

SANFORD COLLEGIATE COURSE BOOK 2026–2027



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RED RIVER VALLEY SCHOOL DIVISION

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Introduction

Welcome to Sanford Collegiate, a Grade 9 to Grade 12 high school. Sanford Collegiate is committed to the pursuit of excellence and to providing a safe and enriched educational community, which encourages lifelong learning and social responsibility. Our reputation for academic excellence is related to the commitment of teachers and students, the support of the community, and programs which challenge students to maximize their potential for growth.

Sanford Collegiate has devised its timetable to best serve course requirements and the needs of our students. We operate using a semester system. The daily schedule is composed of 5 – 66 minute classes, 3 in the morning and 2 in the afternoon.

Students should discuss course choices with teachers, the school counsellor and their parent(s)/guardian(s). Individual choices should be based on ability, interests, study commitment level and aspirations. Plan carefully. It is not advisable to register with the intention of dropping courses or changing course levels at a later date. Course assignment is based on the courses initially requested. It is also course selection which determines the timetable.

Sanford Collegiate recommends that students in Grade 9 are fully timetabled. Each grade has varied needs, as students begin high school having a full timetable makes it easier to accommodate their needs in the higher grades.

Choosing Courses

What is a credit?

A credit is defined by Manitoba Education as a course of study comprising 110 to 120 hours of instruction, and is taken daily for one semester. Similarly, a half credit is defined as a course of study comprising 55-60 hours of instruction, and is taken every other day for one semester.

The required number of credits for Grade 12 graduation is 30 credits. At Sanford Collegiate a diploma consists of 19 compulsory courses and a minimum of 11 electives. Please refer to the high school graduation table on page 4.

Course Codes

The coding system is created by Manitoba Education. The first two characters of the code are digits and the third is a letter.

Example:

- Mathematics 10F (MAT10F) – Grade 9, 1 credit, foundation
- Jazz 35S (JZZ35S) – Grade 11, .5 credit, specialized

FIRST CHARACTER

- digit indicates the course level (Grade 9, 10, 11 or 12)

SECOND CHARACTER

- digit indicates the credit value for courses developed by Manitoba Education and Youth
- “0” = one credit
- “5” = 0.5 credit
- “1” indicates a school developed, Department approved course
- “2” indicates courses developed elsewhere and approved by Manitoba Education

THIRD CHARACTER

- letter represents one of the following designations:

S – Specialized courses are designed to provide background for further studies beyond the Senior Years (e.g. university, college, apprenticeship)

G – General courses are designed to provide a general approach and are appropriate for all students (these courses may lead to further studies beyond the Senior Years)

F – Foundation courses are designed to provide a general approach and are appropriate to all students using the new curriculum frameworks

M – Modified courses are intended for students with special needs (specific cognitive disabilities)

No Manitoba Education regulation will prevent a student from taking a designated course in one senior year and then switching to a different designation in a later year; however, students should realize that there is uniformity between some course levels. If you move between course levels you may not have the background required to master a higher level course, especially in languages, science and mathematical subject areas. Consider recommended prerequisite requirements.

Compulsory Courses

These courses are mandated by the Department of Education. Sanford Collegiate also mandates some compulsory courses in grades 9 and 10.

Optional Courses

In addition to the compulsory courses, optional courses must be selected, to obtain a minimum of 30 credits for graduation.

Subject Recommended Prerequisites

Due to the sequential development of skill or the sequential mastery of content inherent in certain subjects, prerequisites are recommended in some subjects. When planning long term, students should be careful to meet all prerequisite recommendations.

HIGH SCHOOL GRADUATION

Graduation from high school requires 30 credits. Of the necessary credits some are mandated by the Department of Education while others are required by Sanford Collegiate.

Department of Education Compulsory Courses			
Grade 9	Grade 10	Grade 11	Grade 12
English 10F	English 20F	One of: English 30S Literary English 30S Comprehensive	One of: English 40S Literary English 40S Comprehensive English 40S Transactional
Math 10F	One of Math 20S Essential Math 20S Intro. to Applied /Pre-Calculus	One of: Math 30S Essential Math 30S Applied Math 30S Pre-Cal	One of: Math 40S Essential Math 40S Applied Math 40S Pre-Cal
Social Studies 10F	Geography 20F	History 30F	
Science 10F	Science 20F		
Physical Education 10F	Physical Education 20F	Physical Education 30F	Physical Education 40F

Sanford Collegiate Compulsory Courses

ICT15F/ICT15FI	Life Work Planning 20S	Plus one or more options	Plus two more options
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** It is important for students and parents to note that various career choices for post-secondary study require specific courses to be part of a student's graduation plan. It is the responsibility of the students and parents to ensure that these requirements are met. Please work closely with our School Counsellor from Student Services in planning for any post-secondary studies.

COURSE PLANNER 2026-2027

Academic Program (Minimum 30 credits required for graduation.)									
Grade 9	English 10F	Math 10F	Science 10F	Social Studies 10F	Physical Education 10F	ICT15F/ ICT15FI	Option	Option	Option
Grade 10	English 20F	Math	Science 20F	Geography 20F	Physical Education 20F	Life Work Planning 20S	Option	Option	Option
Grade 11	English	Math	Canadian History 30F	Physical Education 30F	Elective	Option	Option	Option	Option
Grade 12	English	Math	Physical Education 40F	Elective	Elective	Option	Option	Option	Option

Registration Steps

1. Determine compulsory courses you must take.
2. Check that prerequisite recommendations are met.
3. Choose option courses. (A program of 9 credits is required in Grade 9 and a minimum of 8 credits are required in Grade 10.)
4. If seeking post-secondary admission, choose subjects according to the requirements of the faculty or school you plan to attend.
5. If you choose to attend MITT in Grade 11 you must register with the Sanford Collegiate counsellor at the beginning of Grade 10.
6. If you currently reside within our catchment area, please submit the re-registration form to the school. If you are not within our catchment area, please go to our website, sanford.rrvsd.ca. On the right hand side under "Important Notice" the Online Registration Form Link will be there. Please complete the registration form.
7. Students enrolling at Sanford Collegiate for the first time are required to pay a non-refundable \$50.00 registration fee.
8. Specifics regarding submission of forms will be highlighted at time of course selection.

