



THE SECRETS OF  
GRADE 9  
REVEALED

# Welcome Grads of 2025

Timetables will be sent out before school starts. Stay tuned for more information!



Some of the things you can do at Sacred Heart High School...

Sports  
SRC  
Rock Band  
SADD  
Social Justice  
Band  
Choir  
Drama  
Intramurals  
Musical  
Clubs  
Retreats

find out more at...

[sacredheart.christtheteacher.ca](http://sacredheart.christtheteacher.ca)



*What do you  
need to graduate?*

Your high school diploma requirements include:

3 Credits in Catholic Studies

5 Credits in ELA

2 Credits in Math

2 Credits in Science

3 Credits in Social Studies

1 Credit in Physical Education

8 Electives

Don't forget about [myblueprint.ca](http://myblueprint.ca) for planning  
your future!!

# YOU asked

about life at high school — now we answer!

Q

I am worried about losing my old friends when I make new ones. How will I manage both?

A

High School is a great opportunity to meet new people and make new friends. You don't have to lose old friends at the same time. You will find that your group of friends continues to expand and change throughout your high school years. Just let things happen naturally; it will all work out!

Q

What are teachers like at high school?

A

High School teachers are just like your elementary school teachers. They care about young people, and they want to get to know you. Make sure you try to get to know them too!

Q

Is there a Grade 9 initiation into high school where I am going to get stuffed into a locker or something?

A

No. Grade 9's will be made to feel welcome by all students.

Q

How will I know when the first meetings for clubs or try-outs for sports teams be taking place?

A

Listen to the announcements each morning. If you miss something, they are always posted on a bulletin board or on the school website. Ask your teacher if you are unsure where to find this information.

Q

*What if I get lost the first day, what will I do?*

A

There will be many people who will be helping you your first few days of high school.

Q

Who can I go to if I need help?

Always begin by talking to your teacher. He/she will be able to provide you with the help you need to get on track. There are also many other people who can help. For example, there are Guidance Counselors, student Support Services Teachers (SSTs), Student Liaison Worker, Secretaries and Educational Assistants (EAs)!



## Timetable

You will receive a timetable in August. This will let you know at what time each class takes place, the room numbers and teachers' names.

## Compulsory Courses

**These are courses you need to complete successfully in order to receive a High School Diploma.**

## Diploma

A High School Diploma is granted to a student when they have earned their 24 credits.

# WHAT does it mean?

Definitions for common High School terms.

## Credit

**When you successfully finish a course, you are given a credit.**

## Community Service Hours

Every student completes community service for their Catholic Studies class, outside of school hours.

## Prerequisite Courses

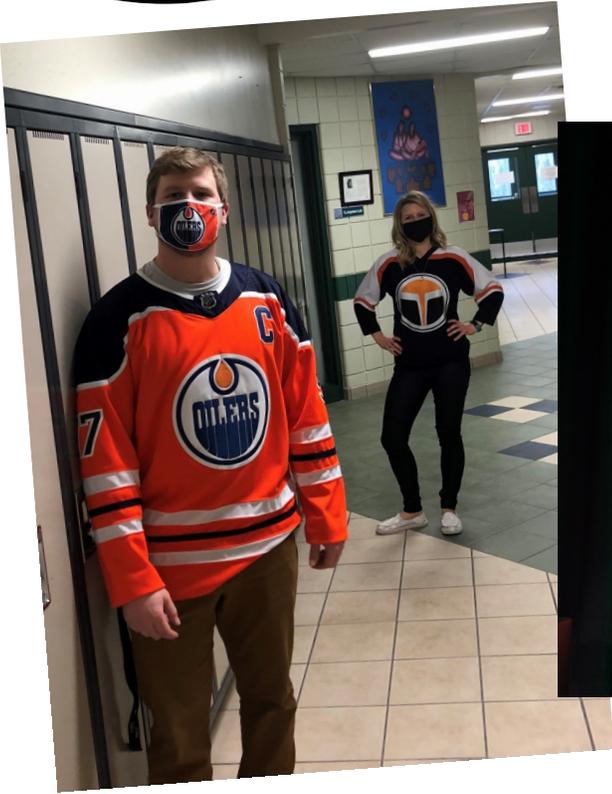
*This is a course that you pass before moving on to the next level. For example, you must pass Grade 10 English before you take Grade 11 English.*

## Elective Courses

You may choose these courses because they are interesting or because you wish to gain experience, skills and knowledge.

Talk to older kids  
who can help you

# TOP 10 HIGH SCHOOL TIPS



“Teachers are really understanding so get  
to know them”

Expand  
your circle  
of friends!



Come  
organized and  
enjoy the  
freedom of high  
school.

*Get involved and try new things!*



Have fun!  
Be yourself!



Just come to school and let people  
know the REAL you!

Know who you are,  
and be who you  
are...

Always love yourself  
and those around you,  
and you can make a  
difference.

# *Your courses explained*

## **ACTIVE LIVING & FITNESS LEADERSHIP**

The goals of this course are that students have the opportunity to acquire and evaluate exercise science and strength and conditioning related research and information. Students will develop skill in making knowledgeable decisions to improve physical fitness and athletic performance, and develop positive attitudes towards physical training and exercise science.

## **BAND 9**

This course focuses on the continued development of musicianship through instrumental performance of quality band repertoire, technical studies and listening to/viewing and analysis of appropriate models.

