



WELCOME TO

C.P. ALLEN HIGH SCHOOL

**COURSE SELECTION PROCESS FOR
GRADE 9 STUDENTS
ENTERING HIGH SCHOOL**

WELCOME TO CPA

- [Orientation Video](#)



Presentation Outline

1. High School Basics
2. Programs Available At High School
3. Graduation Requirements
4. Academic Planning
5. Choosing Your Courses
6. Timeline



Your Team in High School

Stephanie Bird - Principal

Bruce MacKay - Vice Principal A - D

Lori Dawn Swimm - School Counsellors A- D

Nancy Martin - Vice Principal E-La

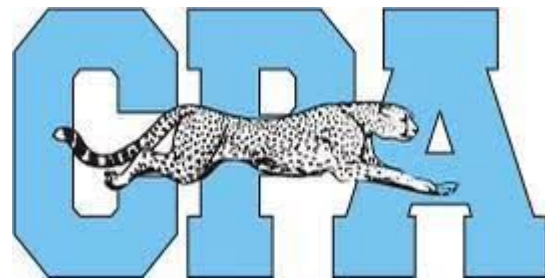
Riccardo Cordi - School Counsellor E-La

Wayne Rodgers - Vice Principal Le-P

Amy Mahoney - School Counsellor Le-P

Ian Stewart - Vice Principal Q-Z

Tara Aucoin - School Counsellor Q-Z



How High School Works

CLASSES

You will attend 4 courses every day!

Every class will have a different set of students. Don't pick courses because your friends are in them (you probably won't be in the same classes since there are many sections of the same class)



SEMESTERING

All grade 10 students must take 8 courses (4 per semester):

1st Semester: Sept. to January

2nd Semester: Feb. to June

Each semester ends with a formal or process exam for each course.

Student Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st Class 9:20-10:35	A	B	C	D	Rotates
2nd Class 10:45-12:00	B	A	D	C	M-TH
12:00-12:40	LUNCH				
3rd Class 12:45-2:00	C	D	A	B	Rotates
4th Class 2:10-3:25	D	C	B	A	M-TH

How High School Works

PASSING OR FAILING

- If you fail a course, it doesn't mean you fail the year, it just means you may have to take that course again (if the course is required) or choose a course the following year that is a better fit.
- All students need to meet the Nova Scotia Graduation Requirements in order to graduate (this will be explained later).

These requirements do not necessarily reflect the post-secondary requirements for the university/college you choose.



Student Support

- **School Counsellors:** are educators and trained mental health professionals.
- They are responsible for personal, social, educational, and career needs. Placing priority on the best interest of students.
- They can offer individual and group counseling.
- They connect students with community supports and resources. (doctors, IWK, therapists, Social Workers etc.).

And a few more.....



- **Youth Health Centre:** Public Health Nurse available for mental and physical health support.
- **African Nova Scotia Student Support Worker:** Supporting the academic/social/emotional needs of African Nova Scotian students.
- **Mi'kmaw Indigenous Student Support Worker:** Supporting the academic/social/ emotional needs of our Indigenous Nova Scotian student.
- **School Social Worker:** Supporting students and families with social/emotional/financial needs, as well as links to supports in community.

Academic Support



C.P. Allen offers support for students having **academic difficulties**, just like in junior high:

- **Resource / Learning Centre:** If you require **academic support** and currently have adaptations to meet course outcomes or require a program plan with individualized outcomes.
- **EAL:** If you have recently moved to Canada and require support with the English language.

Special Programs

The following special programs are available at C. P. Allen:

- **International Baccalaureate**
- **Options and Opportunities**
- **French Immersion**



Grade 10 CPA Pre-IB Program

The Grade 10 CPA Pre-IB program prepares students planning to move into the International Baccalaureate program. The IB program creates literate, articulate, and confident learners that have an understanding of global issues.

