

Welcome to
High School 101

A large teal circle containing a white double quote icon. To its left is a smaller red circle, and to its right is a white circle containing a teal lightbulb icon. There are also several other small circles in red, orange, and teal scattered around the top of the image.

“



**We are here
for you.**



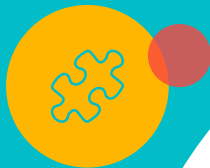
Mr. Rajan Principal's Message

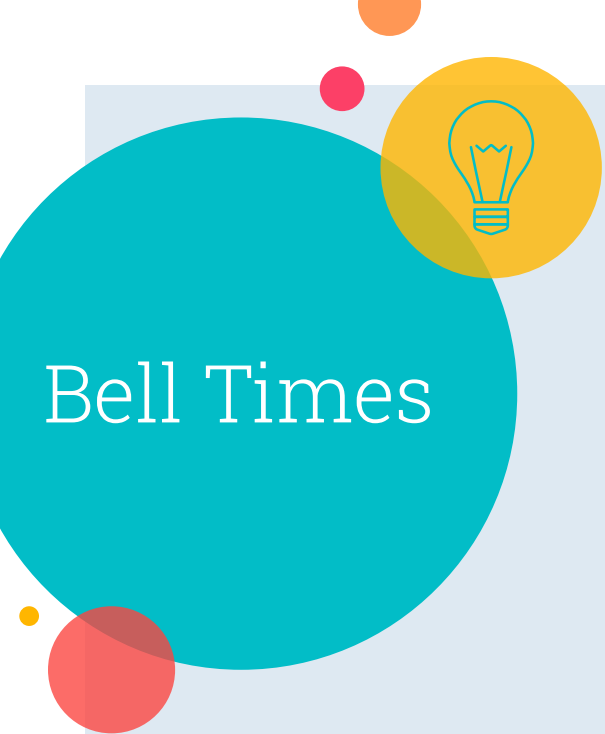


Agenda

- Basic High School Structure
- Different Courses at SWC
- Grading in High School
- Graduation Requirements
- Student Resources
- Extracurricular Activities
- Scholarships
- Start- Up Information
- Student Tips

Basic High School Structure

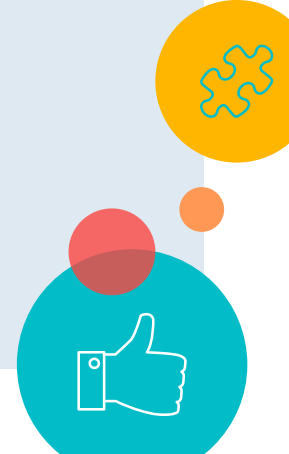




Bell Times

Monday - Thursday

Tutorials	8:15 AM-8:50 AM
Period 1	8:50 AM-10:10 AM
Period 2	10:15 AM-11:40 PM
Lunch	11:40 AM-12:25 PM
Period 3	12:25 PM-1:45 PM
Period 4	1:50 PM-3:10 PM



Bell Times



Friday

No Tutorials

P1 8:15 AM-9:20 AM

P2 9:25 AM-10:30 AM

Break - 15 min

P3 10:45 AM-11:50 AM

P4 11:55 AM-1:00 PM



Semesters

1 Year

Sem 1 September - January

Term 1 Sept - Nov

Term 2 Nov - Jan

2
semesters

Sem 2 February - June

Term 3 Feb - April

Term 4 April - June

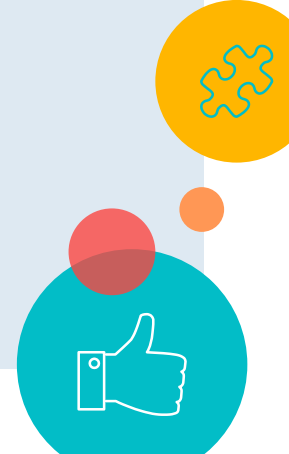
4 terms



Tumbling Timetable

When are you at your best (or worst) for learning?

