



**Grade 10 Student Course Planning Sheet
2025-2026 School Year**



LAST NAME: _____ FIRST NAME: _____

HOMEROOM: _____

CURRENT SCHOOL

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> St. Francis | <input type="checkbox"/> St. Thomas | <input type="checkbox"/> Mother Teresa | <input type="checkbox"/> St. Marguerite |
| <input type="checkbox"/> Camille J. Lerouge | <input type="checkbox"/> St. Patrick's | <input type="checkbox"/> St. Lorenzo Ruiz | <input type="checkbox"/> Other |

Full-Time Online

Full Time Online for 2025-2026 school year
Please select the box above if this student will be a full-time online learner for next year. **Please complete the SJHS Full Time Online Planning planning sheet. Do not use this document.**

PHYSICAL EDUCATION & WELLNESS/BALL ACADEMY (ALL STUDENTS CHOOSE ONE)

P.E. & Wellness (5-Credit Every Day)

- | | |
|---|---|
| <input type="checkbox"/> Baseball Academy (10 Credit) | <input type="checkbox"/> Softball Academy (10 Credit) |
|---|---|

Students taking Ball Academy cannot select Elite Athlete Sport Performance from the Grade 10 Exploratory Options sheet.

20-LEVEL COURSES (OPTIONAL) - These are all 5-credit courses - you may only select one

- | | |
|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Biology 20 | <input type="checkbox"/> Chemistry 20 |
|-------------------------------------|---------------------------------------|

Only those students with high academic standing can choose to take a 20-level course in Grade 10. Preference will be given to Grade 11 & 12 students requiring these classes. By selecting one of these courses there is no guarantee you will be enrolled in this class next year.

RELIGION EDUCATION 15-3

- | | |
|------------------------------------|---------------------------------|
| <input type="checkbox"/> In person | <input type="checkbox"/> Online |
|------------------------------------|---------------------------------|

Exploratory Option Selection Sheet 2025-2026

EXPLORATORY/OPTIONS

Choose the necessary options from this section to fill your timetable. Mark these courses with an X.
Once finished, make sure to choose **FIVE** alternate choices by writing an "A" in the space next to the course.

Aboriginal Studies 10-3
 Art 10-3
 Astronomy 15-3
 Big History 15-3
 Computer Science 10-3
 Cosmetology 10-3
 Creative Writing 15-3
 Dance 15-3
 Design Studies 10-3
 Drama 10-3
 Elite Athlete Sport Performance 10-3
 Functional Fitness / Circuit Training 10-3 (Co-Ed.)
 Functional Fitness / Circuit Training 10-3 (Girls Only)
 Esthetics 10-3
 Film and Media Studies 15-3
 Food Studies 10- 3
 Forensic Studies 25-3

Guitar 10-3
 Japanese Language and Culture 10-3
 Leadership 10- 3
 Medical Studies 10-3
 Psychology 20-3
 Robotics 10-3
 Robotics 10-5
 Sports Medicine 10-3
 Visual Communications 10-3
 Welding and Metal Designs 10-3
 Welding and Metal Designs 10-5
 Wildlife and Outdoor Ed 10-3

BLOCK 0 OR Outside regular SCHOOL CLASSES (OPTIONAL)

Music (Band) -10-5 (7:15-8:35 a.m. every other morning - 5 Credits)
 Musical Production - 10-5 (5 Credits)

Work Experience - Registration occurs in September at St.Joseph High School. Students must be 15 years old and be employed in order to register.

DUAL CREDIT COURSES (OPTIONAL) - DO NOT PLACE THESE ON THE GRADE 10 COURSE PLANNING SHEET (SELECT A MAXIMUM OF TWO)

You must be in good academic standing to enroll in these courses.

<input type="checkbox"/> Animal Health Technology Dual Credit	<input type="checkbox"/> Indigenous Studies Dual Credit
<input type="checkbox"/> Business Management Dual Credit	<input type="checkbox"/> Infection Control Dual Credit
<input type="checkbox"/> Early Childhood Education Dual Credit	<input type="checkbox"/> Introduction to Trades Dual Credit
<input type="checkbox"/> Ecology Dual Credit	<input type="checkbox"/> Justice Studies Dual Credit
<input type="checkbox"/> Health Care Aid Dual Credit	<input type="checkbox"/> Sociology Dual Credit
<input type="checkbox"/> Hospitality and Tourism Dual Credit	<input type="checkbox"/> Sport Management Dual Credit

**** Please be advised: choosing a Dual Credit course DOES NOT guarantee that you will be taking that course. Student eligibility for these courses is determined on a case by case basis by the Dual Credit and Off-Campus Coordinator.****

Summer School 2025

Students wishing to register for summer school can visit <https://summerschool.rdcrs.ca/registration>.
Registration opens on April 7th.

This planning sheet ensures you select the proper courses to fill your timetable. **Please be aware that your final timetable will not match what is below.**

BLOCK 0		BLOCK 0	
DAY A	DAY B	DAY A	DAY B
P.E. & WELLNESS		RELIGION 15	
ENGLISH		SOCIAL STUDIES	
SCIENCE		MATH	

To submit your requests, scan the QR code below or go to:

<https://forms.gle/3cb4BXwu3CAZPGBV8>

before **Wednesday, March 20, 2025**

