

Thom Collegiate Course Request Information

For the
2025-2026
academic year

...



Course Request Timelines



March 11 → receive course request form

March 11-21 → review course request form with family (take photos)
→ consult with TnT teacher and/or subject teachers for course advice
and graduation requirements
→ reference the course catalogue
→ investigate post-secondary requirements
(guidance can help with this)

March 27 → confirm your course selections during 3-way conferences

March 28 → TnT teachers submit class sets of request forms

***STUDENTS: THE FORMS ARE SUBMITTED TO YOUR TNT TEACHER, NOT THE OFFICE.**



So what classes should you select on your forms?



Grade 11 students must select the following:

- ELA 20
- Math 20
- Social Science 20 or 30
- Science 20
- Up to 6 elective classes

Grade 11 students must select at least 9 courses (meaning students may have one spare if they are on track for graduation)

Course requests impact post-secondary opportunities, so consult appropriately and keep your options open.



Grade 11 French Immersion students must select the following:

- ELA 20
- Français 20
- Math 20
- Sciences Sociales 20
- Science(s) 20
- Up to 5 elective classes

Grade 11 students must select at least 9 courses (meaning students may have one spare if they are on track for graduation)

Course requests impact post-secondary opportunities, so consult appropriately and keep your options open.



Enriched Options:

- English Language Arts
- Math
- Psychology
- Visual Art

**Grade 11 enrichment courses are
beneficial for Grade 12 AP success
but are not prerequisites.**



Why take electives?

- To discover new skills and interests
- To have class options in Grade 12
- To have fun

Electives are meant to complement the core academic courses you are required to take and provide you with choice over how you spend your time at school.

Taking electives at the appropriate level for your experience.



What Electives are
available?



We've got lots of options,
including two new dual
credit courses!

Wild Routes: Eco-Adventure, Sustainability & Stewardship (Outdoor Ed)

2 Credits:

Wildlife Habitat 10 & Phys. Ed 20

Open to students in gr. 10, 11 or 12

Semester 2 Only

See Ms. Peters for more information.

Songwriting: Writing Through Music

2 Credits:

*Creative Writing 20 or ELA 20 AND
Music 20 or 30*

Open to students in grades 10, 11 or 12

See Mr. Brandt or Mr. C. Neufeld for more information



NEW

Wild Routes: Eco-Adventure, Sustainability & Stewardship (Outdoor Ed)

- Wildlife & Habitats 10
- Phys Ed 20



This is a **PAA or Practical and Applied Arts**, you need **2** to graduate at ANY LEVEL!

You need **ONE** Wellness 10, or PE to graduate.

** Already have PE 20? We will make alternate arrangements (spare, flexible class)

This is a dual credit class- 2hrs per day, second semester



Highlights: Wildlife Habitat



- Learn **Outdoors!** Field trips, camping
- **Survival Skills-** Shelters, Fire making, Navigation, Ropes & Knots, Wilderness Safety
- **Wildlife-** Hunting, Fishing, Habitat, Climate



IMAGES
<https://madisoncamoground.com/camping-tips/types-of-campfires/>
<https://www.bangordailynews.com/2021/05/07/outdoors/your-rats-tell-me-know-about-navigating-by-map-compass-and-the-stars/>
<https://woodlandclassroom.com/my-bushcraft-journal-part-1-building-better-shelters/>
<https://owl-online.org/animal-guide/white-tailed-deer/>
<https://canyonguidesinternational.org/the-science-behind-teaching-learning-tying-knots/>

A Non-Sports Approach to Phys Ed

- Personal** movement, fitness, strength, agility
- Collaborative** and **competitive** games
- Active **healthy lifestyle** habits
- Holistic** Wellness (Physical, Mental, Emotional)
- Nourishment**
- Outdoor Movement**- XC ski, hike, canoe, etc
- Leadership Experience**



<https://www.facebook.com/photo.php?fbid=993560902797806&id=100064317176603&set=a.549895897164311>

Songwriting: Writing Through Music



- Creative Writing 20 OR ELA 20
- Music 20 OR 30

This course will get you either two elective credits or potentially one required credit and an elective.



Designed by [Freepik](#)



What about other
electives?

Auto Mechanics 20

This class focuses on engine overhaul, engine systems – electrical, welding and also includes an introduction to tune-ups.

