



High School 101

Who we are!

ACADEMIC ADVISORS

Ms Bowman: Grade 10 (last names A-K), Grade 11
Ms Dupras: Grade 10 (last names L-Z), Grade 12

ADMINISTRATORS

PRINCIPAL:

Mrs. Kerry Welsh

GRADE 10 VICE PRINCIPAL:

Ms. Leanne Hellman

GRADE 11 VICE PRINCIPAL:

Mrs. Gina Kilbreath

GRADE 12 VICE PRINCIPAL:

Mr. Jeromy Hall

LEARNING COACHES

Mr. Nathan Crosby
Mrs. Catherine Gibbs



What tonight is all about!

MAIN GOAL:

Student Success and information to help
BEST support your child

- What does it take to graduate?
- Teacher recommendations
- Streaming and Pathways:
the -1 VS -2 debate
- Planning high school with a goal in mind
- Special Programming (work experience and RAP)
- Student Expectations
- How can parents/guardians help?



High School 101 Website

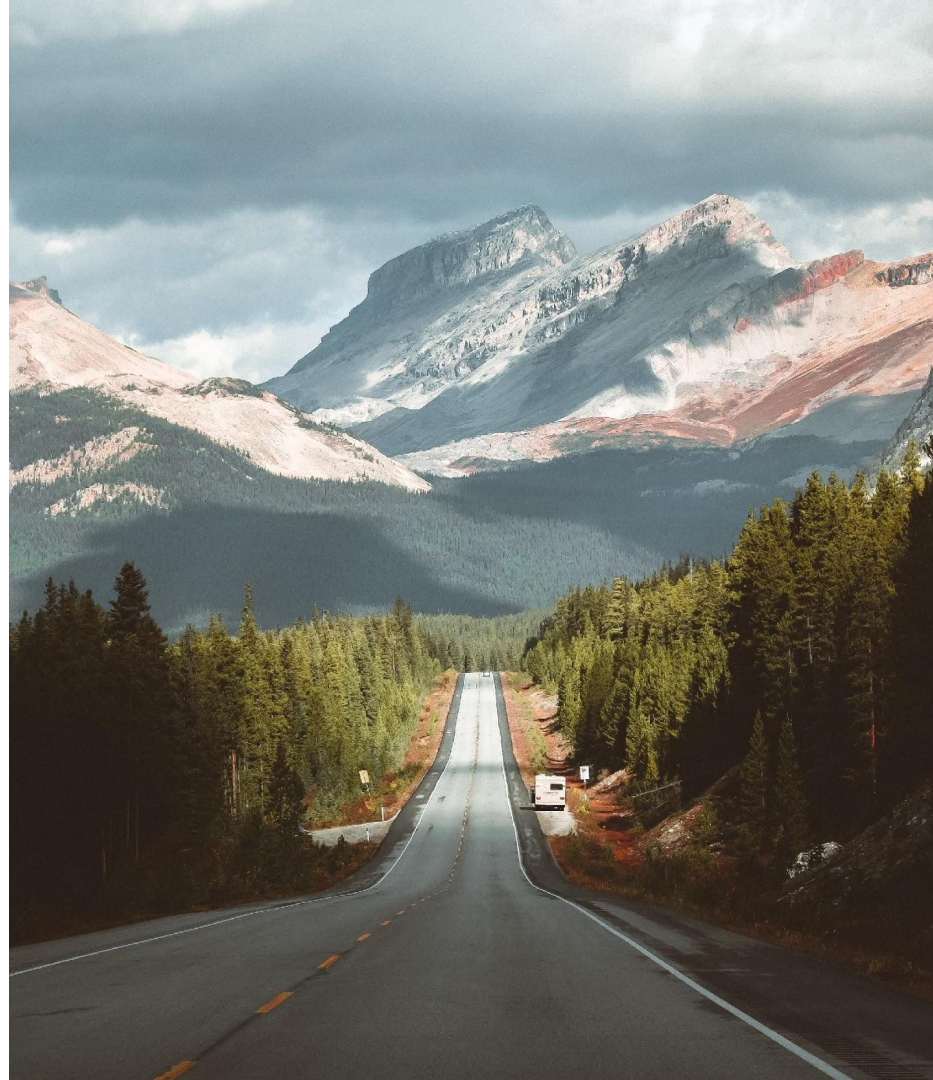


The high school journey has changed...