Time Lines

- Registration takes place from February through April.
- If you are registering as a school of choice (SOC) the deadline to register is May 15th.
- **It is very important to choose the proper courses the first time around, as the timetable is created based on student needs/choices.**
- Because students must register before the end of the school year, some changes may be necessary in the course selections.
- It is the responsibility of students to have their programs changed if they must repeat or replace a course.
- Course changes are allowed in the first two weeks of each semester, subject to administrative approval.
- Voluntary withdrawal from courses in each semester is 1 week following Parent-Teacher interviews.

Grade 9 Course Study Chart

Compulsory Subject Areas	Course Code	Credit Value
*Applying Info & Technology I & II	ICT15F/ICT15FI	1
Canada in the Contemporary World	SOC10F	1
English Language Arts	ENG10F	1
Mathematics	MAT10F	1
Physical Education	PED10F	1
Science	SCI10F	1

Optional Credits - select a minimum of 4 credits and rank in order of preference.

Band	BND10S	1
Business Innovations	BUSI10S	1
Choral	CHR15S	0.5
Drama	DRMA10S	1
Foods and Nutrition	FNUT15S	0.5
French	FRE10F	1
Hockey Canada Skills Academy	HCSA11G	1
Intro to Metals Technology	MET15G	0.5
Intro to Power Mechanics Technology	POW15G	0.5
Jazz	JZZ15S	0.5
Physical Education	PED11G	1
Textile Arts & Design	TAD15S	0.5
Visual Arts	VAR10S	1

* Sanford Collegiate Compulsory Requirements

NOTE: Information & Computer Technology (ICT15F/ICT15FI) are half credit courses that are combined to total one credit for the Grade 9 year.

Grade 10 Course Study Chart

Choose 1 course for each of the compulsory subject areas when there are multiples listed.

Compulsory Subject Areas	Course Code	Credit Value
English Language Arts	ENG20F	1
Geographic Issues	GEO20F	1
*Life Work Planning	LWP20S	1
Physical Education	PED20F	1
Science	SCI20F	1

Please select one of the following compulsory Math courses:

Essential Math	MAT20SE	1
Intro to Applied & Pre Calculus	MAT20SI	1

Optional Credits – choose 4 - 6 credits and rank in order of preference:

Band	BND20S	1
Choral	CHR25S	0.5
Creative Promotions	CCS20S	1
Digital Filmmaking/Digital Pictures	DGF25S/DGP25S	1
Drama	DRMA20S	1
Essential Math	MAT20SE	1
Family Studies	FAMS20S (offered 2025-2026)	1
Foods & Nutrition	FNUT20S	1
French	FRE20F	1
Hockey Canada Skills Academy	HCSA21G	1
Intro to Applied Math & Pre-Cal	MAT20SI	1
Intro to Metals/Intro to Powers	MET25G/POW25G	1
Jazz	JZZ25S	0.5
Personal Finance	PFIN20S	1
Textile Arts & Design	TAD20S	1
Visual Arts	VAR20S	1

*** Sanford Collegiate Compulsory Requirements**

Grade 11 Course Study Chart

Choose 1 course for each of the compulsory subject areas where there are multiples listed.

Compulsory Subject Areas	Course Code	Credit Value
English Language Arts		
Comprehensive Focus	ENG30SC	1
Literary Focus	ENG30SL	1
Mathematics		
Applied Mathematics	MAT30SA	1
Essential Mathematics	MAT30SE	1
Pre-Calculus Mathematics	MAT30SP	1
Physical Education		
Active Healthy Lifestyles	PED30F (Co-Ed)	1
Active Healthy Lifestyles	PEDG30F (Female)	1
Social Studies		
Canadian History	HIS30F	1

Optional Credits – choose 3 - 6 credits and rank in order of preference:

Accounting Essentials	ACES30S	1
Applied Mathematics	MAT30SA	1
Band	BND30S	1
Biology	BIO30S	1
Chemistry	CHE30S	1
Choral	CHR35S	0.5
Drama	DRMA30S	1
English - Comprehensive Focus	ENG30SC	1
English - Literary Focus	ENG30SL	1
Essential Mathematics	MAT30SE	1
Foods and Nutrition	FNUT30S	1
French	FRE30S	1
Interactive Digital Media	IDM30S	1
Metalwork Technology	MET30S	1
Outdoor Education	OTED31G	1
Physics	PHY30S	1
Power Mechanics Technology	POW30S	1
Pre-Calculus Mathematics	MAT30SP	1
Retailing Perspectives	CRP30S	1
Textile Arts & Design	TAD30S (offered 2027-2028)	1
Visual Arts	VAR30S	1
Jazz	JZZ35S	0.5

Grade 12 Course Study Chart

Choose 1 course for each of the compulsory subject areas where there are multiples listed.

Compulsory Subject Areas	Course Code	Credit Value
English Language Arts		
Comprehensive Focus	ENG40SC	1
Literary Focus	ENG40SL	1
Transactional Focus	ENG40ST	1
Mathematics		
Applied Mathematics	MAT40SA	1
Essential Mathematics	MAT40SE	1
Pre-Calculus Mathematics	MAT40SP	1
Physical Education		
Active Healthy Lifestyles	PED40F (Co-Ed)	1
Active Healthy Lifestyles	PEDG40F (Female)	1

Optional Credits – choose 4 - 6 credits and rank in order of preference:

Accounting Systems	ASYS40S	1
Advanced Mathematics/Calculus	MAT45S/CAL45S	1
Applied Mathematics	MAT40SA	1
Band	BND40S	1
Biology	BIO40S	1
Chemistry	CHE40S	1
Choral	CHR45S	0.5
Drama	DRMA40S	1
English - Comprehensive Focus	ENG40SC	1
English - Literary Focus	ENG40SL	1
English - Transactional Focus	ENG40ST	1
Environmental Design	END40S (offered 2026-2027)	1
Essential Mathematics	MAT40SE	1
Family Studies	FAMS40S (offered 2027-2028)	1
First Nations, Metis & Inuit Studies	FNMI40S (offered 2026-2027)	1
Foods and Nutrition	FNUT40S	1
French	FRE40S	1
Global Issues	GLO40S (offered 2027-2028)	1
History	HIS40S	1
Jazz	JZZ45S	0.5
Law	LAW40S	1
Life Work Transition	LWT40S	1
Metalwork Technology	MET40S	1
Physics	PHYS40S	1
Power Mechanics Technology	POW40S	1
Pre-Calculus Mathematics	MAT40SP	1
Psychology	PSY40S	1
Textile Arts & Design	TAD40S (offered 2026-2027)	1
Visual Arts	VAR40S	1

Fine Arts

Visual Arts

VAR10S 1 Credit

Basic Elements and principles of art related to artistic design will be the focus of this course. Using a variety of sources for creating art, techniques used in drawing, watercolour, pencil crayon, pastel, pen and ink, etc., will allow students to generate their own work as well as develop an understanding about people, practices and perspectives from the world of visual arts. Students will learn to personally connect to their and other's art experiences. Fees associated with the course.

