

# Thom Collegiate Course Request Information

For the  
2025-2026  
academic year

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# Course Request Timelines

March 11 → receive course request form

March 11-21 → review course request form with family  
-leave it with TnT. Take photos for home  
→ 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 12 students must select the following:

- ELA A30
- ELA B30
- Social Studies or  
Indigenous Studies 30
- Up to 7 elective classes

Grade 12 students must have a minimum of five 30-level courses to graduate high school.

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



# Grade 12 French Immersion students must select the following:

- ELA A30 or ELA B30
- Français 30
- Sciences Sociales 30
- Up to 7 elective classes
- A total of 12 courses taught in French to have bilingual designation

Grade 12 students must have a minimum of five 30-level courses to graduate high school.

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



## Enriched/AP 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 fun
- To count towards your total credit numbers for graduation

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.

Take 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://madisoncampground.com/camping-tips/types-of-campfires/>  
<https://www.bangordailynews.com/2021/05/07/outdoors/act-out/facts-i-didnt-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.





What about other  
electives?



# Auto Mechanics 30

This class focuses on the transmission of power including gear systems and new developments in both standard, automatic and CVT transmissions. There is also a review of tune-ups, looking into new developments and mechanics. Other areas of study include electronic steering, distributorless ignition, electronic fuel injection, welding, steering suspension and computer controls.

See Mr. Christopherson in Room 115 for more information.

<a href="https://www.freepik.com/free-photo/construction-plans-with-yellow-helmet-drawing-tools-bluep\_1013653.htm">Image by jannoon028 on Freepik</a>

# Building Construction 30\*

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 for more information.



# Construction 30

This course is largely activity based, and looks at practical furniture construction and design. Practical furniture projects will be built using advanced joinery techniques. 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.

# Commercial Cooking 30

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 30

Clothing, Textiles, and Fashion 10/30 are 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.

See Mrs. Topp in Room 210 for more information.

# Cultural Arts 30\*

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, connected to the drum group. **SELECT THE TIME THAT YOU WANT. CHOOSE BOTH IF YOU'RE OPEN TO EITHER.**

See Ms. Morrow or Mr. Blondeau for more information

# Food Studies 30

Food preparation covers all basic areas such as fruits, vegetables, flour mixtures, milk, eggs, sugars, meat, fish, poultry, fats and sugar substitutes. Meal preparation, nutrition challenges and Canadian and world cuisine are topics that are also addressed.

See Mrs. Topp in Room 210 for more information.

# Earth Science 30\*

You will examine our planet's geological origins and the geological timescale as a foundation to guide decision making in regards to the use of its mineral and energy resources, the maintenance and remediation of the environment, and response to geological hazards. You will also explore potential career paths within the field.

See Mr. Collier in room 117 for more details

# Information Processing 30

The focus of this course is on managerial computer applications. It includes digital photography, web page design and desktop publishing, as well as multimedia presentation.

See Mr. Vanstone in Room 133 for more information.

# Financial Literacy 30

Financial literacy is something that everyone needs regardless of their job or income. This course aims to help students prepare for the big transition out of high school life. More complex financial topics include credit cards, debt, purchasing and leasing property (buying a vehicle or renting an apartment), income, planning for the future, stocks & investing, applying for credit (such as student loans), and learning how to file real personal taxes online.

See Mr. Collier in Room 117 for more information.

# Entrepreneurship 30

Students enrolled in Entrepreneurship 30 will have the opportunity to learn about the various characteristics of entrepreneurs and will have the opportunity to create a working venture (run their own business). Students will develop an appreciation for the spirit of entrepreneurship, and for the planning, production, marketing, and financing that go into a running a business.

See Mr. Vanstone in Room 133 for more information.

# Leadership 30L\*

Leadership 30 is designed to extend understandings, knowledge, and skills required for successful leadership within the community, and beyond. In Leadership 30L students will have the opportunity to participate in a unique blend of traditional classroom instruction integrated with independent and school - based inquiry. You'll learn about Leadership Models, Group Dynamics, Conflict Management, Reporting & Debriefing, and Communicating with Others, while planning and implementing events at the school and in the community.

See Mr. Paskiw in Room 124 for more information.

# Life Transitions 30

This course takes students through a real life simulation and helps them to recognize the decisions that must be made over the course of a lifetime. A variety of topics will be addressed including relationship development, conflict resolution, support resources, money management, credit, insurance, mortgages, health care, parenting and child development.

See Mr. Collier in Room 117 for more information.

# Robotics 30

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.

# Physical Education 30

This course involves a number of activities. Theory and information related to each of the activities is incorporated into the schedule. Activities include archery, swimming, advanced golf, snooker, scuba diving, downhill skiing, squash, gymnastics and individual fitness.

See Mr. Bridgeman in Room 122 for more information.

# Personal Fitness 30L

This course provides an opportunity for students with a passion and interest in physical activity, health and wellbeing. 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.

