

Bluefield High School

Home of the





Course Selections

The following are a few basic guidelines to assist in this area:

- 1) When selecting high school courses, select courses that reflect self understanding as you move towards a personally fulfilling future that includes career development, emotional and social well being, and leisure activities.
- 2) Select courses that prepare you for future career paths as well as satisfies your multiple interests and passions which will heighten your interest in learning and motivates you to move towards higher personal goals.



Course Selections Continued

3) Select subjects at levels which will offer appropriate challenges. Students who have success in academic programs and courses (70% or higher) to this point and good study and work habits will most likely find continued success.

4) Ask yourself the following questions:



Course Selections Continued

- * Have I chosen my courses at the proper level?*
- * Have I included all the courses that are compulsory at my grade level?*
- * Do I understand the content of each course?*
- * Have I carefully considered all the courses at my grade level?*
- * Are my choices realistic?*
- * Have I included realistic alternate courses?*
- * Do they reflect my level of achievement?*
- * Do they reflect my potential?*
- * Have I considered my future plans?*
- * Have I consulted my parents?*
- * Have I consulted my homeroom teacher?*
- * Have I consulted my school counsellor?*

Registration Recommendations

Current subject.	Current subject mark.	Discuss registering for the following with school staff.
English	70% or higher	ENG421A (Academic)
	50% - 69%	ENG471C (Literacy)
	49% and lower	ENG471A (Essential Literacy)
Math	70% or higher	MAT421A (Academic)
	50% - 69% or teacher recommended	MAT401A (Academic Bridging)
	50% - 69%	MAT421K (Essential Skills)
	49% and lower	MAT451A (Practical)
Science	70% or higher	SCI421A (Academic)
	50% - 69%	SCI401A (Open)
	49% and lower	SCI461A (Practical)
Social Studies	70% or higher	CIV421A/HIS421A/HIS421G (Academic)
	50% - 69%	CAS401A (Open)
	49% and lower	SOC451A (Practical)

ENG 421A

Integrated Language Arts

Speaking &
Listening

Reading &
Viewing

Writing & Other
Representing

This course is grounded in fundamental skills that ensure students are prepared for the variety of pathways they may take after high school. It features a balanced literacy program with meaningful activities supporting development across ten specific curriculum outcomes.

✦ **Bluefield Recommendation:** Minimum 70% in Grade 9 Academic English

ENG471C

English Bridging Program

Grade 10 • 1 English Credit



Who Is This Course For?

An intervention course designed for students who have the ability to develop the literacy skills needed for ENG421A success — but need additional support after Grade 9.

COURSE GOAL

- 1 Build essential literacy skills
- 2 Bridge the gap to ENG421A
- 3 Develop confidence in reading, writing, speaking & listening
- 4 Prepare students for academic success

MAT421A

Foundations of Mathematics & Pre-Calculus 10

Academic | Grade 10 | 1 Math Credit

TOPICS COVERED

Measurement Systems

Surface Area & Volume

Right Triangle Trigonometry

Exponents & Radicals

Polynomials

Linear Relations & Functions

Linear Equations & Graphs

Solving Systems of Linear Equations

An introductory academic high school mathematics course and prerequisite for all academic mathematics courses.

☆ **Bluefield Recommendation: 70%+ In Grade 9 Academic Math**

PILOT

Math 401A

Academic Preparatory Mathematics | Open | Grade 10

This academic preparatory course develops essential mathematical skills prior to enrolment in Math 421A. Students build confidence across key foundational topics in preparation for academic and post-secondary pathways.



Σ

Number &
Fraction Sense



x^2

Algebra &
Exponents



\nearrow

Linear Relations
& Cartesian Plane

Curriculum Focus

Number Sense

Place value, estimation, operations with whole numbers, decimals & integers

Fraction Sense & Operations

Conceptual understanding and fluency with fractions

Introductory Algebra

Expressions, equations & exponents

Linear Relationships

Patterns, tables of values & slope concepts

The Cartesian Plane

Graphing, coordinates & interpreting linear graphs

Who Is This Course For?

⚠ Important Note

Does NOT count as a math credit toward Graduation Requirements.

Elective course strongly recommended for students who:

- Achieved approximately 50-65% in Grade 9 Math
- Demonstrated challenges with foundational math skills
- Are identified by feeder/intake school as meeting the Math 401 Student Profile criteria

✦ Successful Learner Profile

- ★ Clear desire to succeed
- 🎓 Aspires to an academic / post-secondary pathway
- 💪 Strong work ethic
- 🕒 Commits to attend regularly

10

GRADE

MAT421K

Grade 10 - 1 Math Credit

INTRODUCTORY

Course Overview

An introductory high school mathematics course demonstrating essential skills. MAT421K, combined with MAT521K (Grade 11) and MAT631A or MAT801A (Grade 12), fulfills requirements for many community college programs.

TOPICS COVERED

- Measurement & Area
- Pythagorean Theorem
- Trigonometry
- Geometry
- Unit Pricing & Currency Exchange
- Income & Basic Algebra

BLUEFIELD

Recommendation for Success

50%

Minimum Grade

Pathway to Community College Programs

Science 421A

Scientific Literacy & Course Overview

Four Foundations of Scientific Literacy

Nature of
Science

Procedural
Knowledge

Content
Knowledge

Decisions &
Perspectives

17 Specific Curriculum Outcomes (SCOs) address skills, knowledge, attitudes & connections

Content Topics (Context for Learning)

🧬 Life Science

Cells & Infectious Disease

🧪 Physical Science - Chemistry

Real World Chemical Reactions

⚙️ Physical Science - Physics

Designing Mechanical Systems

✦ Bluefield Recommendation: Minimum 70% in Grade 9 Academic Science and Grade 9 Academic Math

SCI401A

Science

Building Scientific Literacy Through Real-World Exploration

Course Overview

SCI401A provides an opportunity for students to develop scientific literacy as defined by four identified foundations. Content remains an integral part of this course, viewed as the context through which science is learned, helping connect concepts to real-world applications.

