



Guidebook 2021

**École Secondaire
St. Albert Catholic
High School**

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Welcome to École Secondaire St. Albert Catholic High School

École Secondaire St. Albert Catholic High School stands out among high schools in Alberta as a strong academic school with well-rounded students prepared to thrive on the global stage. We provide an excellent academic program along with vibrant Fine Arts, Career and Technology Studies (CTS), and Second Language programs. In addition to our core and elective programs, we offer French Immersion for grades 10-12 and a full Advanced Placement Program. Our committed educators have designed programs that challenge all students to develop the critical, intellectual and personal skills they need to be successful in the 21st century.

SACHS is an amazing place to be. We are very proud of the students who are committed to modelling the Skyhawk way. There are a variety of programs that individuals can access which will enable every student to be successful. Whether your passion is fine arts, athletics, technology, we offer a path of learning and discovery for everyone. You can be assured that our excellent staff, counselor, and career practitioner will be working together to ensure our students have the tools to move forward and tackle their future.

The halls of SACHS are vibrant and full of energy. Our students play a large part in delivering exciting events throughout the year, and are always looking for new students to join them in planning these events. At SACHS we believe that building relationships is the key to success. Our staff work hard to create a trust between themselves and the students, which in turn leads to a more productive and engaging learning experience. Our students treat each other with respect and dignity, and reflect the attitudes and beliefs that SACHS stand for.



Damon Clayton
Principal



Cara Mazur
Vice Principal

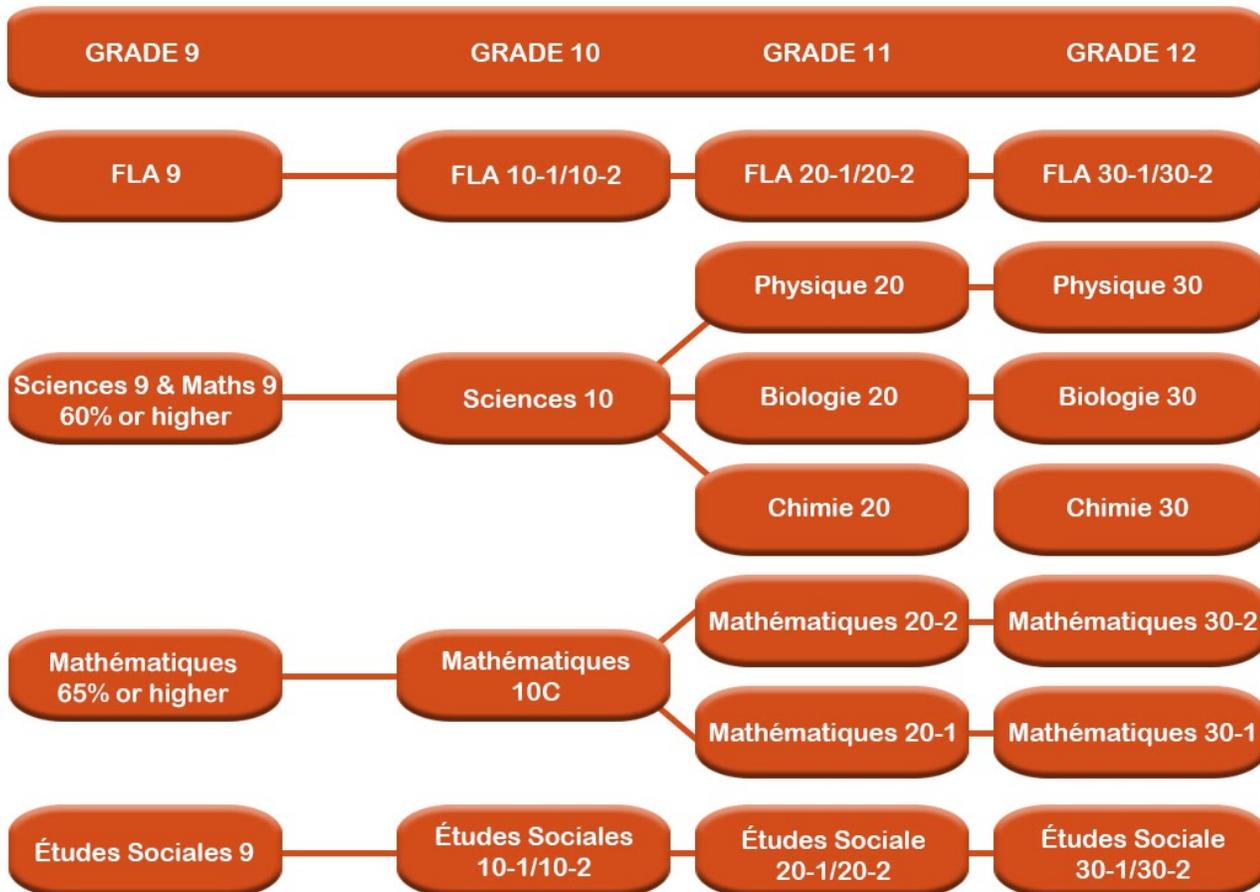


Sleight Anstruther
Vice Principal

Specialty Programs

École Secondaire St. Albert Catholic High School offers a full academic bilingual program with opportunities for Academic Placement courses in English, as well as an exceptional fine arts program and a competitive and accomplished athletics program.

FRENCH IMMERSION



The French Immersion program is designed to develop in students a high degree of proficiency in French. Students will have the opportunity to take French Language Arts, Études Sociales, Mathématiques and Sciences. The goal of the French Immersion program at SACHS is to obtain a minimum of 40 credits in courses taught in French over three years. This will allow students to earn a SACHS Bilingual Certificate. Students who earn 60 credits in courses taught in French including 15 credits in French Language Arts, will be awarded a SACHS Bilingual Certificate with distinction. It is recommended that students take at least 1 course in French each semester.

FRENCH LANGUAGE ARTS 10-1, 20-1, 30-1

Designed for French Immersion students, the goal of these courses is to continue to develop oral and written language skills in French. Students develop vocabulary, grammar and language structure skills while gaining an appreciation for classic and contemporary literature from Canada and the World.

ÉTUDES SOCIALES 10-1, 20-1, 30-1

These courses follow the provincial Social Studies curriculum and are taught in French. Language comprehension in both oral and written French is enhanced through the study of relevant Canadian issues, with a focus on globalization, nationalism, and ideology.

MATHÉMATIQUES 10C, 20-1, 20-2, 30-1, 30-2

These courses directly follow the provincial Mathematics curriculum and are taught in French. Students are able to learn the Alberta curriculum while developing their language skills.

SCIENCES 10, BIOLOGIE 20/30, CHIMIE 20/30, PHYSIQUES 20/30

These courses directly follow the provincial Science curriculum and are taught in French. Students are able to learn the Alberta curriculum while developing their language skills.

ADVANCED PLACEMENT

Challenge yourselves with a dynamic enrichment program.

The Advanced Placement (AP) program is designed to provide motivated high school students with post-secondary level academic courses, in the comforts of a high school environment.

Through participating in this enrichment program, students gain the skills needed to succeed in a post-secondary environment. In addition, based on performance on AP exams, students can earn credit, advanced placement, or both for post-secondary courses prior to entering the institution. It is recommended that students in grade 9 who are achieving above 80% in their core courses enroll in AP classes for grade 10, and experience what AP is and how it may benefit them in the future.

École Secondaire St. Albert Catholic High School will be offering advanced placement courses in the following areas for the 2020-21 school year: AP English and Literature Composition, AP Calculus, AP Biology and Physics.

In addition, students may also take advantage of non-traditional AP opportunities including 2D AP Art, 3D AP Art and AP Drawing.

Students will be able to take AP classes in the traditional setting, as well having the opportunity to access the AP modules off schedule during our Hawk Block. These modules are all taught in English, and will be facilitated by teachers trained in AP delivery.

Reasons to take AP:

- **Challenge myself**
- Concentrate on subjects that challenge me
- Focus early on what I do best
- Sharpen my skills
- Broaden my college and career choices
- Be more prepared for my first year of college
- Explore possibilities for my future
- Take courses that help me plan for my career
- Stand out in the college admission process

If AP is something that interests you, and you would like to speak with someone regarding whether it would be the right choice for you, please let us know and we will set you up with a grade coordinator to discuss your options.

HIGH SCHOOL HOCKEY ACADEMY (5-8 CREDITS)



St. Albert High School Sports Academy runs in the first semester. Athletes are able to earn 5 Physical Education credits and 2 Sports Performance credits.

Athletes are on the ice Tuesday, Wednesday and Friday mornings from 8:00 A.M. – 8:55 A.M. Athletes get to the rink on their own in the morning and are bussed back to SACHS after the ice time.

Monday and Thursday mornings are sports performance classes at SACHS.

Contact Geoff Giacobbo: ggiacobbo@gsacrd.ab.ca or 780-459-4478 for more information on Academy programs.

R.I.S.E.