Visual Arts

VAR20S 1 Credit

Students will develop competencies for using visual art media, tools, techniques and processes while experimenting with and developing ideas for creating art. Relationships between visual arts in multiple contexts will help the student critically observe and describe art experiences. Fees associated with the course.

Visual Arts

VAR30S 1 Credit

The goal of this art program is to develop visual art literacy through visual awareness, art appreciation and art production. Design, media techniques, history and culture of art will be studied to provide background for students before creating their own art. As well, through analyzing and interpreting a variety of art experiences, the young artists will develop an understanding about the role and purpose of art. Fees associated with the course.

Visual Arts

VAR40S 1 Credit

Advanced design, experimental media works and continued drawing experiences allow students at this level to choose an area from which they would like to specialize. Focus will be on constructing meaning about art experiences through making informed judgements in order to understand and respect different interpretations and opinions regarding art. Fees associated with the course.

Band

BND10S 1 Credit

This course is performance based and musical literacy is taught through performance on a primary instrument. Students are taught to read music notation, develop a strong tone quality on their instrument, and use music as a form of self expression. This program continues on with skills and techniques learned in the Grade 8 band program, but prior band experience is not required to take this course. Ensemble playing promotes a cooperative learning environment with a high level of abstract thinking and problem solving. For students requiring an instrument, a rental fee will apply.

Band

BND20S 1 Credit

This course builds on the development of skills and techniques required in Band 10S.

Band

BND30S 1 Credit

This course builds on the development of skills and techniques required in Band 20S.

Band

BND40S 1 Credit

This course is the culmination of approximately eight years in a band program. There will be more organizational responsibilities as students take on a leadership role. Learning to conduct the ensemble is also incorporated into this course.

Choral

This course is the culmination of approximately eight years in a band program. There will be more organizational responsibilities as students take on a leadership role. Learning to conduct the ensemble is also incorporated into this course.

CHR15S .5 Credit

CHR25S .5 Credit

CHR35S .5 Credit

CHR45S .5 Credit

Drama**DRMA10S 1Credit**

This course is for students with or without experience in the performing arts. Each student works at his or her own level with no comparison to other members. We explore dimensions of theatrical self-expression through lecture, discussion, activities and games. Interaction involves imagination, creativity and cooperation. Group cooperation, relation to others and self-awareness will be enhanced by speaking and performing alone and together before the class as an audience.

Drama**DRMA20S 1 Credit**

This course aims to develop your awareness of the drama elements of relaxing/energizing, concentration, focus, seeing, listening, movement, speech, and acting so that you can participate in and understand the drama experience. Group cooperation, relation to others and self-awareness will be enhanced by speaking and performing in class. Character study and analysis is a focus. Monologues and a musical theatre dance will be performed in class only.

Drama**DRMA 30S 1 Credit**

This course is a continuation of the grade 9 and 10 experiences and an overview of drama basics such as voice, facial expression, body movement, characterization, script analysis, staging, costuming and makeup. Class will consist of activities such as relaxation, techniques, theatre games, improvisation, voice, and acting techniques. Character study and analysis followed by performance (monologues, dialogues, scenes) will be a focus. A class trip and major production are offered in alternate years.

Drama**DRMA40S 1 Credit**

This course is meant for students who intend to take a theatre course at university. We will continue the study of movement, characterization, script analysis and staging and other elements of the drama experience. We also study some full length plays seen as classics of the dramatic form. A group project is

a big part of this course. A class trip and major production are offered in alternate years.

Jazz

This course is performance based. Students in jazz band will learn about jazz and its many traditions and styles, including improvisation. This class meets one lunch hour per week all year. Jazz ensemble members do not have to participate in a concert band to take this course.

JZZ15S .5 CreditJZZ25S .5 CreditJZZ35S .5 CreditJZZ45S .5 Credit***Business, Technology Education & Career Exploration*****Business Innovations****BUSI10S 1 Credit**

This introductory business course offers students the opportunity to explore commerce-related topics such as entrepreneurship, business, marketing, technology, economics and finance. Students will study the important role of business in society and discuss current trends in business. Throughout the course, students will apply the concepts and strategies they learn to a variety of creative projects, including developing an idea for a viable venture, creating a marketing plan, and starting a business. Students do not need to be planning for a future in the business world to take this course, as many topics studied are relevant to students as consumers of goods and services.

Personal Finance**PFIN20S 1 Credit**

This course focuses on developing personal financial literacy. As students prepare to enter the workforce, knowledge of budgeting, saving, and investing will help ensure their economic independence. Students will learn about the value of money and credit management in order to prepare them for future purchases that require financial planning such as buying a car, travelling, or pursuing post-secondary education. As part of this course, students will develop an understanding of banking as well as methods of keeping track of their financial transactions.

Creative Promotions

CCS20S 1 Credit

The course aims to provide knowledge of the role and impact of marketing in our lives and the power of promotions that influence our choices. Using a theoretical and practical approach, this course focuses on advertising strategies, direct marketing, personal selling, sales promotions, and public relations. Students will apply these concepts and display their creativity in order to design a variety of promotional and advertising material. Creative Promotions is designed for students who are looking to expand their business knowledge as well as students who are interested in consumer decision-making and “why we buy.”

Retailing Perspectives

CRP30S 1 Credit

Retailing Perspectives helps students gain an understanding of retailing using a theoretical and practical approach. This course provides insight on the various types of retail establishments, including physical and online retailing environments. Students will study the strategies retailers use to appeal to consumers. This course is ideal for students interested in business, including any student planning on working at, managing, or owning a retailing establishment. It is, however, relevant to all students, since, as consumers, they experience retailing as part of their daily lives.

