



**ÉCOLE
SIR JOHN FRANKLIN
HIGH SCHOOL**

2025-2026

Grade 10 Course Handbook

ÉCOLE SIR JOHN FRANKLIN HIGH SCHOOL

GRADE 10 COURSE SELECTION



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INTRODUCTION

The purpose of this course selection document is to provide students with an outline of the courses offered at Sir John Franklin High School. Students are encouraged to talk to their teachers, counselors and parents/guardians to assist in course selection.

It is important to be familiar with the NWT Graduation Requirements for students who entered Grade 9 in the 2023–2024 school year or later when making your selections.



Grade 12 credits – Of the 80 total credits, students must complete a minimum of 16 credits at the grade 12 level including a required Language Arts 12 course and Career Life Connections.

Students entering grade 10 are required to take the following:

- | | |
|---|--|
| <input type="checkbox"/> English | <input type="checkbox"/> Career Life Education |
| <input type="checkbox"/> Social Studies | <input type="checkbox"/> Physical & Health Education |
| <input type="checkbox"/> Science | <input type="checkbox"/> Arts Education and/or ADST |
| <input type="checkbox"/> Math | |

- Students are required to achieve a mark of 50% or more in order to receive credits for courses.
- At SJF, students in grade 10 must have a full schedule. This means you must have 5 courses each semester.
- Changes to the language of instruction will not be permitted after the schedule has been created.

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English

English – Literary Studies 10 (2 credits) & Composition 10 (2 credits)

English 10 at SJF comprises two curricula, blended into a single course: Literary Studies and Composition 10. Literary Studies allows students to delve deeply into literature as they explore specific themes, periods, authors, or areas of the world through literary works in a variety of media. Composition is designed to support students in their development of written communication through a critical process of questioning, exploring, and sampling. The course builds students' writing competencies by introducing them to varied structures, forms, and styles of compositions. Students have opportunities to individually and collaboratively study, create, and write original pieces, exploring audience and purpose.

Social Studies

Social Studies 10 (4 credits)

The Social Studies 10 course explores issues related to governance, including contemporary environmental, political, and economic policies in Canada, as well as discriminatory policies from our past, including internments during the World Wars. By examining national identities and various political structures in Canada (including Indigenous self-governance), students consider multiple perspectives in matters of conflict and cooperation, including issues of human rights, such as findings and recommendations of the Truth and Reconciliation Commission. Students consider Canada's role on the international stage by analysing and evaluating foreign policy in times of conflict and peace.

**Also offered in French based on course requests.*

Science

Science 10 (4 credits)

The Science 10 curriculum covers four topics:

- Genetics – patterns of inheritance, DNA, and mechanisms for the diversity of life
- Chemical reactions – classification of matter, balancing reactions, and organic and inorganic compounds
- Energy – potential and kinetic energy; applications in daily lives
- Space – formation of the universe, collection and analysis of astronomical data

**Also offered in French based on course requests.*



Mathematics

In grade 10, students have a choice between two Math programs, depending on post-secondary plans and future career goals. The curricular competencies of Reasoning & Modelling, Understanding & Solving, Communicating & Representing and Connecting and Reflecting will be further developed in the following two courses:

Workplace Math 10 (4 credits)

This course may be of interest to students wishing to make direct entry in the workforce or pursue a career in the trades, but will not necessarily satisfy university requirements. This course leads to Workplace & Apprenticeship 11 & 12.

Topics: Financial Literacy, Trigonometry, Measurement, Statistics & Probability

Foundations and Precalculus 10 (4 credits)

This course is designed for students wishing to pursue post-secondary programs at college and university. This course leads to Pre-Calculus 11 & 12 or Foundations 11 & 12. The intent of the Pre-Calculus program is to prepare students for post-secondary studies in a Calculus-based field (Sciences, Engineering) and the Foundations pathway is designed for post-secondary programs not requiring Calculus (Nursing, Arts, Fine Arts, some Business).

Themes: Financial Literacy, Relations & Functions, Algebra, and Trigonometry.

*Also offered in French based on course requests.