(Respectful Inclusive Supported Education)

The program offers individualized experiences for each student. Decisions regarding R.I.S.E. placement and instruction will be the result of a process of assessment and involve consultation with staff, parents and the student, when appropriate. Programming considerations are based on each student's personal interests and willingness to participate in larger group settings.

Students in the R.I.S.E. program are supported in a classroom that focuses on literacy, numeracy, work experience, human relations and personal management. Students are included in various option classes within the school if they choose. The skills, knowledge and attitudes developed in the program are aimed at helping to prepare students to function as independently as possible within our school and the community in which they live.

WORK EXPERIENCE & REGISTERED APPRENTICESHIP PROGRAM

WORK EXPERIENCE

Work Experience is an off-campus education program where students will be able to earn credits as they learn essential skills in the workplace. The program consists of three courses - Work Experience 15, 25 and 35. Students may obtain between 3 to 10 high school credits in each of these courses (one credit for every 25 hours worked).

Complete details about Work Experience can be found here:

<https://www.sachs.gsacrd.ab.ca/academics/work-experience-program>

REGISTERED APPRENTICE PROGRAM (RAP)

The Registered Apprenticeship Program (RAP) allows students the opportunity to be enrolled in high school, and also work as a paid apprentice. The program is designed to allow you to simultaneously complete high school and 1000 hours towards the 1500 required hours for the first year apprenticeship in your designated Trade.

Complete information about the RAP program and links to Apprenticeship and Industry Training can be found here:

<https://www.sachs.gsacrd.ab.ca/academics/registered-apprenticeship-program>

KNOWLEDGE & EMPLOYABILITY

These courses are intended to maximize opportunities for student success and to support high school completion. Students will become well-prepared for employment, further post-secondary studies, engaged citizenship and lifelong learning. More information is available from [Alberta Education](#).

Students participating in this stream can also enter into RAP or Work Experience for further training in preparation for specific employment opportunities, or they can challenge an additional six courses and complete their Alberta high school diploma.

The requirements indicated in this chart are the minimum requirements for a K&E student to attain a certificate of high school achievement. The requirements for entry into post-secondary institutions and workplaces may require additional and/or specific courses.

Please contact Mrs. Shawna Gallagher at sgallagher@gsacrd.ab.ca

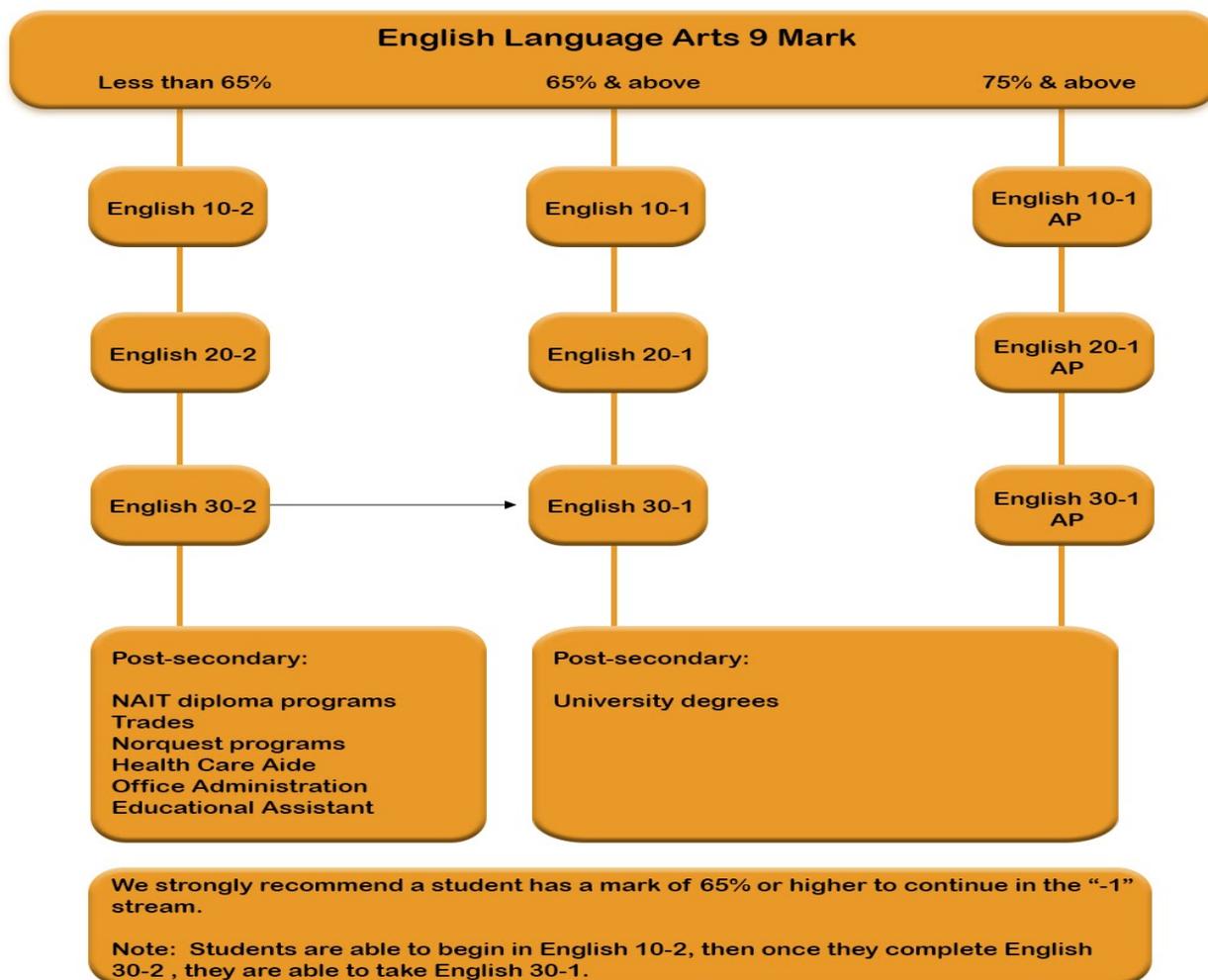
Students receiving a **Certificate of High School Achievement** require 80 credits (please see the chart below). *Please note that this is different from a 100 Credit High School Diploma.*

80 credits including the following:	Career and Life Management 20 [3 credits] English Language Arts 20-2 or 30-4 Mathematics 20-4 Physical Education 10 [3 credits] Science 24 Social Studies 20-4
5 credits in:	30-level Knowledge & Employability Occupational Course, or 30-level Career & Technology Studies (CTS), or 30-level Locally Developed Course with an Occupational focus
AND 5 credits in:	30-level Knowledge & Employability Workplace Practicum Course, or 30-level Work Experience Course, or 30-level Green Certificate Course
OR 5 credits in:	30-level Registered Apprenticeship Program (RAP) Course

****Students exploring this program will need to do so in consultation with Mrs. Shawna Gallagher**

Academic & Other Required Courses

ENGLISH



REQUIRED FOR HIGH SCHOOL DIPLOMA: English 30-1 or 30-2

The English 10-2, 20-2, 30-2 and English 10-1, 20-1, 30-1 streams are both academic English programs. There is often the need to begin in the -2 stream but with successes transferring into the -1 stream at the same level (20-2 to 20-1) is an option. Students are often encouraged to wait to do this at the 30 level as this ensures a successfully completed 30 level English course for graduation requirements. English 30-2 allows enrolment into post-secondary programs at Institutes of Technology and Community Colleges. English 30-1 allows enrolment into these same programs and is also an essential requirement for all University programs.

*English 10-1 AP Entry, 20-1 AP and 30-1 AP offers a course of study for highly motivated and intellectually curious students with strong language skills and a desire for challenge.

It will prepare students to write the Advanced Placement external assessments and exams in grade 12, and offers the opportunity to apply to North American Universities with a more cohesive transition.

ENGLISH 10-1, 20-1, 30-1

This program sequence is designed for students whose post secondary plans include university study and/or a career that involves the development, production, teaching and/ or study of literature and media.