See Mr. Christopherson in Room 115 for more information.

Building Construction 20*

This course is largely experiential, having students develop the knowledge and skills used in the building construction industry. Students will have the opportunity to learn employable skills like framing walls/roofs, shingling, running electrical, drywalling, etc.

Potentially will include a work experience section with a Regina Based Construction company.

See Mr. Ganes in Room 114 or Mr. Kannenberg in room 108 for more information.

Construction 20

This course is largely activity based, and looks at practical furniture construction and design. Practical furniture projects will be built using advanced joinery techniques. Residential construction will be discussed and framing will be the focus of this unit. Tool safety and function will be discussed in conjunction with the projects built during this class.

See Mr. Ganes in Room 114 for more information.

Cultural Arts 20L*

New this year, Cultural Arts 30 aims to support students in the development of cultural competencies specific to Indigenous cultures. These cultural competencies allow students to understand the meaning of spirit, relationships, place, ceremony and language. This course will be experiential and hands on.

Offered during school day or at lunch hour.
SELECT THE TIME THAT YOU WANT.
CHOOSE BOTH IF YOU'RE OPEN TO
EITHER.

See Ms. Morrow or Mr. Blondeau for more information

Commercial Cooking 20

This class will review basic measuring skills, and Food Safety. The topics of basic baking skills, cooking with grains, fruits and vegetables, milk and milk products and eggs will be covered in detail. Yeast products and Pastries may be covered given time and interest. The material will be covered using assignments, lecture, projects and hands-on work in the kitchens.

See Ms. Bergey in Room 214 for more information.

Clothing/Textiles 20

Clothing, Textiles, and Fashion 20 is designed to create awareness of the role of clothing, textiles, and fashion in our daily lives. Students will have the opportunity for achievement and success through a combination of theory and practical experiences at school. There is no prerequisite for this class.

See Mrs. Topp in Room 210 for more information.

Information Processing 20

The focus of this course is on business applications, including databases, presentation software, business simulations and advanced keyboarding skills. Skills for entry-level employees will be emphasized. Evaluation is based on major exams worth 40% and a cumulative evaluation based on skill assessment, assignments, projects, quizzes, participation and attitude.

See Mr. Vanstone in Room 133 for more information.

Financial Literacy 20

Students make financial decisions every day so the purpose of this course is to help students (consumers) build habits, attitudes, and critical thinking skills necessary to approach financial decisions with competence and confidence. The course is an introduction to financial literacy. Topics include decision making, security, tracking & budgeting, contracts (such as cellphone contracts), banking, chequing accounts, interest, introduction to stocks & investing, and career opportunities in the financial industry.

See Mr. Vanstone in Room 133 for more information.

Journalism Studies 20*

In this course, students will explore the role of journalism in society including journalistic ethics, rights and responsibilities. Students will develop the knowledge, skills and dispositions to analyze and create print (newspaper), broadcast (radio/TV) and photojournalism texts.

See Atchison in room 127 for more information.

Marketing 20*

Introduces students to the fundamental concepts and principals of Marketing. Through creativity and communication, students learn about marketing fundamentals, consumer behaviour, successful brands, ethics and social responsibility, strategic marketing plans, and careers in the marketing field.

See Mr. Vanstone in Room 133 for more information.

Life Transitions 20

This course focuses on preparing students for life after high school. A variety of topics will be addressed including self-evaluation, job interviews, choosing a career, relationships, human sexuality, leaving home and consumerism (money management).

See Ms. Powers in Room 154 for more information.

Robotics 20

This course allows students to explore wearable technologies, automation, mobile robotics and animatronics as well as traditional robotic devices. Ubiquitous computing and automation are occurring in tandem.

See Mr. Kannenberg in Room 108 for more information.

Mental Health Studies 20*

This course allows students to dissect content that is not often addressed in other courses such as mental health and how it affects our lives. The course will teach students about mental health challenges and what supports are available to them and others. It will dig into the stigma surrounding mental illnesses and how to reduce it.

See Ms. McDonald in room 104 for more information.

Photography 20*

In this course you will develop basic and intermediate camera operation skills, learn about the elements of composition and will be challenged to express these skills in a creative way. You will learn about ethically editing digital images as well as how photography is used to support advertising and graphic design.

