Grade 10 Course Elective Guide

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CREATIVE ARTS DEPARTMENT

Course Slide Deck

ADA2O Drama	**Prerequisite: NONE** Grade 10 Drama is a great option for anyone trying out Drama for the first time, or looking to build their skills from the Grade 9 course. In this course, students will explore a wide-variety of dramatic forms and performances through the use of voice, movement, and expression. Throughout the course, students will encounter presentation forms such as: acting for film, improvisation, tableaux, radio shows, and podcasts. They will also explore the importance of various technical elements needed in order to stage a production (costumes, lighting, sound, etc.) Students will build confidence, strengthen their voice, and learn how movement communicates meaning- all great skills for the stage and beyond! This course will also introduce students to the basics of scriptwriting and culminate in the performance of a short "one act" show. The skills developed in Grade 10 Drama will set students on a path to being part of the strong theatre community at our school. No experience is required! ****Note**** A credit in Grade 9 or 10 Drama will be *required in order to audition* for the High School Production (play or musical)	No Exam RST 30%
ADD2O Theatre Production	**Prerequisite: NONE** If you have ever taken time to look through the program of a play or musical, or to view the list of credits at the end of a movie, you will see that it takes more than just actors to put on a magnificent show! This course is designed to provide students with hands-on experience in what goes on	No Exam RST 30%

	"behind the scenes" of a theatrical performance (play or musical). Students will be exposed to all aspects of a theatre production including: set design, costume design, makeup and hair, lighting, sound, and stage management. Through this experiential course, students will have the opportunity to discover their own personal area of expertise and to contribute their talents as a functioning part of a backstage team. The course will culminate with the live performance of a full play or musical. An interest in Dramatic Arts and a willingness to work both in and outside of school hours is expected. *This course ensures you will have a role backstage in this year's production and are a part of the vibrant theatre community here at SMT.*	
ASM2O Media Arts	**Prerequisite: NONE** This course is designed for students who want to explore what happens when technology and art collide! Grade 10 Media Arts gives students an introduction to the world of graphic design, digital illustration, and filmmaking. In this course, students will learn the basics of many Adobe programs (like Photoshop) and get hands-on experience with a wide-range of equipment (smart pens, green screens, t-shirt presses, film, and audio equipment). No previous experience with technical programs is needed- just a creative mind and willingness to learn!	No Exam RST 30%
ASM3OZ/ TGG3M Yearbook	**Prerequisite: None** Yearbook is a hands-on course where the students and teacher work closely together to design and produce St. Mother Teresa High School's Yearbook. It is important that students demonstrate leadership and initiative to reach this common goal. You will be challenged creatively and expand your talents to other areas such as photography, sketches, and layout design. You will learn marketable skills in computer, writing, photography, and desktop publishing. By the end of the course students will have developed journalism writing techniques, publication production, and photo captioning techniques.	No Exam RST 30%

	*The Yearbook is the only complete record of this particular school year that will ever be published so let's make it a good one!	
AMG2O Guitar	**Prerequisite: NONE** "I had no aspirations to be a musician, but I picked up a guitar for two seconds and haven't put it down since." - Slash Do you want to learn how to play guitar? It's not too late to learn how to play the coolest instrument on earth! This course is for beginner and intermediate guitar players. You will learn how to play chords, melodies and improvise. You will explore a variety of music genres and improve your ear as a musician. Also, students will learn how to create and record their own music using computer technology! Class performance: https://drive.google.com/file/d/0BxBFi_1D0lEITE1YSHp2YlNEbUU/view?usp=share_link&resourcekey=0-4xidIx1tGx9zmvSiRNHWOw	No Exam RST 30%
AMV2O Music Vocal/Choir	**Prerequisite: NONE** Do you enjoy listening to music? Do you like to sing or want to learn how to sing? If so, this course is for you! No singing experience is necessary. Students will learn vocal techniques to improve their singing. You will have the opportunity to learn how to sing songs of your choice and also perform songs with other vocalists. Students will also have an opportunity to record themselves singing using digital technology	No Exam RST 30%

	and create their own soundtracks!	
AVI2O **Visual Arts**	**Prerequisite: NONE** This course is meant for artists who love to express their creativity on paper, in paint, and with clay. The class focuses on developing drawing skills, portraiture, acrylic painting, 3D sculpture in clay, printmaking, and coloured pencil. Students in this course will have the opportunity to have their artwork displayed proudly around the school and will be encouraged to submit their work to various community contests. If you do not know how to draw, this course will teach you! Here is sample work from previous classes	No Exam RST 30%
AWA2O **Arts & Crafts**	**Prerequisite: NONE** This course is designed for artists who prefer working with their hands instead of a pencil. This course is a hands-on studio based course where students will build paper mache piñatas, plaster masks, clay mugs and vases, and will work with glass mosaics, pastels and various kinds of paints. Students will have the opportunity to create various crafts for their homes, and make great gifts for family and friends.	No Exam RST 30%
AWQ2O **Photography**	**Prerequisite: NONE** In this course, students will learn how to operate and access the various functions of modern digital cameras. This will involve acquiring an understanding of lenses, image file types, exposure settings and other related concepts. Students will also learn how to enhance and process photographic images using Adobe Photoshop software. Much of the learning will be done through “hands-on” field	No Exam RST 30%