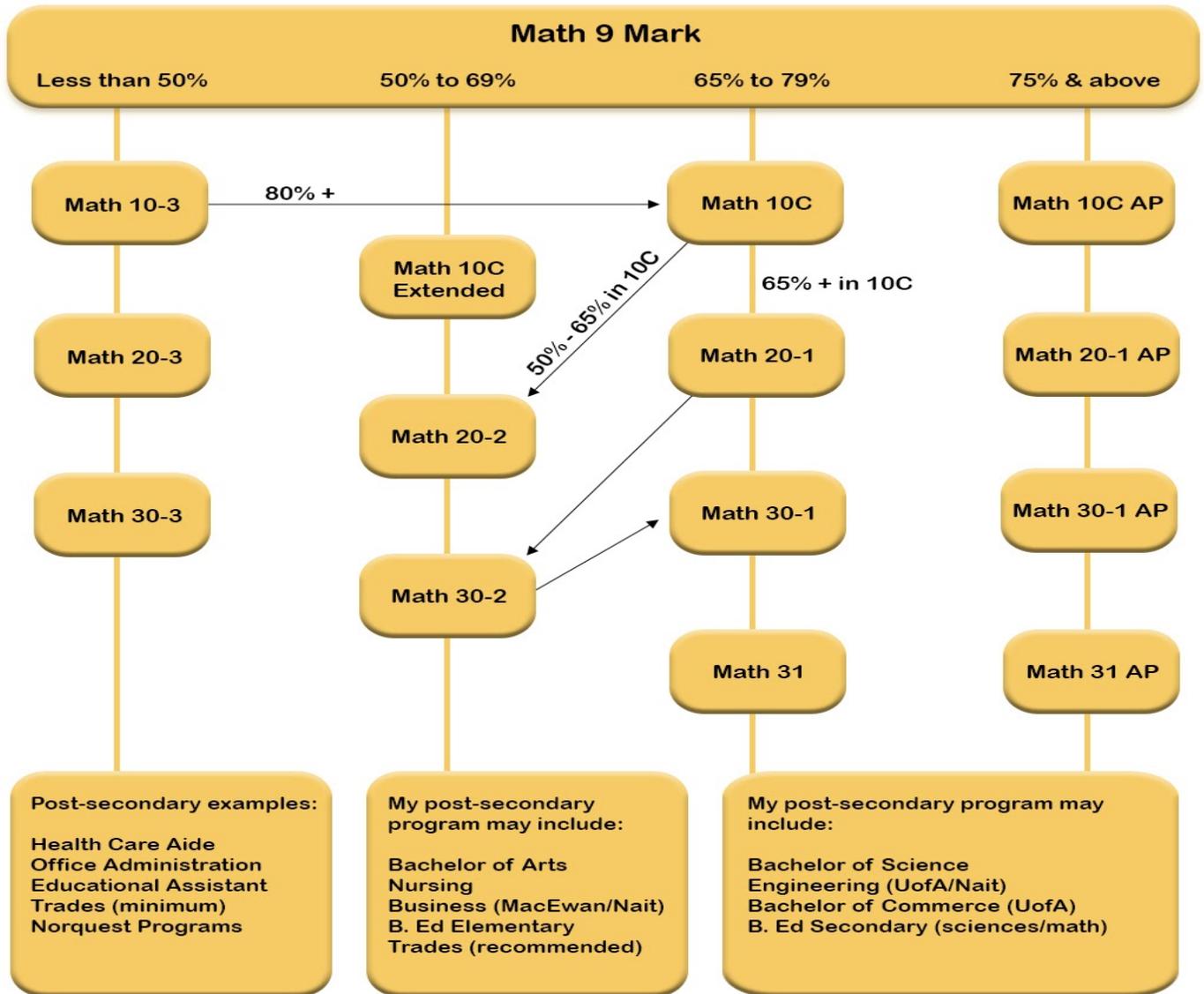
ENGLISH 10-1 AP Entry, 20-1 AP, 30-1 AP

This sequence offers a course of study for highly motivated and intellectually curious students with strong language skills and a desire for challenge. It will prepare students to write the Advanced Placement external assessments and exams in grade 12.

ENGLISH 10-2, 20-2, 30-2

This program sequence is designed for students who need more assistance in developing reading and text study skills. This strand features the study of text at a variety of different levels of sophistication for students more diverse in their aspirations.

MATHEMATICS



REQUIRED FOR HIGH SCHOOL DIPLOMA: One grade 10 and one grade 11 math course.

WHICH GRADE 10 MATH COURSE IS A GOOD FIT FOR ME?

Please see the chart above for recommended grade 9 averages for each of the following three grade 10 math courses. It is strongly recommended that parents and students follow these recommendations in order to allow the student to successfully complete the course they end up choosing. You will want to think about which level your student will have the most success, and will allow them to continue to build their confidence in Math.

There are three options for grade 10 math.

- **Math 10C** is a prerequisite for Math 20-2 or Math 20-1.
- **Math 10-3 and then Math 20-3** will provide the math requirements that will allow students to receive a high school diploma.
- **Math 10C Extended** is a full year math course, which when completed will provide students with 10 credits and completion of Math 10-3 and Math 10C. (Please see the video about Math 10 Extended on the SACHS Open House website: www.exploresachs@gsacrd.ab.ca)

Math is unique in that both the -2 and -1 programs can gain students entrance into post secondary programs. Please keep in mind when choosing a course you will want to think about which level your student will have the most success, and will allow them to continue to build their confidence in Math. We understand it's a daunting choice but students are able to change streams at any time, depending on their level of success in each math course. Students are recommended to meet with our career practitioner in grade 11, to ensure that the stream they have chosen matches with the post secondary program they wish to apply to. When students enter their Grade 12 year, most will require Math 30-2 for their post-secondary program. For students who wish to pursue the 30-1 stream, we recommend that they have a mark above 75% in the prior course and the confidence to continue. Please be aware that students who complete Math 30-2 can transition directly to Math 30-1 if they realize they need the course in grade 12.

MATH 10-3

Math 10-3 is designed for students who received a mark of less than 50% in Math 9. Math 10-3 and then Math 20-3 will provide the math requirements that will allow students to receive a high school diploma.

MATH 10C

Math 10C is a course designed for students who are prepared for the rigour and effort required for success in this demanding first year math course. Math 10 C is a prerequisite for Math 20-2 and Math 20-1. Students are required to have a mark of 65% or higher and a strong work ethic in order to be successful in this course.

MATH 10 EXTENDED

This course is designed for students who have achieved between a 50% - 69% in Grade 9 Math and will provide students more time to build the foundational skills and the confidence necessary to be successful in Math 10C. Students enrolling in this full year course, must intend to register in Math 20-2 or Math 20-1, upon successful completion. The students begin by covering the material in Math 10-3 in a condensed period of time, using the remainder of the year to cover the concepts in Math 10C.

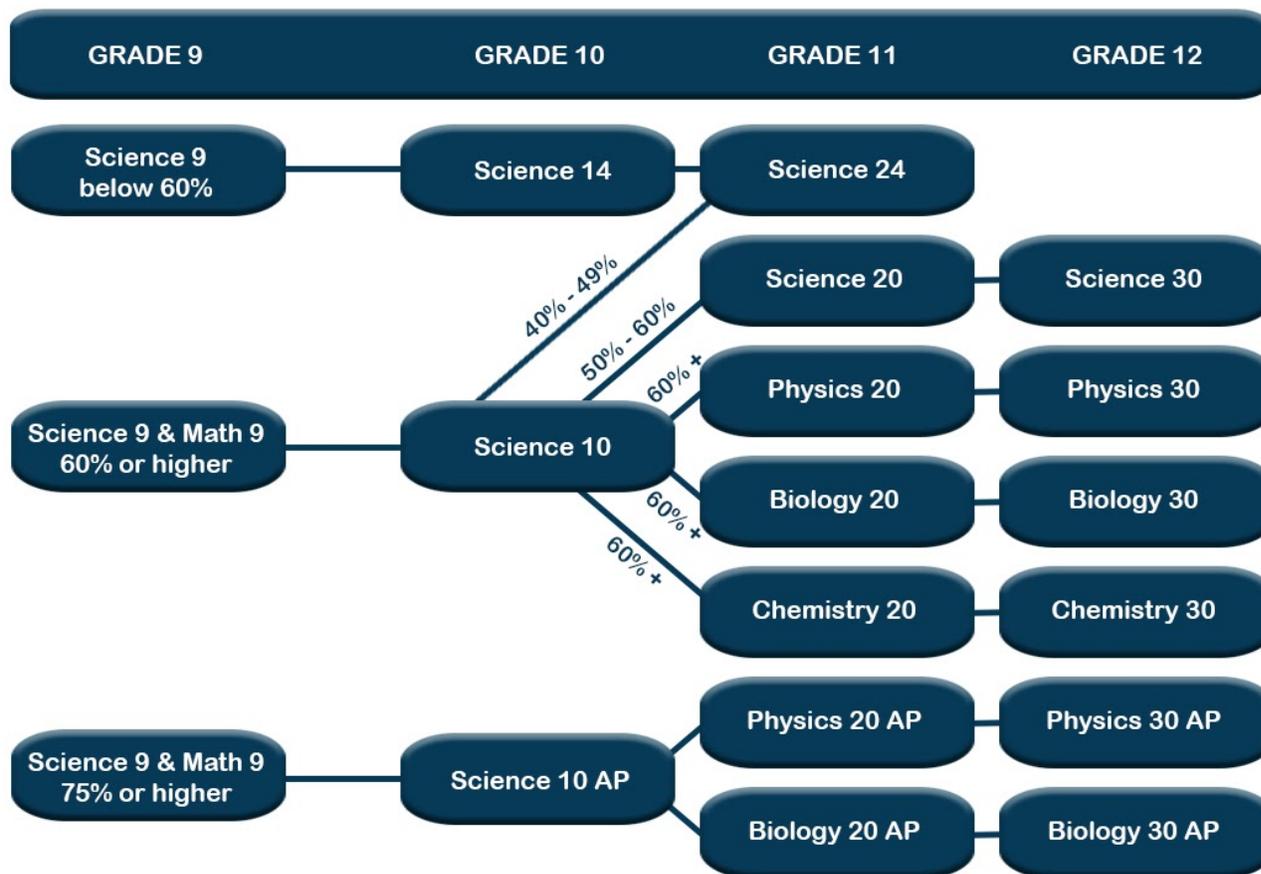
MATH 20-2 & 30-2

This course is designed for students who plan to enter a post-secondary program such as arts, engineering tech (at NAIT for example), education, and nursing, where there is an emphasis on practical math skills.

