



**WELCOME CLASS  
OF 2029**

**COCHRANE HIGH  
SCHOOL**

**Home of the Cobras**

**Community - Character - Commitment**



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**PRINCIPAL'S MESSAGE**

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**GRADE 9 LEADERSHIP TEAM**

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**SUPPORTS AT CHS**

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**EXTRA CURRICULAR ACTIVITIES**

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**ATHLETICS**

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**OUT OF ATTENDANCE AREA**

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**REGISTRATION**

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**GR 9 ELECTIVE COURSES**

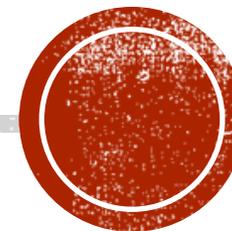
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**FRENCH IMMERSION**

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**WHAT TO EXPECT IN GRADE 9**

**PRINCIPAL'S  
WELCOME**



# GRADE 9 TEAM 2025-2026



## **Administrator**

Mr. Jarett Hooper

## **Guidance Counsellor**

Ms. Tricia Lebel

## **Learning Support**

Mrs. Midori Monan

## **CHAT Room**

Mrs. Bri Link



# SUPPORTS @ COCHRANE HIGH



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Guidance (Social-emotional and academic counselling)

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Administration

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Learning Support (HUB)

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Teachers

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CHAT (Cochrane Healing Arts Time)

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Career and Postsecondary Advisor

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Peer Tutoring Program



# CHAT Supports Students in the Following Areas

Anxiety

Depression

Substance Use

Goal Setting

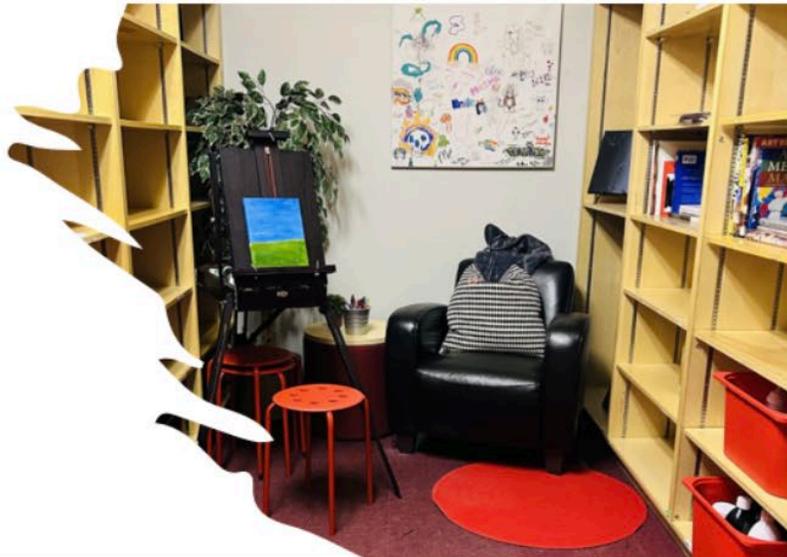
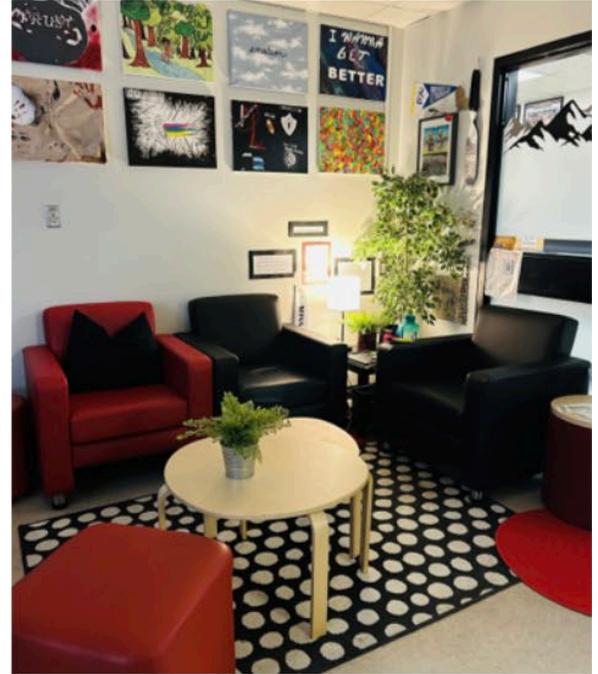
Relationships