The IB program develops students who are:

- critical thinkers / open-minded / reflective
- willing to take on challenges
- communicators who interact readily and effectively
- committed, motivated and organized



Grade 10 CPA Pre-IB Program

As part of the Pre-IB program students will complete courses that align with the IB Diploma Program 6 Groups

- Group 1 - First Language (Pre IB Language and Literature 10, English 10 Mu)
- Group 2 - Second Language (Core French 10, French Immersion 10)
- Group 3 - Humanities (History 10, Histoire 10)
- Group 4 - Experimental Science (Science 10, Sciences 10 FI)
- Group 5 - Mathematics (CPA Pre-IB Math 10, CPA Pre-IB Math 10 FI, Math 10, Math 10 FI)
- Group 6 - Fine Arts (Visual Arts 10/Drama 10/Art Dramatique 10/Music10)
- + 1 elective - Must be from the Physical Education Category

Options and opportunities

career pathways

Experience. Learning. Success.



**West Bedford
High School**

O₂ is...

- a 3-year program that prepares students for life after high school
- actively participating in and positively contributing to the student's community
- a link to the workplace and post-secondary education



Why O₂ ?

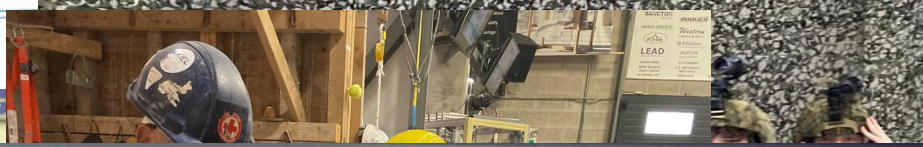
- Develop employability skills
- Field trips, guest speakers, safety training
- Smaller class sizes
- Explore multiple careers - contacts!
- Assured seating at NSCC (university - recognized too)



What does O₂ look like?

- Same as any other high school student
- However, in Grade 10, O₂ students must take Career Development & Community Based Learning
- In Grades 11 & 12, O₂ students must complete 3 co-operative work placements
- All other courses are up to the student