It is different from what we experienced!

The biggest adjustments for students when moving to high school are:

- **Size:** we have about 1400 students
- **Choice:** Option classes, clubs & athletics
- **Increased independence**
 - more responsibility is placed on the students for handing in all assignments and missed work)
- **Increased responsibility**
 - classes are credited in high school – students must pass each course before they can move on to the next level)
- **Fast -paced/long classes**



Earning credits: another big adjustment

- **When a student passes a course (minimum 50%) they earn credits**
 - Students require 100 credits to graduate
- **If a student does not pass the course, they do not earn the credits, and do not move on to the next level.**
 - Repeat course –*dependent on class sizes (may require going online)*
 - Summer school

Why having a goal is important:

- **Courses you take for graduation can impact what post-secondary institution you attend and what programs you are accepted into!**
 - Do I need two sciences?
 - Should I take -1 or -2 math stream?
 - What academic/elective courses can I apply with?
- **We need families to take time to research post-secondary requirements.**
 - We are here to support students, but we cannot conduct the research for students (we wish we had that much time)
 - Entrance into post-secondary/workplace may require additional or specific courses

Life After High School

What do you want to do? What life do you envision?

- Do NOT stress if you are unsure of your endgame. Most adults don't know what they want to be when they grow up.
- BUT having SOME idea does help you choose the right courses
- The skills, courses, and experiences from high school can help you reach your future goals
- Use myBlueprint to help search ideas (pdf steps on Highschool 101 website)



Our Reporting System!



École Secondaire
Foothills
Composite High
School | Alberta
High School of Fine
Arts

A A A

HIGH CONTRAST

TRANSLATE

ROUTES CANCELLED

SEARCH



[Our School](#)

[Student Learning](#)

[Student Supports](#)

[Family & Community](#)

[News](#)

[Get Involved](#)

[Contact](#)

[Students in the News](#)

[Cafeteria](#)

[School Supplies](#)

[2023-24 Timetable](#)

[Edsembli Family Portal Login](#)

[Cosmetology Bookings and Price List](#)

[Falcons News Network \(FNN\) Live Stream Link](#)

[Athletics Hudl Live Stream Link](#)

[Calendar](#)

[Transportation](#)

[School Fees](#)

[System of Reporting 2023](#)

High School 101
Grad 2024 - UPDATED
Presentation - March 12
February 12
@ 6:30pm

HIGH SCHOOL
101
PRESENTATION

March 12
6:30 pm

GRAD 2024



High School Diploma: What is required?

Alberta High School Diploma

- ELA – 30 level
- Social Studies –30 level
- Mathematics—20 level
- Science —20 level
- PE 10
- CALM (Career and Life Management)
- 10 credits in any combination of electives
- 10 credits at the 30 level (in addition to ELA and SS)
- 100 credits

Course sequencing

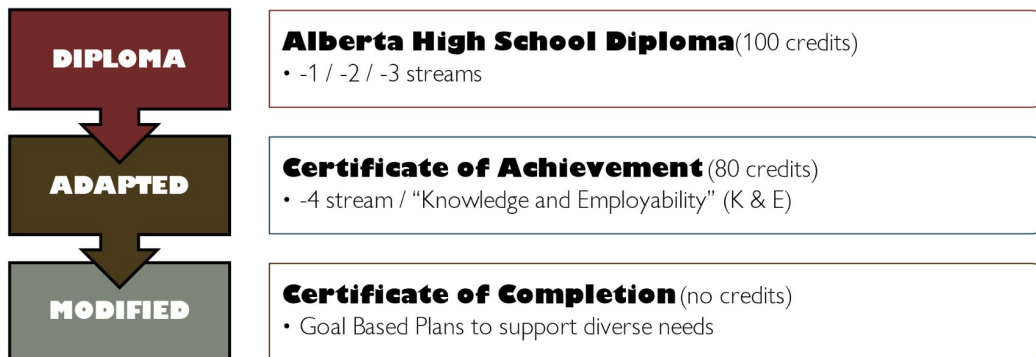
Gr 10: 10, 1000

Gr 11: 20, 2000

Gr 12: 30, 3000

**Students on a Certificate of Completion or Achievement pathways will have different graduation requirements

Knowledge & Employability



- have expressed goals that include succeeding in school to become better prepared for the workplace
- achieve success through experiential learning activities that
 - require focus on reading, writing, mathematical literacy, and employability skills in occupational contexts
 - provide practical applications and connections to the home, community, and workplace
- have demonstrated and/or expressed a desire to enter the workplace after completing a Certificate of High School Achievement rather than achieving an Alberta High School Diploma

What are teacher recommendations?

