

Department	CrsCode	Description	GrdLvl	Summary
<b>Applied Skills</b>	MFOOD10	ADST - FOOD STUDIES 10	10	This course's main focus is healthy snacks and meals that are delicious! Students will add to their knowledge of nutrition, sanitation, and safety and build on their culinary techniques. Yummy labs include everything from banana creme crepes to beef stroganoff to chicken caesar wraps. No previous cooking experience is required to take this course. Current health and food issues will be explored.
	MMEDD10	ADST - MEDIA DESIGN 10	10	Want to join the Seaton Yearbook Team? Yearbook is an out-of-timetable digital art course where students use an online design program to create beautiful pages for the school yearbook! Working as a team, the class decides on the theme for the year. Previous themes have included "Storybook" "Sketchbook" and a 1980's retrospective! We require several photographers in this class so if you enjoy taking pictures this is the class for you! This class runs all year as a linear course outside the regular timetable. The Yearbook Team meets Wednesdays after school from 3:15 - 4:45."
	MTPOW10	ADST - POWER TECHNOLOGY 10	10	Students will disassemble and rebuild a four-stroke engine. You may bring in your own project for this task. Students will be expected to have a project in mind to work on or build. This may be a go-cart, mini-bike, or other self-directed project.
	YCPA-0A	BA LEADERSHIP 10	10	This course will offer students the opportunity to learn, develop, and discover leadership knowledge and skills. the most important prerequisite is the determination to improve self, school, and community - no experience necessary, only desire and commitment. Topics to be covered include self-awareness and esteem, communication skills, organizational skills, goal setting, implementation strategies, time management, group process, problem-solving, and evaluation. This course is offered outside of the timetable and should be considered as a 9th course.
	MCLE-10	CAREER LIFE EDUCATION	10	Career Life Education is a required course that will enable students to develop career and education plans, make thoughtful decisions, and take responsibility for pursuing their goals. The main component of CLE includes Graduation planning and requirements; Education and Career Research; Financial Literacy and Global Economic market conditions, and Community Networking, Innovation, and Entrepreneurship.

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<b>Applied Skills Cont'd</b>	FCLE-10	CAREER LIFE EDUCATION 10 - FRENCH	10	Career Life Education 10 curriculum taught in a French Immersion environment. This is a required course that will enable students to develop career and education plans, make thoughtful decisions, and take responsibility for pursuing their goals. The main components of CLE include graduation planning and requirements; education and career research; financial literacy and global economic market conditions; and community networking, innovation, and entrepreneurship.
	MTMET10	METALWORK 10	10	A wide variety of metal types and metalworking processes will be used to produce a series of required projects. A thorough foundation will be set in machining procedures and skill development. Safe use of the shop's equipment is demonstrated and expected of students. Later in the course, if time permits, students will be able to design and build their own projects. Some projects will have a cost that will be determined by the material students use.
	MTXT-10	TEXTILES 10	10	This hands-on course is for students who would like to learn how to sew or would like to develop their sewing skills further. Projects include those with collars, buttonholes, zippers, and set-in sleeves. A textile art quilting project may be included. Basic supplies for the curriculum are provided. Students may choose to buy other materials.
	MWBDV10	Web Development 10	10	<a href="https://curriculum.gov.bc.ca/curriculum/adst/10/web-development">https://curriculum.gov.bc.ca/curriculum/adst/10/web-development</a>
	MWWK-10	WOODWORK 10	10	Students will build on previous woodworking skills. As students' abilities improve, their projects become more complex. Opportunities for projects in this course include a patio chair and foldable table. Students will be challenged with their own choice of projects and design opportunities.
<b>Fine Arts</b>	MVAST10	ART STUDIO 10	10	This is a studio art class for the serious art student, one who has demonstrated dedication and ability in the past, and with an enthusiasm for the practical experience of art. It will focus primarily on drawing and painting. This is a comprehensive course wherein students create a portfolio of work to demonstrate the artistic skills and ideas they have developed, refined, and applied over the course of the year.

