



HOWARD S. BILLINGS HIGH SCHOOL Grade 11 Course Selection 2026-2027

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. (If not successful in grade 10 they will be repeating that course).

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

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: 632506 -6 credits	✓ Graduation Requirement
Contemporary World Studies	MEES Code: 592502 -2 credits – will be available to students not retaking History Sec 4	
Financial Education	MEES Code: 602522 -2 credits – will be available to students not retaking History Sec 4	
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	
FRENCH AS A SECOND LANGUAGE OPTIONS -Students choose ONE:		
French as a Second Language -de Base 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
OR		
French as a Second Language -Enrichi MEES Code: 635506- 6 credits	<u>Prerequisite:</u> 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.	✓ Graduation Requirement
MATHEMATICS OPTIONS - Students choose ONE:		
Mathematics - Cultural, Social and Technical Option (CST) *(Science Stream, Adv Math + Chem + Physics) MEES Code: 563504 -4 credits	<u>Prerequisite:</u> 60% minimum in Secondary IV Math CST or SN 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	
OR		
Mathematics - Science Option (SN) MEES Code: 565506 -6 credits	<u>Prerequisite:</u> A minimum of 60% in Secondary IV Math SN (or bridge course) 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:

<p>Drama V</p> <p>MEES Code: 670502 -2 credits</p>	<p>Prerequisite: Secondary 4 Drama</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 & vocal warm-ups. Improvisations are at a more difficult level performance expectations are higher. Critique is an essential part of developing competence.</p>
<p>Visual Art V</p> <p>MEES Code: 668502 -2 credits</p>	<p>Prerequisite: Secondary 4 Visual Art</p> <p>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.</p>

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
<p>Chemistry</p> <p>*(Science Stream, Adv Math + Chem + Physics)</p> <p>MEES Code: 551504 -4 credits</p>	<p>Prerequisites: Teacher recommendation and at least 60% in both Science 404 and EST 404 and recommended having passed Grade 10 Mathematics SN.</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>
<p>Physics</p> <p>*(Science Stream, Adv Math + Chem + Physics)</p> <p>MEES Code: 553504 -4 credits</p>	<p>Prerequisites: Teacher recommendation and at least 60% in both Science 404 and EST 404 and recommended having passed Grade 10 Mathematics SN.</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>
<p>The Human Body and Forensics</p> <p>MEES Code: 535534 -4 credits</p>	<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>
<p>Human Physiology</p> <p>MEES Code: 535-544 -2 credits</p>	<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 though out the year. The physical component will include: trips to the weight room, yoga sessions, running, laboratories (reflex lab, muscle contraction lab, etc.)</p>
<p>Health and Fitness</p> <p>MEES Code: 548544 -2 credits</p>	<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>
<p>Advanced Physical Education</p> <p>MEES Code: 546544 -2 credits</p>	<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>
<p>Film Studies</p> <p>"Movies are stories too!"</p> <p>MEES Code: 630564 -2 credits</p>	<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>
<p>Sketching / Arts V</p> <p>MEES Code: 668504 -2 credits</p>	<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>
<p>Strategies to cope with Anxiety</p> <p>MEES Code: 617544 -2 credits</p>	<p>This supportive and practical course helps students understand anxiety and develop healthy strategies to manage stress in everyday life. Through guided discussions, mindfulness exercises, journaling, and relaxation techniques, students will build emotional awareness and coping skills. The course creates a safe space for self-reflection, resilience, and personal growth, empowering students to take charge of their mental well-being.</p>

Landscaping MEES Code: TBA -2 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.
Weight Training MEES Code: 696544 -2 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.
Introduction to Cooking MEES Code: 696544 -2 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: \$100.00 to defray the costs of the food prepared and consumed in the course
Journalism MEES Code: 612572 -2 credits	This dynamic course introduces students to the fundamentals of journalism, including news writing, interviewing, research, and media ethics. Students will explore various forms of media—print, digital, and broadcast—while developing strong communication and critical thinking skills. Through hands-on projects like news articles, editorials, and multimedia reporting, students will learn how to craft compelling, accurate, and responsible stories. Ideal for those interested in media, writing, or current events.
Recreational Activities MEES Code: 546552 -2 credits	This engaging course focuses on promoting physical wellness, teamwork, and fun through a variety of recreational activities. Students will participate in both individual and group-based games, outdoor pursuits, and non-competitive sports designed to encourage lifelong fitness and active living. Emphasis is placed on building social skills, stress relief, and personal enjoyment in a supportive and inclusive environment.
Artistic Activity MEES Code: 659542 -2 credits	This creative course offers students the opportunity to explore a variety of artistic forms, such as drawing, painting, sculpture, and mixed media. Designed to encourage self-expression and imagination, students will develop their artistic skills while learning about techniques, materials, and basic art concepts. Whether you're a beginner or experienced artist, this course provides a supportive space to experiment, create, and grow. \$\$ to be determined.
Literature and Fantasy MEES Code: 657562 -2 credits	In this imaginative course, students will dive into the worlds of fantasy literature, exploring classic and contemporary works filled with magic, myth, and adventure. Through reading, discussion, and creative projects, students will analyze themes, characters, and storytelling techniques that define the fantasy genre. This course encourages a love of reading and offers a chance to think critically about the role of fantasy in reflecting real-world ideas and issues.

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

**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*



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