MATH 20-1 & 30-1

This course is designed for students who plan to enter a post-secondary program such as engineering and sciences where there is an emphasis on advanced math skills.

SCIENCES



REQUIRED FOR HIGH SCHOOL DIPLOMA: One grade 10 and one grade 11 science course.

SCIENCE 10

Science 10 is the prerequisite for all 20 level science courses (the exception is the Science 14/24 stream). Science 10 is a general science course that includes units in biology, chemistry, physics, and energy flow in global systems. Science 10 is a good fit for students who achieved a mark above 60% in Science 9.

SCIENCE 14/24

This program sequence meets the basic requirements for an Alberta High School Diploma. Science 14 is a good fit for students who achieved a mark below 60% in Science 9.

SCIENCE 20/30

Science 20 and Science 30 are general science courses that cover topics in biology, chemistry, physics and earth science. Students are encouraged to consider taking Science 20 and then 30 if they achieve a mark of between 50 and 60% in Science 10. Typically students do not enrol in Science 20 if they are taking any other 20 level science course.

Science 30 is accepted for entrance to all Alberta universities. Any 20 level science course can be used as a prerequisite for Science 30. You do not need to take Science 20 in order to take Science 30. Many students find that the mark they receive in Science 30 helps them increase the average they use to apply to their post-secondary program.

BIOLOGY 20/30/ AP20/AP30

This program sequence begins in Biology 20 with a study of ecology, human physiology, photosynthesis/respiration and evolution. Biology 30 continues with human physiology and also covers cellular reproduction, genetics and population biology.

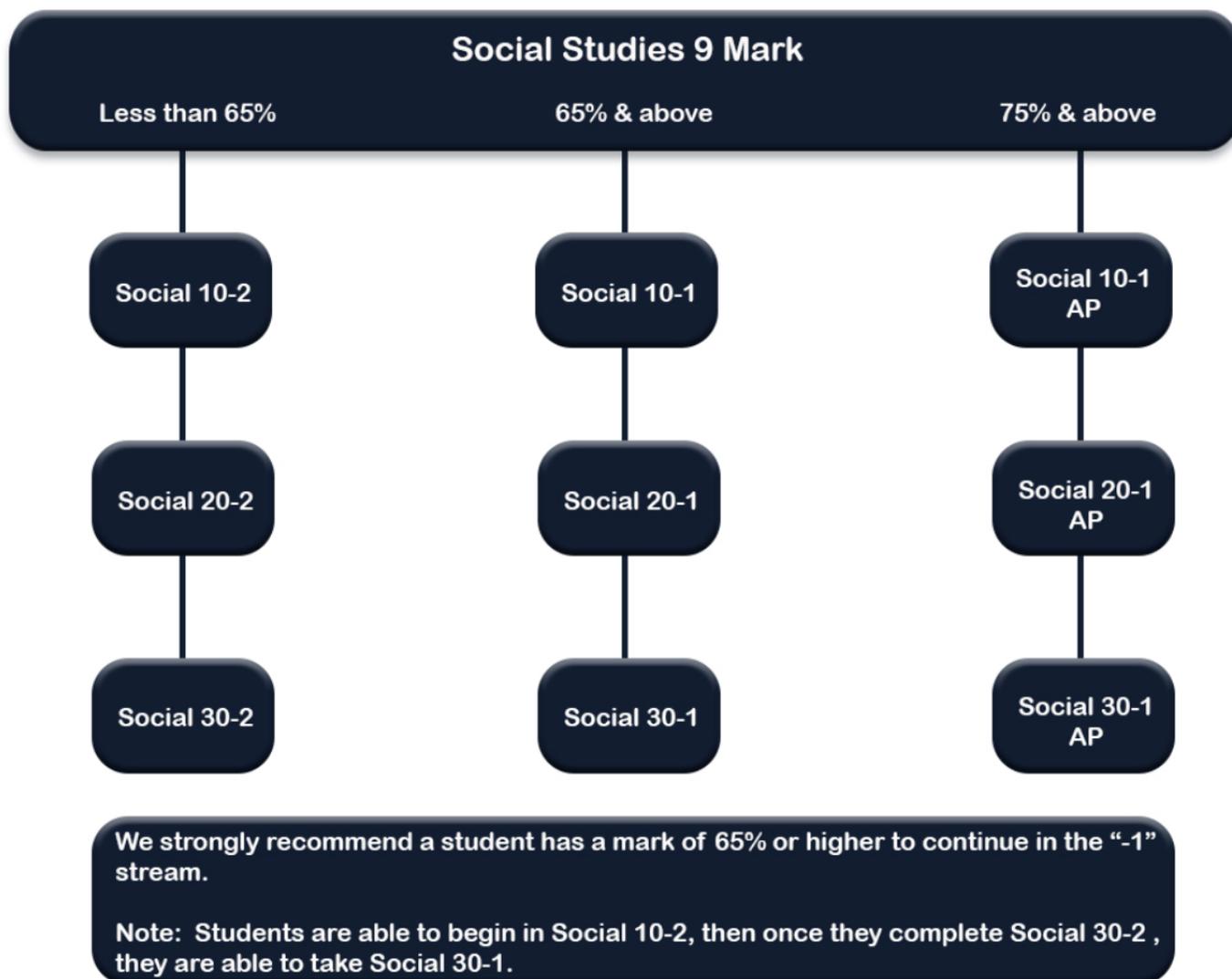
CHEMISTRY 20/30

This program sequence begins in Chemistry 20 with a study of bonding, solutions, acids and bases and chemical analysis. Chemistry 30 examines thermochemistry, electrochemistry, chemical equilibrium, and organic chemistry.

PHYSICS 20/30

This program sequence begins in Physics 20 with a study of kinematics, dynamics, periodic motion and conservation of energy. Physics 30 students study momentum and impulse, forces and fields, electromagnetic radiation and atomic physics.

SOCIAL STUDIES



REQUIRED FOR HIGH SCHOOL DIPLOMA: Social 30-1 or Social 30-2

SOCIAL STUDIES 10-1, 20-1, 30-1

This program sequence is designed for academic students with strong communication skills. Students in Social 10-1 explore the origins of globalization and its impact, locally, nationally and internationally, on culture, economies, human rights and quality of life. Social 20-1 students will explore the complexities of nationalism in Canadian and international contexts. Students in Social 30-1 will explore the origins and complexities of ideologies and examine multiple perspectives regarding the principles of classical and modern liberalism. Successful completion of Social 30-1 is a requirement for entrance to most universities and some other post-secondary programs.

SOCIAL STUDIES 10-2, 20-2, 30-2

This program sequence begins in Social 10-2 in which students explore the history of globalization and its effects on land, culture, human rights and quality of life. Students in Social 30-2 examine historical and contemporary understandings of nationalism in Canada and the world. In Social 30-2, students examine the origins, values and components of competing ideologies. Successful completion of this program provides access to most certificate/diploma programs in colleges and technical institutions.

CAREER & LIFE MANAGEMENT (CALM) (3 credit)

REQUIRED FOR HIGH SCHOOL DIPLOMA: CALM 20

CALM 20

The aim of CALM is to enable students to make well-informed, considered decisions and choices in all aspects of their lives and to develop behaviours and attitudes that contribute to the well-being and respect of self and others, now and in the future.

PHYSICAL EDUCATION

REQUIRED FOR HIGH SCHOOL DIPLOMA: Phys Ed 10.

Students who complete PE 10 in summer school are ineligible to take any of the following courses.

Phys Ed 10 (3 or 5 credit) OR Phys Ed 10 (Personal Fitness) will provide the physical education requirement that will allow students to receive a high school diploma.

PHYS ED 10 (3 credit) - Students attend PE 2-3 times a week. This course is activity based and intended to foster the formulation of a healthy lifestyle while promoting social skills and values transferable to other areas of the students' lives.

PHYS ED 10 PERSONAL FITNESS (3 credits) - Students attend PE 2-3 times a week. This course places an emphasis on physical activity, toning and sculpting, and experiencing fun ways to move your body. The course will aim to expose students to a variety of different activities such as yoga, barre, pilates, zumba, etc.

PHYS ED 10 (5 credits) - Students attend PE daily. This course is ideal for students who want to challenge themselves both physically and mentally. The student has the opportunity to explore a variety of activities.

PHYS ED 20 (5 credits) - Students attend PE daily, the focus on fitness is increased and the student has the opportunity to explore a variety of activities. PE 10 is a prerequisite for PE 20.

PHYS ED 30 (5 credits) - Students attend PE daily, this course is an extension of PE 10 and 20 and offers students experiences not available at previous levels. PE 20 is a prerequisite for PE 30.