See Ms. McCredie in room 155 for more details.

Physical Education 20

This course involves a number of activities. Theory and information related to each of the activities is incorporated into the schedule. Activities include: racquetball, golf, rock climbing, self-defense, canoeing, tennis, weight training, curling, cross-country skiing, rowing, swimming, aerobic exercises, downhill skiing and skating.

Personal Fitness 20L

This course provides an opportunity for students with a passion and interest in physical activity, health and well-being. The course provides an alternative physical education class for those wishing to be physically active but not interested in the provincial curricula which focus on sport and recreational activity.

See Mr. Bridgeman, Mr. Paskiw, or Ms. Powers in the gym for more information.

Graphic Arts 20

Discover a potential career or lifelong hobby in Graphic Design. We focus on traditional and contemporary art making techniques including digital photography, silk screening t-shirts, digital imaging and image manipulation. We are using cutting edge equipment, software and techniques in a fun, project-oriented environment to develop visual communication and technical art making skills.

Studio Art 20

This class delves into 3-dimensional art forms. Students will study sculptural terms, basic clay techniques, and work on clay sculpture construction. Students explore ideas, experiences, and cultural identities while learning about processes and media. There is opportunity to experience art both as an artist and viewer, as we examine contemporary and historical artists.

Visual Art 20

This course furthers the study and development of techniques in the areas of drawing, painting and design. Creative and critical thinking skills are developed and there is also an introduction to printmaking and collage. There is also a study of the Principles of Design and an introduction to art history including Canadian visual artists.

See Mr. Flood in Room 111 for more information.

Creative Writing 20*

If you feel drawn to expressing yourself through writing, try Creative Writing 20! Students will get the chance to explore their creative spirit through listening, viewing, reading, dissecting, and creating interest-based texts such as stories, scripts, narratives, poetry, media, etc.. This class encourages students to realize the art and enjoyment of communicating and writing, which can be valuable for future careers in writing, communications, and the arts.

See Ms. Monz in Room 132 for more information.

Drama 20

This course involves four main areas of study: acting, improvisation, characterization and script work. A relevant social issue, using various drama strategies and focusing on commitment, concentration and believability, will be explored. There is also a development of skills and abilities in spontaneous improvisation and the portrayal of characters. Script work includes analysis, blocking, rehearsal and performance.

Theatre Arts 20

*2-period class in Semester 1

This is an interdisciplinary, team-taught, performance-oriented course. Students will be involved in all aspects of a major theatrical production including acting, singing, dancing and behind the scenes work. In addition, students will be involved in group projects as well as have the opportunity to attend productions and work with local performers.

See Mr. Brandt or Mr. Neufeld for more information.

Guitar 20

This class is part of a series of classes that is a continuation of Guitar 10, with more demands on the students technically and theoretically as they become more advanced on guitar. Evaluation incorporates a variety of components including written tests, playing tests and sight-reading.

Rock Band 20

Do you play Guitar, Bass, Drums, Keyboards, or Sing? Then Music 10/20/30 Rock Band is the elective for you! We will be putting students together to form rock bands that perform at the school and potentially beyond our walls.

See Mr. Houston in Room 113 for more information.

Band 20

*noon hour class

This class is performance oriented. Through performance, the students will learn to value and critically respond to music of different styles, cultures and time periods. The band meets two to three times each week during noon hour to rehearse. The band performs in at least two concerts, which form part of the evaluation. Students will be tested on their ability to play the chosen pieces, to play scales and to sight-read.

Jazz Band 20

Students must be registered in Noon Band to participate in Jazz Band. Like Band, Jazz Band is a year-long group performance oriented class. The class meets every Wednesday and Friday outside of the regular timetable (ie. mornings). There are three main concerts during the year (winter, spring, and a jazz show early in second semester) plus other performance opportunities as they arise. The class will focus on the jazz idiom, with considerable time spent on swing style.

See Mr. Houston in Room 113 for more information.

Choir 20

*noon hour class

This class is performance oriented. Through performance, the students will learn to work together as a group to achieve a musical result. They will experience music of different styles, time periods and languages. The Choir meets two to three times each week during noon hour to rehearse. The Choir performs in at least two concerts, which form part of the evaluation.