Accounting Essentials

ACES30S 1 Credit

Accounting Essentials helps students gain an understanding of basic accounting. With an emphasis on accounting for a service business, students will apply their knowledge and skills to complete the stages of the accounting cycle. Accounting Essentials provides the fundamentals of accounting and is a good choice for students who plan to further their finance studies or own or manage a business. Students interested in pursuing post-secondary studies in any business discipline will benefit considerably by completing this course.

Accounting Systems

ASYS40S 1 Credit

Accounting Systems is an extension of Accounting Essentials (0309). It includes an introduction to financial analysis and corporate accounting. With an emphasis on accounting for a merchandising business, students will apply their knowledge and skills to complete the stages of the accounting cycle. The skills acquired in this course are not only useful when pursuing a career in business or accounting, but essential for everyday life.

Recommended Prerequisite: **ACC30S**

Law

LAW40S 1 Credit

The general aim of this course is to expose students to the principles of law. Topics include: criminal law, case studies, rules of law and recent legal events, as well as careers in the different fields of law. A field trip to the MB Law Courts and speakers will enhance student learning. Class discussion is a big part of this class.

Applying Information & Communication Technology / Applying Information & Communication Technology II

ICT15F/ICT15FI 1 Credit

Whether it is for academic, business, or personal endeavors, the use of information and communication technology can make your daily life more efficient now and in the future. In this course, you will learn skills such as: how to compose a professional email, how to format academic documents, and how to keep your digital information organized and safe. You will hone your software skills using G-Suite Applications: Gmail, Drive, Docs, Slides, Forms, and Sheets. We will also be developing efficient, accurate keyboarding skills, exploring AI, and completing creative projects utilizing other multimedia applications and basic coding (TinkerCad, 3D printing software, Canva, Sketch Up). We will explore the role of technology in our lives and the importance of being an upstanding, safe digital citizen.

Digital Filmmaking/Digital Pictures DGF25S/DGP25S 1 Credit

These two half credits combine together to teach students how to take creative and effective pictures and videos. Learn from basic to advanced settings and modes of a camera through these hands-on courses. Be prepared to go out into the field regularly to gather your shots. Major assignments include a digital portfolio of your work and music video. There is no prerequisite for this course.

Interactive Digital Media IDM30S 1 Credit

This course focuses on the creation of interactive games by using basic coding. Students will learn programming theory, and best practices through BASIC programming as well as object oriented programming. Students will create numerous interactive games and projects through these two languages. Students must be able to work independently, as well as use various problem solving skills.

Life Work Planning LWP20S 1 Credit

This course is intended to improve personal management by exploring how to build and maintain a positive self-image along with dealing with change and growth throughout one's life. Students will also participate in life/work goal planning and discover how to secure and maintain work. Students will explore the balance between life and work roles and how to interact positively and effectively with others.

Life Work Transition (Leadership) LWT40S 1 Credit

LTW's purpose is to provide students with practical and theoretical experience needed to develop their leadership potential. There are two main components to this course: theory and practicum. The theory segment consists of instructional modules on leadership and communication skills, time management, group dynamics, and public speaking. It is taught on site here at Sanford Collegiate. We work together with feeder schools, community groups, nonprofit organizations, and charities. The following is a small sampling of our

involvement: Terry Fox Volleyball, Koats for Kids, Siloam Mission, Habitat for Humanity Build Day, Blood Donation drive, Macdonald Headingley Recreation Service, and JA Cuddy Buddies mentoring. This is a grade 12 course but can be taken by mature, responsible grade 11s. To avoid class conflicts that often arise for students this class is offered outside of periods 1-5.

Languages

English

English Language Arts ENG10F 1 Credit

This course is designed to nurture the development of the six language arts – reading, writing, listening, speaking, viewing and representing – through a wide variety of texts and assignments that will help students further understand the connection between necessary English skills and the real world.

English Language Arts ENG20F 1 Credit

This compulsory course is designed around the central themes of Tolerance, Persuasion, and Manipulation. Students will use a variety of materials including novels, short stories, videos, poetry, and essay writing to enhance their critical thinking skills.

Recommended Prerequisite: **ENG10F**

English Language Arts: Comprehensive Focus ENG30SC 1 Credit

This course develops a range of literacy skills that are involved in both practical and creative uses. Students engage with and compose texts that inform, persuade, analyze and foster understanding and empathy as well as explore properties of language used in communicating information and points of view. 50% of the texts used are literary i.e. short stories, poems, novels and plays. Other texts used for composition and study are transactional i.e. newspaper and magazine articles, reports, editorials and other non-fiction sources.

Recommended Prerequisite: **ENG20F**

English Language Arts: Literary Focus**ENG30SL 1 Credit**

This course develops a range of literacy skills that are involved in creating and analyzing texts. As readers, poets, fiction writers, playwrights and actors, students explore and compose texts which range from free writing, and response journals to scripts, poetry, short stories and novels. 70% of the texts used are literary i.e. short stories, poems, novels and plays, 30% of texts used are transactional i.e. newspaper and magazine articles, reports, editorials, non-fiction of all kinds. Literary Circles are a key element in this class.

Recommended Prerequisite: **ENG20F**

English Language Arts: Comprehensive Focus**ENG40SC 1 Credit**

This course develops a range of literacy skills that are involved in both practical and creative uses. 50% of the texts used are literary (i.e. short stories, poems, novels and plays), 50% of the texts used are transactional (i.e. newspaper and magazine articles, reports, editorials, non-fiction of all kinds).

Compulsory provincial ELA standards test.

Recommended Prerequisite: **ENG30SL or ENG30SC**

English Language Arts: Literary Focus**ENG40SL 1 Credit**

This course provides students with opportunities to enrich their lives through literary texts. As listeners, readers and viewers, students move imaginatively into the worlds created by texts, and deepen their appreciation of language. The texts students explore and compose range from response writing, scripts, poetry, short stories and novels. As much as 70% of the texts used are literary (i.e. short stories, poems, novels and plays). As much as 30% of the texts used are transactional (i.e. non-fiction). Literary Circles are a key element of this class.

Compulsory provincial ELA Standards test.

Recommended Prerequisite: **ENG30SL**

English Language Arts: Transactional Focus**ENG40ST 1 Credit**

This course develops a range of literacy skills involved in understanding and creating practical texts. Students study and compose texts that inform, persuade, analyze, and foster understanding and empathy and they study and practice communicating information and different points of view. Critical reading is a main component. 70% of the texts are transactional (i.e. non-fiction) up to 30% of the texts used are literary (fiction).