RELIGIOUS EDUCATION

All students enrolled at École Secondaire St. Albert Catholic High School, are required to complete one religion course for each year they attend in order to receive a High School graduation diploma SACHS. Our three year faith theme is "Get up, Get going, and Go with God". Students will experience and witness the good in all of us during their three years at SACHS.

RELIGIOUS STUDIES (Roman Catholic) 15 - Christ and Culture

The Religious Studies 15 course helps students gain a deeper understanding of the mystery of life and love in Jesus Christ and its permeation in everyday life. The program explores major cultural issues from a Christological perspective.

RELIGIOUS STUDIES (Roman Catholic) 25 - Scripture

The Religious Studies 25 course challenges students to look at Scripture more in-depth and with critical thinking. Students will explore the Jewish historical, religious, and cultural world into which the Messiah was born and the Old Testament covenant fulfilled.

RELIGIOUS EDUCATION (Roman Catholic) 35 - In Search of the Good

The aim of In Search of the Good is to assist young men and women to understand themselves as moral persons living the way of Christ through an examination of ethical theories, the revelation of sacred Scripture, and the experience and teaching of the Catholic Church.

Option Courses

CAREER & TECHNOLOGY (CTS)



Career & Technology (CTS) courses at SACHS encourage students to investigate career opportunities and to pursue interests using a “hands on” approach. These courses are designed in collaboration with industry experts to provide practical skills using advanced technologies.

The CTS Department boasts a foods lab, fashion lab, a fully functioning cosmetology lab, a woodworking lab, and welding (fabrication) lab, a multi-purpose lab for digital design, animation, audio and video editing, as well as for computer programming and game design.

Career & Technology courses provide:

- Career direction
- Preparation for a career choice
- Work experience
- Advanced document preparation and research skills for post-secondary education
- Practical, lifelong skills

Each CTS course is comprised of several modules, where a credit is assigned to each successfully completed module. Marks are assigned when the entire course has been completed.

COMMUNICATION AND COMPUTER TECHNOLOGIES

This program is designed to be individualized allowing you the flexibility to choose your own path. Introductory modules allow students to explore areas of interest and see where their passions might lead them. CCT is broken down into the following paths:

ROBOTICS: BUILD AND PROGRAM A VEX CLAWBOT

A little bit like Lego but way cooler. In grade 10, students begin by building and programming their own VEX Clawbot. In grades 11 & 12, students will design their own robot based on what they have learned in prior grades. There is an opportunity to compete with your VEX robot in the NAIT robotics competition.

FILM/VIDEO: WRITE, PRODUCE, AND DIRECT YOUR OWN FILMS

Learn to edit, use special effects software and gain experience with sound and recording techniques. Students may also try stop motion with lego or claymation.

GRAPHIC DESIGN: LEARN TO COMPOSE IMAGES AND CREATE YOUR OWN GRAPHICS

Design advertisements, logos, manipulate images and create industry-based projects (posters, brochures, album covers and magazine spreads).

DIGITAL MEDIA DESIGN: CREATE YOUR OWN PERSONALIZED STICKERS, T-SHIRTS AND MORE

Create personalized projects using elements of graphic design. Learn to print vinyl stickers and design custom t-shirts. ****There can be additional costs for t-shirts and vinyl depending on the project.****

CONSTRUCTION AND FABRICATION TECHNOLOGIES

Have you ever wanted to take a class where you get to decide what you want to learn? Then Construction and Fabrication is for you! Not only do you get to decide what skills you want to learn, but you get a say in what projects you get to create along the way! As you level up your skills you are awarded new and exciting opportunities to choose your own projects, further improve your skills, and create your own adventure making this course truly about you!

CONSTRUCTION: YOUR ONLY LIMITATION IS YOUR IMAGINATION!

Do you want to explore the world of woodworking? Do you want to learn how to operate a table saw? A compound miter-saw? A jointer? Do you want to learn to use modern and traditional joinery techniques like pocket holes and box joints?

The construction technology program explores traditional hand and power tool woodworking techniques typically used in the building of cabinets and furniture. Starting with simple hand tools and working our way up to the major power tools like the Table Saw, you will be mentored to increase your skills, self-confidence, and independence.

The main focus of this program is the development of woodworking skills. Use of Mitre Saws, Lathes, Table Saws, Jointers, Planers, etc. will all be encouraged to assist in the creation of our projects. Traditional joinery techniques mixed with modern technology and skills all serve to help you be successful in any direction you choose to go.

This is a lab based course with students completing projects that are designed to build their craftsmanship in a logical sequence. At all levels of this program, students will be required to complete pre-requisite projects to ensure that core skills are in place. Once these required projects are complete, students may build additional projects of their own choosing. A mature, team- oriented and goal-driven attitude is essential for success in this program.

FABRICATION: LET THE SPARKS FLY!

Students will create and assemble parts and projects in a shop environment using current industry equipment and techniques. You will learn a variety of metal working skills which include ARC and MIG welding techniques. You will also explore cutting and shaping metal through CNC, Plasma, and Oxy Acetylene. In addition to working primarily with metal all students will gain basic skills in construction such as shop safety, measurement, application of math, and project planning and layout.

Similar to Construction, students will produce meaningful projects and have the opportunity to design and construct their own projects as their skills progress.

MECHANICS: HAVE YOU EVER WONDERED HOW YOUR MOTORCYCLE OR LAWNMOWER WORKS?

Modules in mechanics will help you build the skills to repair and maintain your toys and tools at home. Students will have the opportunity to explore basic mechanical systems such as engines, fuel systems, fluids,brakes, electrical components, etc. in order to gain the confidence and skills to diagnose and repair small problems on vehicles and equipment around them. Although automotive mechanics will not be explicitly covered, the skills learned working on small engines are easily transferable.

**Students must provide their own engine or small vehicle (ie. Lawn Mower, riding tractor, scooter, etc.) and are responsible for all parts costs.*

COSMETOLOGY

SACHS Cosmetology offers students at all levels a unique environment that combines a classroom within a fully equipped salon where students put learning into practice on mannequins and/or clients, complimenting their learning and making for what is 'simply a SACHS salon experience.

COSMETOLOGY 10

Are you interested in hair, nails and/or makeup? Then come have fun learning about the art and science of beauty care. In this introductory level students will learn skills to do make-up, manicures, create long hair looks using braids, twists and knots and learn to shampoo, blow-dry and style hair just like the professionals do in the salon.

COSMETOLOGY 20

Now you are ready to build on your salon practices at this intermediate level! Learn skills to perform haircuts, apply hair colors and create up-do styles using advanced long hair techniques. On client service days students will have the opportunity to bring in family and friends as clients and put their skills to practice in SACHS real salon setting.

COSMETOLOGY 30*

It's time to refine your skills at this advanced level and gain deeper insight into the salon/beauty industry as a potential career. Learn advanced skills in haircutting and coloring including bleaching, hi-lighting and other special effects. Students will have the chance to really hone their skills in SACHS real salon setting on client service days.

*Scholarship opportunities are available to Cosmetology 30 students.

FOOD & FASHION STUDIES

Foods class is about learning how to store your food safely and learning new cooking skills. You will start with basic skills in Foods 10 and build on those skills in Foods 20 and 30. Through Foods 10, 20 and 30 we incorporate a variety of cooking techniques including baking breads and baked products, making basic sauces and soups, stir frying, deep frying, oven baked meals and so much more!

FOODS 10 (3 Credit)

In Foods 10 you learn basic cooking skills to set you up for success with cooking at home. You can expect to cook about half of the time in class. You learn about how to keep food safe to eat, basic knife skills, how to prepare basic foods and learn about basic food nutrition and how food fuels your body. You will learn how to cook on a stove top, microwave and oven. You will learn how to make quick bread, cupcakes, cookies, muffins and more! You learn basic cookie and cupcake decorating skills that you can later build on. You also learn how to make yeast bread pizza dough, tacos at home, cream sauces and other quick everyday meals.

FOODS 20 (5 Credit)

In Foods 20 you expand on our knowledge from Foods 10 and learn more advanced food preparation techniques. You learn how to incorporate convenience foods into your meal planning to keep things easy to prepare at home. You will learn to decorate a cake, make and decorate a foam cake, enjoy cream puffs and other more advanced desserts. You will get to experience foods inspired by different cultures from all around the world and learn cooking techniques from other cultures. You will enjoy learning how to make flat bread, loaves of bread and buns. You can expect to cook about three quarters of the time during class.

FOODS 30 (5 Credit)

Foods 30 teaches you advanced cooking skills that you may not have tried before. We learn to make delicious baked products like donuts, advanced cakes, bagels and complex bread products. We also focus on learning

about how to change and adjust flavors building on techniques learned in Foods 10 and 20. You learn to make pasta, spring rolls and other delightful treats. We also learn more about plating food and how to make our food look as wonderful as it tastes. Students in Foods 30 can expect to cook more than three quarters of the time.