Offered at 7:30am or during school day. SELECT THE TIME THAT YOU WANT. CHOOSE BOTH IF YOU'RE OPEN TO EITHER.

See Mr. Paskiw in Room 124 for more information.

# Graphic Arts 30

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 30

This class covers 3-dimensional art in greater depth. The students will build on their knowledge of sculptural terms, clay building techniques, and construction from Art 20L. They will continue to explore ideas, experiences, and cultural identities, but will expand their knowledge and understanding of art's place in society and in current events.

# Visual Art 30

This course furthers the study and development of techniques in the areas of advanced drawing, painting and design. Creative and critical thinking skills are developed and there is also further exploration into printmaking and collage. There is also an advanced study of the Principles of Design and the history of art. Gallery visits are often part of this course.

See Mr. Flood in Room 111 for more information.



# Drama 30

This is an advanced drama course open to students who have been successful in at least one drama course at the 10 or 20 level.

Students will study theatre history and develop a collective creation to be performed publicly at the end of the semester. A high level of student commitment is required in this course.

# Theatre Arts 30

\*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. C. Neufeld for more information.

# Guitar 30

This class is part of a series of classes that is a continuation of Guitar 10 and 20, 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 30

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 30

\*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 30

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 30

\*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 30

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 2025-2026 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 @crp\_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)
<b>Compulsory Courses:</b>	<b>Compulsory Courses:</b>	<b>Compulsory Courses:</b>
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		

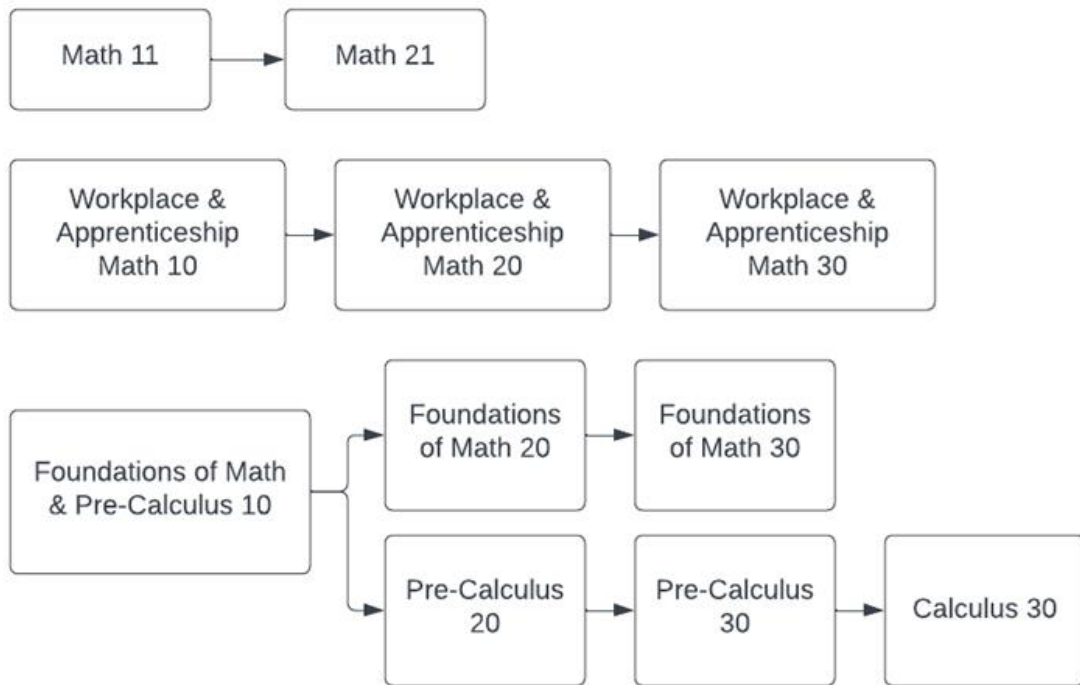
Grade 10 / 10e année	Grade 11 / 11e année	Grade 12 / 12e année
minimum cumulative total of 8 credits (4 credits must be in French) / <i>minimum de 8 crédits dont 4 en français</i>	minimum cumulative total of 16 credits (8 credits must be in French) / <i>minimum de 16 crédits dont 8 en français</i>	minimum 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>
<b>Compulsory Courses/ Cours obligatoires:</b>	<b>Compulsory Courses/ Cours obligatoires:</b>	<b>Compulsory Courses/ Cours obligatoires:</b>
English Language Arts A 10 <b>or / ou</b> English Language Arts B 10;  <i>Français immersion 10;</i>  Social Studies 10; <b>or</b> History 10 <b>or / ou</b> <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>  3 electives at level 10, 20 or 30/ 3 <i>cours au choix de niveau 10, 20 ou 30</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>  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>	English Language Arts A 30 <b>or / ou</b> English Language Arts B 30;  <i>Français immersion 30;</i>  Social Studies 30: Canadian Studies <b>or</b> History 30: Canadian Studies <b>or</b> Native Studies 30: Canadian Studies <b>or / ou</b> <i>Sciences sociales immersion 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 about my options  
with required classes?