THE FOUR FOUNDATIONS OF SCIENTIFIC LITERACY

Nature of
Science

Procedural
Knowledge

Content
Knowledge

Decisions &
Perspectives

Content Knowledge Topics

Four thematic contexts connecting science to real-world applications

LIFE SCIENCE

Cells & Infectious Disease

Explore cell biology, how pathogens spread, and how the body defends itself.

EARTH & SPACE SCIENCE

Climate Change & Energy Transformation

Examine energy systems, climate dynamics, and the science behind environmental change.

PHYSICAL SCIENCE

Everyday Chemical Reactions

Discover how chemical reactions shape our daily environment and materials around us.

PHYSICAL SCIENCE

Motion

Investigate forces, mechanics, and the physics governing movement in the world.

CIV421A

Civics & Citizenship

Active Citizens in a Democratic Society



Key Themes

Democratic Citizenship

Rights, responsibilities, and active participation in democracy

Government Structures

Federal, provincial, territorial, Indigenous & municipal models

Global Awareness

Issues of national and global significance affecting all citizens

Political Inquiry

Research, analysis and communication of informed political opinions

SURVEY COURSE

Ancient & Medieval History

PREHISTORY

Paleolithic Age

Pre-history & Stone Age

ANCIENT

Mesopotamia & Egypt

Early Civilizations

CLASSICAL

Greece & Rome

Culture & Achievements

MEDIEVAL

Religion & Feudalism

Christianity · Islam

From pre-history through the Paleolithic Age, tracing the evolution of human civilization and relating historical legacies to the present day.

CHRONOLOGICAL EXPLORATION | HISTORICAL CONTEXT | PRESENT-DAY RELEVANCE

CAS401

Course Overview

Canadian Identity: History, Geography, Culture & Citizenship



SCOPE

Wide range of abilities & interests — broad historical and contemporary overview



AREAS OF STUDY

Geography - History -
Economics - Culture -
Citizenship



CORE THEME

Interdependence — from
Atlantic Canada to a broader
Canadian context



GRADE LEVEL

Extends Grade 9 Atlantic
interdependence to national
Canadian scope

PED401A · Wellness

Course Overview

A balanced, healthy, and active lifestyle for every student.

The purpose of PED401A is to develop confident and competent students who understand, appreciate, and engage in a balanced, healthy, and active lifestyle. This curriculum fosters optimal wellness while recognizing the many factors that promote well-being at every stage of a young person's development.

What Students Will Explore



Personal Wellness Plan

Create an individualized roadmap for sustained health and balance.



Dimensions of Wellness

Balance physical, psychological, spiritual, social, and environmental dimensions.



Safety as a Norm

Establish safe habits and practices as a foundation for active living.



Body Mass & Fitness

Understand how body composition influences physical fitness and performance.



Spiritual Well-being

Develop a deep sense of purpose and spiritual dimension in overall health.



Beyond Traditional Fitness

Broaden and extend the K-9 curriculum to reimagine health and well-being.

A positive, active approach to living — mind, body, and spirit.

PED401AF — FIT

Fitness & Wellness Course Overview

🍴 Nutrition

♥ Cardio

💪 Strength

🧘 Flexibility

📏 Body Comp

An alternative to PED401A with a particular emphasis on personal fitness development. Students learn to set and attain personal fitness goals while working together to improve both personal and group fitness levels.

Goal Setting & Achievement

- Set personal fitness goals
- Encourage and support peers
- Meets PED401A graduation requirements

Curriculum Outcomes

- Meets PED401A curriculum requirements
- Contributes to optimal wellness
- Mind, body, and spirit development

Class Structure & Wellness

75-Minute Class Format

Dynamic Warm-Up

10-15 min

Active preparation to elevate heart rate and mobilize joints before training.

Fitness Training

30-50 min

Goal-specific training targeting cardio, strength, endurance, and body composition.

Cool Down

10-15 min

Structured recovery with stretching to improve flexibility and reduce soreness.

Holistic Wellness Outcomes

- Create a personal wellness plan
- Understand body mass & fitness
- Build confidence and life skills
- Balance dimensions of wellness
- Develop spiritual well-being

**Mind
Body
& Spirit**

English (non band)	English (band)	French (non band)	French (band)
English (421A or 471A or 471C)	English (421A or 471A or 471C)	English (421A or 471A or 471C)	English (421A or 471A or 471C)
Math (421A or 401 or 421K)	Math (421A or 401 or 421K)	Math (421A or 401 or 421K)	Math (421A or 401 or 421K)
Science (421A, or 401A)	Science (421A, or 401A)	Science (421A, or 401A)	Science (421A, or 401A)
Social Studies (CAS401A or CIV421A or HIS421A)	Social Studies (CAS401A or CIV421A or HIS421A)	Social Studies (HIS421G)	Social Studies (HIS421G)
CEO 401A	CEO 401A	CEO 401A	CEO 401A
PED 401A or PED 401F	PED 401A or PED401F	PED 401A or PED 401F	PED 401A or PED 401F
Elective	MUS 421A	FRE 421F	FRE 421F
Elective	Elective	Elective	MUS 421A

Elective options: ADC701A, ART401A, AUT 701A, BUS701A, CAR 701A, DRA701A, FAM421A, FDS421A, FRE421A, MUS421D, SCI 701A, WEL 701A, WRT421A