Field Trips



the **PIER**

Port of
Halifax

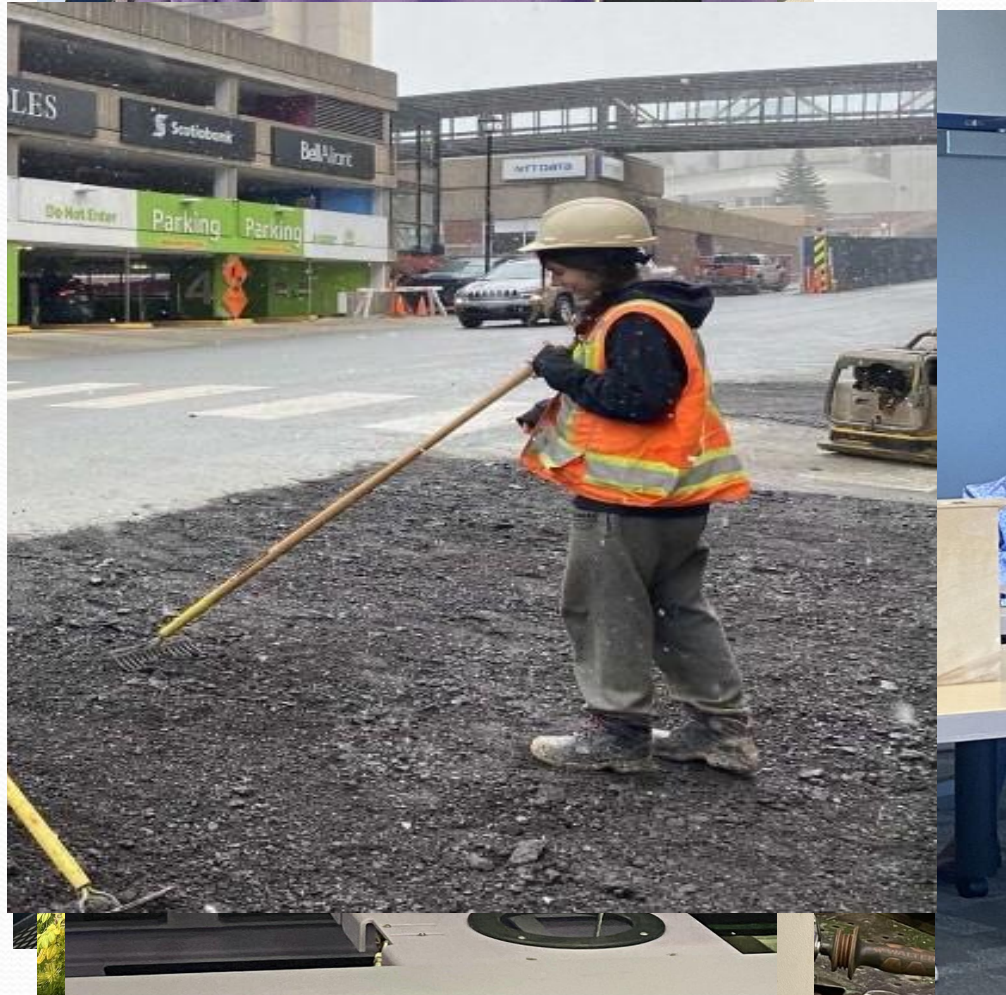
Welcome to The PIER & Port of Halifax

**Charles P. Allen High School
Students & Teachers**

November 28th, 2023



Placements



Other Placements

- High Button Sports
- Halifax Regional Police
- DRS Pivotal Power
- Nursing Homes / Continuing Care Centres
- CF Morale & Welfare Services
- Welding, electrical, plumbing, carpentry



The O2 Road Ahead

- **January 29:** Rocky Lake Grade 9 Presentations
- **Feb 6:** West Bedford Grade 9 Presentations
- **TBD:** Deadline for Applications
- **TBD:** Student Interviews at Junior High School



Experience. Learning. Success.

Mr. Lucas - lucass@hrce.ca

Mr. Piccott - cpiccott@hrce.ca

Mr. Evanson - sevanson@hrce.ca

French Immersion



- Students must complete at least 9 French Immersion (FI) credits in order to receive a Nova Scotia French Immersion Diploma
- FI courses are also available as diploma prep courses for the pre-IB program
- Students in FI must complete the following courses in each of the following years:
 - Français Immersion 10 + min. of 3 other FI credits
 - Français Immersion 11 + min. of 1 other FI credit
 - Français Immersion 12 + min. of 1 other FI credit



Picking Your Courses

- Create a My Blueprint account (available through your google ensuite). This will support you in aligning course selection to career goals.
- You should discuss course selection with home and with your current junior high School Counsellor.
- Consider your academic ability (strengths and challenges) when selecting courses. Ask your subject teachers for his/her input.
- Consider your career goals - university, college, etc.

It is important to pick the right courses for YOU. It becomes very challenging to change courses in September.

Try to pick courses because:

- You are interested in the topic
- You need the course to graduate
- You need the course to do the things you think you want to do
- You have the ability to do the course



NS Graduation Requirements

18 credits are required to graduate from High School

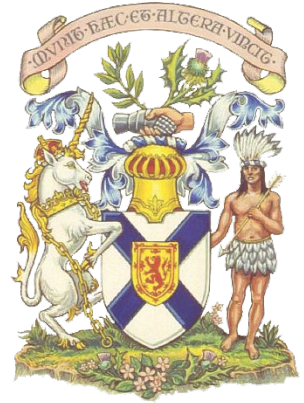
- 13 are compulsory credits -NS graduation Requirements
- 5 additional credits
- 90 % of our students graduate with 21 credits

A maximum of 7 credits that are coded grade 10

- Ex: History 10, Math 10

A minimum of 5 credits that are coded grade 12

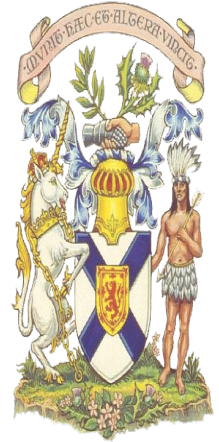
- Ex: Chemistry 12, Law 12



How Courses Are Coded

- **Graduation** – These courses meet the NS High School Diploma requirements. However, they are not recognized by universities and some post-secondary institutions.
- **Open** – These courses meet the NS High School Diploma requirements. They may or may not be accepted by post-secondary institutions.
- **Academic/Advanced** – These are university preparatory courses that meet Nova Scotia High School Diploma requirements.

