



All grade 9s take: English, Math, Science, Geography, French, and Phys.Ed.
Over the next week or two, think about what you would like your 2 elective courses to be.
When you make your request in Xello, you will add your 2 choices and 1 alternate.
Your alternate is used if we cannot build your timetable with your 2 initial choices.
Keep in mind that you must earn a Technology credit by the end of Grade 10.

Health and Physical Education (Choose ONE of the following options)			
Male		Female	
<input type="checkbox"/>	PPL101 Healthy Active Living This all-gendered course focuses on active fun, confidence through learning new skills, and strength through fitness. The average class will do 10 minutes of fitness activity with 20 minutes of drills and 30 minutes of game play.	<input type="checkbox"/>	PPL101 Healthy Active Living This all-gendered course focuses on active fun, confidence through learning new skills, and strength through fitness. The average class will do 10 minutes of fitness activity with 20 minutes of drills and 30 minutes of game play.
		<input type="checkbox"/>	PAF101 Healthy Living and Personal Fitness Activities This female-only course is an introduction to fitness, with a focus on proper form and technique with weight room equipment. The course also includes several health topics and time in the gym working on fitness through game play and sport.
Elective Options - Check 2 Choices		Alternate Option - Circle 1 Choice	
The Arts (Each of these courses qualifies as the ARTS graduation requirement)			
<input type="checkbox"/>	ADA101 Drama This course introduces students to drama through team-building, storytelling, and performance, while also exploring the world of technical theatre. Students will develop acting and stagecraft skills, including lighting, sound, stage combat, and set design, in a collaborative, inclusive environment. The course promotes confidence, communication, and respect, with a focus on stories that reflect diverse perspectives and themes of equity and social justice.		
<input type="checkbox"/>	AMU101 Music: Instrumental This course is open to anyone interested in learning how to play an instrument. Instruments offered include: flute, clarinet, alto saxophone, tenor saxophone, trumpet, trombone, bass, and drums. In this course, you will develop a practice routine to improve your playing, discover the musical elements, and learn how to perform in a group setting. You will play a wide variety of genres including concert music, classical, jazz, latin and funk/rock.		
<input type="checkbox"/>	AMV101 Music: Vocal This course offers beginner vocal students the opportunity to study, performance and rehearsal techniques. You will gain experience listening to and performing contemporary songs in choral arrangements. You will learn the elements of singing, including breath management, intonation, tone quality, and phrasing. Students learn notation, harmony, arranging, and ear training through pop, rock, R&B and jazz styles. Take vocal music and find your voice!		
<input type="checkbox"/>	ATC101 Dance This course is open to any student whether they have never danced before, dance in their room to their favourite songs, or have been taking classes at a studio. We explore various forms of dance, including jazz, lyrical, musical theatre, tap, and Hip Hop. Students will also learn the significance of different dance forms, learn how to choreograph short dance pieces, and enhance their performance skills. Dance develops their self-confidence and enables students with a wide variety of learning styles to increase their learning potential. It assists in the development of organizational, leadership, and interpersonal skills. In addition to all of that, it is FUN!!		
<input type="checkbox"/>	AVI101/AVI10F Visual Arts (Offered in both English and French Immersion) This is a fun, hands-on course for all skill levels, whether you're a beginner or sketch everyday. In the class we truly believe that art is a skill, and with the right tools and strategies, everyone can be successful. You'll explore different types of visual art, learn the basics of design, and experiment with a variety of materials and techniques. Creating in everything from clay to printmaking, you'll have the chance to express yourself creatively while also thinking critically about art. Ready to create? Join us! <i>*if you are in the French Immersion Program, choose AVI10F</i>		
Business (Qualifies as the STEM Graduation Requirement)			
<input type="checkbox"/>	BEM101 Building the Entrepreneurial Mindset In this course, students will learn what makes an entrepreneur thrive and the skills required to succeed in today's business environment. Students will begin to develop their own entrepreneurial mindset, and learn why it's important to take initiative, adapt to change, find creative solutions, and understand the financial considerations of entrepreneurship. This hands-on course will use business software and applications to help students plan and develop their entrepreneurial ideas and learn how to present them to a target audience.		
Technology (Qualifies as the Technology Graduation Requirement. If both are selected it also satisfies STEM)			
<input type="checkbox"/>	TAS101 Technology and Skilled Trades Get ready to build, launch, and race in our Grade 9 Exploring Technologies course! Dive into exciting hands-on projects like designing CO2-powered cars and crafting rockets, where you'll learn the basics of engineering and design through real-world applications. This course is perfect for students who love working with their hands and exploring how things work, setting a strong foundation in technical, creative and media skills.		
<input type="checkbox"/>	TFJ101 Hospitality (Foods) Get ready for a fun adventure into the world of hospitality and tourism! In this course, you'll learn the basics of cooking, how to handle food safely, and discover the origins of your favourite foods. You'll even get to try your hand at planning events and explore fascinating local tourist spots. Along the way, you'll dive into important environmental and social topics and start thinking about exciting career paths in hospitality as you plan your high school and college journeys.		

Student Name: _____

Parent Signature: _____