We know that everyone has different times when they learn best. So, Churchill follows a tumbling timetable schedule. This way, every student has the opportunity to have all their classes when they are at their best.



SIR WINSTON CHURCHILL HIGH SCHOOL

TIMETABLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CTS 700 BUS ARRIVAL 8:00 AM MONDAY – FRIDAY	
7:00 - 8:10 70 minutes	AM CLASS	AM CLASS	AM CLASS	AM CLASS	FRIDAY	
8:15 – 8:50 35 minutes	1 (tutorial)	2 (tutorial)	3 (tutorial)	4 (tutorial)	8:15 – 9:20 65 minutes	1
8:50 – 10:10 80 minutes	1	2	3	4	9:25 – 10:30 65 minutes	2
10:15 – 11:40 85 minutes	2	1	4	3	BREAK – 15 minutes	
11:40 – 12:25	LUNCH – 45 minutes				10:45 – 11:50 65 minutes	3
12:25 – 1:45 80 minutes	3	4	1	2	11:55 – 1:00 65 minutes	4
1:50 – 3:10 80 minutes	4	3	2	1	OFFICE HOURS	
3:15 – 4:45 90 minutes	PM CLASS	PM CLASS	PM CLASS	PM CLASS	MON – THURS 7:45 – 3:30	FRIDAY 7:45 – 1:00



Grade 10 - Sample Timetable

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CTS 700 BUS ARRIVAL 8:00 AM MONDAY – FRIDAY	
7:00 – 8:10 70 minutes					FRIDAY	
8:15 – 8:50 35 minutes	1 (tutorial)	2 (tutorial)	3 (tutorial)	4 (tutorial)	8:15 – 9:20 65 minutes	1 Math 10C
8:50 – 10:10 80 minutes	1 Math 10C	2 Musical Theatre 15	3 Social 10-2	4 French 10	9:25 – 10:30 65 minutes	2 Musical Theatre 15
10:15 – 11:40 85 minutes	2 Musical Theatre 15	1 Math 10C	4 French 10	3 Social 10-2	BREAK – 15 minutes	
11:40 – 12:25	LUNCH – 45 minutes				10:45 – 11:50 65 minutes	3 Social 10-2
12:25 – 1:45 80 minutes	3 Social 10-2	4 French 10	1 Math 10C	2 Musical Theatre 15	11:55 – 1:00 65 minutes	4 French 10
1:50 – 3:10 80 minutes	4 French 10	3 Social 10-2	2 Musical Theatre 15	1 Math 10C	OFFICE HOURS	
3:15 – 4:45 90 minutes					MON – THURS 7:45 – 3:30 FRIDAY 7:45 – 1:45	



Courses Outside the Timetable

- Band (Woodwind/ Brass/Percussion)
 - Two AM classes per week (7-8:10 AM)
- Choir
 - Tuesday and Thursday after school (3:30-5:00 PM)
- Both band and choir are full year

Credits

- Credits are earned when a course is completed successfully
- Students must achieve 50% to earn credits and pass the class
- Work and pass your courses to earn credits to graduate!

3 or 5 Credits



Difference between 3 and 5 credit courses:

- 5 Credit course
 - Full Semester
- 3 Credit Course
 - One term (half a semester)
 - CTS courses have three 1 credit modules



Absences

- Inform the Main Office of any absences
- Communicate with teachers in advance
- Make-up work with teachers promptly
- Check D2L for updates
- Extended Leave of Absence Form (for absences that are 4 days or longer)