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<b>Fine Arts Cont'd</b>	MMUCC10	CHORAL MUSIC: CONCERT CHOIR 10	10	This course is open to all students with an interest in singing! It runs outside the timetable on Thursdays from 3:15 to 4:45 and is encouraged as a 9th course. Through the rehearsal and performance process, students develop musical skills including sight-reading, rhythm, soloing, and an understanding of a variety of forms of music. Additional choirs (honour/jazz/multi-mic) will be auditioned from out of this group and will rehearse at separate times. Instrumentalists are encouraged to join choir and bring their instruments.
	MMUCB10	CONCERT BAND 10	10	This band is a continuous process program with an emphasis on the development of playing and sight-reading skills and the study/performance of concert band literature of all types (traditional, modern, popular, etc.). Students enroll in this program will be assigned to one of two concert bands, intermediate or advanced, according to their playing ability.
	MDRM-10	DRAMA 10	10	DRAMA 10 Drama 10 builds on the skills learned in Drama 8 & 9. Group and individual projects intensify and include the Brown Bag short play festival. If there is a Directing/Script Development class running in the same block, these students will be the actors for those directors.
	MDRTC10	DRAMA: THEATRE COMPANY 10	10	Students in this class MUST have successfully auditioned in the previous school year. This is a performance course where students will learn acting, voice, and movement skills as they prepare a full-scale 27th Street Theatre show for the public. There is considerable out-of-school time commitment for this course. Students must be available after school, evenings, and on weekends.
	MMUJB10	INSTRUMENTAL MUSIC: JAZZ BAND 10	10	This course is a supplement to the concert band program with an emphasis on the development of playing and improvisational skills. this is an extra option for credit as a 9th course offered outside of the timetable. Members will be assigned to either the junior or senior Jazz Ensemble.
	MVAM-10	MEDIA ARTS 10	10	This art class continues to introduce students to varied materials, styles, and techniques. It examines in closer detail the principles and elements of design. Drawing, painting, ceramics, sculpture, crafts, and printmaking are all covered in this course.

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<b>Fine Arts Cont'd</b>	MMUTH10	MUSICAL THEATRE 10	10	Students in this class MUST have successfully auditioned in the previous school year. This is a performance course and students will learn triple-threat skills in acting, singing, and dancing as they prepare a full-scale 17th Street Theatre musical show for the public. There is considerable out-of-school time commitment for this course. Students must be available after school, evenings, and on weekends.
	MDRD-10	THEATRE PRODUCTION 10	10	Theatre Production 10 focuses strictly on learning and the behind-the-scenes production elements of putting on a major production. These students build the set for the current 27th Street Theatre production and learn about lights, sound, costumes, sets, and publicity. they will do an independent focus project alongside the class project of creating the show. Students in this class have first choice of production jobs for the current 27th Street Theatre show.
<b>Indigenous Academy</b>	MEFLS10--S- IA	EFP LITERARY STUDIES 10	10	The course is grounded in the Indigenous Peoples Principles of Learning. It is designed for all students, Indigenous and non-Indigenous, who are interested in delving deeply into Indigenous Peoples' oral and written literature and visual texts in a range of media. The course focuses on the experiences, values, beliefs, and lived realities of Indigenous Peoples as evidenced in various forms of text, including oral stories, podcasts, poetry, song, performance, film, and prose. A key feature of the course is its exploration and analysis of authentic Indigenous Peoples voices (i.e., historical or contemporary texts created by or with Indigenous Peoples). A portion of the course is spent examining how literary elements, techniques, and devices enhance meaning and impact, as well as recognizing and appreciating how different forms, structures, and features of texts reflect diverse purposes, audiences, and messages.
	MOK--10-L-IA	NSILXCEN (OKANAGAN) 10	10	The study of Nsyilxcen language and culture is intended to enable learners to communicate in Nsyilxcen. It also provides opportunities for students to gain insight into their own culture and encourages the development of intercultural sensitivity.