Made by a student's teacher based on knowledge, skills, understanding, work ethic and attendance.

- Purpose: to build academic excellence, dedication to rigor, and resilience through success and achievement.

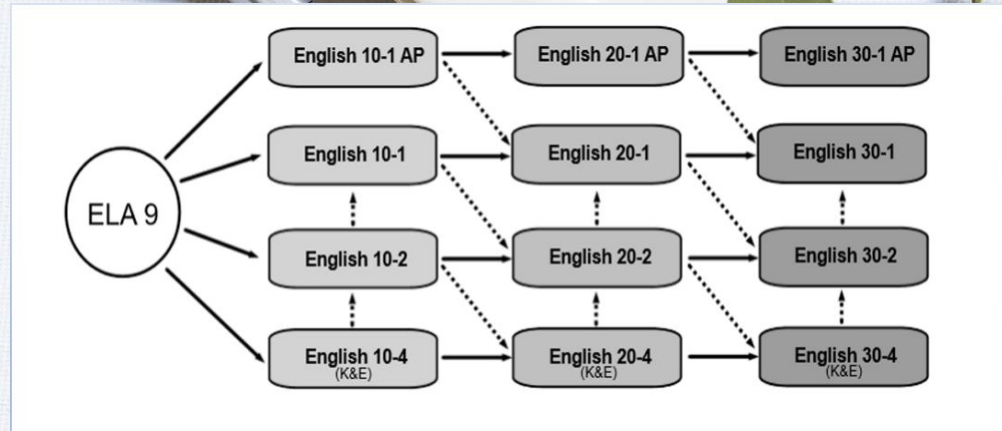
Zone of Proximal Development



- Historically, students who choose to **not** take the recommended course(s) face challenges that impact completion of the course.
 - This ultimately affects their credit count and their graduation timeline.
 - Student pathways are unique to their needs.