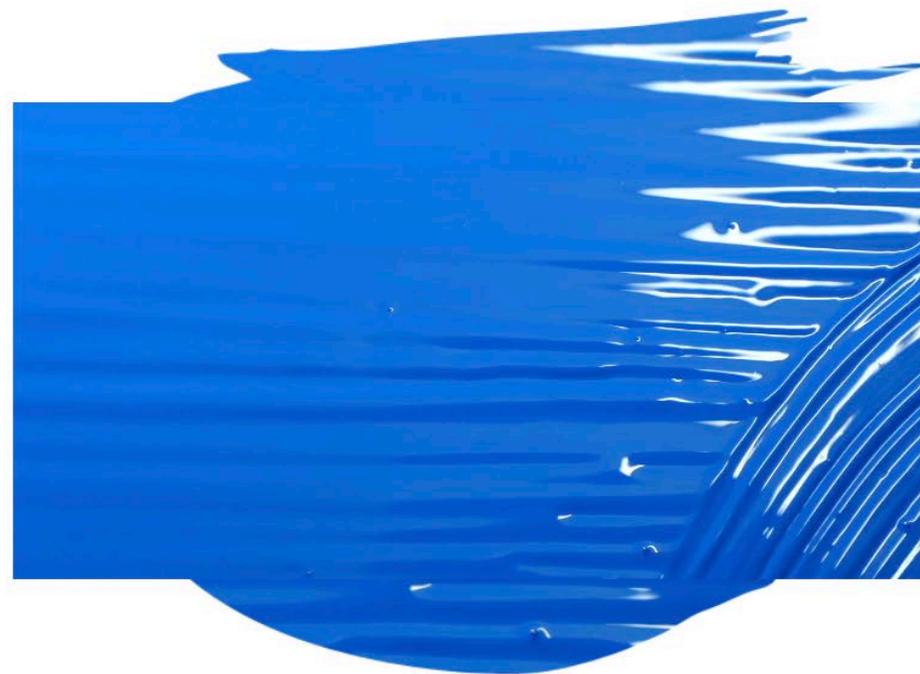
Communication

Academic Planning

*Students Looking for a Safe  
and Calming Place!*

Presentation Title





# *The CHAT Program*

STUDENT TESTIMONIALS





# COCHRANE HIGH SCHOOL ATHLETICS



 @COCHRANECOBAS



@COCHRANECOBAS

# COBRADOME



CHARACTER |

COMMITMENT

| COMMUNITY

# COBRA TURF

- FOOTBALL
- GIRLS FLAG FOOTBALL
- SOCCER
- RUGBY



**BIG RED**

# TRACK AND FIELD

- Cross Country
- Running
- Sprints Distance
- Running
- Long Jump/High Jump
- Javelin/Discus/Shotput



# | CURLING | BADMINTON | GOLF | WRESTLING



9-10-20-30 credits:

# Sports Performance



Yoga  
Spin classes  
Weightlifting  
Meditation  
Cardio  
Olympic lifting

Sports Psychology  
Sports Philosophy  
Nutrition  
Sport Ethics  
Injury Prevention  
Injury Recovery  
Individualized Training