Vocal Jazz 20

Students must be registered in Noon Choral to participate in Vocal Jazz. Like Choral, Vocal Jazz is a year-long group performance oriented class. The class meets every Tuesday and Thursday outside of the regular timetable (ie. mornings). There are three main concerts during the year (winter, spring, and a jazz show early in second semester) plus other performance opportunities as they arise. The class will focus on the jazz idiom, with considerable time spent on swing style.

See Mr. C. Neufeld in Room 208 for more information.

Campus Regina Public

16 CRP programs will be available for the 2024-2025 school year!

Campus Regina Public offers both trades-based and academic programming that focuses on skills and employment. CRP is an innovative and exciting way to experience education. All programs are two-credit courses that are occupation specific, taught by experienced teachers and industry professionals using state-of-the-art equipment.

Campus Regina Public programs include academic credits, apprenticeship hours, and varied technological certificates.

Your TnT teacher will have some CRP registration forms - see Guidance or the office if you require more information.

Follow them on Instagram @campusreginapublic for more information!

Reminder – You need 24 Credits to Graduate!

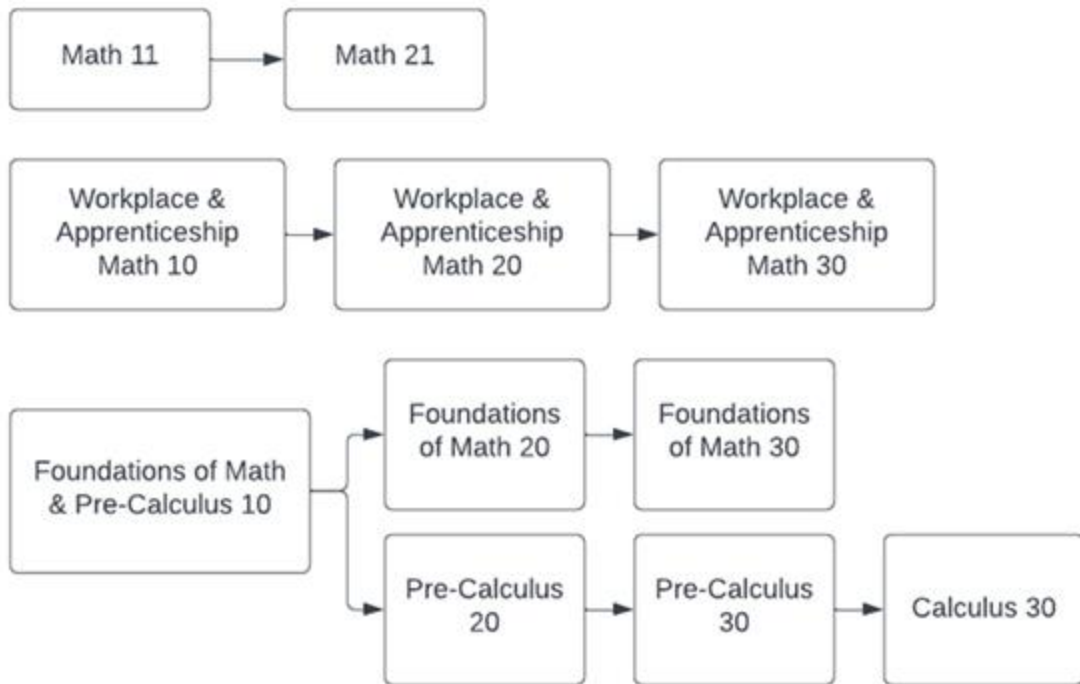
Grade 10	Grade 11	Grade 12
minimum 8 credits	minimum 16 credits	minimum 24 credits (5 of which must be at the 30 Level)
Compulsory Courses:	Compulsory Courses:	Compulsory Courses:
English Language Arts A 10 and English Language Arts B 10;	English Language Arts 20;	English Language Arts A 30 and English Language Arts B 30;
Social Studies 10, History 10 or Native Studies 10;	a mathematics at the 20 level;	Social Studies 30: Canadian Studies, History 30: Canadian Studies or Native Studies 30: Canadian Studies;
Science 10;		
a mathematics at the 10 Level;		a science at level 20 or 30 *
		a social science at level 20 or 30
3 electives at Level 10 , 20 or 30		6 additional elective credits at level 20 or 30
2 credits in arts education or practical and applied arts at level 10, 20, or 30		
Wellness 10, Physical Education 20 or Physical Education 30		