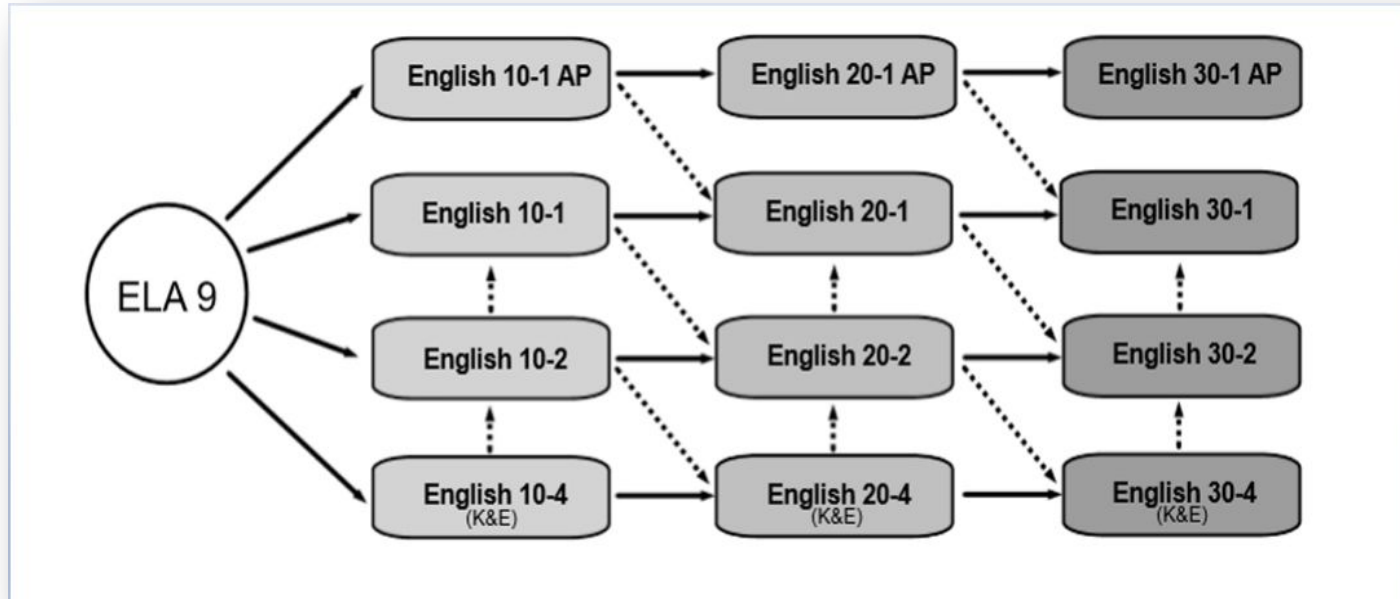
Streaming and Pathways

- Multiple courses per grade level: Dash 1/2/3/4
- **Student success is the focus!**
- We follow the recommendations of Junior High/High School teachers
- Everyone's **pathway** is unique to THEM
- **Transfer points:** students can bridge up or adjust down



Example: Student is Recommended for ELA 10-2

They may not be ready for the -1 stream YET!



ELA Recommendations:

- The transition from Junior High.
- 65%-70% recommendation to continue in -1 courses
- Follow Teacher Recommendations:
 - For some students, the -2 stream offers pace and focus on core skills necessary to attain success.
 - After completing ELA 30-2 and ensuring graduation requirements, students are often more successful transitioning back into ELA 30-1 if the course is necessary for their post-secondary goals.