***The decision of course selection should be thoughtfully made based on each student's post-secondary plans, the teacher's recommendation and consultation with their guidance counselor.**

Career-Life Education

Career-Life Education (4 credits)

This course focuses on gaining an understanding of career-life development knowledge, skills, and strategies for life's journey into adulthood, and includes:

- examining ways to publicly represent ourselves both face-to-face and in digital environments;
- practising inclusive and respectful interactions for various community and work-related contexts;
- connecting and engaging with supportive community members;
- researching post-graduation options and planning resources.



Languages

Tłıchq 10 (4 credits)

This is an inclusive class for students with beginner to advanced Willıdeh/Tłıchq Yatı skills. Students will be immersed in the language whenever possible, and get hands-on experience through Cultural activities and trips on the land. The open-ended nature of our learning and assessment activities will allow beginning students to gain basic vocabulary and begin using simple sentences, while more experienced students can challenge themselves to use more complex sentences and verb structures.

Post-Intensive French 15 (4 credits)

This course is for students continuing their French language proficiency development based on the neurolinguistic approach. It builds on prior knowledge acquired in PIF 9. There is a focus on oral skills developed through authentic communication in the classroom. At the same time they continue to explore more detailed strategies for reading and writing. Activities are project-based and based on themes.

Core French 10 (4 credits)

This Core French course continues to build on the language skills developed in previous Core French classes, and move linguistically to more comprehensive use of language skills in reading, writing, and listening. Students will continue to examine strategies that help them learn and understand a second language including oral presentations, written work and other interactive activities.

Français langue seconde - immersion 10 (4 credits)

This course allows French Immersion students to further develop their French language skills by reading, writing and speaking French. The outcomes of these courses are:

- The understanding and appreciation of different francophone cultures around the world;
- The analysis and interpretation of a variety of texts and illustrations in French.
- Understanding the role of media on the values of society;
- The development of a rich and developed writing style in French;
- The advantages of bilingualism in personal, professional and social life;
- The review and practice of French verb conjugations and grammar.



Physical Education

Physical Education 10 – Traditional (4 credits)

The main aim of the physical education 10 program is to enable students to develop the knowledge, skills and attitudes necessary to lead an active and healthy lifestyle. In this course, students are introduced to a wide variety of sports and activities that are a regular part of the school year. Students will also have the opportunity to learn individual and cooperative ways to be active. Students will have the opportunity to develop and practice individual and team skills. Many activities in this course will center around sports and activities that our school participates in. These activities will happen both in and out of the gymnasium.

Physical Education 10 – Active Living (4 credits)

This course enables students to further develop the knowledge and skills they need to make healthy choices and to develop healthy habits that lead to an active and healthy lifestyle, now and in the future. Students will participate in a wide range of physical activities, including fitness, yoga classes, outdoor and traditional activities to help students develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living.

Arts Education

Art 10 (4 credits)

This is an introductory level studio art course, designed for students with all artistic ability levels and skills. Students will explore various materials, techniques, concepts, and processes essential to understanding the visual arts and the role of the artist, work on individual projects and studio studies to develop basic drawing and painting skills, learn design concepts, and further develop hand-eye coordination and fine-motor skills. The art assignments are designed to enhance and nourish such skills as creative problem solving and critical thinking, while developing the student's individual style.

Drama 10 (4 credits)

This program is designed to cover a range of drama techniques working towards two performances, a musical and a stage play. Preparation for the class performances will require after school rehearsals and some weekend work leading up to the shows.

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Theatre Production (aka. Drama Tech) (4 credits)

This program allows you to explore the technical aspects of lighting, sound, set preparation, props, costume, set painting, and design. You will be required to help outside of school hours for performances.

Choral Music 10 : Chamber Choir (4 credits)

This course is for students who like to sing and for those who want to improve their singing voice and learn how to work better in a group. Students will learn how to improve their vocal range and technique, sight-reading skills and listening skills by practicing in each class and by giving a performance at the end of the semester. Students also complete music theory and history modules as well as a research project. Course work involving both solo and ensemble singing is designed to encourage self-confidence, self-expression, improved self-esteem as well as skill building towards a future in the Arts as a soloist and skilled ensemble member.