Students in Foods 30 can have the opportunity to build a program to your interests as well. This approach means planning, creating and building a program for you. Students that choose to build a program, spend most of their time cooking in the kitchen and evaluating their products.

FASHION STUDIES 10/20/30 (3 Credits each)

Interested in fashion studies and learning to sew? Students have the ability to combine Food Studies and Fashion Studies based on their interest. You can learn basic sewing skills to make something simple or mend a garment. You can learn to quilt, cross stitch, knit or crochet. You can also explore the world of fashion design and sketching, creating your own garments and tailoring.

Fashion Studies is based on your interest to build a program that you want to complete!

PHOTOGRAPHY

Photography explores a wide variety of aspects related to the world of photographic image-making. From the theoretical to the psychological to the practical, students will be immersed in being better image-makers as well as being more sophisticated image-viewers. Through critique, reflection and production of their own work, students will have a comprehensive understanding of the art of photography.

PHOTOGRAPHY 10

Photography 10 covers the elements and principles of designing a good photograph, image editing with Photoshop, and how perspective can change a photo.

PHOTOGRAPHY 20

Photography 20...

PROVINCIAL SKILLS COMPETITIONS

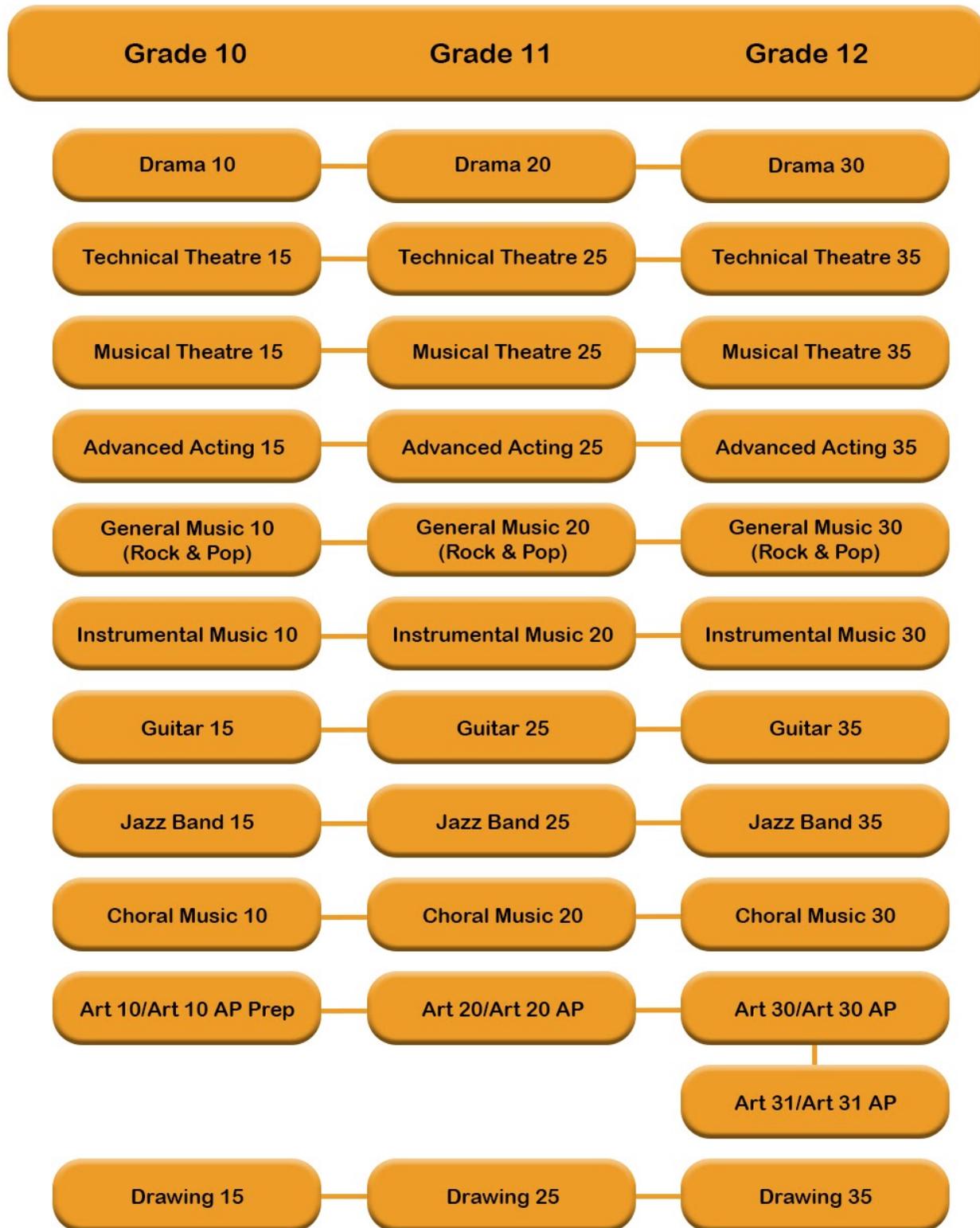
SACHS STUDENTS ARE SKILLED. Students have the opportunity each year to showcase their talents at the annual Alberta Provincial Skills known as the 'Olympics of the Trades'. Students who demonstrate a strong level of interest and skill can compete in different areas including Baking, Culinary, Construction, Hairstyling, Job-Skill Demonstration, Job Search and various others trade and technology related events. As a school community, SACHS is proud to be part of the 'Skills Movement'.

The Skills Competition from a SACHS Grad

Sienna Poliquin, SACHS Graduate, June 2019

SACHS cosmetology was the stepping stone to my career and absolute love for hair. I have gained so much passion and confidence through the program. It gave me the opportunity to compete in the Alberta Provincial Skills Competition. After High School I was accepted into a Hairstyling Program at a college in Edmonton where the skills I gained in Cosmetology class propelled my training and allowed me to complete their Fast Track Program. With my training almost complete I am prepared and excited to start my career in a salon as an Apprentice in February 2020. I highly recommend joining the SACHS cosmetology program. Whether or not you decide to pursue it as a career, you learn so many skills that you can use in your everyday life.

FINE ARTS



ART

ART 10

You will receive the whole art experience when you take Art 10. You will explore and focus on developing creativity in art making. Basic design and its application to a wide variety of materials will be emphasized.

ART 20

In Art 20 we emphasize on art history, art criticism, vocabulary, and artistic problem solving. A wide variety of techniques and media will be explored for students to build their portfolios. This course is a continuation of the exploration gained through Art 10. Students have the opportunity to display art in the community and throughout the school.

ART 30

This course is a continuation of the exploration gained through Art 20. We emphasize on critical thinking by studying contemporary and art history, art criticism, artistic problem solving. A wide variety of techniques and media will be explored for students to build their portfolios. Students have the opportunity to display art in the community and throughout the school.

DRAWING 15/25/35

Drawing class is for students who wish to develop the discipline of drawing. Students who are in other art classes, or who might not otherwise have had the opportunity to fit an art class into their schedule, are able to take advantage of this excellent opportunity to fine-tune their skills. This is an opportunity to extend your knowledge and create exciting new projects!

ADVANCED PLACEMENT ART

The AP Studio Art class is intended for highly motivated students who are seriously interested in the study of art or design. AP course requirements are significantly more rigorous and students should demonstrate commitment and accomplishment when enrolled. It is recommended that AP students have previous training in art or be able to demonstrate through a portfolio an ability to create fine art.

- **2D AP Art** - The course covers a variety of two-dimensional design approaches. In this portfolio two-dimensional design issues are interpreted broadly and can include, but are not limited to, photography, computer/digital imaging, graphic design, illustrating, typography, printmaking, collage, textiles, fibers, and painting. In their grade 11 or 12 year, AP students are required to submit a portfolio to the college board in May.
- **3D AP Art** - The course In this portfolio three-dimensional design is interpreted broadly and deals with the relationship of the three-dimensional form in space. Projects can include, but are not limited to, clay, stone, plaster, metals, wire, wood, plastics, fibers, mixed media, apparel, and/or architectural models. In their grade 11 or 12 year, AP students are required to submit a portfolio to the college board in May.
- **AP Drawing** - In this portfolio drawing is interpreted broadly and can include, but is not limited to, traditional drawing and drawing media, painting, printmaking, and mixed media. You will be encouraged to explore a variety of pieces including but not limited to drawing from life, figure drawing, self-portraits, still-life, landscape, abstract work, expressive work, collage, and mixed media. All of the mark making you do should be intentional and of high quality. Marks can be made with any media you choose, exploration and experimentation are encouraged! In their grade 11 or 12 year, AP students are required to submit a portfolio to the college board in May.

DRAMA

DRAMA 10 (3 or 5 credits)

Whether you have taken Drama before or not there is a significant orientation that allows students to gain knowledge of each other and confidence within themselves to interact in a theatre environment and take healthy risks. The area of MOVEMENT is a primary focus at this level. Every attempt is made to see live theatre as a part of the curriculum.