## Community

## Character

## Commitment

Cobra Facilities

<The Weight Room

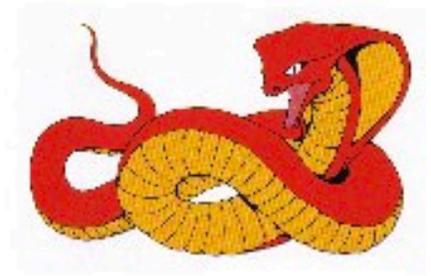
The Spin Room>





# COBRAS

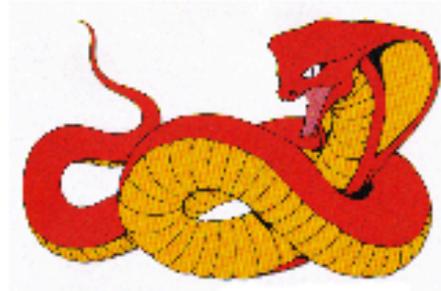
## PHYSICAL EDUCATION





# COBRAS

## PHYSICAL EDUCATION



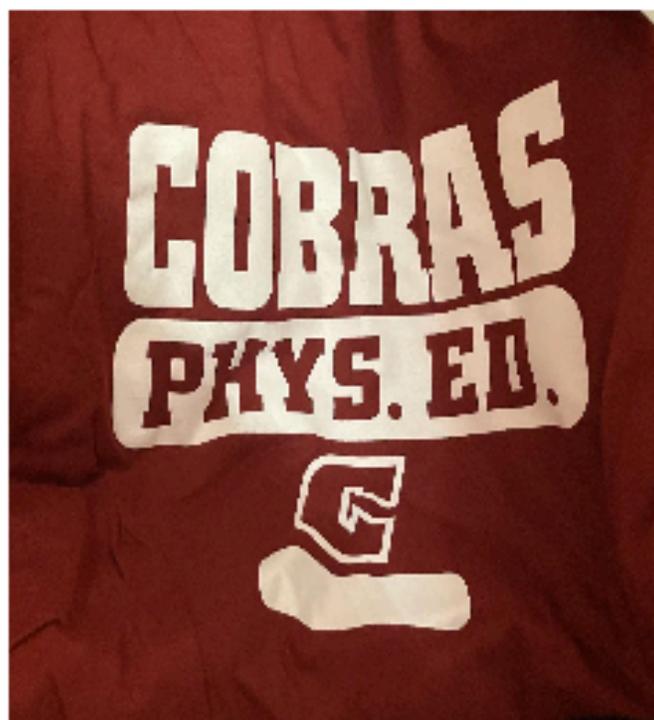
PE 9

PE 10

PE 10 Wellness

PE 20\*

PE 30\*



ringette curling  
 handball spikeball  
 dance  
 bowling yoga golf walking  
 hiking football fieldhockey floorhockey broomball  
 indigenousgames ultimate softball fitness trackandfield icehockey  
 kickball volleyball tchoukball  
 basketball skating soccer capturetheflag  
 pickleball badminton lacrosse  
 rugby omnikinball