Compulsory provincial ELA Standards test.

Recommended Prerequisite: **ENG30SL or ENG30SC**

French**French: Communication and Culture****FRE10F 1 Credit**

The course focuses on the four basic aspects of language acquisition which are speaking, reading, writing and listening. This course forms a foundation for continued studies in French at the Senior Years level. While not a requirement, having some previous French is an asset.

Recommended Prerequisite: **FRE GR.8**

French: Communication and Culture**FRE20F 1 Credit**

Emphasis is placed on conversation and self-expression using an interactive, communicative approach. Students are introduced to advanced grammatical structures in order to enhance conversation ability and fluency. Topics may include: sports, arts and culture, and relationships.

Recommended Prerequisite: **FRE10F**

French: Communication and Culture**FRE30S 1 Credit**

A continued emphasis is placed on reading and encouraging conversational French in the classroom. The acquisition of grammar and writing skills becomes progressively more important at this level. Topics may include: arts and culture, social trends and adolescence.

Recommended Prerequisite: **FRE20F**

French: Communication and Culture**FRE40S** 1 Credit

Students will continue using strategies to develop their language acquisition and will be exposed to self-expression via public speaking. Topics may include: education, adulthood, and the future.

Recommended Prerequisite: **FRE30S**

Human Ecology**Textile Arts & Design****TAD15S** .5 Credit

An introduction to the creative world of clothing construction, fashion design, and textiles. Students will practice basic construction techniques used for many garments and texture projects and explore the use of basic sewing equipment from the conventional sewing machine to the more complex serger. Students will have the opportunity to develop skills in wardrobe planning, consumerism and resource management as it pertains to clothing as well as develop an understanding of basic fibres and textiles and how they are to be cared for and used for design. Students will construct pajama pants and an apron. Fees associated with the course.

Textile Arts & Design**TAD20S** 1 Credit

This course examines the broader knowledge and skills required to design and create textile products. Students will examine the basics of creative costuming, textile and apparel industry, and consumer practices that have an impact on individuals within their community. The impact of fashion on consumer choices and its influence on relationships are explored in more depth. Students will build on their construction techniques and expand their knowledge to include more complex sewing techniques. Projects include a hoodie and one of student choice. Fees associated with the course.

Textile Arts & Design**TAD30S** 1 Credit

This course focuses on enhanced knowledge and skill development in textile design and construction. Students will examine the areas of creative costuming, cultural fashion design,

and consumer practices that have an impact on individuals and communities. This course will follow the fashion industry through design and illustration, marketing, and merchandising while acknowledging the environmental and social justice influences on local communities. Sewing projects will be more complex and may include projects for the home. Fees associated with the course.

Textile Arts & Design**TAD40S** 1 Credit

This course focuses on advanced knowledge and skill development in textile design and construction. The world of fashion and design come to life when the past meets the present. Through research, students will explore designers, fashion, and clothing throughout the ages. Students will expand on their fashion drawing abilities and create recycled garments. Students will be introduced to the topic of pattern drafting and learn how to create their own patterns. Practical work will include opportunities for students to design their own clothing lines. New skills and technology will be incorporated into the design and construction processes. Fees associated with the course.

Family Studies**FAMS20S** 1 Credit

An introductory child development course which focuses on the skills and knowledge parents and caregivers need, with emphasis on maternal health, pregnancy, birth, and the early years of human development. Students will learn about the developmental needs, effective care, and guidance of young children. The development of these skills and knowledge will enhance their overall well-being now as adolescents and in the future as parents and caregivers. Students have the opportunity to experience the "Real Care Baby" project.

Family Studies**FAMS40S** 1 Credit

This course is an advanced university entrance course. It is currently accepted on the eligible course list at the U of M and U of W. The course emphasizes the transition from adolescence to adulthood with the ability to examine and practice skills that help develop healthy interpersonal relationships. Students

will explore the many stages of life, along with the relationships that occur during the life cycle. The skills and knowledge will provide the opportunity for students to make informed and responsible life management choices now and in the future.

Foods & Nutrition

FNUT15S .5 Credit

An introductory course focusing on basic nutrition and how it relates to food choices. The course focuses on eating habits, basic nutrition, food needs and getting the most for the food dollar. The practical food preparation uses kitchen equipment, appliances and utensils commonly found in most households. Some student dishes include; quesadilla, cinnamon rolls, pasta dishes and stir frys. Fees associated with the course.

Foods & Nutrition

FNUT20S 1 Credit

This course focuses on the individual within the family until and the influence that marketing and media have on family food choices. Students will gain a strong understanding of the categories of nutrients, why our bodies need them, and what foods are consumed for health and well-being. A focus on the Canadian food supply enables students to consider current food practices and issues related to food production and marketing. The course provides opportunities for students to further develop food preparation skills in a practical setting. Fees associated with the course.

Foods & Nutrition

FNUT30S 1 Credit

Students will be given the opportunity to study the food needs of people throughout their life cycle. Students will also explore more detailed elements of food prep and presentation. An in depth look at unique Canadian cuisine and heritage will allow students to get to know the country they call home even better. More complex dishes will be created during lab time as well as more complicated techniques. Fees associated with the course.

Foods & Nutrition

FNUT40S 1 Credit

This course will explore sustainability and ethical practices within food production and access. Students will examine food security and barriers that exist to achieving food security for all people and investigate solutions to local and global food accessibility. Students will explore current and future food trends in Canada as well as take a “trip” around the world to study cuisine. Lab work consists of recipe revitalization, garnishes and food aesthetics, and preparation of foods typical of other parts of the world. Fees associated with the course.

Environmental Design

END40S 1 Credit

This course focuses on the development of skills, terms, and knowledge in the field of housing and interior design. The principles and elements of design form the foundation of the course through the application of digital drafting and designing living spaces. Students will investigate social justice, sustainability, consumer decisions, and housing security, and economic and legal considerations within the built environment, and demonstrate the ability to meet the needs of individuals, families, and communities.

Mathematics

Mathematics

MAT10F 1 Credit

This course covers a broad range of Mathematical concepts and is designed to be a basis for which students will choose their stream of Mathematics in grade 10. Topics covered will include: Powers & Exponents, Polynomials, Rational Numbers, Linear Equations & Inequalities, Spatial Geometry and Linear Relations. This course is compulsory for all students.

