

Welcome to High School 101



Timetabling

- Two semester system

Semester 1	September to January
Semester 2	February to June

- 4 blocks of classes/day on a 2 day schedule
- 5 credit courses - students take every day
- 3 credit courses - students take every other day
- 1 credit modules

What might a Grade 10 timetable look like?

Block	Day 1	Day 2
1	Math 10-C	Math 10-C
2	PE 10-3	Robotics 10-3
30 min	NDHS	NDHS
45 min	LUNCH	
3	English 10-1	English 10-1
4	RS: Roman Catholic 15-3	Sports Medicine 15-3
0, 5-9	Before or after school courses, online courses, CTS modules, etc.	

Help Sessions

- NDHS - Notre Dame Help Sessions.
- Offered after block 2, Monday - Friday.
- Opportunity for students to get extra help in a particular area in which they may be struggling, enrich current learning, work on homework.

Recommendations and Registration

- Students will be scheduled in core subjects based on recommendations of the Grade 9 teachers. These should have been or will be shared with you.
- Core recommendations are important to ensuring student success.
- Registration and course request information must be submitted online by **March 20th**.

Course Sequencing

General

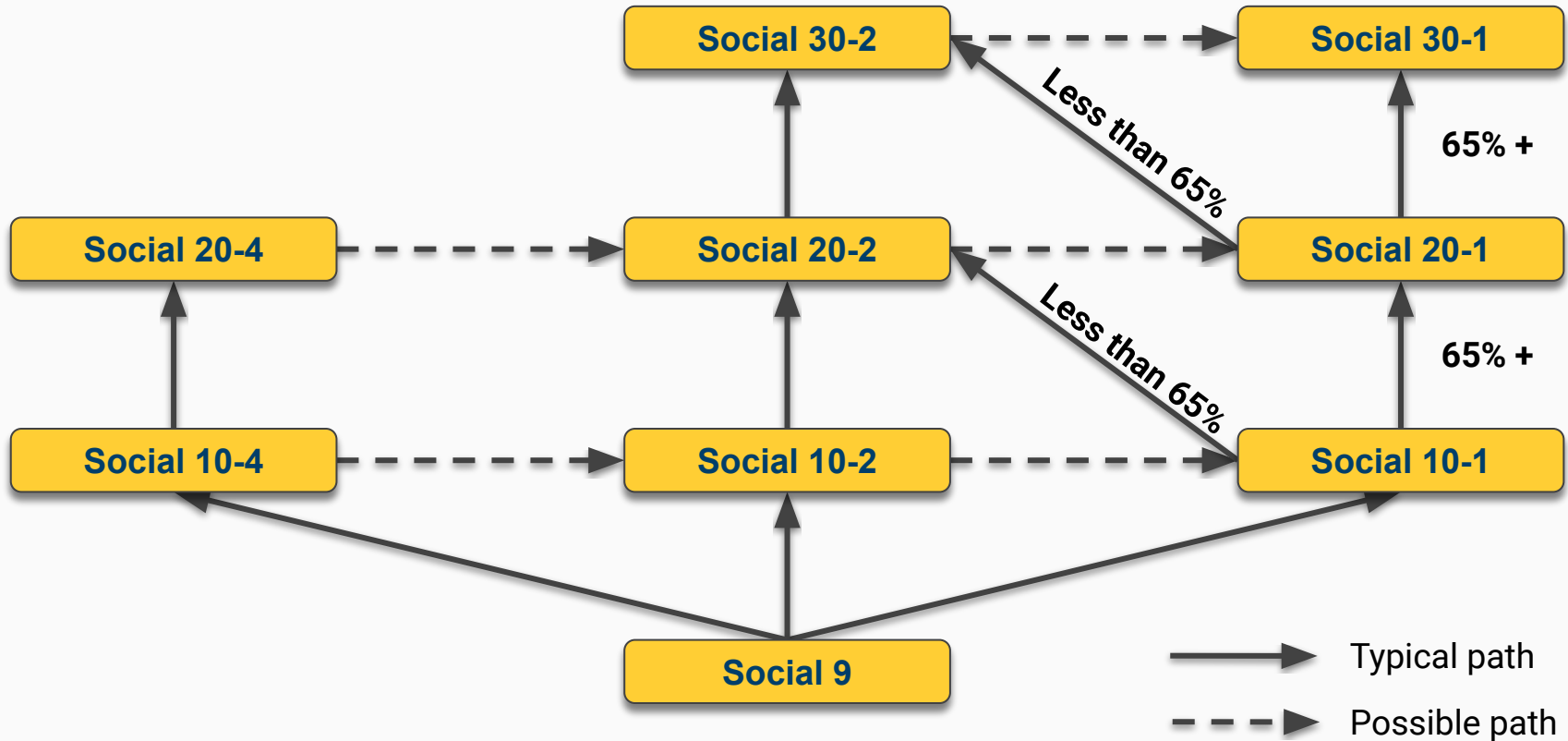
- 10 or 15 - Grade 10
- 20 or 25 - Grade 11
- 30 or 35 - Grade 12