DRAMA 20/30 (5 credits each)

These are progressive courses in performance at an intermediate level. Our goal is to illuminate all aspects of our talents and resources and use these in communication with each other. In Drama 20 an important focus is PLAYWRITING and in Drama 30 a significant area of focus is DIRECTING. Every attempt is made to see live theatre and often to bring in Theatre Specialists like playwright Vern Thiessen through WorkShop West.

PERFORMING ARTS 15 & ADVANCED ACTING 25/35

Students who successfully audition for the Drama Production will be given credit in Performing Arts and/or Advanced Acting. This is an after school program which runs 3 days a week throughout the year.

The philosophy of this program is inclusivity, so productions chosen are often based on student interest and numbers. This class focuses on all aspects of putting up a production. This is our school's CAPIES show.

CAPPIES PROGRAM

This is an awards program which is supported by both the Edmonton Journal and The Citadel Theatre. Students attend three other schools' productions allowing them to review each show. A day of training is held in October at either the Edmonton Journal or The Citadel Theatre where all aspects of the program are taught.

MUSICAL THEATRE 15/25/35 (5 credits)

This 5 credit course aims to provide an interactive environment for students who are interested in singing, dancing, and acting as part of an ensemble, and able to commit to the rehearsal process necessary to put on a full-scale musical production. Students develop vocal and physical skills to create characters on stage, and learn choreography specific to the style and era of the particular production. In addition, students will have the opportunity to work with theatre professionals in the area of voice, dance, movement for actors, and technical theatre. Students enrolled in this course will be part of the school's musical theatre production and will rehearse after school and on occasional Saturdays and put up the show at The Arden Theatre for two matinees and two evening performances.

TECHNICAL THEATRE 15/25/35

The dynamic for this program is focusing on and polishing skills and talents that lie in the area of set design, set construction, crew management, lighting design and operation, sound design and operation and special effects building. Credits in Tech Theater can be obtained through involvement in the Musical Production or the Dramatic Production.

MUSIC

CHORAL MUSIC 10/20/30 (5 credits)

No musical experience is required. Open for all students who love to sing in Grades 10 through 12. The choir meets one-two times a week at lunch with an opportunity to explore many types of music including contemporary, pop, christian and folk. We perform at a winter concert at Youville for the residents and occasionally perform within our community.

GENERAL MUSIC 10/20/30 - Rock & Pop (5 credits each)

A music class that allows students to study music and musical creativity in a unique way! Develop your talents as a rock or pop musician, study composition and recording and sound reinforcement techniques while fine tuning technical skills on the guitar, bass, drums, keyboards or vocals. Rock/Pop bands will be formed as well as solo performances. At the end of term, groups plan and organize a major performance on stage in one of our performance areas.

Proficiency on your instrument is a pre-requisite.

GUITAR 15 (5 credits)

.... and who doesn't want to play guitar???? not you that's for sure!!!! Guitar 15 students are introduced to the basics of proper playing technique, chords, chords progression, reading music, scales used in improvising and the history and literature of the acoustic and electric guitar!

GUITAR 25/35 (5 credits each)

Prerequisite: Guitar 15

This course builds upon the skills of students completing Guitar 15. Greater technical ability is required as more emphasis is put on ensemble playing of more advanced music. There is also more emphasis on aspects of composition and improvisation such as voice leading, seventh chords, and advanced scales.

INSTRUMENTAL MUSIC 10/20/30 (5 credits) - Concert Band

STRIKE IT UP!!! Instrumental Music 10/20/30 explores the basic fundamentals of music structure, composition and style. Course content includes study of his/her own instrument, ear training, theoretical studies, conducting and ensemble playing.

JAZZ BAND (INSTRUMENTAL JAZZ) 15/25/35

Prerequisite: Enrollment in Instrumental Music 10, 20, or 30 or General Music 10/20/30

Funk! Swing! Jump Blues! Salsa! Rock! Students in this high energy big, bad band do it all! Jazz Band is for all horn players with a rhythm section of guitar, bass and piano/keyboards. This is a fun and rewarding addition to the instrumental Music course. This course is designed to explore the basics of improvisation and ensemble playing in the jazz idiom. (It is recommended that students have some prior knowledge of at least one of: Bass, Guitar, Drums or Keyboard (students are expected to provide their own instruments).

INTERNATIONAL LANGUAGE

Why should I study a second language?

1. Canada is not only a bilingual country but also a multilingual and multicultural country.
2. Think of all the great places you can visit and the new people you can meet when you can understand and speak other languages.
3. Career opportunities:
 - * Geological, geophysical, mining and petroleum companies
 - * Business community
 - * Health and education
 - * Technology

FRENCH 10-9Y

The course offers new challenges by exploring different life situations using French as the language of communication. The use of communicative activities, authentic documents, partner and group work based on real life situations will be emphasized.

FRENCH 20-9Y

French 20-9y is an academic course designed for the student wishing to improve his/her French at the intermediate/advanced level. This course not only focuses on listening to and speaking French, but reading and writing in the second language.

FRENCH 30-9Y

Students will continue to improve and perfect all language skills, using French exclusively as the language of communication in the classroom. This course can be used for entrance to post-secondary institutions.

SPANISH 10-3Y

No previous knowledge of this language is required. The classroom emphasis will be on oral communication. You will also learn the fundamentals of written Spanish and explore diverse aspects of Spanish culture in the world.

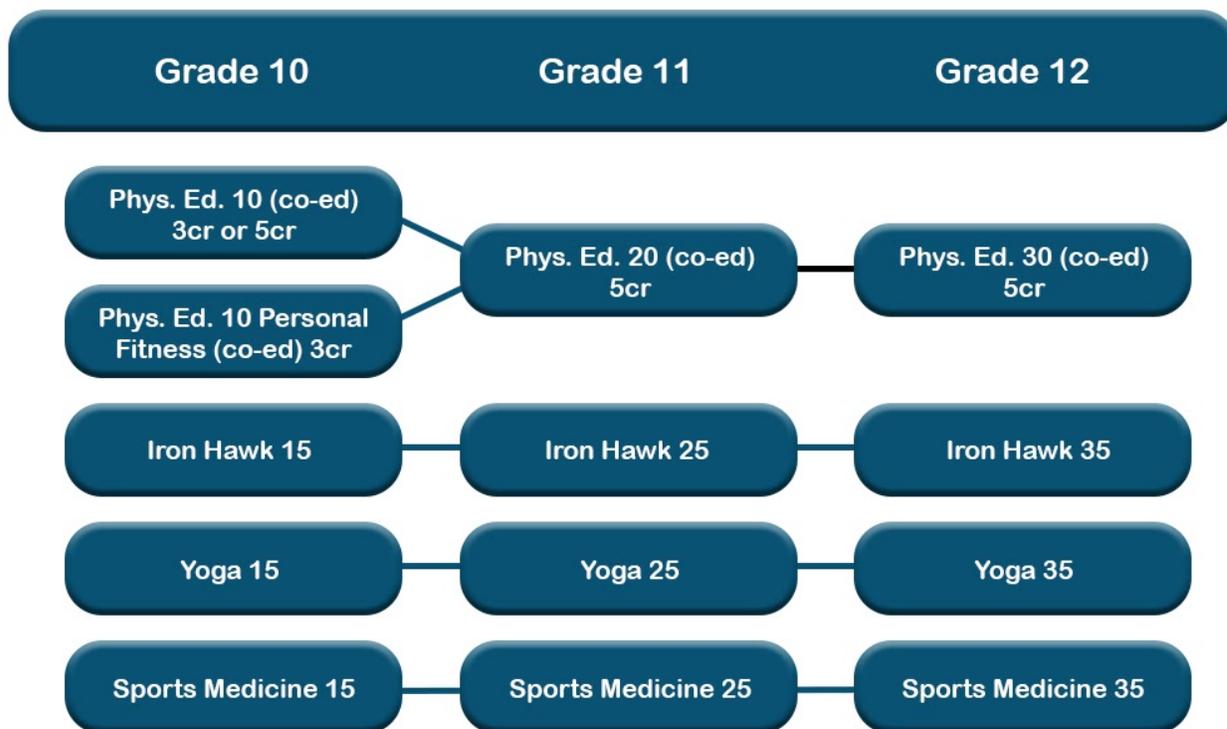
SPANISH 20-3Y

Spanish 20 continues to expand on the vocabulary and grammar introduced in Spanish 10. The emphasis is on sentence and paragraph construction in the past tense.

SPANISH 30-3Y

Spanish 30 is the final course in this three- year series. The emphasis is on developing basic oral and written communication skills.

PHYSICAL EDUCATION OPTIONS



REQUIRED FOR HIGH SCHOOL DIPLOMA: Phys Ed 10.

IRON HAWK (Fitness & Sports Performance) 10/20/30

Iron Hawk (previously called Sports Performance) highly emphasizes physical activity, strength and circuit training, and learning about leading a 'healthy and active lifestyle'. Students will be evaluated on theory (written assignment and active participation components).