Having graduation or open courses do not prevent students from attending university or college, they are simply not used by the school in terms of admissions.



13 Compulsory Courses

You will be picking at least 5 compulsory credits in grade 10

- 3 English Courses – one in grade 10/11/12
- 3 Math Courses – one in grade 10 / 11 / 12
- 2 Science Courses
- 1 Other (from either technology / math / or science)
- 1 Fine Arts Course (chosen in grade 10)
- 1 Physical Education (chosen in grade 10)
- 1 Canadian Studies
- 1 Global Studies



Compulsory Credits: English

3 credits: 1 required selection in grade 10

Courses available for grade 10 students:

- English 10 Music (runs every second day for a full year with music)
- English Language & Literature Pre IB 10
- English 10



Compulsory Credits: **Physical Education**

1 required credit selected in grade 10:

- Dance 11
- Martial Arts 11
- Physical Education 10 – you want to develop skills -available in all male and all female classes
- Physically Active Living 11 – focus on healthy lifestyles and being active (Also available in **French for Immersion students**)
- Yoga 11



Compulsory Credits: Mathematics

3 required Math credits

- One in grade 10 / One in grade 11 / One in grade 12

Courses available for grade 10 students

- Math Essentials 10 (Graduation)
- Math at Work 10 (Graduation)
- Math 10/ Mathematiques 10 FI (Academic)
- CPA Pre-IB Math 10 / CPA Pre-IB Math 10 FI (Academic)





2024/2025 Grade 10 Math Courses

Mathematics Essentials 10	110 Hours (one semester) – 1 graduation credit
Mathematics at Work 10	110 hours (one semester) – 1 graduation credit
Mathematics 10 / Mathematiques 10 Imm (includes CPA Pre-IB Math 10 and CPA Pre-IB Mathematiques 10 Imm)	220 hours (two semesters) – 2 credits – 1 academic math and 1 other from math, science, technology.

** Students who enroll in Mathematics 10 and CPA Pre-IB Math 10 will write a final exam provided by the NS Department of Education.



You Must Pick 1 Math

- **Math Essentials 10** –Mathematics Essentials 10 is an introductory, **graduation** credit type high school mathematics course designed for students who do not intend to pursue post-secondary study in areas requiring math. It is recommended that students proceed to Mathematics Essentials 11 upon completion of Mathematics Essentials 10.
- **Math at Work 10** –Mathematics at Work 10 is a **graduation** credit type high school mathematics course. It is recommended that students proceed to Mathematics at Work 11 upon completion of Mathematics at Work 10. In some cases students may choose a course other than Mathematics at Work 11

You Must Pick 1 Math (con't)

- **Math 10 / Mathematiques 10 Imm** - Mathematics 10 is an **academic** credit type high school mathematics course. Upon successful completion students will receive 2 academic credits; one in Mathematics 10 and another in math, science or technology. It is recommended that students proceed to Mathematics 11 or Mathematics Extended 11 upon completion of Mathematics 10. In some cases students may choose a course other than Mathematics 11 or Extended Mathematics 11 (if available).
- **CPA Pre-IB Math 10/Mathematiques 10 Imm** – This course is an enriched Mathematics 10 program designed for an academically-driven student who demonstrates a strong work ethic and a keen interest in the study of mathematics. Students in this course should have had success in previous math courses and be willing to balance the demands placed upon them in an academically challenging environment.

Senior High Mathematics: Common Pathways

Senior High Mathematics Course Pathways (Effective 2021)



Routes through High School Math

If you want to obtain a High School diploma and then:

- Enter the workforce or an apprenticeship program
- Apply to Community or Private College (most programs)
- Apply to a Bachelor of Arts program at most universities



Your Pathway through High School Math may be:

- Math Essentials 10 / Math Essentials 11 / Math Essentials 12
- Math at Work 10 / Math at Work 11 / Math at Work 12

Routes through High School Math

If you want to obtain a High School diploma and then:

- Apply to Community or private College (some programs that require academic math)
- Apply to University for a Bachelor of Commerce, Bachelor of Nursing, Bachelor of Health Sciences, Bachelor of Kinesiology, or Bachelor of Science (few select universities).