Grade 10 / 10e année	Grade 11 / 11e année	Grade 12 / 12e année
minimum cumulative total of 8 credits (4 credits must be in French) / <i>minimum de 8 crédits dont 4 en français</i>	minimum cumulative total of 16 credits (8 credits must be in French) / <i>minimum de 16 crédits dont 8 en français</i>	minimum cumulative total of 24 credits (5 of which must be at the 30 level and 12 must be in French) / <i>minimum de 24 crédits dont 5 crédits de niveau 30 et 12 en français</i>
Compulsory Courses/ Cours obligatoires:	Compulsory Courses/ Cours obligatoires:	Compulsory Courses/ Cours obligatoires:
English Language Arts A 10 or / ou English Language Arts B 10; <i>Français immersion 10;</i> Social Studies 10; or History 10 or / ou <i>Histoire 10; or Native Studies 10;</i> Science 10 / <i>Sciences 10;</i> a math at the 10 level / <i>un cours de niveau 10 de mathématiques;</i>	English Language Arts 20; <i>Français immersion 20;</i> a math at the 20 level / <i>un cours de niveau 20 de mathématiques;</i>	English Language Arts A 30 or / ou English Language Arts B 30; <i>Français immersion 30;</i> Social Studies 30: Canadian Studies or History 30: Canadian Studies or Native Studies 30: Canadian Studies or / ou <i>Sciences sociales immersion 30</i>
3 electives at level 10, 20 or 30/ 3 <i>cours au choix de niveau 10, 20 ou 30</i>	a science 20 or 30* / <i>un cours de niveau 20 ou 30* de sciences</i>	
	a social science 20 or 30 / <i>un cours de niveau 20 ou 30 en sciences sociales</i>	
	5 additional elective credits at level 20 or 30 / <i>5 autres cours au choix de niveau 20 ou 30</i>	
2 credits in arts education or practical and applied arts at level 10, 20, or 30 / <i>2 crédits de niveau 10, 20 ou 30 dans les domaines de l'éducation artistique ou des arts pratiques et appliqués</i>		
Wellness 10, Physical Education 20, or Physical Education 30 / <i>Mieux-être 10, Éducation physique 20, ou Éducation physique 30</i>		



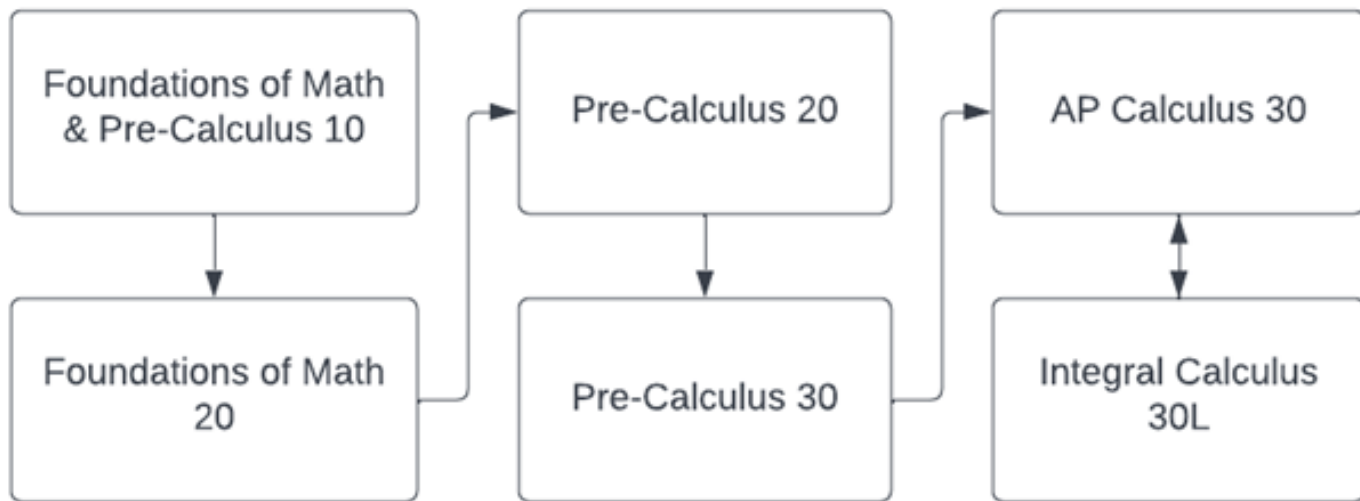
What are about my options
with required classes?