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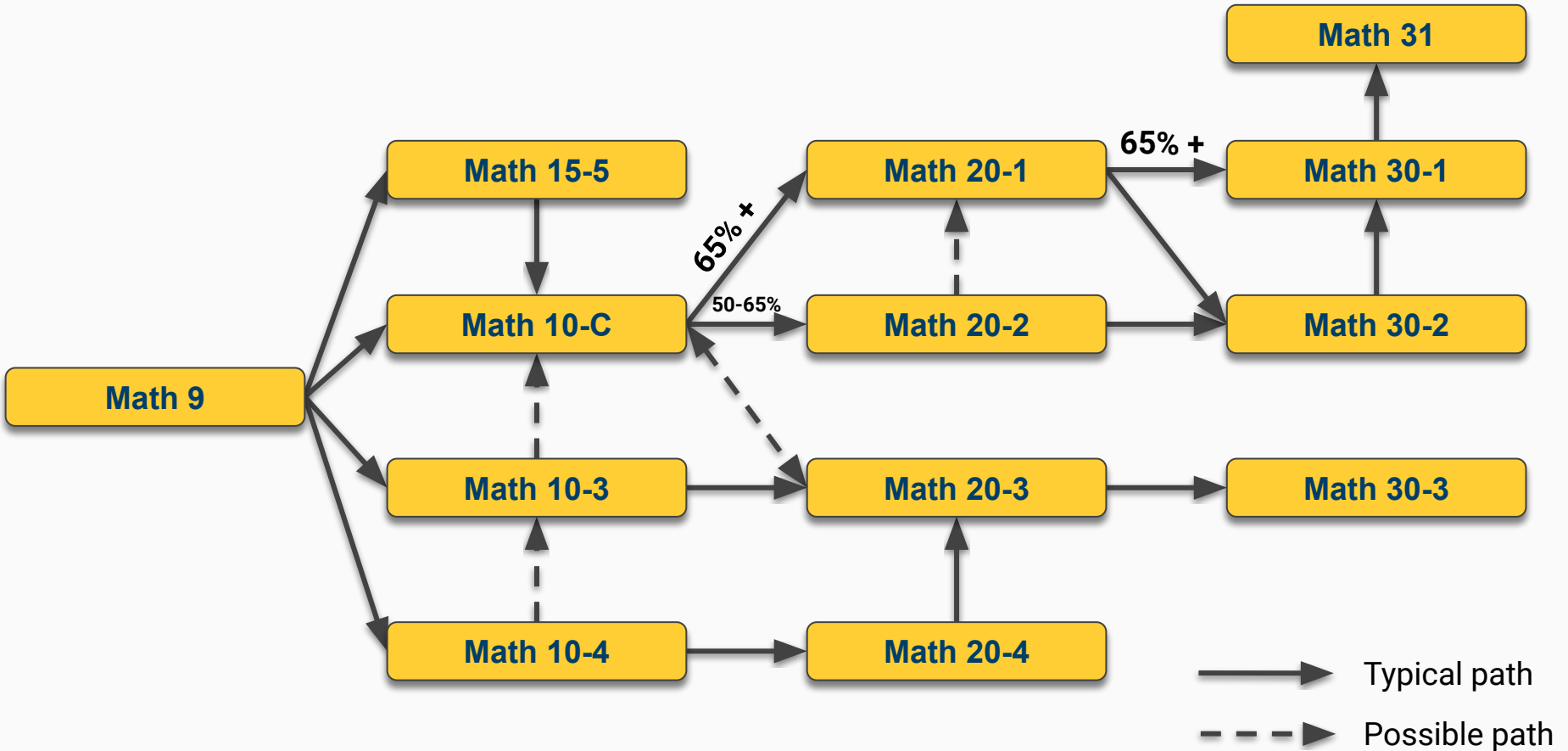


"It's important to learn math because someday you might accidentally buy a phone without a calculator."