	experiences. In addition, students will be required to participate in discussions, answer questions and participate in the analysis of photos.	
AMR2OZ Music - Repertoire (afterschool band)	**Prerequisite: NONE** Repertoire Band focuses on performing music in a concert band, helping students improve instrumental techniques and build collaborative performance skills. Students will have the opportunity to learn more advanced repertoire and play a wide variety of musical genres and styles. **Rehearsals take place after school one day a week for the full year** (not during the normal school day hours). Students will perform in live concerts and build a close-knit community with students across all grade levels. Instruments include flute, oboe, clarinet, bass clarinet, alto/tenor/baritone saxophones, trumpet, french horn, trombone, baritone, tuba, upright bass, and percussion. ****Note**** It is strongly recommended to take AMU 1O or 2O before taking AMR 2O. Students wishing to take AMR 2O without AMU 1O/2O **MUST** consult with Ms. Johnston.	
AMU2O	**Prerequisite: NONE** Grade 10 instrumental music introduces students to playing an instrument in the context of a concert band. This course is creative, collaborative, and hands-on. No prior music experience is necessary! From your first note to your first concert, you'll learn to read music, write your own songs, and perform as part of an ensemble. Instruments include flute, oboe, clarinet, bass clarinet, alto/tenor/baritone saxophones, trumpet, french horn, trombone, baritone, tuba, and percussion. Grade 9 music will set students up for a variety of opportunities within our school's music program.	

BUSINESS STUDIES DEPARTMENT

BEP2OR Launching and Leading a Business	**Prerequisite: NONE** **Business Slideshow** FUN FUN FUN !!! **It's just business!!** This is an ideal course for those wanting to sample all the business courses that are available at SMT. It teaches the importance of being successful, ethical, and responsible in today's economy. This course includes units on Marketing, Accounting, International Business, Entrepreneurship, Information and Communication Technology, Financial Management, and Production. Is your bank account right for you? Where can you invest your hard earned money? It is a fun, hands–on course with a lot of computer based activities. These activities can include: **a)** Selling something online. b) Participating in a Stock market simulation where you buy and sell stocks of your choice. c) Producing and marketing your own invention. d) Following the series "The Apprentice UK" to evaluate business practices. e) A lot of other online business games (ex. Lemonade stand) to simulate real world businesses. f) Operating a real-life business in the atrium during HS lunch for the RST.	RST: 30% No Exam

FRENCH LANGUAGE DEPARTMENT		
FSF2D **Core French**	**Prerequisite: FSF1D** Grade 10 Core French provides students with the opportunity to communicate and interact in French with increasing independence, through a concentrated focus on personally relevant, familiar, and academic topics based upon real-life situations. In this course, students will exchange information, ideas, and opinions with others in guided and increasingly spontaneous spoken interactions.	RST: 15% Exam: 15%

HEALTH AND PHYSICAL EDUCATION DEPARTMENT

PAF2OF **Personal and Fitness Activities**	**Prerequisite: NONE** Are you looking to get fit and develop healthy habits for life? In PAF20, you will build your overall fitness levels by actively participating in a metabolic resistance training program (MRT), Cardiovascular Endurance Training (HIIT Training), and introductory level yoga. You will be working on developing your flexibility through daily static and dynamic stretching. You will be given opportunities each day to improve your core strength so you can develop an understanding of dynamic fitness that will help you attain your personal fitness goals. In PAF20, you will learn that your health is directly related to how you feel about yourself. When you love and respect your body, you nourish it (you don't over or under feed it and are able to acknowledge that drugs and alcohol are self harming substances). When you love and respect your body, you provide it with meaningful exercise (don't over exercise or under exercise), and set healthy relationship boundaries. Because you love and respect your body, you make healthy choices a priority and practice daily to get your body what it needs to be well.	No Exam
PAD2OR **Outdoor Education**	**Prerequisite: NONE** This course enables students to further develop the knowledge and skills they need to make healthy choices and lead active lives through a focus on outdoor pursuits. Students will explore a variety of activities that take them beyond the traditional classroom and gymnasium setting, fostering an appreciation for the natural environment. Through participation in activities such as orienteering, hiking, snowshoeing, and basic wilderness survival, students will enhance their movement competence, personal fitness,	No Exam

	and confidence. The course emphasizes teamwork, leadership, and environmental stewardship, teaching students how their well-being is connected to the world around them. Students will build a sense of self and learn to interact positively with others while navigating challenges in the great outdoors. Note: This course may include several off-campus excursions. There is an associated **course fee** to cover transportation and equipment rentals; the total cost will vary depending on the specific trips and guest instructors scheduled for the semester.	