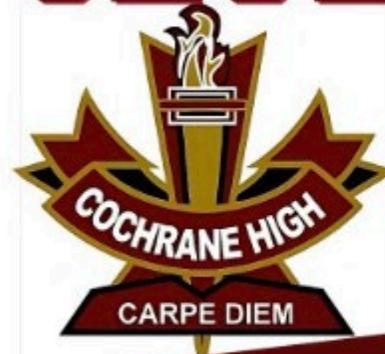


## GUITAR JAM CLUB

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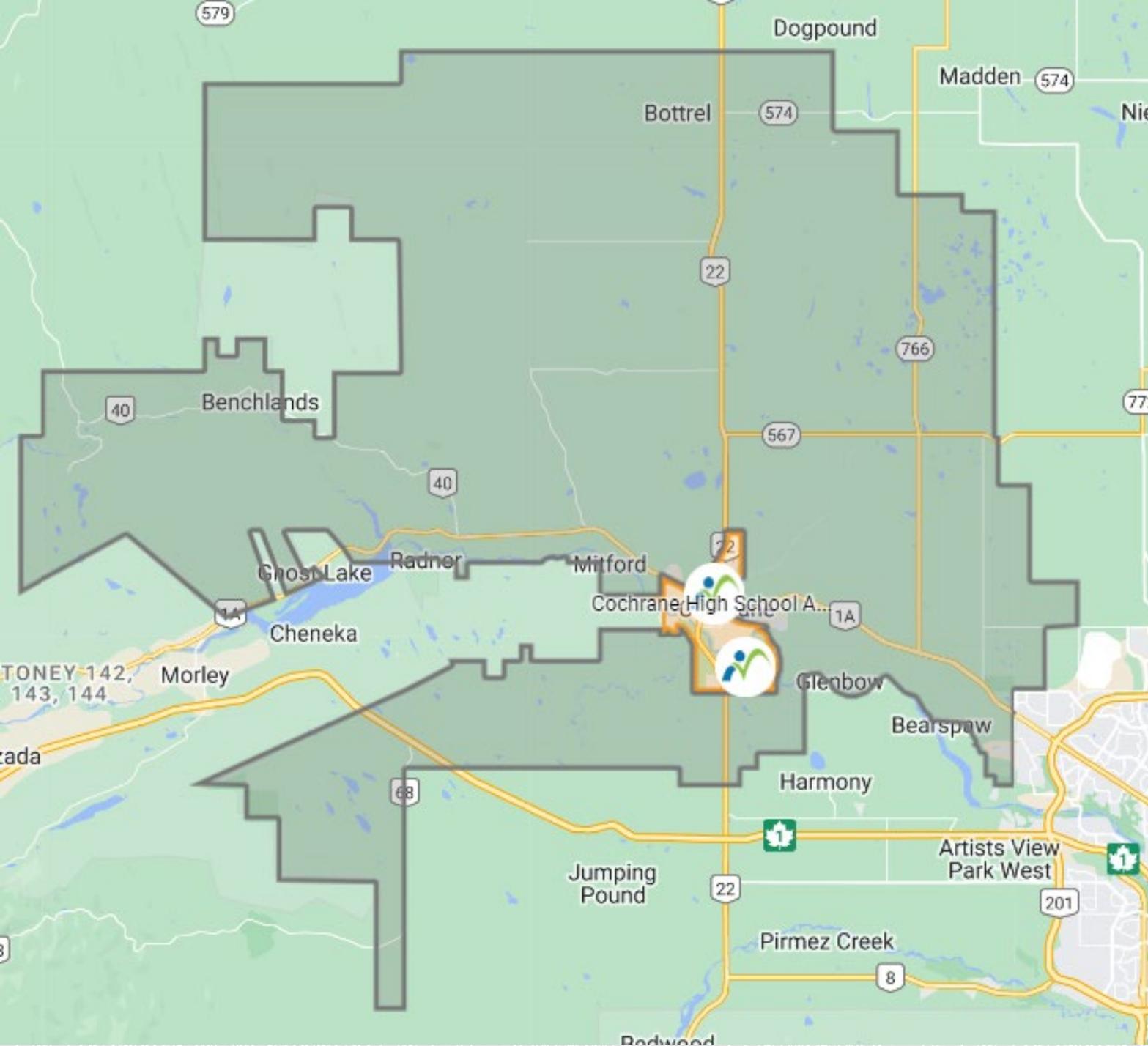
- ALSO BRING YOUR GUITAR OR ANOTHER INSTRUMENT AND COME JAM!
- CONNECT WITH OTHER MUSICIANS!
- WE HAVE A CLUB FOR THAT!
- WEEKLY DROP IN JAM AT LUNCH!

## SPEECH & DEBATE CLUB



**Thursdays at Lunch  
in Mr. Winters room (1063)**





# **OUT OF ATTENDANCE AREA**

If you live outside the CHS catchment area, you must apply for Out of Attendance Area approval:

**Gleneagles, East End, Headlands, TriSchool Area, Sunterra (not Sunset), Heritage Hills, most rural surrounding areas except the Morley area.**

**Students who are out of area in elementary/middle school are NOT automatically granted acceptance to CHS.**

**\*all French Immersion students are within the CHS catchment regardless of their address.**



# SPEECH & DEBATE CLUB



**Thursdays at Lunch  
in Mr. Winters room (1063)**



# REGISTRATION

## Grade 9 Course Selection Form

Legal Last Name:	Legal First Name:
Parent Signature:	Student Signature:
Student Personal Email (for MyPass Account):	

I will **NOT** be attending Cochrane High for the 2023-24 school year.  
**Course Selection Table**

French Immersion	Check the box if you are a <b>FRENCH IMMERSION</b> Student. You will be enrolled in French LA 9 & FI Social 9. FI students must also take ELA 9; this results in 1 less option.	
P3 Hockey Academy	Check the box if you are interested in the P3 Hockey Academy. You must fill out the application form as well.	
Band	Jazz 9	Check the box if you are interested in the Band or Jazz Band Program.
PE 9 Wellness	PE 9 Competitive	Check box as to which PE class you would prefer. Wellness focuses on general fitness and life-long physical literacy. Competitive on games and high performance.