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<b>Indigenous Academy Cont'd</b>	MSS--10--L-IA	SOCIAL STUDIES 10	10	Canada and the World: 1919 to the Present. Social Studies 10 is a continuation of Social Studies 9. The course will look at the development, structure, and function of Canadian and other political institutions. Evolving concepts of Canadian identity and Canadian autonomy will be looked at with a focus on the changing relationship with Indigenous Peoples. International conflicts as well as international cooperation will be studied - including both world wars and the process of treaty-making.
	MPHED10- HL-IA	HEALTHY LIVING 10	10	Healthy Living 10 provides students with an alternative to the regular PHE 10 program. It is designed to appeal to the student that is interested in developing a healthy and active lifestyle in a more relaxed atmosphere. Students enrolled in the course will participate in a walking and/or learn-to-run program, develop an individual fitness program, learn about health and nutrition issues, use the school fitness room, and partake in various school and community-related activities. Students will gain an understanding of goal setting through the principles of training. Health education topics include healthy sexual decision-making, substance use and abuse, and nutrition. This course meets all the requirements of the PHE10 curriculum and will appeal to those students who have an interest in games and activities in a non-competitive environment **
	MEFSL10--S- IA	EFP SPOKEN LANGUAGE 10	10	The course is grounded in the Indigenous Peoples' Principles of Learning. It is designed for all students, Indigenous and non-Indigenous, who are interested in delving deeply into Indigenous Peoples' oral and written literature and visual texts in a range of media. The course focuses on the experiences, values, beliefs, and lived realities of Indigenous Peoples as evidenced in various forms of text, including oral stories, podcasts, poetry, song, performance, film, and prose. A key feature of the course is its exploration and analysis of authentic Indigenous Peoples' voices (i.e., historical or contemporary texts created by or with Indigenous Peoples). A portion of the course is spent demonstrating speaking and listening skills in a variety of formal and informal contexts for a range of purposes, as well as recognizing how language constructs and reflects personal and cultural identities.

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<b>Language Arts</b>	MEFNM10	EFP NEW MEDIA 10	10	<p>The course is grounded in the Indigenous Peoples' Principles of Learning. It is designed for all students, Indigenous and non-Indigenous, who are interested in delving deeply into Indigenous Peoples' oral and written literature and visual texts in a range of media. The course focuses on the experiences, values, beliefs, and lived realities of Indigenous Peoples as evidenced in various forms of text, including oral stories, podcasts, poetry, song, performance, film, and prose. A key feature of the course is its exploration and analysis of authentic Indigenous Peoples voices (i.e., historical or contemporary texts created by or with Indigenous Peoples). A portion of the course is spent examining how specific new media techniques and devices enhance and shape meaning and impact, as well as using digital media to collaborate and communicate both within the classroom and beyond its walls.</p>
	MEFLS10--S	EFP LITERARY STUDIES 10	10	<p>The course is grounded in the Indigenous Peoples' Principles of Learning. It is designed for all students, Indigenous and non-Indigenous, who are interested in delving deeply into Indigenous Peoples' oral and written literature and visual texts in a range of media. The course focuses on the experiences, values, beliefs, and lived realities of Indigenous Peoples as evidenced in various forms of text, including oral stories, podcasts, poetry, song, performance, film, and prose. A key feature of the course is its exploration and analysis of authentic Indigenous Peoples' voices (i.e., historical or contemporary texts created by or with Indigenous Peoples). A portion of the course is spent examining how literary elements, techniques, and devices enhance meaning and impact, as well as recognizing and appreciating how different forms, structures, and features of texts reflect diverse purposes, audiences, and messages.</p>
	MEFSL10--S	EFP SPOKEN LANGUAGE 10	10	<p>The course is grounded in the Indigenous Peoples Principles of Learning. It is designed for all students, Indigenous and non-Indigenous, who are interested in delving deeply into Indigenous Peoples' oral and written literature and visual texts in a range of media. The course focuses on the experiences, values, beliefs, and lived realities of Indigenous Peoples as evidenced in various forms of text, including oral stories, podcasts, poetry, song, performance, film, and prose. A key feature of the course is its exploration and analysis of authentic Indigenous Peoples voices (i.e., historical or contemporary texts created by or with Indigenous</p>