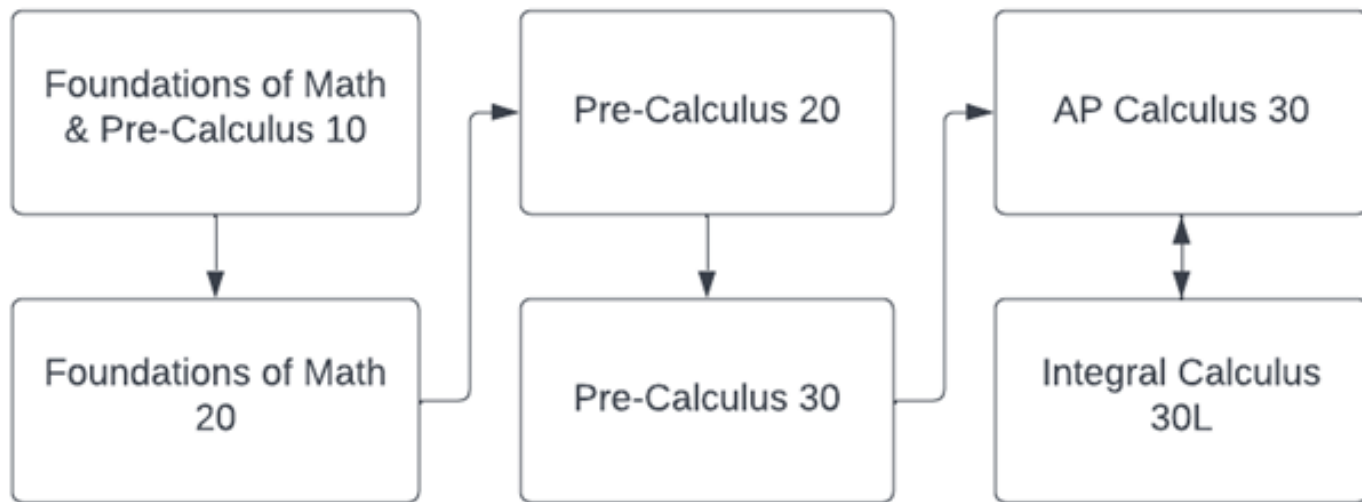


# Which Math Should You Take?



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

# Which Math Should You Take? (AP Edition)



# Confused about Social Sciences?

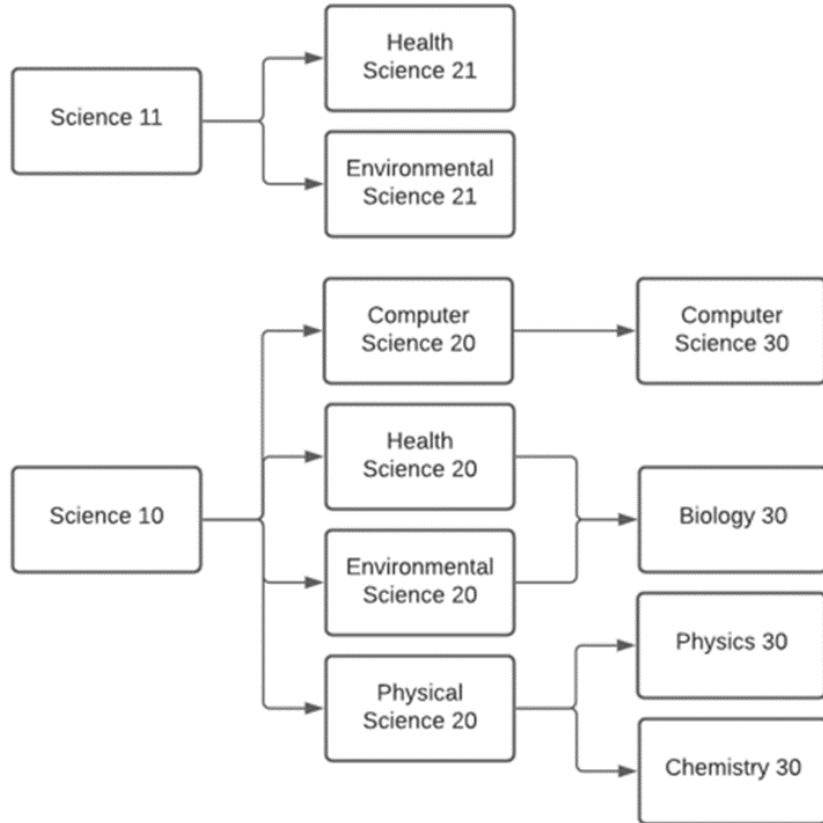
You need ONE from each of these levels:

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

-Be familiar with graduation requirements and consider your future plans when making your selections. Research, consult with your TnT teacher, speak with Mrs. Benoit...



# Thom Collegiate Course Request Information

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