Introduction to Applied & Pre Calculus Mathematics

MAT20SI 1 Credit

This course is intended for students considering post-secondary studies that require a math prerequisite. It provides a foundation for topics to be studied in both Grade 11 Applied

Mathematics and Grade 11 Pre-Calculus. Students will engage in activities that include the use of technology, problem solving, mental math, and theoretical mathematics. The units are divided into three main topic areas: Measurement, Algebra and Number Sense, Relations and Functions.

Essential Mathematics

MAT20SE 1 Credit

This course is intended for students whose post-secondary planning does not include a focus on mathematics or science related fields. The course emphasizes consumer applications, problem solving, decision making and spatial sense. Topics of study include: Personal Finance, Measurement, 2-D Geometry, Trigonometry, Transformations and Angle Construction. Students will work on mathematical concepts and skills encountered in everyday life in a technological society.

Applied Mathematics

MAT30SA 1 Credit

This course is intended for students considering post-secondary studies that do not require a study of theoretical calculus. It is context driven and promotes the learning of numerical and geometrical problem-solving techniques as they relate to the world around us. Topics include: Design & Measurement, Trigonometry, Logic, Statistics, Rates & Scales, Linear Inequalities and Quadratic Functions. Students must purchase a TI-83 graphing calculator in this course (approx. \$130.00).

Recommended Prerequisite: **MAT20SI**

Essential Mathematics

MAT30SE 1 Credit

This course is intended for students whose post-secondary planning does not include a focus on mathematics and science related fields. This one credit course emphasizes consumer applications, problem solving, decision making and spatial sense. Topics of study include: Investments and Money Management, Interest, Statistics, Linear relations, Trigonometry and 3-D Geometry. Students are expected to work both individually and in small groups on mathematical concepts and skills encountered in everyday life in a technological society.

Pre-Calculus Mathematics

MAT30SP 1 Credit

This course is intended for students considering post-secondary studies that require a study of theoretical calculus. The course comprises a high-level study of theoretical mathematics with an emphasis on problem solving and mental mathematics. The topics of study include: Algebra, Quadratic functions, Reciprocal Functions, Absolute Value Functions and Trigonometry.

Recommended Prerequisite: **MAT20SI**

Applied Mathematics

MAT40SA 1 Credit

This course is a continuation of MAT30SA, with emphasis on technical applications of mathematics related to the TI-83 or TI-84 graphing calculator. This course is intended for students considering post-secondary studies that do not require a study of theoretical calculus. Topics include: Relations & Functions, Probability, Financial Math, Logic & Reasoning, and Design & Measurement. Students require a TI-83 or TI-84 graphing calculator in this course (approx. \$130.00). This course has a compulsory provincial exam.

Recommended Prerequisite: **MAT30SA**

Essential Mathematics

MAT40SE 1 Credit

This course is intended for students who do not intend on studying mathematics or science related fields at the post-secondary level. This course emphasizes: Vehicle and Home Finance, Statistics, Measurement, Geometry, Trigonometry and Probability. Students are expected to work both individually and in small groups on mathematical concepts and skills encountered in everyday life in a technological society. This course has a compulsory provincial exam.

Recommended Prerequisite: **MAT30SE**

Pre-Calculus Mathematics

MAT40SP 1 Credit

This course is designed for the student who plans to continue mathematics in university, or those who plan to take a technology course at Red River College. Topics studied in this course include: Transformations of Functions, Trigonometric Functions, Polynomial Functions,

Trigonometric Equations, Exponential Functions, Logarithmic Functions, Radicals and Rational Functions and Operations on and Composition of Functions. This course has a compulsory provincial exam.

Recommended Prerequisite: MAT30SP

Advanced Mathematics/Calculus

MATCA40S 1 Credit

This course is designed to prepare students for first year university mathematics involving the study of calculus. This course is designed for students entering university or community college in the fields of science, mathematics and management. The topics covered may include Calculus, Complex Numbers and Polar Coordinates, Statistics, Number Theory, Matrices, Vectors and Conic Sections.

Recommended Prerequisite: MAT40SP

Physical Education and Health

Physical Education

PED10F 1 Credit

This is a compulsory course that is split into 50% Phys. Ed outcomes and 50% Health outcomes. Students are provided with a balanced program in order to develop the knowledge, skills, and attitudes that contribute to a healthy and active lifestyle. Students will participate in a variety of sports as well as health topics. Students will be awarded a mark (%) upon completion of the course.

Lifetime Physical Education & Outdoor Education

PED11G 1 Credit

This is an optional course that gives students the opportunity to participate in physical education all year long. Students participate in activities in the gym as well as outside. There are classroom components such as leadership, injury management, outdoor and planning skills. Some outdoor activities could include kayaking, orienteering, outdoor survival, beach volleyball and many more. This course is a great way to learn some new skills and about living a healthy and active lifestyle. Students will be awarded a mark (%) upon completion of the course.

Physical Education

PED20F 1 Credit

This is a compulsory course that is 50% Physical Education outcomes and 50% health outcomes. It is a balanced program that develops the knowledge, skills, and attitudes that contribute to a healthy and active lifestyle. The course focuses on teaching students how to live a daily active lifestyle and how to find activities they enjoy inside and outside of the school. Students will participate in a variety of sports and physical activities such as soccer, volleyball, zumba, racket sports, fitness goal setting activities, weight training bowling and many others. Health topics include; muscle anatomy, nutrition and healthy relationships to name a few. Students will be awarded a mark (%) upon completion of the course.

Physical Education and Healthy Active Lifestyle

PED30F 1 Credit

This compulsory course is designed to educate students on how to live healthy and active lifestyles in and out of the school. The goal is to encourage students to find activities of interest and develop active lifestyles. Students will be required to record their activities in and outside of class. There may be opportunities for trips to try activities offered in the community. There is a physical component of the course and a health component. Health topics may include physical activity, practicum planning, fitness management, mental/emotional health, social impact of sport and substance abuse and prevention. This course is evaluated by a complete or incomplete designation.

