

2024-2025



## HOWARD S. BILLINGS HIGH SCHOOL Grade 11 Course Selection

### PROCEDURES

#### Course Selection for the next year takes place in the spring:

This document contains all the information needed about compulsory and option courses for the next school year for their grade level. Students will receive the Course Selection form by email (student's NFSB email).

**Section A)** Students will automatically be enrolled in the Compulsory courses listed.

**Section B)** Students **must select an option** for Compulsory courses listed.

**Section C)** Students are to **select their two Elective courses** from those listed.

Students must submit their course selections electronically before **May 3, 2024**. Be sure to adhere to the deadline for course selection so that you will not be disappointed. Delay in returning your course option selection form may result in you not getting your choice of options.

Parents and/or students are welcome to call or make an appointment to meet with the Guidance Counsellor if they wish to discuss course option selections. **Students may request changes to their option selection with parental permission up to the end of June or during course option change period, which starts during the 2<sup>nd</sup> week of September and runs for 1 week only. Request for Course Change forms must be completed.**

**PLEASE!!  
NOTE**

Students: When setting your educational goals, and subsequently selecting your courses, you are making a commitment. Great care is required in choosing your options since changing from one option to another later may be difficult or even impossible. To help you decide which option(s) you might select, please read the next section on High School Diploma requirements, CEGEP entrance and specific programme requirements, as well as Adult Education Vocational training programme requirements.

### Have Questions?

Chat with our HSB Academic Advisor, Mrs Yvonne Williams in person or by email.

[ywilliams@nfsb.qc.ca](mailto:ywilliams@nfsb.qc.ca)



## Section A) Compulsory Courses

Students will automatically be enrolled in these classes.

English Language Arts	MEES Code: 632506 -6 credits	✓ Graduation Requirement
Contemporary World Studies	MEES Code: 592502 -2 credits	
Financial Education	MEES Code: 602522 -2 credits	
Physical Education	MEES Code: 543502 -2 credits	✓ Graduation Requirement (or CCQ 11)
Culture and Citizenship in Québec (CCQ)	MEES Code: (569502) -2 credits	✓ Graduation Requirement (or Phys. Ed 11)

## Section B) Compulsory Courses with options

Students will choose which option they would like to register for from those courses listed below.

Course	Description	
<b>FRENCH AS A SECOND LANGUAGE OPTIONS</b> -Students choose ONE:		
<b>French as a Second Language -de Base</b> MEES Code: 634504 -4 credits	The goal and design of this French program at the Secondary IV level is to improve oral skills, to encourage reading, writing properly, and acquire a deeper understanding of the French language.	✓ Graduation Requirement
<b>OR</b>		
<b>French as a Second Language -Enrichi</b> MEES Code: 635506 -6 credits	<b>Prerequisite: Teacher recommendation</b> As per the specifications outlined by the MEES, this French as a Second Language course will further their knowledge of French culture and bring a deeper understanding of grammar concepts.	✓ Graduation Requirement
<b>MATHEMATICS OPTIONS</b> -Students choose ONE:		
<b>Mathematics - Cultural, Social and Technical Option (CST)</b> MEES Code: 563504 -4 credits	<b>Prerequisite: 60% minimum in Secondary IV Math CST or SN</b> This course is designed for students who are heading toward professional training, technical & trade programmes and pre-university programmes in Arts and Social sciences. Emphasis will be on performing tasks & interpreting the results and applying them to real life situations. The course includes: Algebra, Probability, Geometry and a Student Project	
<b>OR</b>		
<b>Mathematics - Science Option (SN)</b> MEES Code: 565506 -6 credits	<b>Prerequisite: A minimum of 60% in Secondary IV Math SN (or bridge course)</b> This course is designed for students who are heading toward technical programmes in many fields in CEGEP as well as pre-university programmes in technologies and sciences. Emphasis will be on performing tasks, on abstract theorizing, origins and functionality of certain phenomenon, research procedures, and subject matter from the field of science. The course includes: Algebra, Geometry and a Student Project	

## CREATIVE ARTS COMPULSORY COURSES - Students choose ONE:

<b>Drama V</b> MEES Code: 670502 -2 credits	<p><b>Prerequisite: Secondary 4 Drama</b></p> <p>Drama V continues the “Method” acting process. By now, the students are familiar with stage terms, scripts, acting technique and the value of body &amp; vocal warm-ups. Improvisations are at a more difficult level performance expectations are higher. Critique is an essential part of developing competence.</p>
<b>Visual Art V</b> MEES Code: 668502 -2 credits	<p><b>Prerequisite: Secondary 4 Visual Art</b></p> <p>Students will explore a variety of art materials to create painted self-portraits, assemblages &amp; collages, charcoal sketches, papier-mâché sculptures, origami, pastel illustrations... etc. Students may gain inspiration from artists throughout history, from the Neanderthal cave paintings to Andy Warhol's Pop Art.</p>

## Section C) Elective Courses

Students will choose two (2) from the courses listed below.

Note: Courses will be offered based on enrolment and staffing.

