



COCHRANE HIGH SCHOOL

Grade 9 Course Description Handbook 2025-2026

(Available online at <http://cochrane.rockyview.ab.ca>)



Community - Character – Commitment

Welcome to Cochrane High School

A message from Administration Jeff Chalmers – Principal Jarret Hooper, Lesley-Anne Petcoff – Assistant Principals

Dear Cobra Community,

We are proud of the wide range of classes that are available to students at Cochrane High School. Each of these courses is the product of a great deal of hard work by the dedicated teachers who passionately deliver these curricula. For more than 50 years, Cochrane High School has come to be known as a place for excellence; excellence in academics, athletics, the arts and in building individuals who understand and appreciate what it means to be a positive community member.

This is truly a special place. We hope you are excited to be a part of it. We are very excited to have you here!

PLANNING

The purpose of this handbook is to help our incoming Grade 9 students plan their educational journey by selecting courses for the upcoming school year. The transition to high school can be intimidating, but we have several supports in place to ensure a smooth beginning for our new secondary students.

One of the major changes new Grade 9 students will encounter is the pace of instruction due to our semester schedule. Grade 9 students will have three quarters of English Language Arts and Math. They will have one semester of Science and of Social (in opposite semesters). More details of the programming schedule will be provided during our school transition visits to the feeder middle schools and during our Orientation/Open House evening.

Grade 9 students will also have an opportunity to sample the many option courses available to them. We encourage students to step out of their comfort zone and try new things. Grade 9 is a perfect time to discover new passions.

Our student services team provides tremendous support to students and their families. Our grade team administrators, guidance counsellors and learning support teachers assist in programming to ensure that all students can reach their utmost potential. If you have questions about academic programming, please contact a grade administrator or guidance counsellor and they will do their best to address your concerns.

We wish all our students the greatest success as they join our wonderful learning community at Cochrane High.

Grade 9 Required Courses

English Language Arts 9

The aim of English Language Arts is to enable each student to understand and appreciate language, and to use it confidently and competently in a variety of situations for communication, personal satisfaction and learning. Students work with a wide variety of texts and explore diverse ways to communicate their understanding with meaning and relevance. French Immersion students take one semester of ELA 9.

French Language Arts 9

The aim of French Language Arts is to continue the work started at the elementary level in French Immersion. Students will work with a wide variety of texts. Students will also enrich their vocabulary, syntax, comprehension skills, and production skills in order to participate confidently and more effectively in a variety of situations. French Immersion students take FLA and French Social Studies year-long as their Humanities instruction.

Mathematics 9

Upon completion of the program, students should have a base of knowledge and skills related to Number, Shape & Space, Patterns & Relations, as well as Statistics & Probability, which will prepare them for the further study of Mathematics at senior high school level. (Students will require a simple geometry set containing ruler, protractor and compass as well as a scientific calculator. Graphing calculators are not allowed in Grade 9. Students will be taking their Shape & Space, Statistics & Probability, Number, and Patterns & Relations components in semester two.

Science 9

Science 9 is designed to make students scientifically literate. Students will develop an understanding of basic concepts in biology (biological diversity), chemistry (reactions), physics (electrical principles and technologies), environmental chemistry (river study and waste management) and space systems/space exploration.

Social Studies 9

Social Studies 9 focuses on citizenship, identity, and quality of life and how Canadians are impacted by political and legislative processes in Canada. The role of economic systems in Canada and the United States will also be examined. The following general outcomes will be addressed: Issues for Canadians, Governance and Rights, Economic Systems in Canada, and the United States. French Immersion students follow the same curriculum, but instruction is given in French.

Physical Education / Health and Life Skills 9

The aim of the Physical Education program is to enable students to lead an active healthy lifestyle. A variety of learning experiences are offered to meet individual differences and provide students with experiences that can contribute to an active and healthy adulthood. Students are encouraged to maintain physical fitness and positive attitudes toward life-long participation in physical activity. The aim of the Health and Life Skills program is to enable students to make well-informed, healthy choices and to develop behaviors that contribute to the well-being of self and others. Three areas of focus are wellness, relationship and life learning choices. A comprehensive health program involves a partnership among home, school and community.

Grade 9 Options

Students in grade nine are embarking upon an exciting stage in their educational career. High school is a time of exploration, discovery, and refinement of one's talents. As we prepare students for a busy and changing world, they will be exposed to a breadth of elective courses that will help them to discover and develop their learner skills. Elective courses are an integral part of a balanced education. The foundations of brain research and science reinforce the importance of deliberate and explicit development of students' minds through second language learning, fine arts and kinesthetic education. While we attempt to accommodate all elective requests, timetable and resource constraints may not allow for all requests to be fulfilled. **Fees listed are from 2024-2025 and are subject to change based on resources and budget.**

Art 9 (\$45.00)

The fee is for Art supplies.