Exams

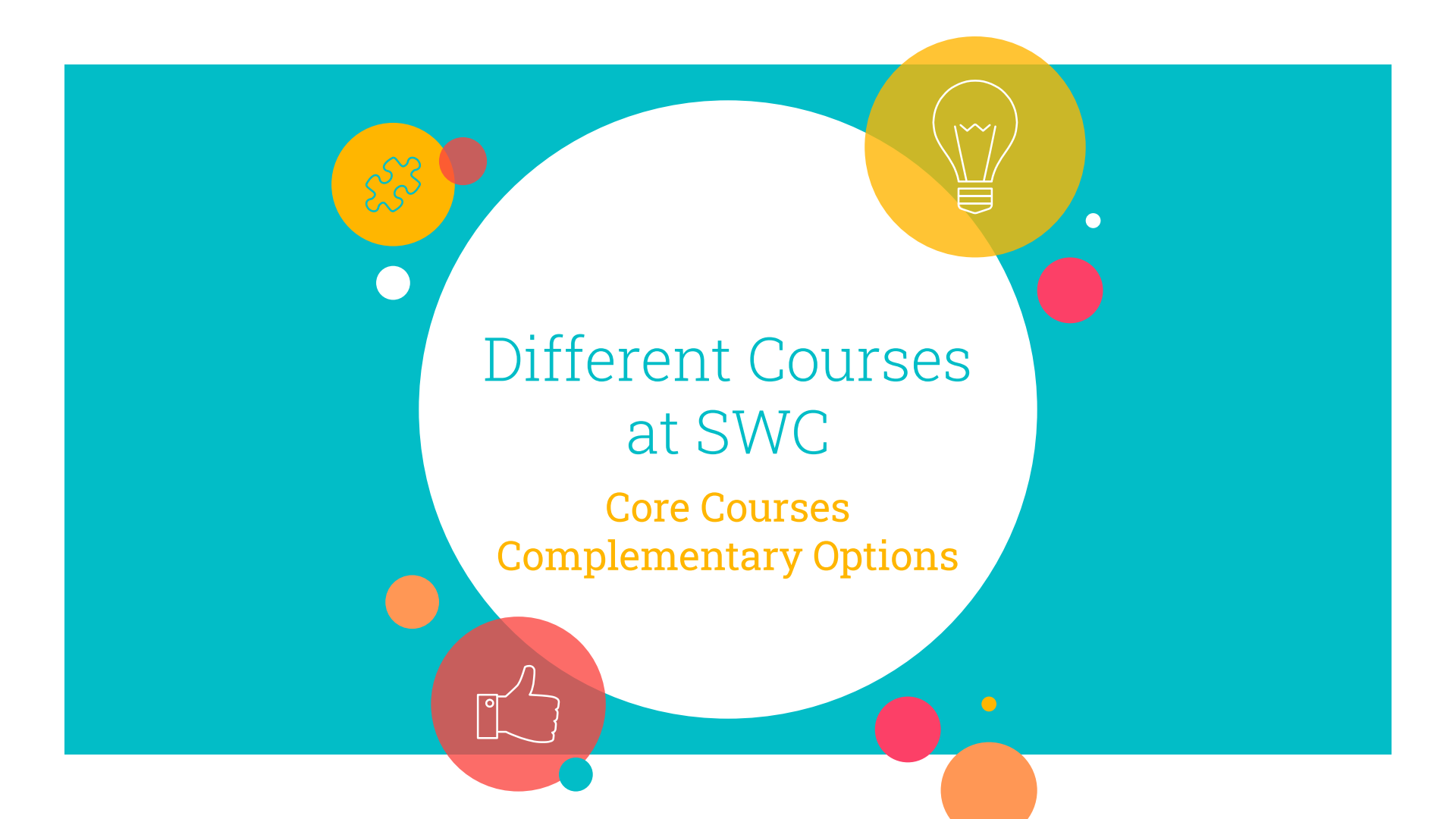
- Final exams are twice every school year
 - January & June
- Check the SWC website for exam schedules
 - Under the title “CBE Calendar”

Technology Rules

- There is a phone and technology policy that students must follow during class and school hours
- Each teacher has different rules, and more information will be given on the first day of classes