**Required Courses:** Grade 9 students will be automatically enrolled in **Language Arts, Social Studies, Mathematics, Science and Health & Life Skills. PE is offered in 2 quarters (1 each semester).**

**Option Courses:** Please select **6 option courses plus an alternative.** Please record your choices in order of preference. Options must have sufficient enrollment in order to be offered in the timetable.  
**Please select your choices from the list in order of preference.**

**YOU ARE NOT GUARANTEED TO GET THESE OPTIONS. Choices are dependent on space availability.**

	Option Course Name and Number	Cost
Choice #1		
Choice #2		
Choice #3		
Choice #4		
Choice #5		
Choice #6		
J Block		
Alternate		

If you wish to discuss any part of your student's registration, please contact your student's Grade Administrator at Cochrane High School (403) 932-2542.

March 3, 2022

- During our Grade 8 visits to our feeder schools, students were given the registration form for next year.
- Please ensure the form has been returned to your school.



# GRADE 9 ELECTIVE COURSES

Art

Construction

Design and  
Fabrication

Drama

Foods

French as a  
Second  
Language

Leadership

Mechanics

Mechatronics

Positive  
Psychology

Sports  
Performance

Wildlife

Choir (PM J-Block)

Musical & Tech  
Theatre (PM J-  
Block)

Various Bands –  
Jazz, Platinum, etc.  
(AM J-Block)

**Band** is a full-year course and will alternate daily with PE

**J-Block Options** occur in the AM and/or PM outside the timetable

\*options subject to change





# FRENCH IMMERSION

- Is a long-term commitment. Students must be registered in both French Language Arts and Études sociales in order to remain in French Immersion. FLA and ÉS are the only cores offered in French.
- Students who wish to leave the FI Program and are not in our catchment area, will need to go to their designated school or apply for an Out of Area.
- Students in French Immersion do not receive a Bilingual Diploma. Rocky View Schools recognize students with a French Immersion Certificate and a unique tassel at their graduation ceremony.
- The DELF is an official diploma awarded by the Ministry of Education in France which certifies a level of proficiency in all four French skills; **oral production, oral comprehension, written production and written comprehension**. It is recognized in 180 countries around the world, and is valid for life, which will open doors for students in the future. The DELF is offered at CHS in the Spring each year.
- Opportunities: Trips, Reading Buddies, Summer Exchange, Cultural Activities and more.
- Canadian Parents for French: French Immersion Parent Community



# PERFORMING AND VISUAL ARTS



COCHRANE HIGH  
PERFORMANCE  
& VISUAL ARTS  
OUR VOICE THROUGH ART



Check out our  
social media!

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**Band – Symphonic, Jazz, Pit Orchestra, Choir**

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**Acting – Drama, Advanced Acting**

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**Musical Theatre – Acting, Tech, Band**

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**Art – Painting, Sculpting, and more**