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<b>Language Arts Cont'd</b>	MEFSL10—S Cont'd	EFP SPOKEN LANGUAGE 10	10	Peoples). A portion of the course is spent demonstrating speaking and listening skills in a variety of formal and informal contexts for a range of purposes, as well as recognizing how language constructs and reflects personal and cultural identities.
<b>Languages</b>	MFR--10	CORE FRENCH 10	10	In this class, a more sophisticated and communicative approach is taken to the French language with a special emphasis on past tenses and on oral descriptions. A good understanding of this course will ensure success in French 11 and 12. Good listening skills are required and enforced. Oral communication is an essential component of French 10.
	MOK--10	OK LAN 10 nsyilxcen	10	The study of Nsyilxcen language and culture is intended to enable learners to communicate in Nsyilxcen. It also provides opportunities for students to gain insight into their own culture and encourages the development of intercultural sensitivity.
	FFRAL10	Français Langue 10	10	All language skills learned in previous years will continue to be developed with literature and composition playing a greater role. DELF activities will continue to be worked on in preparation for the optional DELF exam in grade 12. This is a required course for students wanting to achieve a dual dogwood graduation diploma.
	MIOK-11	INTRODUCTORY NSILXCEN (OKANAGAN) 11	10	This study of the Nsyilxcen language is intended to enable learners to communicate in Nsyilxcen. This course also provides opportunities for students to gain insight into the Okanagan culture, their own culture, and encourages development of intercultural sensitivity. This course will run only if a qualified instructor is available.
<b>Mathematics</b>	MFMP-10	FDN & PRE-CALC MATH 10	10	This pathway is designed to provide students with the mathematical understanding and critical-thinking skills identified for post-secondary studies. This course leads to either Foundations of Mathematics 11 or Pre-Calculus 11. The course includes problem-solving, algebra, relations, functions, and measurement.
	FFMPF10	FDN & PRE-CALC MATH 10 - FRENCH	10	This pathway is designed to provide students with the mathematical understanding and critical-thinking skills identified for post-secondary studies. This course leads to either Foundations of Mathematics 11 or Pre-Calculus 11. this course includes problem-solving, algebra, relations, functions, and measurement. This course is taught in French.

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<b>Mathematics Cont'd</b>	MWPM-10	WORKPLACE MATHEMATICS 10	10	This pathway satisfies the Ministry of Education's grade 10 math requirement. It is designed to provide students with the mathematical understanding of critical thinking skills required for entry into most trade programs and for direct entry into the workforce. Topics include measurement, geometry, finance, algebra, and statistics.
<b>Modern Languages</b>	FFRAL10	FRANCAIS LANGUE 10	10	All language skills learned in previous years will continue to be developed with literature and composition playing a greater role. DELF activities will continue to be worked on in preparation for the optional DELF exam in grade 12. This is a required course for students wanting to achieve a dual dogwood graduation diploma.
<b>Physical Education</b>	MPHED10-FC	PHED10- Fitness/Cond	10	In this class you will learn to create personal fitness plans and work out at your own pace to meet your goals. The instructor will create a fun, yet challenging atmosphere that caters to all fitness levels regardless of your training goals. This class includes proper instruction on weightlifting and conditioning techniques, direction for equipment use, and introductory strength and conditioning theory and application so you can create your own training program. You will participate in various exercise and programming techniques and exercises in a hands-on manner to learn various Strength and Conditioning principles in a stress-free, self-paced environment. This course is offered only during after-school hours and is recommended as a 9th course. Class is held in the morning before school starts.
	MPHED10-HL	MPHED10-Healthy Living	10	Healthy Living 10 provides students with an alternative to the regular PHE 10 program. It is designed to appeal to the student that is interested in developing a healthy and active lifestyle in a more relaxed atmosphere. Students enrolled in the course will participate in a walking and/or learn-to-run program, develop an individual fitness program, learn about health and nutrition issues, use the school fitness room, and partake in various school and community-related activities. Students will gain an understanding of goal setting through the principles of training. Health education topics include healthy sexual decision-making, substance use and abuse, and nutrition. This course meets all the requirements of the PHE9 and the PHE10 curriculum and will appeal to those students who have an interest in games and activities in a non-competitive environment **