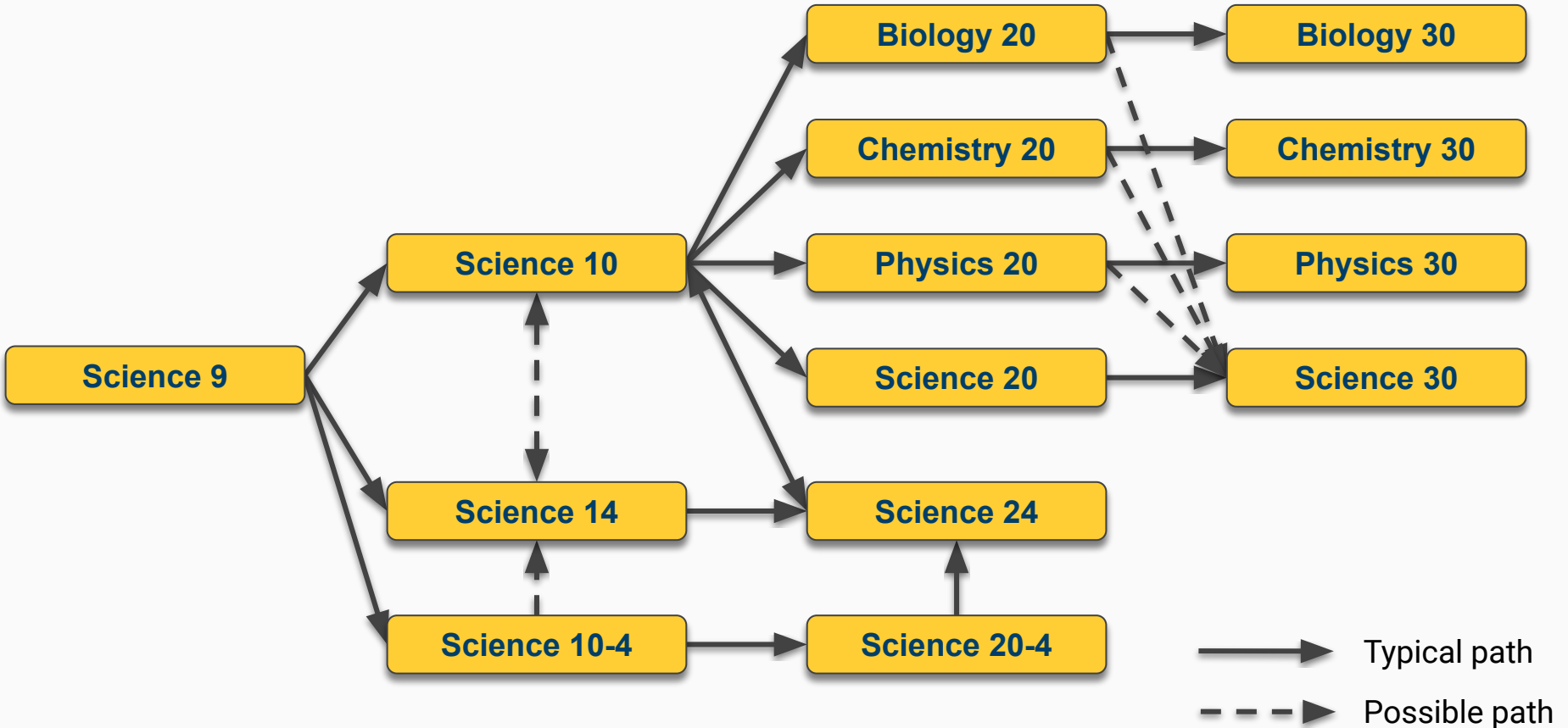
Social Studies



Math



Science



Red Deer Catholic Graduation Requirements

- 100 credits
- English 30-1 or 30-2
- Social 30-1 or 30-2
- 10 credits in any other 30 level courses
- Math 20-1, 20-2 or 20-3
- 20-level Science
- Three RS classes
- CALM 20
- PE 10-3 or 10-5
- 10 credits from either or in combination of CTS, other languages, PE 20/30, Fine Arts, and some approved locally developed courses