Lockers and Homeroom

- Each student gets access to a locker
 - Lockers are shared between two people
 - You can come with a friend on the day lockers are assigned or be assigned a locker partner
- Homerooms assigned based on the student's last name
 - You will go to homeroom a few times each year to receive important documents and information



Different Courses at SWC

Core Courses
Complementary Options



Compulsory Courses

- Math
- Science
- English
- Social Studies
- Physical Education (PE 10)





Complementary Classes

Students have chosen several complementary classes to complete their schedules from the following areas:

- Career & Technology Studies (CTS)
- International Languages
- Fine Arts



CTS Option Courses

Career and Technology Studies (CTS) - BIT

- Computer Graphics
- Computer Science
- Financial Management
- Management and Marketing

Career and Technology Studies (CTS) - TMT

- Electronics
- Mechanics

Career and Technology Studies (CTS) - MDC

- Design Studies
- Cosmetology
- Food Studies
- Legal Studies
- Sports Medicine
- Sports Performance
- Yoga

CTS Option Courses



3 - Credit Course (Term)

Computer Science 10

CSE1010 Computer
Science 1 **1 credit**

CSE1110 Structured
Programming 1 **1 credit**

CSE1120 Structured
Programming 2 **1 credit**

5- Credit Course (Semester)

Sports Medicine Intro

CCS1080 Community Volunteerism
1 credit

HSS1010 Health Services Foundations
1 credit

REC1020 Injury Management 1
1 credit

HCS1050 Musculoskeletal System
1 credit

REC1030 Technical Foundations for
Injury Management
1 credit

Yoga 15

Term **3 credit**

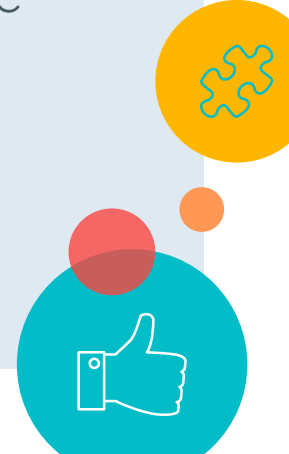
