



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).

**Course selection may be impacted by the MEQ's introduction of new requirements stating that students must successfully complete each course before advancing to the next grade level. This adjustment will significantly impact student placement in Secondary 3 and 4 courses beginning in fall 2025. Below is a breakdown of what this means for students currently in Secondary 3 and 4. Please refer to the letter at the end of the catalogue.*

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 one Elective courses** from those listed. **This will be dependant on whether or not they have been successful with CCQ in grade 9, which is a grade 10 course.*

Students must submit their course selections electronically before **March 8, 2026**. 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 2nd 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, Ms Kateri Duknic in person or by email.

kduknic@nfsb.qc.ca



Section A) Compulsory Courses

Students will automatically be enrolled in these classes.

English Language Arts	MEES Code: 632406 -6 credits	
Science and Technology	MEES Code: 555444 -4 credits	✓ Graduation Requirement
History of Quebec and Canada	MEES Code: 585404 -4 credits	✓ Graduation Requirement
Physical Education	MEES Code: 543402 -2 credits	

Section B) Compulsory Courses with options

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

Course	Description
FRENCH AS A SECOND LANGUAGE OPTIONS	
Students choose ONE:	
French as a Second Language -de Base MEES Code: 634404 -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.
OR	
French as a Second Language -Enrichi MEES Code: 635406- 6 credits	Prerequisite: Teacher recommendation 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.
MATHEMATICS OPTIONS	
Students choose ONE:	
Mathematics - Cultural, Social and Technical Option (CST)* MEES Code: 563414 -4 credits	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 Statistics
OR	
Mathematics - Science Option (SN) *Students will take EST Science MEES Code: 565426 -6 credits	Prerequisite: recommended minimum 75% in grade 9 Math and perform well on a placement exam. 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 Statistics

CREATIVE ARTS COMPULSORY COURSES		√ Graduation Requirement
Students choose ONE:		
Drama IV MEES Code: 670402 -2 credits	Prerequisite: Secondary 3 Drama Students should be familiar with stage terms, scripts, acting technique and the value of body & vocal warm-ups. Improvisations are at a more difficult level and are derived from what is learned in each chapter of the text. Criticism is an essential part of developing competence. Students work on improvisations and on memorized scenes that are performed at the end of each term.	
Visual Art IV MEES Code: 668402 -2 credits	Prerequisite: Secondary 3 Visual Art Students will explore a variety of art materials to create painted self-portraits, assemblages & 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.	
Elective Courses Students will choose one (1) from the courses listed below. Note: Courses will be offered based on enrolment and staffing.		
Students will be enrolled in one (1) of the following options:		
Course	Description	
Environmental Science & Technology *Students will take SN Math MEES Code: 558404 -4 credits	The program emphasizes scientific skills and citizenship, paying special attention to the development of students' critical judgment. This course will address addition concepts, methods and attitudes dealt with in the Science & Technology course. It also includes the issues of energy, residual materials, and food production. NOTE: This course is a prerequisite for Chemistry & Physics options offered in grade 11 and must be taken together with the regular Science and Technology 404 course. Teacher recommendation required.	
Home Economics MEES Code: 620464 -4 credits	The focus of this class will be on different kitchen and food safety, healthy food choices and measurement. Students will be responsible for both seat work and lab work. Kitchen work will comprise of cooking as well as the cleaning of supplies used. Course fee: \$75 to defray the cost of the food prepared and consumed in the course	
Art IV MEES Code: 668404 -4 credits	In this class you will explore the fundamentals of art by using a broader set of materials than in a regular art class. Drawing, sketching, painting, printing, carving, and engraving techniques are explored using specialized materials. If you enjoy drawing, and trying out new materials, then this class is for you!	
Advanced Physical Education MEES Code: 546444 -4 credits	Advanced Phys Ed is a 4-credit elective for all Secondary IV students. Skill development is a focus so that students can play each sport to their best capabilities in game-type situations. This is an opportunity for grade 10 students to be more active and have more Phys. Ed. in their schedule. The proper Phys. Ed. uniform and class participation are mandatory.	
Study Methods MEES Code: 617444 -4 credits	Students will work on developing more effective ways to manage schoolwork and learn ways to increase their knowledge retention for tests and exams. This elective will also provide students with extra time and support in the completion of their schoolwork.	
Strategies to cope with Anxiety MEES Code: 617444 -4 credits	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.	
Film Studies "Movies are stories too!" MEES Code: 630464 -4 credits	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.	
Health & Fitness MEES Code: 584444 -4 credits	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.	