Students will be enrolled in two (2) of the following options:

Course	Description
<b>Chemistry</b> MEES Code: 551504 -4 credits	<p><b>Prerequisites: Teacher recommendation and at least 60% in both Science 404 and EST 404 and recommended having passed Grade 10 Mathematics SN.</b></p> <p>This course is designed for students who have demonstrated ability and motivation in the field of science and mathematics. It is a required prerequisite for students who wish to follow a CEGEP programme in Pure and Applied Sciences, Health Sciences, or several Technologies.</p>
<b>Physics</b> MEES Code: 553504 -4 credits	<p><b>Prerequisites: Teacher recommendation and at least 60% in both Science 404 and EST 404 and recommended having passed Grade 10 Mathematics SN.</b></p> <p>This course is intended for students who plan to study the Pre-University Sciences or some advanced Career Technical programmes at CEGEP. Some topics in this course are: Newton's laws, motion, momentum, kinematics and optics.</p>
<b>The Human Body and Forensics</b> MEES Code: 535534 -4 credits	<p>This course would explore various biological sciences related to health and criminology. The course will explore the science behind fingerprint and blood spatter analysis, tool imprint analysis, blood typing and many other techniques used in forensics. This course will also examine the effects of drugs and medications (both lethal and non-lethal) on the human body. The curriculum is aimed at exploring crime scenes and understanding the science behind them.</p>
<b>Human Physiology</b> MEES Code: 535-544 -4 credits	<p>Physiology is the study of how body systems work. This includes everything from the interaction of individual molecules to how organisms function (Cardiovascular, Renal, etc.) Understanding cell and system physiology holds the key to discovering new ways of preventing and curing disease. This class will pull information from many disciplines: biology, chemistry, biochemistry, and physiology. Physical activity laboratories will also be performed during the year to reinforce the different concepts viewed throughout the year. The physical component will include: trips to the weight room, yoga sessions, running, laboratories (reflex lab, muscle contraction lab, etc.)</p>
<b>Health and Fitness</b> MEES Code: 548544 -4 credits	<p>This course investigates fitness and healthy living. Students will examine, in more depth, their lifestyle and habits, in order to become healthier and more fit. Students of varying degrees of fitness are welcome to take this class. They will develop a fitness plan that will involve Pilates, Step-aerobics, free weights, and Yoga. There will be classroom theory all about the many issues and concerns surrounding health.</p>
<b>Advanced Physical Education</b> MEES Code: 546544 -4 credits	<p>Credit Phys Ed is a 4-credit elective course offered to all Secondary V students. The course introduces the students to different sports and activities not necessarily offered in the regular Phys Ed class. Golf, Tennis and Ultimate Frisbee are some sports that are taught. Active participation is mandatory. Students help coordinate in-school Phys Ed activities (grade 7 track and field meet, cross-country run, obstacle course) This course can lead to students pursuing Recreation Leadership, Fitness or teaching Physical Education.</p>
<b>Film Studies</b> <b>"Movies are stories too!"</b> MEES Code: 630564 -4 credits	<p>The purpose of this course is to introduce students to the art of filmmaking. You will be exposed to the basic elements of producing a variety of different cinematic forms, including, but not limited to computer-generated animation, stop-motion animation, drama and suspense. You will also be introduced to the basic concepts of screenplay writing, storyboarding, sound, lighting, filming, and editing. This will be done through both film analysis and hands-on experience. No special equipment is required.</p>
<b>Sketching / Arts V</b> MEES Code: 668504 -4 credits	<p>This option is for anyone who dreams of being able to draw or is a lifelong doodler and would welcome a helping hand in starting to develop one's individual talent. This option will develop skills such as perspective, detail, shading, and composition as you focus on landscapes, figures, and real life.</p>
<b>Strategies to cope with Anxiety</b> MEES Code: 617544 -4 credits	<p>A class focused on learning practical strategies to tackle anxiety. Discover how stress affects us and explore techniques like deep breathing, mindfulness, and positive self-talk to calm the mind. Through interactive activities and discussions, build skills to manage overwhelming feelings and boost resilience. Learn about healthy habits that can reduce anxiety, including exercise and sleep. Gain confidence in understanding and handling anxiety, empowering you to navigate high school and beyond with a balanced approach to mental wellness.</p>

<b>Horticulture</b> MEES Code: 693564 -4 credits	Exploration of the science and art of growing plants, flowers, vegetables and fruits. Learning more about the role the environment plays on the growth and sustainability of plants and the lasting impacts on the local and global environment.
<b>Weight Training</b> MEES Code: 696544 -4 credits	Learn and put into practice techniques to tone and build muscle. This is a perfect way to improve your metabolism while discovering new ways to focus your exercises.
<b>Introduction to Cooking</b> MEES Code: 696544 -4 credits	This course is intended for students wishing to explore the culinary arts. The emphasis is on hands-on activities. Students are introduced to sanitation and safety; tools and equipment; knife handling and safety; and general preparation procedures for different types of food and beverage. Course fee: \$75 to defray the costs of the food prepared and consumed in the course

## Please note that Course Selection is dependent on: Promotion from Grade 10 to Grade 11

In **Grade 10**, students must pass 2 out of 3 of *Mathematics, Science, and History*, at least one of *English and French*, and at least one of *CCQ and Phys. Ed*, and have accrued at least 22 Secondary IV (Grade 10) MEES credits (appearing on the Ministry transcript).

### Subject-specific Promotion

If student is promoted to Grade 11 based on the criteria above, the following conditions will apply to any course that a student fails.

### What happens if I don't pass:

English Language Arts	You will repeat Grade 10 English.	You will no longer be on track to graduate on time.
French as a Second Language	You will take Grade 11 French.	You will no longer be on track to graduate on time. You must pass Grade 11 French.
Mathematics	You will repeat Grade 10 Math.	Grade 10 Mathematics is a graduation requirement. You will not earn credits from Grade 11 Math.
Science and Technology	You will lose your option course and take a repeater Grade 10 Science class.	Grade 10 Science is a graduation requirement. You will not earn credits from the option class.
History of Quebec and Canada	You will lose your option course and take a repeater Grade 10 History class.	Grade 10 History is a graduation requirement. You will not earn credits from the option class.
Arts	You will repeat Grade 10 Arts.	Grade 10 Arts is a graduation requirement.

Revised April 19, 2024.