Semester **5 credit**

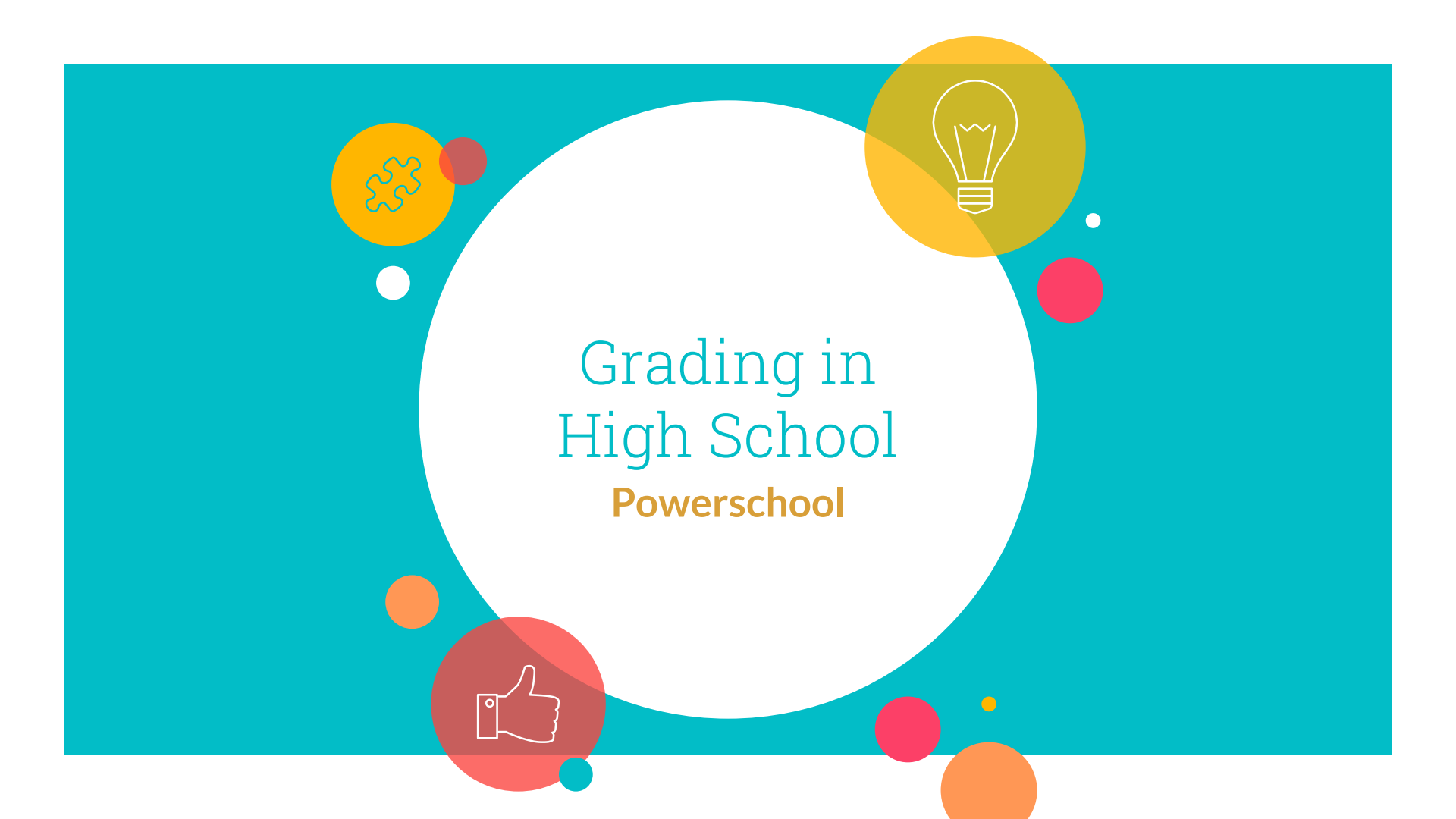




International Languages & Fine Arts

- Chinese
- French
- Spanish

- Art
 - Choral Music
 - Drama
 - Music (Band)
 - Musical Theatre
 - Technical Theatre
- 



Grading in High School

Powerschool



PowerSchool App

- Mark and attendance
- Online report cards
- Online course selection
- Parents can have access
- Mobile and desktop available

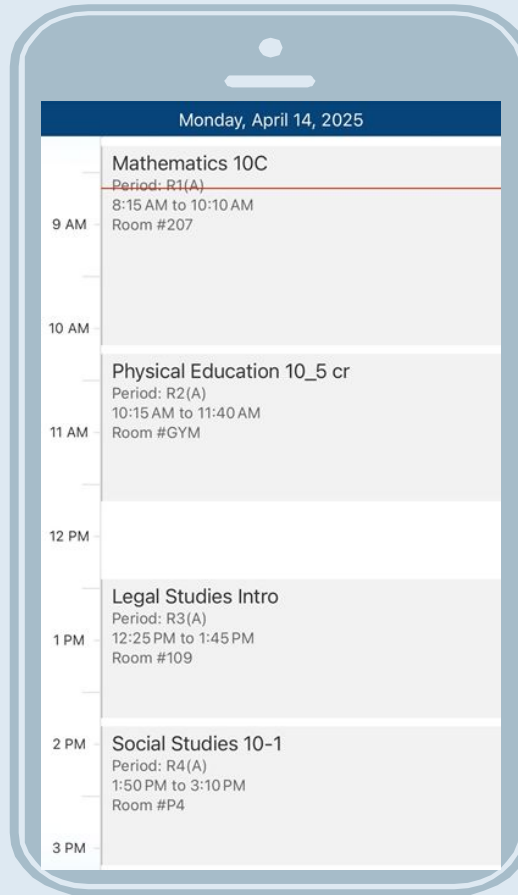
Beginning		Developing		Proficient		Exemplary	
1	2	1	2	1	2	1	2
The student demonstrates a level of understanding and/or skill that is not yet meeting expectations of the course outcomes.		The student demonstrates a basic level of understanding and/or skill that meets expectations of the course outcomes.		The student demonstrates a well-developed level of understanding and/or skill that meets expectations of the course outcomes.		The student demonstrates a mastery level of understanding and/or skill that meets expectations of the course outcomes.	
■ The quality of work may be vague and/or undeveloped .		■ The quality of work may be adequate and/or concrete .		■ The quality of work may be clear and/or well-reasoned .		■ The quality of work may be perceptive and/or insightful .	
■ Targeted adjustments to planning and instruction will be necessary for further learning in this area.		■ Adjustments to planning and instruction may be necessary for further learning in this area.		■ The student can be confident of being prepared for further learning in this area.		■ The student can be confident of being prepared for further learning in this area.	
20%	40%	55%	65%	75%	85%	95%	100%