Math Pathways

Mathematics (Math) Recommended Transfer Points

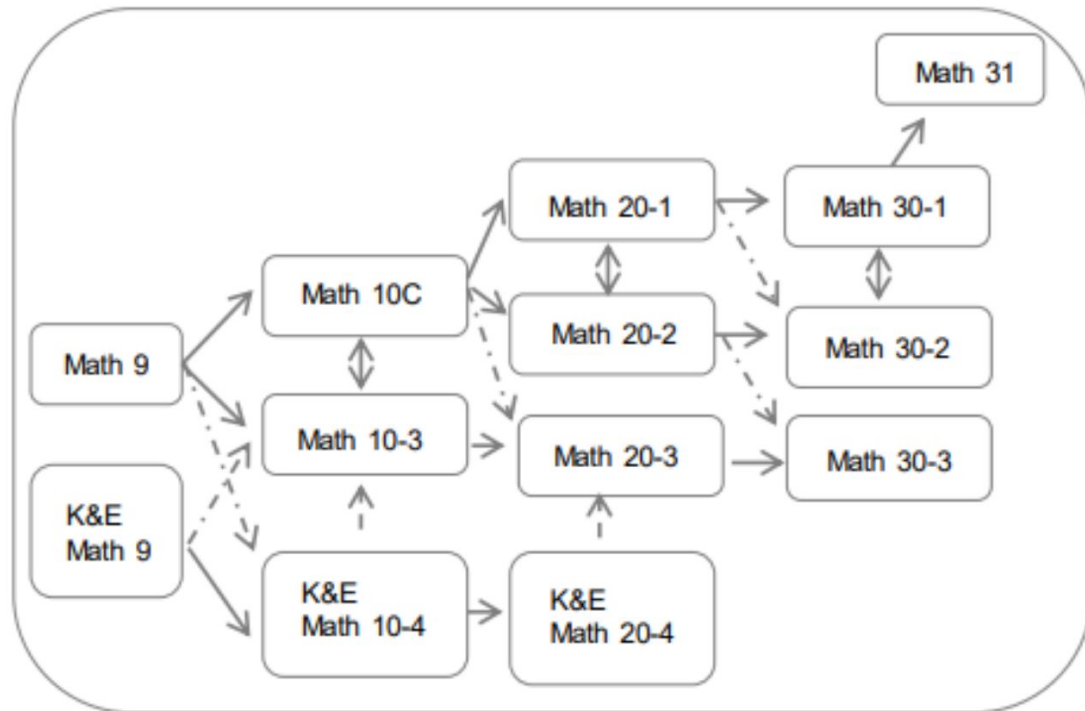


Figure 6 | Recommended Mathematics Transfer Points

Science Pathways

Science Recommended Transfer Points

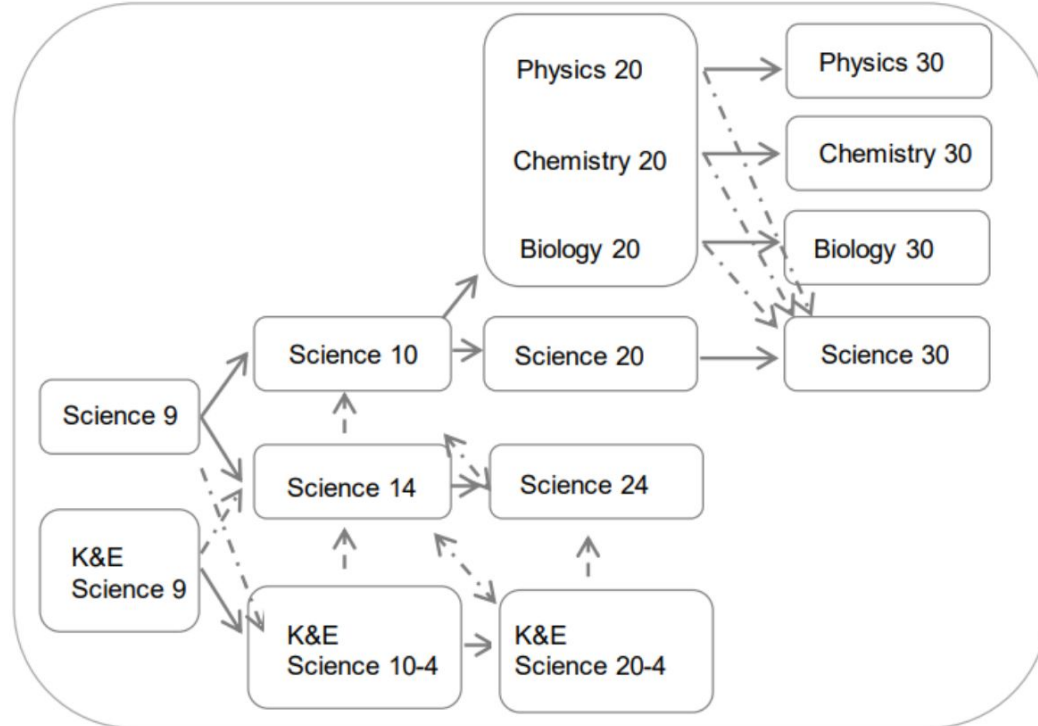


Figure 7 | Recommended Science Transfer Points

Social Studies Pathways

Social Studies (Social) Recommended Transfer Points

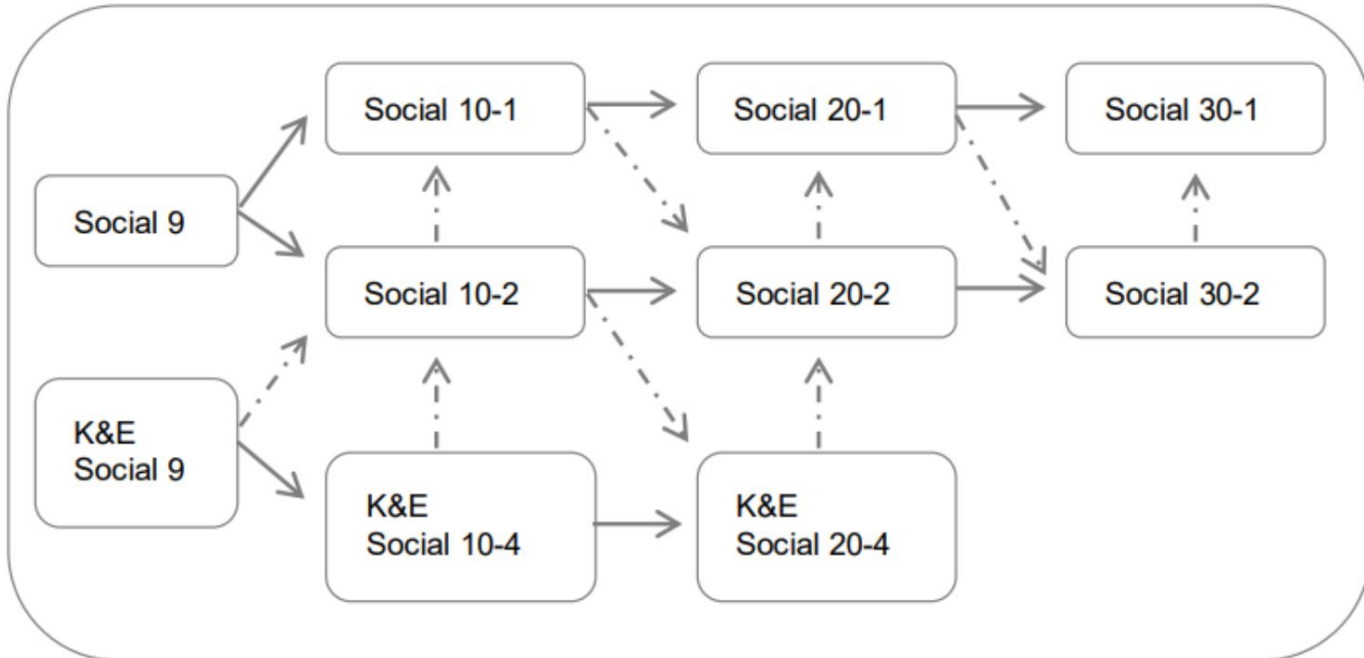


Figure 8 | Recommended Social Studies Transfer Points

- **Math 10C AND Science 10** are considered the 'gateway' courses
- Tend to be the **most challenging** courses for new grade 10s
- **Once you pass Math 10C**
 - Above 70%: can go into Math 20-2 or 20-1
 - Below 70%: recommended to enter Math 20-2
 - REMEMBER: both -1 and -2 are university bound
 - Mark between 50-59%, may be recommended for Math 20-3
- **Once you pass Science 10**
 - Look at each individual unit: What did you do best in? What is your favorite? What do you require for your post secondary goals? PS. you rarely need ALL 3 sciences
 - Science 10 leads to Chemistry 20, Physics 20, Biology 20, and Science 20
 - Below 65% in units/class: recommended to take Science 20
- **Interested in the trades?**
 - -3 math may be the route for you
 - Very applicable to the workforce
 - **Look at post secondary requirements!**

Math and Science



Social Studies

- 65% -70% minimum to stay in the -1 stream
- Check post secondary requirements if you are in the “grey area”
- Elevated reading and writing expectations.
- Critical thinking and analysis is a focus
 - Multiple perspectives: can you see value in/ honour other points of view?
 - Up to date with current events
 - Connection between historical and contemporary events: cause and effect