February 21, 2025

RE: Important Information for Parents of Secondary 3 & 4 Students

Dear parents/guardians,

The Quebec Ministry of Education (MEQ) has announced that the current practice of granting retroactive credits will come to an end in August 2025. This change is already in effect for specific Secondary 4 courses, including Math, Science, and History. Starting in fall 2025, the back-crediting policy will be completely discontinued for all remaining Secondary 4 courses.

In addition, the MEQ has introduced new requirements stating that students must successfully complete each course before advancing to the next grade level. This adjustment will significantly impact student placement in Secondary 3 and 4 courses beginning in fall 2025. Below is a breakdown of what this means for students currently in Secondary 3 and 4.

Implications for Students in Secondary 3

- Students must achieve a minimum passing grade of 60% in each course to advance to the Secondary 4 level of that subject next fall. Progression will be assessed on a course-by-course basis.
- Students who do not pass one or more Secondary 3 courses by the end of summer 2025 may carry both Secondary 3 and 4 courses in their timetable. For instance, a student who fails Secondary 3 Math and Physical Education in June, and does not pass them during the summer will still enroll in other Secondary 4 courses, but must retake Secondary 3 Math and Physical Education.
- These requirements apply to all Secondary 3 courses.

Implications for Students in Secondary 4

- A minimum passing grade of 60% in each course is required to progress to the Secondary 5 level of that course next fall. Advancement will be determined individually for each subject.
- Students may need to carry both Secondary 4 and 5 courses in their schedule if they fail to pass certain Secondary 4 subjects. For example, a student who fails Secondary 4 English and Art in June but does not pass these courses over the summer will enroll in other Secondary 5 courses while repeating Secondary 4 English and Art.
- This requirement applies to all Secondary 4 courses.
- Note that MEQ uniform exams are scheduled for Math, Science, and History in June. These exams will account for 50% of the overall grade in their respective competencies.

Graduation Requirements

To earn a Quebec high school diploma, students must:

1. Accumulate a total of 54 credits in Secondary 4 and 5, with at least 20 credits coming from Secondary 5 courses.

2. Pass all required subjects, including:
- English Language Arts (Secondary 5) ○ French as a Second Language (Secondary 5)
 - Mathematics (Secondary 4)
 - History of Quebec and Canada (Secondary 4)
 - Science and Technology or Applied Science and Technology (Secondary 4) ○ Arts Education (Secondary 4)
 - Physical Education and Health or Culture and Citizenship in Quebec (Secondary 5)

Failure to meet these criteria could delay graduation and affect access to post-secondary opportunities or employment.

Supporting Students Facing Academic Challenges

For Students

Students struggling in a subject are encouraged to use remedial programs and other support resources available at their schools.

For Families

Parents and guardians are urged to contact their child's school to learn about available services designed to support students facing academic difficulties.

Options for Students Who Fail a Course

1. **Summer School:** Recover credits by attending summer classes.
2. **Course Repetition:** Retake the failed course during the next academic year.
3. **Reassessments:** Complete additional assessments to demonstrate understanding.
4. **Supplemental Exams:** Write mandatory supplemental exams if required.

The Role of Parents

We encourage parents to actively monitor their child's academic progress and maintain open lines of communication with teachers and school administrators. Working together, we can help students achieve their educational goals and prepare for their futures.

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If you have any question about the above, please contact your school.

Best regards,



Joanne Malowany
Director of Educational Services