Physical Education and Healthy Active Lifestyle

PED40F 1 Credit

This compulsory full-credit course is designed to educate students on how to live healthy active lifestyles in and out of school time. The goal is to encourage students to take greater ownership of their physical fitness and lifestyle practices. The course focuses on finding activities outside school and looks at many different types of life long activities. It also focuses on teaching students stress management and positive mental health and wellness. Students will be required to track

their activity hours in and outside of class. There are both a physical and health component to the course. There is a possibility of field trips to try activities in and around the community. This course is evaluated by a complete or incomplete designation.

Hockey Canada Skill Academy

HCSA 11G 1 Credit

This course offers students of all skill levels the opportunity to further their hockey skills and knowledge by focusing on strategies for development and improvement both on and off the ice. Students are bussed to Sanford Arena for approximately 60 on-ice training sessions as the main component of the course. On-ice focus is on individual skill development and how it relates to team strategy. Other components of the course include traditional classroom setting assignments and off-ice training sessions. Fees associated with the course.

HCSA21G 1 Credit

This course offers students of all skill levels an opportunity to continue the development of their hockey skills and knowledge that began in the HCSA11G course (*11G course is not a prerequisite*). Students are bussed to Sanford Arena for approximately 60 on-ice training sessions as the main component of the course. On-ice focus is still on individual skill development but with further links to team strategies. Other components of the course include traditional classroom setting assignments and off-ice training sessions. Fees associated with the course.

Outdoor Education

OTED31G 1 Credit

This course will introduce students to survival and practical skills for the outdoors. The course will focus on physical fitness, personal growth through team building and leadership roles, environmental awareness and wilderness appreciation. Students will demonstrate qualities of teamwork and independence and become better equipped in their knowledge and practice of safety through participating in activities outdoors.

Industrial Arts

Introduction to Metals Technology

MET15G .5 Credit

This course concentrates on acquiring skills in M.I.G. and oxy-acetylene welding, as well as working with different types of metals. Projects cover a wide variety of processes, and include making two rings and a basketball net. Product design is also a component of this hands-on course. Fees associated with the course.

Introduction to Power Mechanics

POW15G .5 Credit

This course deals with beginning stages of engine exploration. Starting with 2 and 4 cycle engine theory followed by the dismantling and reassembling of a small internal combustion engine. The student is required to supply a 2 or 4 cycle engine for the practical component.

Introduction to Metals & Powers

MET25G/POW25G 1 Credit

This full credit course allows students to tailor their shop experience through modules and projects. Each student will be able to choose the proportions of metal work to automotive. Planning and design, problem solving, practice, and safety are key components of both disciplines.

Metal working will focus on:

- Different types of welding, including cold steel, sheet metal layout and construction
- Basic blacksmithing
- Different cutting tools and processes
- Programming and using the CNC plasma cutter

Automotive will focus on:

- Learning and practicing the processes to safely lift a vehicle to work under it.
- Basic and intermediate maintenance processes.
- Basic automotive systems.
- Learning will be predominantly, project based, hands on learning.
- Final assessment is hands-on.

Applied Metals Technology

MET30S 1 Credit

This course is aimed at those students who want to develop a greater understanding of metal working. Those taking this course can do so for two reasons, the simple enjoyment of creating metal projects, and the pursuit of a career in a metal related field. The projects in this course will be of a higher level, with emphasis placed on welding technique. Projects will be student initiated and of a complex level. Fees associated with the course.

Automotive Power Mechanics

POW30S 1 Credit

This course deals with such topics as clutches, standard and automatic transmissions, drivelines, etc. that are found in our automobiles and light trucks. It also includes light service techniques.

Applied Power Mechanics

POW40S 1 Credit

This course will cover automobile engine fundamentals, practical motor analysis, tuning and upkeep. Students will be able to undertake major projects such as engine rebuilding, engine swaps, complete rewiring, etc. .

Applied Metals Technology

MET40S 1 Credit

This course is based around aluminum machining and complex welding projects. Both are a requirement. About half of the course time will be spent on the lathe and milling machine. The projects in this course will be of a higher level, with emphasis placed on welding technique and machine shop practices. Projects may be student initiated and of a complex level. Fees associated with the course.

Sciences

Science

SCI10F 1 Credit

This is an introductory Senior Years science course. The content is categorized into four main units: reproduction (biology), atoms and elements (chemistry), the nature of electricity (physics), and exploring the universe (astronomy). An emphasis will be placed on the

processes of scientific learning and inquiry. Formal assessments include: lab activities, individual and group projects, quizzes, unit tests, a midterm and a final examination.

Science

SCI20F 1 Credit

This course intends to prepare students for higher level science courses in the Senior Years by identifying strengths and interests within scientific fields. The content is categorized into four main units: weather, chemistry, ecology, and physics. An emphasis will be placed on the processes of scientific learning and inquiry. The subtopics of environmental science and climate change are revisited throughout. Formal assessments include: lab activities, individual and group projects, quizzes, unit tests, a midterm and a final examination.

Biology

BIO30S 1 Credit

This course provides a background in biology which is very important to many post secondary areas of study. Biology 30S provides an introduction to the study of living things by investigating many life processes and the chemical nature of life. The emphasis in this course is the study of human anatomy and physiology. Dissections and laboratory work are used to support these investigations.

Biology

BIO40S 1 Credit

This course, in conjunction with Biology 30S, provides a foundation in biology which is very important to many post secondary areas of study. The studies of genetics, biodiversity and ecology make up the majority of this course. Laboratory work and field studies support investigations in these areas.

Recommended Prerequisite: BIO30S

Chemistry

CHE30S 1 Credit

This course will provide a foundation in chemistry for many areas of study in post-secondary education. Chemistry 30S will also present explanations for many naturally occurring phenomena. This course consists of five units; physical properties of matter, gasses, chemical reactions, solutions and organic

chemistry. Formal assessments will include: labs, quizzes, tests and final exams.

Recommended Prerequisite: **MAT20SI and SCI20F**

Chemistry

CHE40S 1 Credit

This course will provide a foundation in chemistry for many areas of study in post-secondary education. Chemistry 40S will present explanations for more naturally occurring phenomena. This course consists of four units; kinetics, chemical equilibrium, acids & bases and redox reactions. Formal assessments will include: labs, quizzes, tests and final exams.

Recommended Prerequisite: **CHE30S & MAT30SP**

Physics

PHY30S 1 Credit

This course will provide a foundation in physics for many areas of study in post-secondary education. Physics 30S will present explanations for many naturally occurring phenomena. This course consists of four units; Mechanics, Fields, Waves and Light. The last two units of the course lend themselves to problem solving so a mathematical aptitude would be an asset. Formal assessments will include: labs, assignments, quizzes, tests, and a final exam.