 - Literary concepts are important



Transfer points

- Normally, we expect students who score less than 65% in a -1 course to consider moving to -2.
 - Every year the rigor and expectation increases
- Math 10C: less than 70% –students won't be recommended to take -1
- Bridging up in the humanities after the 30-2 level
 - Both social and ELA: recommended to complete 30-2 then bridge up to 30-1



Languages: French and Spanish (second language)

- “Imagine if someone told you that you could take one step that would enable you to **travel more freely**, get **paid more**, read some of the world’s best literature, **perform better** in school, **increase** your focus, and **enhance** your understanding of other cultures. Such claims seem almost too good to be true. **The fortunate news is that second-language learning is the one step that learners can take that will lead to these and other benefits”**



Psychology: MRU


& Business Admin: MRU

Admission Requirements


High School Plan


Foothills Composite


 Download

English Language Arts 30-1 

Mathematics 30-1 -or- Mathematics 30-2 

One of the following courses: Mathematics 31, Biology 30, Chemistry 30, Physics 30, Science 30, Social Studies 30-1, Aboriginal Studies 30, French 30, French 31A, French 31B, French 31C, French Language Arts 30, Français 30 -or- Language 30 

One of the following courses: Mathematics 31, Biology 30, Chemistry 30, Physics 30, Science 30, Social Studies 30-1, Aboriginal Studies 30, French 30, French 31A, French 31B, French 31C, French Language Arts 30, Français 30, Language 30, Art 30, Art 31, Drama 30, Choral Music 30, General Music 30, Instrumental Music 30, Physical Education 30, Social Studies 30-2 -or- Five credits in Advanced (30) CTS Computing Science 