Department	CrsCode	Description	GrdLvl	Summary
Physical Education Cont'd	MPHE-10--LGIR	PHYSICAL AND HEALTH EDUCATION 10 - ALL GIRLS	10	The program is designed specifically and exclusively for females to promote an active, healthy lifestyle. This course will provide an environment to explore issues related to women's health and fitness. Students will be exposed to a variety of lifetime activities aimed at achieving a basic level of fitness using both school and community facilities. Sports and activities will be determined by student interest and can include, but are not limited to badminton, circuit training, Bootcamp, HIIT workouts, yoga and hot yoga, golf, winter activities, bowling, self-defence, strength and conditioning, tennis, biking, hiking, Zumba, and jogging. In addition, topics for discussion include nutrition, positive body image, and healthy choices
	MPHED10-YO	PHED10-YOGA	10	Do you want to save the money of a gym membership? Are you ready to focus on your fitness as an individual rather than in a team setting? We will look at how to lead a healthy lifestyle in a holistic, balanced way. Set your own fitness goals and achieve them! this course will continue to build on exploring the anatomy of movement, taking yoga poses deeper using techniques like binding, bandhas, and dristis, as well as looking at potential to teach and build the business of yoga.
	MPHED10-TS	PHYSICAL AND HEALTH EDUCATION 10 Team Sports	10	Team Sports 10 provides students with an alternative to the regular PHE 10 program. It is designed to appeal to the student that is interested in actively participating in an intramural type of atmosphere. There will be a focus on sport-based skill development and the application of tactical advantages (e.g., serve/receive in volleyball, offensive sets/team strategy in basketball). Students enrolled in the course will participate in an individualized strength and conditioning program, learn about health and nutrition issues, use the school fitness room, and partake in team and individual-based sports in a fun, semi-competitive environment. Students will develop their understanding of goal setting through the principles of training. Health education topics include healthy sexual decision-making, substance use and abuse, and nutrition.
Sciences	MSC--10	SCIENCE 10	10	Recommended Prerequisites SC9this is the last course to cover all areas of science. From this course, students will develop knowledge and skills that will assist them in the senior-level courses. Areas of study include: 1. Processes of Science. 2. Live Science - genetics. 3. Physical Science - Chemical reactions. 4. Physical Science - Motion (speed, velocity, time, acceleration). 4. Earth and Space Science.

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<b>Sciences Cont'd</b>	FSCF-10	SCIENCES NATURELLES 10 - FRENCH	10	This course includes content from each of the main branches of science providing unconditional knowledge and skills for senior-level science courses. As part of the French Immersion program, this course is conducted entirely in French, and students are expected to communicate in French at all times. During the semester, students will learn about the processes of science, genetics, chemical reactions, radiation, motion, energy, and astronomy along with overarching themes within these domains. Skills such as problem-solving and collaboration and application of information are also stressed.
<b>Social Studies</b>	FSCH-10	SCIENCES HUMAINES 10	10	This French Immersion course covers the time period from 1919 to the present. The content focuses on how local, national, and global conflict can have lasting effects on the contemporary world. The course will also look at political decision-making and how societal changes are influenced by economic, social, ideological, and geographic factors. Throughout the course, bias of various kinds will be examined considering how developments in Canadian society can be viewed in different ways depending on an individual's worldview or perspective.
	MSS--10	SOCIAL STUDIES 10	10	Canada and the World: 1919 to the Present. Social Studies 10 is a continuation of Social Studies 9. the course will look at the development, structure, and function of Canadian and other political institutions. Evolving concepts of Canadian identity and Canadian autonomy will be looked at with a focus on the changing relationship with Indigenous Peoples. International conflicts as well as international cooperation will be studied - including both world wars and the process of treaty-making.
<b>Support Services</b>	YIPS-0B	BA PEER TUTORING 10	10	BA PEER TUTORING 10