Sample Schedule

- PowerSchool App provides the student with their daily timetable.
- Shows the order of classes for each day, the location and timings.
- Blank spot in this sample timetable indicates a spare.

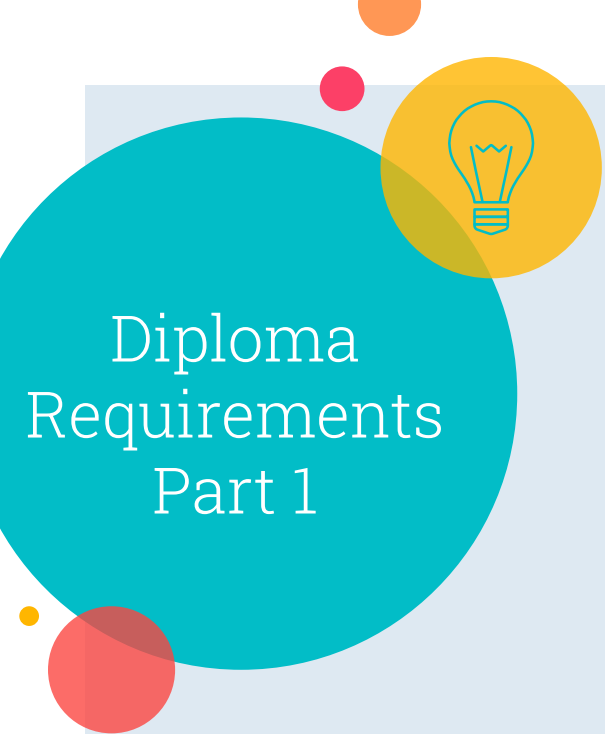


Monday, April 14, 2025	
	Mathematics 10C Period: R1(A) 8:15 AM to 10:10 AM Room #207
9 AM	
10 AM	
	Physical Education 10_5 cr Period: R2(A) 10:15 AM to 11:40 AM Room #GYM
11 AM	
12 PM	
	Legal Studies Intro Period: R3(A) 12:25 PM to 1:45 PM Room #109
1 PM	
	Social Studies 10-1 Period: R4(A) 1:50 PM to 3:10 PM Room #P4
2 PM	
3 PM	