One of the following courses: Mathematics 31, Biology 30, Chemistry 30, Physics 30, Science 30, Social Studies 30-1, Aboriginal Studies 30, French 30, French 31A, French 31B, French 31C, French Language Arts 30, Français 30, Language 30, Art 30, Art 31, Drama 30, Choral Music 30, General Music 30, Instrumental Music 30, Physical Education 30, Social Studies 30-2, Five credits in Advanced (30) CTS Computing Science, One other five-credit or two three-credit Grade 12 courses -or- Five credits in Advanced (30) CTS courses 

Admission Requirements


High School Plan


Foothills Composite


 Download

English Language Arts 30-1 

Mathematics 30-1 -or- Mathematics 30-2 

One of the following courses: Mathematics 31, Biology 30, Chemistry 30, Physics 30, Science 30, Social Studies 30-1, Aboriginal Studies 30, French 30, French 31A, French 31B, French 31C, French Language Arts 30, Français 30 -or- Language 30 

One of the following courses: Mathematics 31, Biology 30, Chemistry 30, Physics 30, Science 30, Social Studies 30-1, Aboriginal Studies 30, French 30, French 31A, French 31B, French 31C, French Language Arts 30, Français 30, Language 30, Art 30, Art 31, Drama 30, Choral Music 30, General Music 30, Instrumental Music 30, Physical Education 30, Social Studies 30-2 -or- Five credits in Advanced (30) CTS Computing Science 

One of the following courses: Mathematics 31, Biology 30, Chemistry 30, Physics 30, Science 30, Social Studies 30-1, Aboriginal Studies 30, French 30, French 31A, French 31B, French 31C, French Language Arts 30, Français 30, Language 30, Art 30, Art 31, Drama 30, Choral Music 30, General Music 30, Instrumental Music 30, Physical Education 30, Social Studies 30-2, Five credits in Advanced (30) CTS Computing Science, One other five-credit or two three-credit Grade 12 courses -or- Five credits in Advanced (30) CTS courses 

Biological Sciences: U of C


Admission Requirements


High School Plan


Foothills Composite

 Download

Alberta High School Diploma 

English Language Arts 30-1 

Mathematics 30-1 

Two of the following courses: Biology 30, Chemistry 30, Physics 30, Mathematics 31 -or- Five credits in Advanced (30) CTS Computing Science 

One of the following courses: Aboriginal Studies 30, Language 30, Any approved grade 12 IB diploma or AP academic course, Biology 30, Chemistry 30, Five credits in Advanced (30) CTS Computing Science, Art 30, Art 31, Choral Music 30, General Music 30, Instrumental Music 30, Drama 30, Mathematics 30-1, Mathematics 30-2, Mathematics 31, Physical Education 30, Physics 30, Science 30, Social Studies 30-1, Social Studies 30-2,


Political Science: U of L


Admission Requirements


High School Plan

Foothills Composite

 Download

English Language Arts 30-1 

Three of the following courses: Language 30, Social Studies 30-1, Aboriginal Studies 30, One of: Mathematics 30-1 or Mathematics 30-2, Mathematics 31, Biology 30, Chemistry 30, Physics 30, Science 30, One of: Art 30 or Art 31, Drama 30, One of: Choral Music 30, General Music 30 or Instrumental Music 30 -or- Five credits in Advanced (30) CTS Computing Science 

One additional five-credits Grade 12 course or Multiple Grade 12 courses worth a total of five or more credits (excluding Special Projects) 

I want to attend post-secondary, so I need to complete ELA 30-1!

- YES, most universities require ELA 30-1
- BUT, there are many opportunities available that allow ELA 30-2
 - This is especially true at colleges and polytechnics, such as SAIT



I need to keep my options open, so I have to complete Math -1!

- You will actually CLOSE doors if you have a low mark in -1 math
- **Math 30-2 is a university bound, academic math.**
- Post secondary course requirements should help guide your choices
- Entering through college instead of heading straight to university may also help circumvent -1 requirements





I need to keep my options open, so I must take all the sciences!