Art 9 is a unified sequential course that focuses on three major components of visual learning: Drawings or Delineations - All the ways we record visual information and discoveries. Compositions or Structures- All the ways images are put together to create meaning. Encounters with Art - Where we meet and how we respond to visual imagery. Students in Art 9 will participate in a variety of units such as: painting, sculpture, drawing, printmaking, and mixed media collage. Within each of these units, the students will explore the media, specific techniques as well as art criticism and historic perspectives. Students will learn to organize and present their work in a portfolio format. Students will be expected to pay costs for materials for major projects they may choose to do.

Band 9 (\$65.00)

The fee includes Clinicians, private lessons, workshops, digital e-print music, classroom music supplies, etc. (School instrument rentals are an additional \$210 fee, and percussion and strings, an extra \$50 fee. All music students also pay a CHSBPA (Band Parent Association) fee of around \$50.

The instrumental music program is a yearlong course of study that provides the student with a fun opportunity to develop instrumental music skills through performance. Students will learn some components of theory and history, as they pertain to performance skills and our music repertoire. Band is an incredible opportunity for students who love music and enjoy performing. Outside of the timetable, course activities may include, but are not limited to: music workshops, festival performances, band camps, trips, performance observations, and concerts. Students who join band can also participate in jazz band (platinum band) (see "J Block Courses"), and pit orchestra.

Career & Technology Foundations 9 (Business - TBD)

Students will learn the vital tools they need to make smart financial decisions, live debt-free and become savvy investors. Students will learn personal money management skills that they can apply to their lives beginning now! A few of the topics that will be covered include: money management; basic accounting skills - to keep track of your money; resume building and interview skills; entrepreneurship strategies; financial literacy; investing strategies.

Construction 9 (\$75.00)

Safety glasses required.

The fee for construction includes wood, screws, nails, glue, paint, felt, ink, photo supplies, misc. items. This course provides students with an opportunity to develop skills in the areas of woodworking and graphics in preparation for high school CTS courses.

Dance 9 (\$30.00)

The fee will cover materials and music used in the class.

This course will look at various styles of dance and creative movement.

Design and Fabrication 9 (\$65.00)

The fee includes a digital media storage device to store student projects on and materials for fabrication. In this program we will learn CAD Design, 3-D printing and fabrication, Graphic Design, Web Design, Photography and other creative endeavors.

Drama 9 (\$35.00)

The fee includes scripts and workshops.

Drama 9 is a course designed to allow students to develop their critical and creative thinking capacities and enhance their verbal and non-verbal communication skills. In Drama 9, the students explore physical and verbal storytelling while developing the confidence to share their ideas confidently and enhanced using the lens of theatre. The course culminates in the students using the knowledge and skills gained to create and perform in an original five-minute mystery or musical performance.

Foods 9 (\$62.00)

The fee pays for all the consumable groceries and supplies, guest speaker, and supplies., etc.

This is an introductory cooking class that covers the following topics: Food and Kitchen Safety, Food Preparation, Time Management, Nutrition Awareness, Canada's Food Guide and Meal Planning. Students will develop basic baking and cooking skills

French as a Second Language (FSL) 9 – (\$20.00)

The fee covers: educational opportunities such as field trips, special workshops, and other experiential learning activities.

Basic skills in understanding, speaking, reading, and writing will be developed throughout the course. Emphasis will be placed on oral skills and therefore participation is very important. Generally, a student can expect to develop an appreciation and knowledge of the French language and culture using text, music, and shared experiences. Upon successful completion of this course, students proceed to French as a Second Language 10.

Leadership 9 (\$21.00)

The fee covers supplies used for games, activities, poster making materials, paint, etc. It also pays for food and treats for class as students often stay after school / late to work on projects, and for guest speakers for the program.

Designed to develop leadership skills within all students. The goal is to enable students to be more confident in themselves and their abilities to become leaders in their school and community. Topics within the course will include communication, problem-solving, presentation skills, organizing school and class events, accountability, reflections, team building, goal setting, mentoring, and 5 hours of community service.

Mechanics 9 (\$46.60)

The fee covers safety glasses, metal, paint, fasteners, chemicals, lubricants, and all grinding, sanding, sand casting, welding consumables.

This entry level exploratory course has two main parts, engine fundamentals and general fabrication. Students will be introduced to safety, tools/equipment, and internal combustion engine fundamentals. They will disassemble and re-assemble a small gas engine to reinforce the operational theory of the internal combustion engine. In the fabrication module students will learn how to electric weld, gas weld, sand cast, and operate sheet metal equipment.

Safe practice and work habits are essential in the shop and classroom. Safety glasses will be provided and must be worn while working in the shop. Shop fees cover consumables and materials used to run the program.

Mechatronics 9 (\$65.00)

The fee covers a Micro:Bit microprocessor for the students to take home, as well as consumables like 3D printer filament.

The world is changing, and we want to prepare students for a 21st century workforce by providing them the opportunity to be designers, innovators and creators through hands-on experiences that give them the chance to solve problems that exist in their world. Mechatronics is a multi-disciplinary approach rooted in Human-Centric design thinking. In Grade 9 at Cochrane High, this term course will concentrate on design thinking and basic technical design (2-D and 3-D rendering, 3-D printing), electrotech (circuitry and soldering) and computer sciences (basic coding and robotics). Students will use these skills to solve real-world problems that exist in the world around them as all the modules come together in a final project. We hope to grow and inspire the designers, technologists, programmers, and innovators of tomorrow to design their future, today.