Instrumental Music 10: Guitar (4 credits)

This course is for students who want to learn to play the guitar or who already play the guitar and want to build on the skills that they have. Students learn basic playing skills such as melody reading through traditional and TAB notation and how to play chord progressions more fluently. Students also complete music theory and history modules and learn how to write a song.

Instrumental Music 10: Concert Band (4 credits)

This course is for a student who wishes to learn to play a band instrument. Students will play each class so that they improve their playing technique, sight-reading skills and listening skills. There is a performance at the end of the semester. Students also complete music theory and history modules and a research project. Course work involving both solo and ensemble playing is designed to encourage self-confidence, improved self-esteem, self-expression with the goal of being a strong group member.



Applied Design, Skills & Technologies

Power Technology 10 (Automotives) (4 credits)

Power Technology 10 builds on fundamental mechanical concepts and introduces students to the theory and hands-on skills required for working with combustion engines and mechanical systems. Students will explore engine operation, components, disassembly and assembly procedures, and proper tool use. The course emphasizes safety, precision, and problem-solving, preparing students for future studies or careers in mechanics, automotive technology, and engineering.

Computing Studies 10 (4 credits)

Students in Communication Studies have diverse learning pathways. They can focus on mastering skills like Photoshop, digital art creation, video editing and shooting, or 3D modeling. Alternatively, they can opt for computer science and engineering modules, including computer building, C++ coding, or architectural 3D modeling using Fusion 360. Students are able to mix and match areas of interest.

Media Design 10 (4 credits)

Photography and Media Arts encourages students to use creative thinking and problem-solving skills in presentations, photography, print, and audio/visual production in order to help them develop media and technology literacy. Students may learn how to take digital photos & edit images, create digital art and videography.

Woodwork 10 (4 credits)

Our Woodwork 10 program explores the traditional hand and power tool woodworking techniques used in building furniture and residential housing. Students are mentored to increase self-confidence and independence during the building of their woodworking projects. A variety of student designed projects are built in construction.

Cosmetology 10 (4 credits)

Cosmetology 10 allows students to learn skills such as hairstyling techniques, shampooing and scalp massage, basic haircutting, skin care, nail art and manicuring. Students also explore topics such as career opportunities, salon sanitation, personal health and nutrition, and employment skills. Students must be comfortable practicing skills on themselves and others.

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Culinary Arts 10 (4 credits)

Students in Culinary Arts 10 are introduced to proper food and equipment safety, recipe proficiency, and efficient use of cutting, measuring and cooking tools. Students learn a variety of cooking methods while working with foods commonly found in their home kitchen. Through hands-on activities and in-depth study of the culinary arts field, this course will help students express their cooking skills and give them the opportunity to explore how cooking can be fun! There is a strong focus on teamwork, proper food handling, safety and sanitation.

Electronics and Robotics 10 (4 credits)

Students learn about the fundamentals of robotics systems, basic robotics functions, sensor devices, control systems, and remote/autonomous systems. The course is a blend of theory and practice with the end goal of preparing students for technology related jobs.

Metalwork 10 (4 credits)

Metalwork 10 introduces students to the fundamentals of metal fabrication, machining, and mechanical fastening. Students will learn proper tool usage, material selection, and precision measurement while developing hands-on skills in cutting, forming, and joining metal. The course emphasizes safety, accuracy, and problem-solving, preparing students for further studies or careers in metalworking, welding, and fabrication industries.

Optional Classes

Study Hall 10

Study Hall 10 is a non-credit course where students will be given a period in their schedule during which they will have a class with a teacher in which they are able to use the time to complete homework, organize their notes, study and other tasks that need to be done throughout the semester.

RISE 10

RISE 10 is a non-credit course where students will receive a more structured and supported study hall. There will be a teacher there to help them with organization, time management, executive functioning, and provide support for their classwork. Students who regularly check in with their Program Support Teacher may find this class beneficial. Please connect with your PST if you think you may be interested.

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Planning Document

	Courses Grade 10 students must have 10 courses within their timetable.
1.	English 10: Composition 10 & Literary Studies 10
2.	Social Studies 10
3.	Science 10
4.	Math: _____
5.	Physical Health and Education: _____
6.	Career Life Education
7.	
8.	
9.	
10.	
Alternate: If you do not get your first choice(s)	
A.	
B.	