Which Math Should You Take?



You **MUST** have the pre-requisite to take the class.

Which Math Should You Take? (AP Edition)



Confused about Social Sciences?

You need ONE from each of these levels:

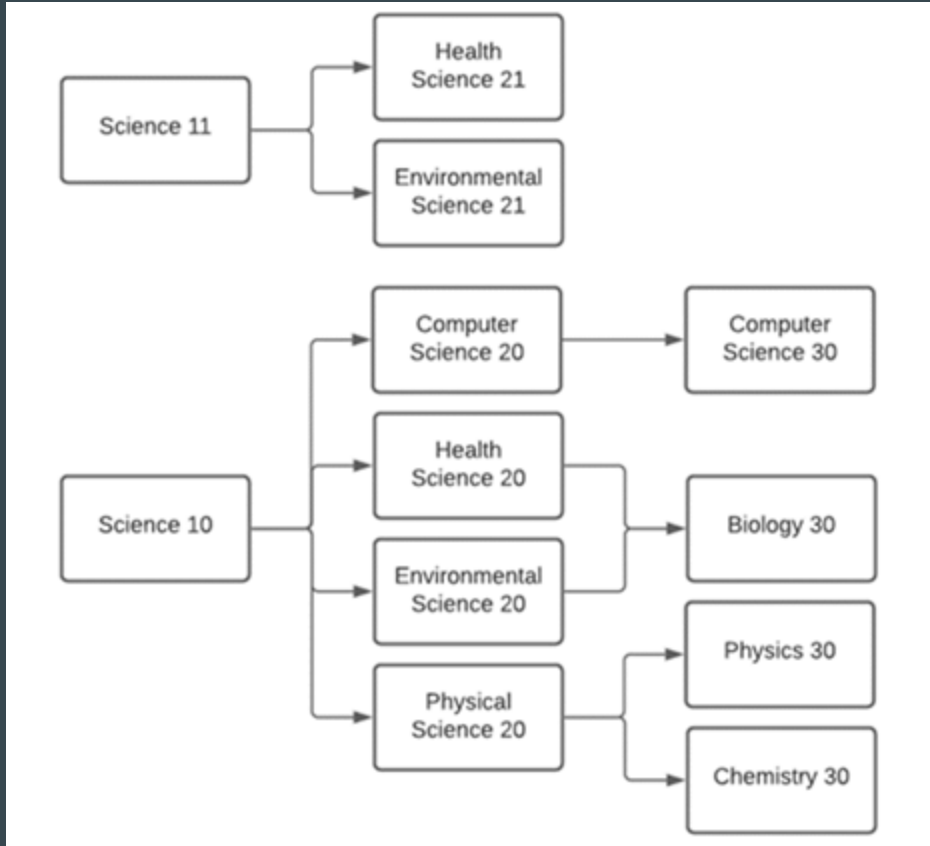
Grade 10 – Social 10, Indigenous Studies 10 or History 10

Grade 11 – Social 20, Indigenous Studies 20, History 20

Psychology 20, Psychology 30, Law 30

Grade 12 – Social 30, Indigenous Studies 30

Which Science Should You Take?



What about Earth Science 30?

Pre-Requisites:

-Physical Science or

-Environmental Science

Reminders:

-The course request form is a request for classes only. Classes will be offered based solely on number of requests. Accordingly, not all classes will run and space for changes will be limited. Please choose wisely, take your time, and get feedback.

-SELECT 10 CLASSES. *Choose 11 if you are open to both time options for Personal Fitness &/or Cultural Arts. If you want a spare, you can easily drop a class in the fall

-Courses are designed at grade levels purposefully. Students are to register for classes at their designated grade.



Thom Collegiate Course Request Information

Have fun ...
choosing classes
and good luck
next year!