Your Pathway through High School Math will be:

- Math 10, Math 11, and Math 12

Routes through High School Math

If you want to obtain a High School diploma and then:

Apply to University for a Bachelor of Science
(Select Universities), Bachelor of Engineering,
Bachelor of Computing Science, Bachelor of
Commerce (outside of Atlantic Canada)



Your Pathway through High School Math can be:

- Math 10, Math 11, Pre-Calculus Math 11, and Pre-Calculus 12
- Calculus 12 is an optional math course taken in grade 12.

Compulsory Credits: Science

2 required credits

- 1 required credit selected in grade 10:

Science 10

Sciences 10 Imm

- 1 other science course (at the grade 11/ 12 level)

You can pick a 2nd science in grade 10

- Biology 11/Biologie 11 FI. Please be advised that this is a grade 11 science course, thus, workload covered will be more in depth than grade 10 courses. It is advised you discuss with your current science teacher. It is possible that Science 10 and Biology 11 end up in the same semester.



- **Visual Arts 10** – you like to draw & make cool stuff



You now should have picked 5 or 6 courses

You now have to pick 2 or 3 more to make 8



Appropriate Additional Elective Courses for Grade 10 Students

- Biology 11 / Biologie 11 FI
- Business Technology 11
- Career Development 10
- Communication Technology 11
- Construction Technology 10
- Exploring Technology 10
- Francais Immersion 10
- French 10 - Core
- Geography 10
- History 10 / Histoire 10

Grade 10 Academic Course Selection Sheet

Charles P. Allen High School Grade 10 Course Selection Sheet for 2024-2025 - Practice Sheet

Student Name (Last, First): _____ Junior High: _____

Please note: Select courses (total of 8 credits) by clearly placing an 'X' in the appropriate boxes. Include 2 alternate course choices in the section at the bottom of the second column. Reminder: while you may choose 8 grade 10 courses, only 7 of these are counted towards graduation requirements.

	Required Courses	Type	Credit
	Choose One English Language Arts		
	English 10	Acad	1.0
	English 10 Music-Band	Acad	1.0
	Choose One Mathematics		
	Mathematics 10	Acad	2.0
	Mathematics at Work 10	Grad	1.0
	Mathematics Essentials 10	Grad	1.0
	Science		
X	Science 10 (required)	Acad	1.0
	Choose One (or Two*) Fine Arts		
	Drama 10	Acad	1.0
	Music (Instrumental Band) 10	Acad	1.0
	Music (Vocals) 10	Acad	1.0
	Visual Arts 10	Acad	1.0
	**Dance 11	Acad	1.0
	Choose One Physical Education		
	Physical Education 10		
	- Female Identifying and Non Binary	Open	1.0
	- Male Identifying and Non Binary	Open	1.0
	**Dance 11	Acad	1.0
	Physically Active Living 11	Open	1.0
	Physical Education Martial Arts 11	Open	1.0
	Yoga 11	Acad	1.0

	Elective Courses	Type	Credit
	Select the remaining credits from this list		
	Biology 11	Acad	1.0
	Business Technology 11	Acad	1.0
	Career Development 10	Open	1.0
	Communications Technology 11	Acad	1.0
	Construction Technology 10	Open	1.0
	Core French 10	Acad	1.0
	Exploring Technology 10	Acad	1.0
	Francais 10	Acad	1.0
	Geography 10	Acad	1.0
	History 10	Acad	1.0
	EAL 10	Open	1.0
	Please Verify Your Eight Credits		
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
	Total Credits =		8
	Alternate Courses***		
1.			
2.			
3.			

* If you choose two Fine Arts, your second Fine Arts course will count as an elective.

** Dance 11 may be selected as a Physical Education OR a Fine Arts course.

*** Please Note: You must choose 3 alternate courses in case a course is not available due to scheduling conflicts. It is strongly recommended that two of your alternate courses are from the Fine Arts and Physical Education category.