TECHNOLOGICAL EDUCATION DEPARTMENT

TCJ2O Construction Design & Techniques	**Prerequisite: NONE** This hands-on project-based course is a study of the building materials and processes involved in residential carpentry, woodworking and basic welding techniques. There's an introduction to design principles including drafting and computer aided design (CAD) as well. It's a great introduction for students exploring possible career paths in the trades. **We explore:** Safety Drafting (CAD), Blueprint reading Carpentry techniques -woodworking Surveying, Measuring, estimating and construction geometry Commercial and Residential building systems Welding and metal fabrication (Mig & stick) Shop Tour The RST project is a **house model** built to scale where students learn about basic residential construction and the trades involved during the build. Students learn the value of a good work ethic and learn to take pride in their craftsmanship.	No Exam RST 30%
TEJ2O Computer Technology **(Computer programming and electronics)**	**Prerequisite: NONE** This course introduces students to computer programming, networking, 3D printing as well as electronics and robotics. Students will learn the fundamentals of programming, using TypeScript and Python, to be able to control a computer with code. Students will build small electronic circuits, with LEDs, servos, motors and distance sensors, and write computer programs to control these electronics with microcontrollers. Students will also develop an awareness of related environmental and societal issues, and will learn about secondary and postsecondary pathways and career opportunities in computer technology.	No Exam RST 30%

TFJ2O Hospitality & Tourism	**Prerequisite: NONE** Hospitality and Tourism (TJF2O) is a dynamic, hands-on course that brings together cooking, baking, and travel exploration. Students start by learning essential kitchen safety, sanitation, and knife skills. In the baking unit, students make their favourite sweets like muffins, cookies, brownies, and scones, and finish with an exciting cake challenge. The cooking unit builds confidence as students make foods from scratch such as pasta, pizza, soups, and sushi, developing real-life skills they can use at home or in future careers. By the end of the course, students will be able to cook on their own with confidence! Alongside the culinary experience, students explore the world of tourism and food culture. Through projects and activities, they investigate global cuisines, where ingredients come from, different types of tourism, and travel destinations in Ontario and beyond. Whether you're considering a future in the hospitality industry or simply love food and travel, this course offers creativity, practical skills, and unforgettable experiences.	
TGG3M/ ASM3OZ Yearbook	**Prerequisite: None** Yearbook is a hands-on course where the students and teacher work closely together to design and produce St. Mother Teresa High School's Yearbook. It is important that students demonstrate leadership and initiative to reach this common goal. You will be challenged creatively and expand your talents to other areas such as photography, sketches, and layout design. You will learn marketable skills in computer, writing, photography, and desktop publishing. By the end of the course students will have developed journalism writing techniques, publication production, and photo captioning techniques. *The Yearbook is the only complete record of this particular school year that will ever be published so let's make it a good one! **Note: This is a 1 or 2-credit, full year course. Students are encouraged to take ASM3OZ as well.**	No Exam RST 30%

TTJ2O Transportation Technology	**Prerequisite: NONE** Transportation Technology introduces students to how vehicles and machines work through safe, hands-on, STEM-based learning (Science, Technology, Engineering, and Math). Students explore how engines produce power and how major systems operate, including fuel, cooling, lubrication, braking, electrical, steering, suspension, and drivetrain systems through both theoretical and practical instruction. Students build practical life skills such as problem-solving, responsibility, teamwork, and safety awareness, while learning about environmental responsibility and career pathways in the skilled trades and transportation industries. This course provides a strong foundation for future studies, cooperative education, and apprenticeship opportunities. Sample Units Explored: Shop safety, PPE, and equipment operation. Automotive tools and hoisting systems. Tire and wheel service and balancing. Engine systems and basic maintenance. Lubrication, cooling, and fuel systems. Drivetrain and power transfer systems. Introduction to welding and fabrication. Design-and-build mechanical projects. Environmental impacts of transportation. Careers in transportation and skilled trades.	No Exam Semester RST task centered around skills learned.
TXJ2O Hairstyling & Aesthetics	**Prerequisite: NONE** Don't know how to braid? Can't style your hair to save your life? Are your nails always breaking? Can't get that eyeliner "just right"? Or are you looking for another way to express yourself creatively? St. Mother Teresa High School has a salon in this school where you can learn the basics of hairstyling, makeup and nail care techniques from a salon/spa perspective while using safety and sanitation procedures used in the industry. We use materials, processes and techniques used in the industry.	No Exam RST 30%

	Each year the course is adjusted to suit the interests of the students and can include; nail design, basic manicures, braiding, updo fundamentals, how to safely use hot tools, makeup application, special effects makeup using liquid latex, and others. Students will also consider related environmental and social issues and will explore career opportunities in hairstyling and aesthetics through guest speakers/demonstrators, activities, and research.	