- Let the requirements of post-secondary guide your course selections.
- Do you have enough time in the day to do well at **all** of three sciences, ELA, Math, social, and option courses?
- **Be selective and ROCK the courses you need.**
- Consider summer school if you require multiple academics! Create flexibility where you can.

I need to maintain my GPA, so I should drop this course!

- **We do NOT calculate GPA in Canada.**
- If you are heading to the USA after high school, this may be important, but it also depends on your school of choice.
- Universities/colleges look at the courses you select for application
- Maintaining a high average for Rutherford is important but it is **not** based on GPA

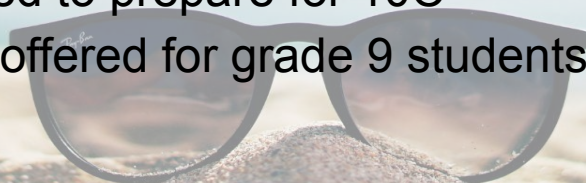


I need a spare to focus on my academics!

- We hear this ALL the time
- Sorry, grade 10s do **not** get spares and it is **rare** for grade 11s to receive them
 - This ensures an AMAZING credit count and a TON of flexibility for their grade 12 year
- We have found that most students do not use their free block for school work, even if the intention is there

Should I take summer school?

- Foothills School Division Offers high school courses during the summer
 - This is NOT run through FCHS
- This is a GREAT option for students to retake a class!
- Math 15 is recommended to prepare for 10C
- A blended PE/CALM is offered for grade 9 students entering our building.



Off Campus Education

- Work Experience
 - Students earn credits while they work or volunteer
 - Helps discover career interests and aptitudes
 - *Prerequisite: HCS 3000*
- Green Certificate Program
 - Agriculture related: trainees select one of the specializations
 - Helpful for those interested a future career in agribusiness
 - *Prerequisite: AGR 3000*
- Registered Apprenticeship Program
 - Gives students an inside look/head start at a trade
 - Earn high school credits and apprenticeship hours toward journeyman certification
 - *Prerequisite: HCS3000 & HCS3010*
- Dual Credit: partnership with Olds College and SAIT
 - Select courses are provided

***These students are representatives of our school and are held to high expectations in the community



How will I know if I am on track to graduate?

- One simple answer: **myPass**
- **EVERY student needs a myPass account**
 - Allows students to track progress
 - Can view credential checklist
 - Order transcripts
 - View Detailed Academic Reports
 - View diploma test grades, request rescores AND book diploma rewrites

Student Supports in our building!

- **Connect Time**

- This is a time to get one on one support, catch up on missed work etc.
- This is an opportunity for students to take control of their learning

- **Peer Tutoring**

- Weekly sessions
- AP and high achieving students help support all learners

- **Wellness Counsellors**

- Help support mental wellness, build resilience

- **Learning Support and the Falcon's Nest**

- Students with ILPs will be connected to a Learning Coach
- The FN is an external space that students can access for academic support
- Extra time is an accommodation that is provided for ALL students

- **Testing center**

- Miss your quiz or unit test? To complete your exam you have access to the testing center
- This ensures students do not get further behind by using class time.

Our expectations for students

- **Be present and be on time**
 - Don't skip on test day. It will put you further behind/increases stress
- Attend **Connect** and **peer tutoring** when needed
 - Be proactive
- **Check your school email**—this is our platform of communication
- Participate in class and advocate for yourself
- Be **respectful** to our building, other students, and the people that work here
- **Courage, Commitment, Integrity:** live by it!
- **Remember:** exam break is not holiday time
- **PAY ATTENTION TO THE DAILY ANNOUNCEMENTS!**

Expectations: 2 week grace period!

- Students have **two weeks** after the submission deadline to hand in their assignments.
- After that two weeks, the mark becomes a ZERO and their work will no longer be accepted.



How can you help at home?

- **Discuss** academic pathways: focus on what's best for your child
- **Research** careers and post-secondary pathways
 - What is required to meet those goals?
 - We **NEED** you to be part of the process **BUT** also let students advocate for themselves
- **Encourage** your students to be **prepared**, to be **focused**, and to be **engaged**
- Provide support without providing answers
- **External supports**: academic and mental wellness
 - Tutor list provided
- **Be informed**: school website, connect with teachers, check Edsembli, parent council, Academic Advising websites



Thank you!