Grade 10 French Immersion Course Selection Sheet

Charles P. Allen High School Grade 10 French Immersion Course Selection Sheet 2024-2025 (Practice Sheet)

Student Name (Last, First): _____ Junior High: _____

Please note: Select courses (total of 8 credits) by clearly placing an 'X' in the appropriate boxes. Include 2 alternate course choices in the section at the bottom of the second column. Reminder: while you may choose 8 grade 10 courses, only 7 of these are counted towards graduation requirements. Students must enroll (and will be guaranteed placement) in a minimum of 4 French Immersion credits

Required Courses	Type	Credit
English 10	Acad	1.0
English 10 Music-Band	Acad	1.0
Choose One Mathematics		
Mathematics at Work 10	Grad	1.0
Mathematics Essentials 10	Grad	1.0
Mathematics 10	Acad	2.0
Mathématiques 10 FI	Acad	2.0
Science		
X Sciences 10 FI (required)	Acad	1.0
Arts Dramatiques 10 FI	Acad	1.0
Drama 10	Acad	1.0
Music (Instrumental Band) 10	Acad	1.0
Music (Vocals) 10	Acad	1.0
Visual Arts 10	Acad	1.0
**Dance 11	Acad	1.0
Choose one Physical Education		
Physical Education 10		
- Female Identifying and Non Binary	Open	1.0
- Male Identifying and Non Binary	Open	1.0
- Co Ed and Non Binary	Open	1.0
**Dance 11	Acad	1.0
Mode de vie actif 11 FI	Open	1.0
Physically Active Living 11	Open	1.0
Yoga 11	Acad	1.0

French Language			
X	Francis-Immersion 10 (required)	Acad	1.0
Elective Courses		Type	Credit
Select the remaining credits from this list			
	Biologie 11 FI	Acad	1.0
	Biology 11	Acad	1.0
	Business Technology 11	Acad	1.0
	Career Development 10	Open	1.0
	Communications Technology 11	Acad	1.0
	Construction Technology 10	Open	1.0
	Exploring Technology 10	Acad	1.0
	Geography 10	Acad	1.0
	Histoire Ancienne 10 FI	Acad	1.0
Please Verify Your Eight Credits			
1			
2			
3			
4			
5			
6			
7			
8			
Total Credits =			8
Alternate Courses***			
1.			
2.			
3.			

* If you choose two Fine Arts, your second Fine Arts course will count as an elective.

** Dance 11 may be selected as a Physical Education OR a Fine Arts course.

*** Please Note: You must choose 3 alternate courses in case a course is not available due to scheduling conflicts. It is strongly recommended that 2 of your alternate courses are from the Fine Arts and Physical Education category.

Grade 10 Pre-IB Course Selection Sheet

Charles P. Allen High School Grade 10 Pre-IB Course Selection Sheet for 2024-2025 (Practice Sheet)

Student Name (Last, First): _____ Junior High: _____

Please note: Select courses (total of 8 credits) by clearly placing an 'X' in the appropriate boxes. Include 2 alternate course choices in the section at the bottom of the second column. Reminder: while you may choose 8 grade 10 courses, only 7 of these are counted towards graduation requirements. Students must enroll and will be guaranteed placement in a minimum of 4 French Immersion credits if requesting Pre-IB French Immersion.

Course	Type	Credit
Choose One English Language Arts		
Eng. Lang. and Literature Pre-IB 10	Acad	1.0
English 10 (Music/Band Students)	Acad	1.0
Choose One Mathematics		
CPA Pre-IB Math 10	Acad	2.0
CPA Pre-IB Mathématiques 10 FI	Acad	2.0
Mathematics 10	Acad	2.0
Mathématiques 10 FI	Acad	2.0
Choose One Science		
Science 10	Acad	1.0
Sciences 10 FI	Acad	1.0
Choose One Fine Arts		
Arts Dramatiques 10 FI	Acad	1.0
Drama 10	Acad	1.0
*Music (Instrumental Band) 10	Acad	1.0
Music (Vocals) 10	Acad	1.0
*Visual Arts 10	Acad	1.0
**Dance 11	Acad	1.0
Choose One Physical Education		
Physical Education 10		
- Female Identifying and Non Binary	Open	1.0
- Male Identifying and Non Binary	Open	1.0
- Co-Ed and Non Binary	Open	1.0
**Dance 11	Acad	1.0
Physically Active Living 11	Open	1.0
Physical Education Martial Arts 11	Open	1.0
Yoga 11	Acad	1.0