Photography 9 (\$10.00)

The fee covers a digital device to store student images.

This course will look at basic digital photography skills and photo editing. Composition, design, camera operation and skills will be developed.

Positive Psychology 9 (\$10.00)

The fee covers exercise books, pencil crayons, consumable supplies for labs (candy, food materials), poster paper and photocopies.

Psychology is the study of cognitive, emotional, and behavioural processes and helps us understand ourselves and others. This unique course will focus on the science of stress, test anxiety reduction and study skills techniques, social and emotional learning strategies, coping strategies, and regular heart-focused breathing sessions using HeartMath biofeedback sensors. Students will have access to the sensors each class and will learn how to use the breath to calm down and refocus, helping them to better manage stress and test anxiety. Evaluation will include assignments and class activities, tests, journal writing and a term project.

Spanish 9 (\$20.00)

The fee covers: educational opportunities such as field trips, special workshops, and other experiential learning activities.

Basic skills in understanding, speaking, reading, and writing will be developed throughout the course. Emphasis will be placed on oral skills and therefore participation is very important. Generally, a student can expect to develop an appreciation and knowledge of the Spanish language and culture using text, music, and shared experiences. Upon successful completion of this course, students proceed to Spanish 10.

Sports Performance 9 (\$50.00)

The fee covers the cost of a t-shirt, admission fees for various fitness facilities such as yoga and spin, as well as online fitness programming.

The goal of Sports Performance 9 is to give students the confidence, knowledge, and skills to safely participate in introductory sports training in the weight room facility. We will provide students with the confidence needed to use different weight room equipment in a safe and controlled manner, while developing functional movement patterns and skills that contribute to healthy lifestyles and improved personal performance. Students will understand the introductory knowledge of how and why exercises can contribute to performance in sport and improve injury prevention.

Wildlife 9 (\$15.00)

The Environmental and Outdoor Education program is a student-centered program designed to enhance the participant's learning ability, self-confidence, and self-discipline. This course is an adventure where individuals can challenge themselves mentally, physically, socially, and emotionally. The student will learn to utilize the great outdoors as a classroom and incorporate many skills to live an active and healthy lifestyle. Students should anticipate that we may be outside every class period (regardless of weather); students should dress accordingly and bring appropriate outdoor clothing. The students will be introduced to many safe, comfortable, outdoor experiences in all seasons. This is an activity-based option offering activities such as rock climbing, canoeing, kayaking, orienteering, archery, hiking, mountain biking, downhill skiing, cross country skiing, and snowshoeing. There will be approximately 2 field trips per month and the students must attend a minimum of two field trips. We plan on 3-4 off campus trips/activities per term, and the students are expected to attend a minimum of two field trips.

J Block

Fine and Performing Arts - Choral 9 (Full year program - \$50.00)

Choir offers students the opportunity to study choral music as a member of a vocal ensemble. This performance-based course allows students to develop both creatively and critically through the interpretation of selected music. Students will explore through rehearsal, practice, and performance how choirs are a vehicle for communicating emotional and intellectual intent, while provoking the same in both performer and audience. Choir is designed as an extension and deepening of the Choral Music 10-20-30 program. Enrolment in this course will be based on the teacher's recommendation and permission by the principal. It is recommended that students have taken the courses in sequence and accompanied by Choral 10-20-30. This is a J-Block course that occurs outside of the regular timetable. Students will attend a weekly mass rehearsal after school as well as regular scheduled sectional rehearsals. Students enrolled in the music program (one or more ensembles) at Cochrane High will pay an additional yearly fee of \$40 to the Cochrane High School Band Parents Association.

Grade 9 Platinum Band (Jazz Band - \$70.00)

(Secondary instrument rentals are available for \$50 for the year)

Prerequisite: Being enrolled in Band 9.

This is a jazz performance-based program which focuses on the development of each student as a well-rounded jazz musician and deepening a student's musical skills through jazz repertoire. Study will include performance and technical skills, jazz theory, listening, small/large ensemble performance, and musicianship. The course will also focus on the intricacies of jazz music, advanced articulations, phrasing, performance skills, and the opportunity to improvise. We will cover many different genres from Swing, Blues, Funk, Latin, Rock, etc. This is a J-block course which occurs outside of the regular timetable, one morning per week from 7:15 – 8:50 am, as well as sectional rehearsals and workshops throughout the month.

Fine and Performing Arts – Musical Theatre 9/Pit Band (\$70.00)

Additional Fees: Musical Theatre Hoodies and Other PVA Clothing Products

Musical Theatre is a course designed to allow students to explore performance in an authentic professional environment and become triple-threat artists. Students from multiple artistic backgrounds such as Dance, Singing, Acting, visual, and technical arts collaborate to achieve a common goal and build community. Musical Theatre is a J-Block course occurring outside the regular timetable. Enrolment in the program is based on an audition process and meeting the required pre-requisites. The students engage in a challenging, structured and rewarding process culminating in a live audience's professional performance experience.