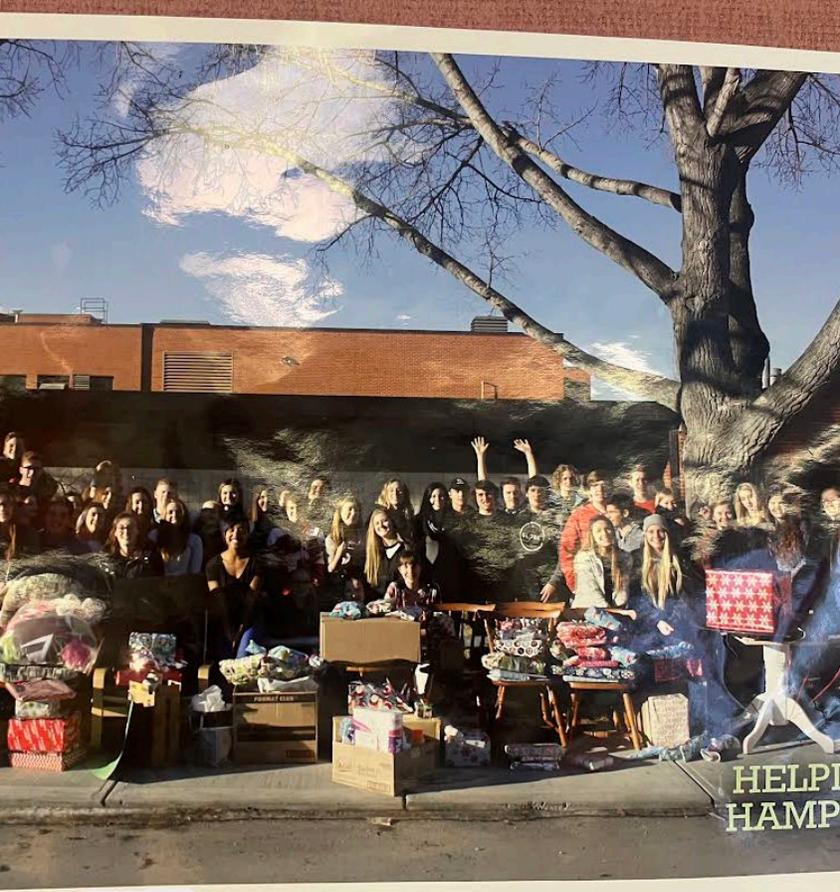


# Cochrane High School Leadership

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## School Events





**Bethany Care Center  
PUMPKIN WALK!**

***The Bethany Care Center is having a pumpkin walk for the seniors!***

**What does this have to do with you?**

are looking for 15 individuals or groups to carve pumpkins that will be played for the seniors at the Bethany in town! If you are wanting to participate please scan the code and sign up, more details will come to follow.

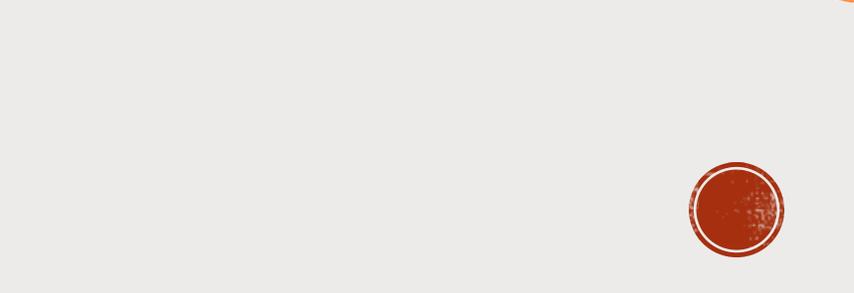
**SCAN THE QR CODES AROUND THE SCHOOL TO SIGN UP.**  
First come first served  
Space is limited!



OCT. 4-27TH  
**SOCKTOBER**  
DONATE A PAIR OF SOCKS!