Dual Credit/RAP/Green Certificate Programs

RAP - Registered Apprenticeship Program

- 125 hours in a semester = 5 credits

Green Certificate - Agriculture Certification - 16 credits

- Dual Credit Course Offerings (30 level CTS credits)

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

Dual Credit



Work Experience

HCS3000 Workplace Safety Module Prerequisite

Credits Associated:

75 hours in a semester = 3 credits

For each additional 25 hours = 1 credit



Hockey Academy

- Hockey Academy
 - Lead Instructor - Erik Lodge
 - 10 credits - 5 credits of PE and 5 credits in Sports Performance
 - Cost - Currently \$700
- More information will be provided during High School 101 on March 12th.



Get involved!!!

- Extensive athletics program with many of our programs having senior and junior development programs
- Drama Productions
- International Travel
- Youth Ministries
- Radius Productions
- Yearbook
- Dungeons and Dragons
- Student Voice/Youth Champions
- United- Gay Straight Alliance
- Grad committee.....the list goes on and on!



**GET
INVOLVED**

Course Guide

Notre Dame Course information and descriptions are available in the Program Guide which can be found on the school website:

[2024-2025 Program Guide](#)

École Secondaire Notre Dame High School

2023-2024 Program Guide





Notre Dame High School International Travel Program



Eastern Europe	Japan Exchange	Spain & France	Service Trip *
Signing up for Spring 2024	July 2024	Planned for Spring 2025	TBD
Mr. Stevens Ms. Aitchison	2 Week Exchange Mr. Lerouge Mrs. Roth	Spots Available Mrs. Letwin Mme Escobar	With St. Joseph & St. Dominic



****This trip is still in the planning/approval stage so stay tuned for more details!***

Cougars' Den

Contacts: Dana Woroniuk

Email

ndcougarsden@rdcrs.ca



Student Support

- **School Counsellors 2024-2025**

- Melanie Roth- Grade 10
- Miguel Deschenes- Grade 11
- Jill Meraw - Grade 12

- **Career Advisor**- Brandy Groundwater

- Scholarship Opportunities - see our website and go under the student services tab for more information

- **Family School Counsellor (FSC)** - Brenden Mandrusiak

- FSC's support the social, emotional and mental wellness of students and families within their home, school and community through early intervention & prevention.

RDCRS - Online Summer School



Popular Summer School Courses for Grade 9's:

- Chrome Academy (5 credits + Chromebook)
- Religious Education 25, 35 - No prerequisite (3 credits)
- CALM (Career and Life Management (3 or 5 credits)
- Physical Education (5 credits)
- Math Competencies 15 (5 credits)
- HCS 3000 (1 credit) Prerequisite for Work Experience

Students - Maximum 10 credits with one core course



For a full listing of courses see our website: <https://summerschool.rdcrs.ca>

Important Dates:

Registration and Course Selections due: March 20th

Sept 3rd, 2024 - Grade 10 First Day of School

IMPORTANT

Building your timetable

ND Grade 10 Course Planning Documents



Video Instructions: <https://tinyurl.com/NDInstructions>

LAST NAME: _____ FIRST NAME: _____ HOMEROOM: _____

CURRENT SCHOOL:

- St. Francis St. Thomas Mother Teresa St. Marguerite Other
 Camille J. Lerouge St. Patrick's St. Gregory the Great St. Lorenzo Ruiz

Full-Time Online

- Full Time Online for 2024-2025 school year

Full-time online students will be completing online courses from home. Please go to the ND Full Time Online Grade 10 Course Request Planning Documents 2024-2025 to complete your planning sheet. Do not use this document.

PROGRAMMING (Please select your program for the 2024-2025 school year)

- Regular French Immersion K&E Program

French Immersion and K&E Students, do not complete this document. Please use the French Immersion or K&E planning documents instead.