## **CHOIR 9**

This course introduces students to the fundamentals of choral singing by developing vocal technique, musical literacy, ear training and listening skills. Students explore a diverse selection of choral repertoire representing numerous styles of music, historical periods, cultures and languages. Students learn to harmonize and develop the expressive techniques of performance

## **CATHOLIC STUDIES 9**

The aim of Catholic Studies is for students to understand, value and engage in Catholic Christianity so they may hear an invitation, or deepen their commitment, to live as followers of Jesus Christ. Students studying this curriculum come to understand the goal of the Catholic church is to unite humanity with God in love. The Catholic Studies 9 curriculum focuses in part on the importance of community in supporting and deepening one's faith.

## **DRAMA 9**

The Drama course is intended to introduce the student to the basic elements of drama. The class will involve character development, examining and creating scenes, improvisation, monologue, and various other drama techniques.

## **ENGLISH 9 A & B**

Read modern stories and stories from long ago! Discuss ideas, such as values and relationships, and discover the conflicts the characters experience. Relate these ideas to your own life and share them with others in an essay. Research advertising techniques to create media projects.

## **HEALTH 9**

This class will develop understanding and skills necessary to take action to improve health; help to make informed decisions based on health-related knowledge; and apply decisions that will improve personal health and/or the health of others. Topics covered will be: safety, non-curable infections/diseases, chronic illness, healthy food, addictions, tragic death and suicide.

## **HOME ECONOMICS 9**

Students will gain a basic knowledge of clothing care and basic hand sewing skills. Students will explore food and its sourcing along with linking basic nutritional concepts and issues as part of consumerism and a healthy lifestyle. They will also focus on learning practical cooking skills. This course also includes an introduction to financial literacy with a focus on basic budgeting and financial decision making.

# *Your courses explained*

## **MATHEMATICS 9**

Explore mathematical concepts using hands-on materials, graphing calculators and other technologies. You will develop equations of straight lines in analytic geometry and explore relationships between volume and surface area of objects in measurement. Algebraic and reasoning skills will be applied to solve realistic problems.

## **PHYSICAL EDUCATION 9**

A class designed to promote and encourage lifelong participation in physical activity and the development of a commitment to overall well being through physical fitness.

## **PRACTICAL & APPLIED ARTS SURVEY 9**

This Industrial Arts program is designed to incorporate safety, theory and practical shop time. The class will focus on Woods, CNC design, Drafting and Welding

## **ROCK BAND 9**

Students must audition for a role in the Sacred Heart Rock Band—Channel 22. Students accepted will develop individual and group techniques and routines in preparation for public performances. Students are expected to participate in some sessions and performances that take place outside of school hours.

## **INFORMATION PROCESSING**

Information Processing 10 offers students an introduction to the ever changing world of computers and technology. Students are given the opportunity to explore several computer software applications that are used for word processing, information exchange and design. They will demonstrate these skills in the various projects that they complete throughout the course.

## **SCIENCE 9**

This course is a general science survey course with units focusing on space, chemistry, electricity and reproduction. The connections among science, technology and

## **SOCIAL STUDIES 9**

The Grade 9 course is a program that studies the relationship between the past and present, covering history from the beginning of mankind (prehistory) to the present day. Students will consider how worldviews are shaped and how they are expressed while living in particular times and places.

## **VISUAL ART 9**

The aim of the Arts Education curriculum is to enable students to understand and value art expressions through life. Arts Education 9 will focus on the theme—taking action. This conceptual focus will provide opportunities for students to make meaningful interdisciplinary connections and achieve deeper understandings.

# UNDERSTANDING YOUR SCHEDULE

Are you wondering what all of this means in your new schedule?

Course	Description	Room	Teacher	Term	Schedule	Credit
0900 ELA 09A-a	English Language Arts 9	117	Rathgeber, Haley	B1	1(1)	0.0000
0902 Sci 9-a	Science 9	110	Tratch, Tricia	B3	1(1)	0.0000
0906 PhysEd Co-ed 09-a	Physical Education 9	GYM.	Karcha, Garrett	B3	2(1)	0.0000
0913 Soc St 9-a	Social Studies 9	116	Enns, Perry	B4	1(1)	0.0000
0969-Cath St 9-a	Catholic Studies 9	110	Tratch, Tricia	B4	2(1)	0.0000
0900 ELA 09B-a	English Language Arts 9	113	Senger, Jayne	B5	2(1)	0.0000
0901 Math 9- a	Mathematics 9	109	Grela, Jim	DB 12	2(1)	0.0000
5200-IP 10-a	Information Processing 10	114	Rathgeber, Haley	HB2_A	1(1)	1.0000
0911 Drama 9-b	Arts Education 9	THEATER	Boucher, Steven	HB2_B	1(1)	0.0000
0950 Health 9-c	Health Education 9	117	Rathgeber, Haley	HB5_A	1(1)	0.0000
0911 Visual Arts 9-d	Arts Education 9	ARTROOM	Sogbetun, Linda	HB5_B	1(1)	0.0000

*Course code and description*

*B1—Block 1*

*B2—Block 2*

*B3—Block 3*

*B4—Block 4*

*B5—Block 5*

*DB—Double Block-classes for 2 full blocks*

*HB-Half Block-eg. HB\_2A-class is for the first half of block in Block 2*

*1—Morning*

*2—Afternoon*