Recommended Prerequisite: **MAT20SI and SCI20F**

Physics

PHYS40S 1 Credit

Physics 40S will present explanations and predictions for naturally occurring phenomena on Earth and in space. Creative and critical thinking alongside mathematical proficiency is essential. The content is categorized into two main terms: Mechanics and Electricity & Magnetism. A minor term on Nuclear Physics culminates with a research presentation on a topic of your choice. Formal assessments include: lab activities, individual and group projects, quizzes, term tests, and a final examination.

Recommended Prerequisite: **PHY30S**

Social Sciences

Social Studies

SOC10F 1 Credit

This 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. The focus will involve Canada's demographics, geography and political organization. Students will examine the interaction among the people of Canada and the influence of the land on the development of Canada. They will explore the historical and contemporary complexities that emerge when groups with differing identities and perspectives interact with one another.

Geography

GEO20F 1 Credit

Students will focus on the issues and challenges of the contemporary world. They will explore the nature of geography and develop skills related to geographical thinking. Students will consider the various geographic issues such as Geographic Literacy, Natural Resources, Food from the Land, Industry and Trade, and Urban Places, in the context of Canada, North America, and the World. This is a compulsory course.

Global Issues: Citizenship & Sustainability

GLO40S 1 Credit

This course will allow students to develop a greater understanding of world issues as they examine the historical, current, and future implications of world issues and analyze the effects of these issues on quality of life within different political, social, and economic systems. Topics to be covered include: media literacy, poverty wealth and power, climate change, consumerism, health and biotechnology, gender equality, peace and conflict, oppression and genocide, social justice, and human rights.

Canadian History

HIS30F 1 Credit

This course engages students in historical inquiry and asking essential questions to focus on Canada from pre-contact times until the present. Canadian History emphasizes

important skills and concepts in historical thinking and focuses on five major themes: First Nations, Metis and Inuit Peoples; French English Duality; Identity, Diversity and Citizenship; Governance and Economics; and Canada and the World.

Current Topics in First Nations, Metis & Inuit Studies

FNMI40S 1 Credit

This course supports the empowerment of students through the exploration of the histories, traditions, cultures, worldviews, and contemporary issues of Indigenous peoples in Canada and worldwide. Students gain knowledge and develop the values, as well as the critical thinking, communication, analytical, and inquiry skills, that will enable them to better understand past and present realities of Indigenous people. Additionally, exploration of topics such as self-determination, self-government, and language and cultural reclamation allows students to understand and work towards the post-colonial future envisioned by Indigenous peoples.

History: Western Civilization

HIS40S 1 Credit

Students will discover how and why Western civilization societies evolved as well as how Greece and Rome, Judeo-Christian thought, medieval religions and social institutions contributed to the development of Western societies. Students will also learn how the Renaissance, the Reformation, absolutism, and representative government contributed to the development of Western societies and how the Age of Reason, and the political, agricultural, and industrial revolutions influenced the development of Western Civilization.

Psychology

PSY40S 1 Credit

Learn about the workings of the human brain and obtain answers to questions such as: How does our brain develop from babies to adults? What are we capable of? Why do people suffer from a mid-life crisis? What is Schizophrenia, Alzheimer's disease, Multiple personality disorder etc. Why do people behave the way they do? These topics and more will be explored through class discussion, articles, film,

and research. A final activity will account for the final assessment instead of an exam.

OTHER CREDIT OPTIONS

In addition to earning credits at Sanford Collegiate, there are alternate ways to earn credits outside of the school timetable. In all cases students and their parents/guardians must meet with the Guidance Counsellor to create an education plan prior to beginning any course(s).

PATHWAYS TO APPRENTICEABLE TRADES IN HIGH SCHOOL

1. High School Apprenticeship (HSAP) - Students can earn up to 8 grade 12 credits while earning a wage. Students collect work experience hours that count towards their trade certification if they choose to continue in the trade after high school. Students may earn credits working in the evenings and during school breaks as a registered apprentice. Students must be 16 years old and have completed grades 9 and 10 before completing the apprenticeship application.
2. Technical Vocational Education (MITT) - Students who enroll in a technology program for trades training at MITT are required to complete their academic courses at Sanford Collegiate. Students must have completed grades 9 and 10 before this programming becomes available. Placement at MITT depends on seat availability, school board approval, and the student's readiness to participate in a program outside of Sanford Collegiate. Students who are interested in MITT must indicate their interest in semester 1 of the year before they wish to attend.
3. Red River Technical Vocational Area (RRVTA) - This option is for students interested in welding or auto body. The program is offered at Morris School (transportation is arranged) and is open to students in grades 11 and 12. Compulsory credits are completed at Sanford Collegiate in one of the semesters and the RRTVA program is completed in the other. Students will complete 4 elective credits toward graduation per semester.

ONLINE LEARNING

InformNet - InformNet is an accredited online high school where students participate in internet-based learning experiences to achieve credits in high school approved by Manitoba Education. InformNet courses provide students with daily instruction, assignments and evaluation through regular email and web-based interaction from a certified high school teacher. Students who enroll in a course with a Provincial exam will be required to write this exam.

PERSONAL INTEREST

Upon completion of specific requirements and presentation of proper documentation, students may claim additional credits.

1. ASL Credits - Only an official ASL examiner may assess students. These evaluations are generally designed for people who have had extensive exposure to ASL through Deaf parents and relatives or who have developed fluency through sign language classes. A total of up to four credits may be earned.
2. Special Language Credit - Students may apply to take a Special Language Credit exam for other languages that they can both speak, read and write in. A total of up to four credits may be earned.
3. Private Music Option - Private music options are available through the Conservatory of Canada. This credit(s) will only be recognized as additional credit beyond the minimum credits for school graduation. This credit is recognized with "S" rather than a percentage grade.
4. Cadet Training - Students actively involved in a Manitoba cadet program may earn up to two credits. This credit(s) will only be recognized as additional credit beyond the minimum credits for school graduation. This credit is recognized with "S" rather than a percentage grade.
5. Community Service Student-Initiated Project - Students who make a contribution by volunteering in the community can earn up to one credit based on their number of volunteer hours. This credit is recognized with "S" rather than a percentage grade.