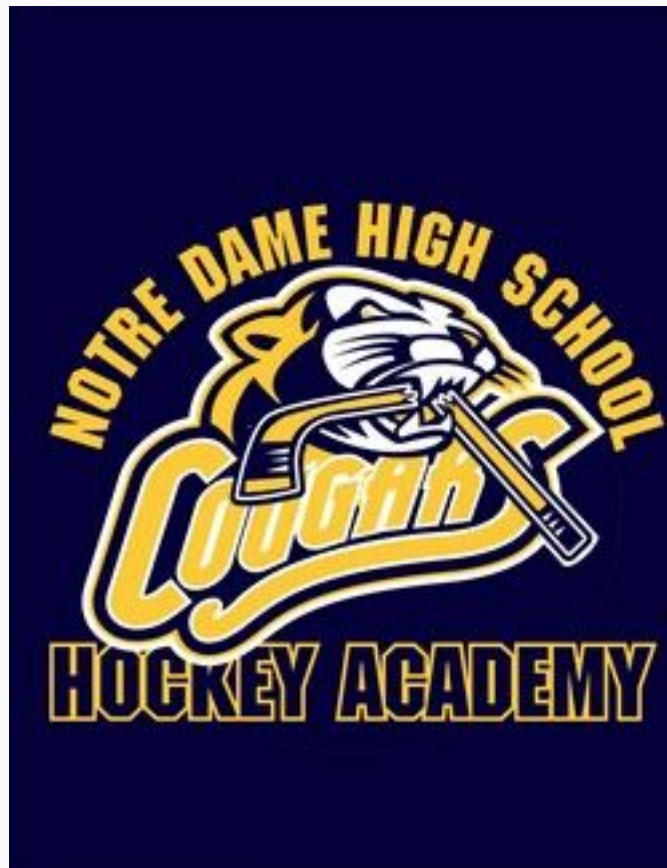
Grade 10 transition information

notredamehigh.ca



QUESTIONS??

Notre Dame Hockey Academy Information Session



Hockey Academy

- Hockey Academy
 - Lead Instructor - Erik Lodge
 - Instructor - Brett Wold
 - 10 credits - 5 credits of PE and 5 credits in Sports Performance
 - Cost - (Currently \$700) What is included



Hockey Academy

- Partnership with Red Deer Rebels
- Partnership with RDMH U18 AAA Optimist Chiefs
- Partnership with RDMH U18 AAA Sutter Fund Chiefs
- How do we build our groups Performance
- Transportation to and from the Arena
- Can we leave our equipment at school
- Education comes first



Typical Schedule

Hockey Academy 15

	Monday	Tuesday	Wednesday	Thursday	Friday
Block 1 8:48 - 10:06	On Ice	The Dome	On Ice	Studio Pilates	On Campus
Block 2 10:11 - 11:29				On Campus	

Hockey Academy 25/35

	Monday	Tuesday	Wednesday	Thursday	Friday
Block 1 8:48 - 10:06	The Dome	On Ice	Studio Pilates	On Ice	On Campus
Block 2 10:11 - 11:29			On Campus		

Why come to Notre Dame Hockey Academy?

Train Like a Pro with the our Hockey Academy

Are You:

- Planning on playing Junior Hockey or beyond?
- Committed to being your absolute best in school and in hockey?
- Committed to making a positive contribution to your community?
- Hoping to get a college scholarship, and want help to maximize your athletic potential?
- Looking to explore careers related to your passion for the game?
- A team player with the ability to work well with others?
- Coachable?
- Persistent?
- Driven to succeed?

Get that competitive edge and gain speed, power, agility, strength, and stamina by training like a pro with the Notre Dame Hockey Academy (NDHA).

Registration

<https://www.notredamehigh.ca/programs/hockey-academy>

In Notre Dame Catchment and currently at a Red Deer Catholic Middle School:

Your child should be receiving correspondence from Notre Dame High School as the counselors make their visits. When students start to choose their courses for next year, your child will indicate Hockey Academy on their course selection sheet. Once we have confirmation that they want to attend Hockey Academy, parents will be asked to pay a \$150 deposit (non-refundable), to hold a spot in the Hockey Academy.

Out of Notre Dame Catchment and currently at a Red Deer Catholic Middle School:

Parents will need to fill an Out of Boundary Request form that indicates their child is wanting to attend Notre Dame for the Hockey Academy. Once your request has been approved, you will be sent an email indicating that you need to contact the financial secretary at Notre Dame and pay a \$150 deposit (non-refundable), to hold a spot in the Hockey Academy. Once this deposit is received, your child's next school indicator will be changed by their middle school to Notre Dame. Your child should receive correspondence regarding course selection from Notre Dame.