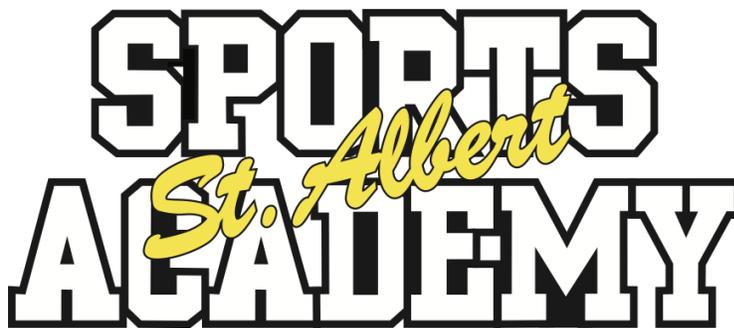
SPORTS MEDICINE 15/25/35

This course is for students who are interested in sport medicine, athletic therapy, physiotherapy, occupational therapy, nursing, firefighting, EMT, coaching, pro-athlete, fitness instructor, etc. Students will learn about general health principles and modalities, human anatomy, how the body moves, coaching and more. There are opportunities for students to receive first aid certification and training in a number of health, wellness and sport career pathways. In addition, these courses will provide many opportunities for hands-on learning through taping, scenarios, field trips, and practical experiences.

YOGA 15/25/35

Students will experience the health benefits of yoga, meditation, and mindfulness while developing their well-being and personal management skills – skills which will help them to balance school, work and other life priorities. The course is designed to introduce students to basic postures, breathing techniques, and relaxation methods of yoga. Students will also learn the historical roots of yoga and the anatomy and physiology of the postures practiced during class.

HIGH SCHOOL HOCKEY ACADEMY (5-8 CREDITS)



St. Albert High School Sports Academy runs in the first semester. Athletes are able to earn 5 Physical Education credits and 2 Sports Performance credits.

Athletes are on the ice Tuesday, Wednesday and Friday mornings from 8:00 A.M. – 8:55 A.M. Athletes get to the rink on their own in the morning and are bussed back to SACHS after the ice time.

Monday and Thursday mornings are sports performance classes at SACHS.

Contact Geoff Giacobbo: ggiacobbo@gsacrd.ab.ca or 780-459-4478 for more information on Academy programs.

OTHER OPTIONS

ABORIGINAL STUDIES 10

Students who complete Aboriginal Studies 10, 20 and 30 may be able to use it for Post-Secondary Entrance. It is accepted as an academic subject by post-secondary schools to applicable programs such as General Arts, Sciences, Nursing, Education, Agriculture and Environment programs.

We are beginning this program this year and intend to add Aboriginal Studies 20 and 30 in the next two years.
Aboriginal Studies 30

The course is based on perspectives and worldviews of Aboriginal peoples. It includes the study of traditions and history of Aboriginal peoples in Canada, and particularly in Alberta.

Student learning outcomes provide opportunities to examine such topics as governmental structures, literature, the arts and the sciences.

The four themes in Aboriginal Studies 10 are:

- Origin and Settlement Patterns
- Aboriginal Worldviews
- Political and Economic Organization
- Aboriginal Symbolism and Expression.

BARBERING - INTRO TO BARBERING

While 'fades' might seem to be a trend, they are classic styles that require basic haircutting skills. Barbering Basics focuses on men's grooming and learning basic techniques in cutting, tapering, fading and styling men's hair.

Students will be able to apply skills learned in their everyday life as they come to appreciate the importance of positive grooming. The knowledge and skills gained can also move them towards a career in the barbering industry.

BUSINESS 10

Have you dreamed of ever meeting the Dragon's and having them invest in your million dollar idea? If you have you should consider taking Business 10. In this course we will explore business basics with a focus on Entrepreneurship, Marketing and Accounting. If you are considering Post Secondary Business studies then this course is for you!

"Business programs are one of the most popular choices for students in Canada. In fact, they are the second most popular post-secondary program [after Humanities]." - Macleans.ca

FANTASY & SCIENCE FICTION 15

In this 5 credit Option course, students will be exposed to a variety of films (Star Wars, Star Trek, Marvel/DC, Harry Potter & Lord of the Rings, etc), art, poetry, short stories, screenplays, novellas, graphic novels, and novels related to Fantasy and Science Fiction. The activities include class discussions, cooperative learning activities, in-class assignments, unit projects/presentations, reading, listening and viewing. May the Force be with you!

HOPE PROJECT

Building Communities of Hope is a high school course designed to support students to define hope in relation to wellbeing and to learn how to set and meet goals to create opportunities for hope in all well being domains and to develop resilience when facing stress.

This course is designed around the pedagogy of hope, which is important because hope "is the best predictor of success in overall wellbeing, a better predictor than academic achievement" (Lopez, 2014).

Exploring hope is vital to youth, because they experience many life transitions that challenge them to redefine conditions to be hopeful rather than hopeless.

LEADERSHIP 15/25/35

This program seeks to make our community a better place through student leadership. Student council and leadership organize a number of events throughout the year to engage the student population with the school and the community at large. This group of students is responsible for creating, organizing and implementing events and activities to develop their leadership skills and enhance the high school experience. Students will explore principles of leadership and evaluate their personal characteristics and qualities. This course is during lunch once or twice a week all year. They will examine communication, public speaking and presentation skills and will lead and participate in meetings.

OUTDOOR EDUCATION 10

This course allows students to utilize the great outdoors as a classroom and gain skills for life by doing so. It is designed to inspire positive values; such as, a sense of responsibility and a purpose in life. Students will learn to challenge themselves both mentally, physically, socially and emotionally. We hope to build skills that will benefit them both in the classroom and the outdoors. Our aim is to help students grow as individuals and as responsible citizens.

DISTANCE EDUCATION

SACHS partners with St. Isidore and St. Paul's to offer a robust Distance Education program. Students complete their courses online in the library during their scheduled distance education block. It is recommended that students take a maximum of 2 Distance Ed courses in one year. Students taking distance ed courses should be independent students who can progress in their courses without a great amount of supervision.

The Following Distance Education courses can be taken in any year of Grade 10, 11, or 12.

CLASSICAL MYTHOLOGY

Mythology, particularly Greek mythology, stands as one of the cornerstones of Western art, whether it be poetry, sculpture, or drama. Students will study a survey of Greek myth: the Titans, the Wars of the Gods and Titans, Zeus and the Olympians, and the heroic tales (Hercules and Perseus). Throughout the course students will work through case studies of how classical mythology is incorporated into our culture, in language, or literary and artistic references.

COMMUNICATION TECHNOLOGY

A number of credits are available: Visual Composition, Typography, Graphic Tools (Raster and Vector Graphics), Photography, Electronic Layout & Publishing

COMPUTER SCIENCE

A number of credits are available: The first module explores hardware, software, algorithms and programming, and the second covers more structured programming.

FINANCIAL MANAGEMENT & ACCOUNTING

A number of credits are available: Personal Finance, Accounting, Retail Accounting.

FORENSIC STUDIES 25

(3 Credits) Prerequisite: Science 10

Students will investigate and evaluate the processes involved in the collection and preservation of crime scene evidence. As students delve into forensic studies, they will investigate and analyze the strengths and limitations of forensic evidence analysis

HEALTH CARE SERVICES

A number of credits are available: Musculoskeletal System, Cardiovascular System, First Aid/CPR with AED, Workplace Safety, Child Care First Aid

INFORMATION PROCESSING

A number of credits are available: Keyboarding, Word Processing, Database, Spreadsheet, Digital Presentation, Correspondence, Hardware Software Analysis, Project Management Tools

LEGAL STUDIES

A number of credits are available: Private Law, Public Law, Relationship Law, Family Law, Employment Law, Law and the Traveller, Property Law, Dispute Resolution, Negligence, Landmark Decisions, Criminal Law.

MARKETING & MANAGEMENT

A number of credits are available: Marketing and Management, Quality Customer Service, Communications Strategies

PSYCHOLOGY - GENERAL

(3 Credits) Topics of study include personality, behaviour, intelligence, influences on behaviour, and understanding and perception.

PSYCHOLOGY - PERSONAL

(3 Credits) Topics of study include the history of psychological schools of thought, principles of learning, process of thinking, facing frustration and conflict, emotional problems, behaviour disorders, and career opportunities in psychology.

PSYCHOLOGY - ABNORMAL

(3 Credits) Prerequisite: General Psychology 20 OR Personal Psychology 20

This course is designed to provide an overview of abnormal behaviours and the conditions that affect individuals in our society. Topics of study include views of abnormality, casual factors, types of disorders, as well as assessment, prevention, and treatment.

RECREATION LEADERSHIP

A number of credits are available: Injury Management, Technical Foundations for Injury Management, Foundations for Training, Sport Psychology, Nutrition for Rec. Activities & Sport, Leadership in Rec. & Sport, Coaching, Human Movement

TOURISM

A number of credits are available: The Tourism Sector, Adventure & Ecotourism, Tourism Essentials, Accommodations Operations, Destination Management, Air Transportation, Surface Transportation.

WILDLIFE

A number of credits are available: Intro to Wildlife, Wildlife Diversity, Hunting & Game Management Theory, Bowhunting Education, Angling & Fish Management Theory, Boating Safety