivatives, and integration. This course will give students a strong foundation in the core topics to set them up for success in university Calculus.

### Introduction to University 42U (0.5 credit)

Dept. of Ed. Code: TBD

Pre-requisite: none

This course is designed to help students make the transition to university by gaining knowledge, skills, and attitudes needed for success in university study. This course will satisfy the the English Written Requirement that is mandatory for all students.

### Leadership: An Interdisciplinary Approach 42U (0.5 credit)

Dept. of Ed. Code: TBD

Pre-requisite: none

This course provides an introduction to the key issues and concerns of leadership and leadership studies, focusing on the central question of "what is leadership." Students will examine the philosophical and historical foundations of leadership theory and practice, along with the more contemporary (and often more theoretical) reflections on both leadership practices and the varied disciplines that study them. This course will satisfy the Faculty of Arts Social Science requirement.



## **POST-SECONDARY INFORMATION LINKS**

*Students are encouraged to use the links below to assist them with their course selections in preparation for post-secondary education.*

### **UNIVERSITY OF WINNIPEG**

ADMISSION REQUIREMENTS:

<http://www.uwinnipeg.ca/future-student/requirements/mb-hs-students.html>

ADMISSION REQUIREMENTS FOR THE FACULTY OF EDUCATION:

<http://www.uwinnipeg.ca/future-student/requirements/hs-pre-req-faculty-of-edu.html>

PROGRAM FACT SHEETS:

<http://uwinnipeg.ca/factsheets/index.html>

### **UNIVERSITY OF MANITOBA**

ADMISSION REQUIREMENTS:

<https://umanitoba.ca/admissions/undergraduate/requirements>

FIRST YEAR PLANNING GUIDE:

<https://umanitoba.ca/current-students/first-year/planning>

ST. PAUL'S COLLEGE (at University of Manitoba)

<https://umanitoba.ca/st-pauls-college/student-experience>

### **CANADIAN MENNONITE UNIVERSITY**

ADMISSIONS:

<https://www.cmu.ca>

### **RED RIVER POLYTECHNIC**

ADMISSIONS:

<https://www.rrc.ca/future-students/admission-requirements>

PROGRAM DEADLINES:

<https://www.rrc.ca/academics/application-deadlines/>



[www.sbdhs.net](http://www.sbdhs.net)

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