Course	Type	Credit
Choose one French Language		
Core French 10	Acad	1.0
Francais-Immersion 10	Acad	1.0
Choose One Social Studies		
History 10	Acad	1.0
Histoire Ancienne 10 FI	Acad	1.0
Please Verify Your Eight Credits		
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
Total Credits =		8
Alternate Courses***		
1.		
2.		
3.		

*Visual Arts 10 and Music (Instrumental Band) 10 are courses that can be taken as a part of the full IB Diploma in grades 11 and 12.

**Dance 11 may be selected as a Physical Education OR Fine Arts course.

*** Please Note: You must choose 3 alternate courses in case a course is not available due to scheduling conflicts. It is strongly recommended that 2 of your alternate courses are from the Fine Arts and Physical Education category.



Course Changes /Course Availability

- Course change requests will be made at the beginning of the year in September and in January and will reviewed by the administrative team.
- Courses may not be available depending on scheduling constraints



Course Change Guidelines

- Course selections made and adjusted following data verification in the spring for the next academic school year are considered final.
- Course changes will not be made once this process is complete unless:
 - a. The scheduling process has resulted in an incomplete schedule
 - b. A course and its prerequisite are in reverse order on a student's schedule
 - c. A course is scheduled for which credit has been granted (Summer School, etc.)
 - d. A potential grad wishes to reduce the course load to 3 courses in a semester
 - e. A course change request is granted for one of the following prioritized reasons:
 - 1. a potential grad lacks a required course to complete graduation requirements
 - 2. a potential grad is able to complete graduation requirements in a single semester
 - 3. a student is scheduled to a course without the recommended prerequisite

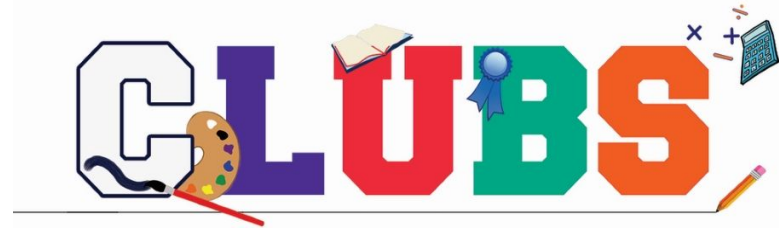


Timeline - Tentative

1. **Parent Night @ CPA** - January 18th @ 6pm in the Cafeteria
2. **O2 Presentation @ Rocky Lake** January 29 @ West Bedford February 6
3. **CPA Counsellors Course Selection Presentation @ Rocky Lake** Jan 25/26 @ West Bedford Feb 8/9
4. **Beginning of March** - Courses can be entered through Power School. Students must have their PowerSchool login. Junior High Schools will arrange this timeline and provide students with support.
5. **End of March** - The Power School portal closes and students will no longer be able to enter courses.

Clubs- Subject to change each year

- Interact Club
- Cheetahs for Change
- Jack.org
- Math Club
- Debate Club
- Model UN
- Innovation and Science Club
- GSA
- Yearbook
- CPA tutoring
- K-Vocal Club



Athletics

■ <https://sites.google.com/gnspes.ca/cpaathletics/home?authuser=1>

Basketball - Varsity and Junior Varsity	Hockey
Football	Rugby
Soccer	Cross country /Track and Field
Baseball & Slow Pitch	Volleyball
Golf	Badminton &Table Tennis
Ski and Snowboarding	Lacrosse





Google Classroom Class of 2027 code

vg7lute



GOOD LUCK

NEXT SCHOOL YEAR

(AND THE REST OF THIS YEAR)