**THERE WILL BE A DONATION BOX IN YOUR BLOCK ONE CLASS**

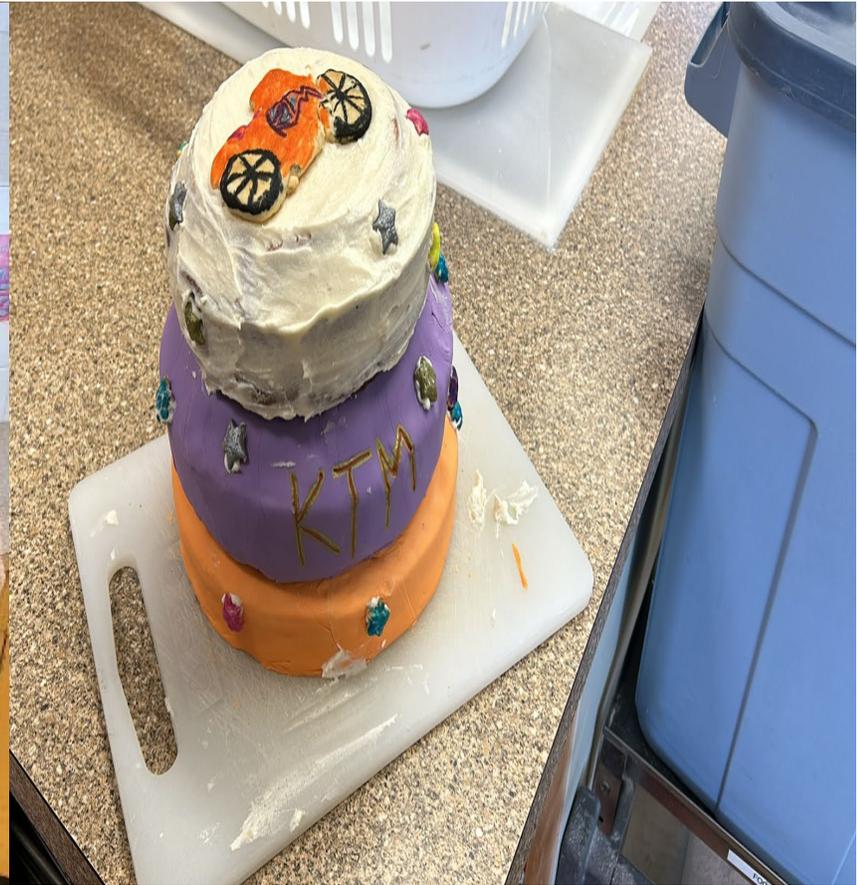
ALL DONATIONS GO TO THE CALGARY DROP IN CEN



# Cochrane High School Leadership

Community Events

# FOOD





Halloween Baking!



Homemade pop tarts!





Sugar Cookies go with every Holiday!





# CONSTRUCTION





CONSTRUCTION

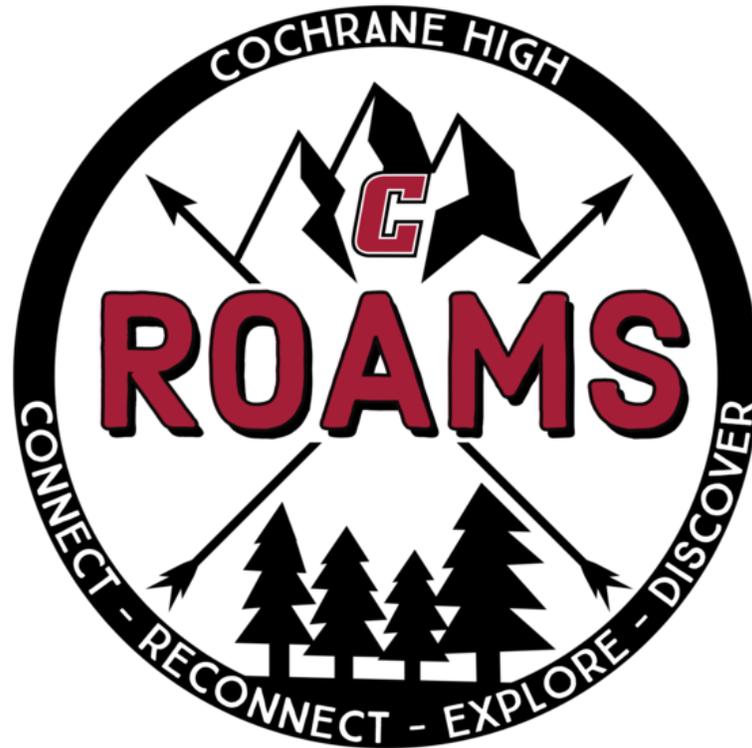


# Desing Thinking for Innovation



# Cochrane High School Leadership

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# WHAT TO EXPECT IN GRADE 9



- **Mathematics** and **English Language Arts** are three quarter courses (quarter 1 OR 2 and all of semester 2); the Provincial Achievement Test (PAT) will be written in June.
- French Immersion students will have one semester of **French Language Arts** and one semester of **English Language Arts**.
- **Science** and **Social Studies (Études Sociales)** will be semestered, and students will write the PAT at the end of the semester, either in January or June.
- Elective courses will be quartered. PE is required and will be for 1 semester.
- Staggered entry for Grade 9. The first day of school is only for Grade 9s!
- Students do not begin earning credits until September of their Grade 10 year.



# FREQUENTLY ASKED QUESTIONS

- Do I get a locker?
- Where can I eat lunch?
- Can I leave the school?
  - How do PAT's work?
- How do I get extra help if my classes are too hard?
  - Who writes my IPP?
- How many options do I get and will I get to be with my friends?



# WISE WORDS FROM THE COBRAS...CLASS OF 2025!

1. Get Involved
2. Try New Things
3. Be Open To Meeting New People
4. Be your best advocate – reach out for supports if needed
5. Do not stand in the hallways



# **CHS Open House & Info Night**

Thursday, March 13<sup>th</sup> from 5-8pm

**\*\*All students and parents are encouraged to attend\*\***  
**Important information sessions will occur for each grade**

Gr 8s coming into Gr 9 – 5:30-6:30pm in the gym

Gr 9s going into Gr 10 – 6:45-7:45pm in the gym

Gr 10s & 11s going into Gr 11 & 12 – 6:45-7:45pm in the theatre

We will discuss high school courses and credits, streaming and progression, how to choose the right courses for your future plans, and special programs and opportunities available to students at different grade levels.





**WE LOOK FORWARD TO  
WELCOMING YOU NEXT  
YEAR!**





# PARKING LOT SLIDES



# Introducing the Speech and Debate Club

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Debate



...AND ALSO DROP IN GUITAR JAM...

## Agenda

- 1 Welcome to the Speech and Debate Club!
- 2 Why Join the Speech and Debate Club?
- 3 Get Involved and Make Your Voice Heard!



### **Develop critical thinking skills**

Engaging in structured debates challenges members to analyze diverse perspectives and construct coherent arguments, refining their ability to think critically under pressure.



### **Enhance public speaking abilities**

Regular practice in a supportive environment helps members master the art of oration, learning to communicate ideas clearly and effectively to various audiences.



### **Build confidence and leadership**

Debate empowers individuals to take initiatives, voice their opinions, and lead discussions, fostering personal confidence and honing leadership abilities.

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Joining the Speech and Debate Club is more than just an extracurricular; it is a transformative experience. Our club equips members with invaluable tools to develop critical thinking skills by exploring a range of topics and viewpoints. You'll learn to articulate your thoughts coherently, enhancing your public speaking abilities as you gain experience delivering compelling arguments. Furthermore, the supportive camaraderie within the club fosters an environment conducive to personal growth, helping you build both confidence in your abilities and essential leadership skills that will serve you well into the future.

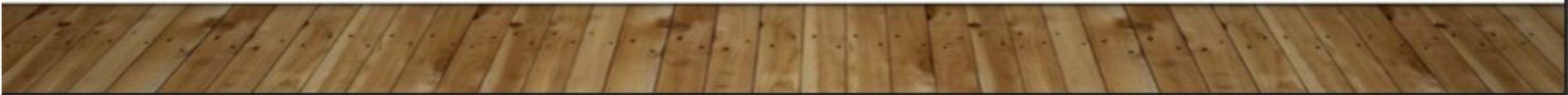


## Embracing the Art of Communication

- **Introduction to the club:** The Speech and Debate Club is a vibrant community that fosters a love for public discourse through engaging discussions, structured debates, and collaborative learning experiences.
- **Purpose and goals:** The club aims to cultivate articulate speakers and informed debaters who can thoughtfully navigate complex topics, thereby enhancing their analytical and persuasive skills.
- **Exciting opportunities:** Members have the chance to participate in competitions, workshops, and guest speaker events, all designed to expand their understanding of rhetoric and argumentation.



Photo by Merakist on Unsplash



# Get Involved and Make Your Voice Heard!

Connect and Participate



## **Upcoming events and meetings**

Stay tuned for our next monthly meeting, as well as various workshops and debates scheduled throughout the semester, designed to enrich your experience within the club.



## **How to join**

Joining the club is easy—simply sign up at our next meeting or reach out via our social media channels to become part of our vibrant community and start participating today!