Diploma Requirements

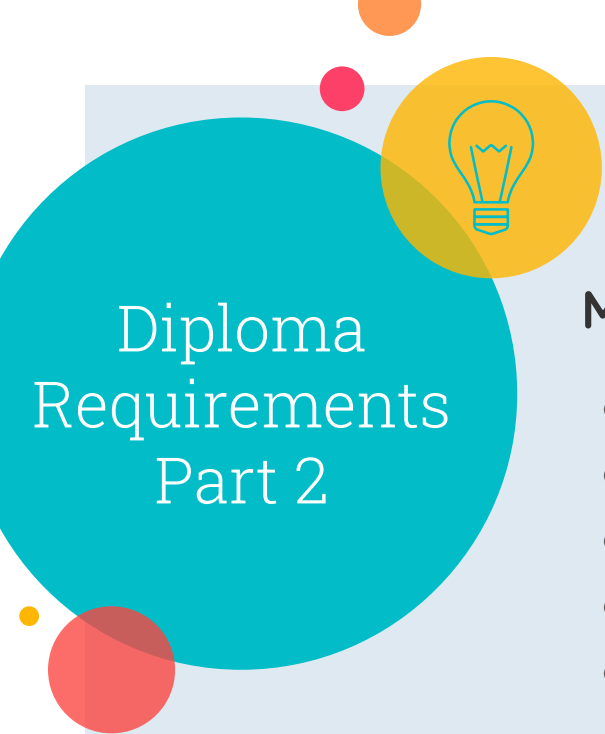
100 Credits



Diploma Requirements Part 1

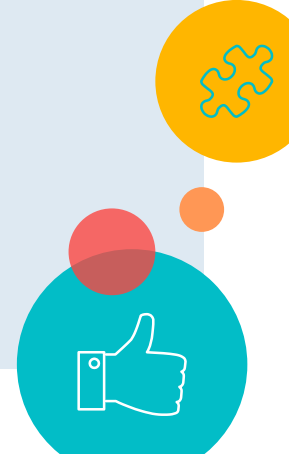
Must be completed:

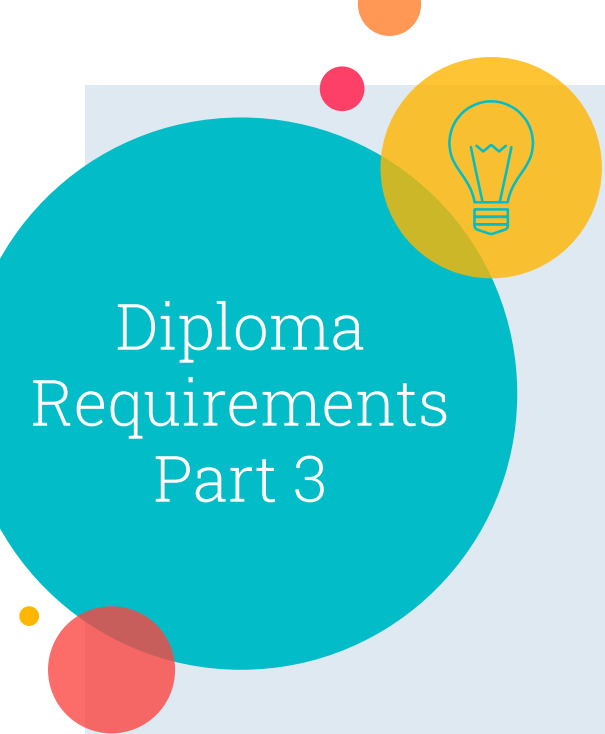
- English 30-1 or 30-2
 - Social 30-1 or 30-2
 - Science (10 credits required over 2 courses)
 - Math 20-1 or 20-2 or 20-3
 - Physical Education 10
 - Career and Life Management (CALM)
- 



Diploma Requirements Part 2

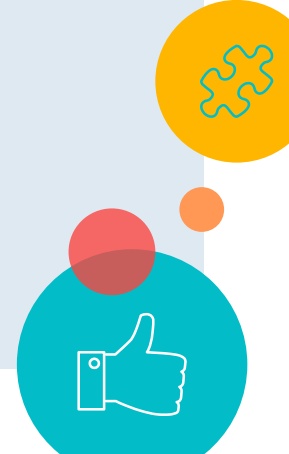
Minimum of 10 credits, in any combination:

- Career and Technology Studies (CTS)
 - Fine Arts
 - International Languages
 - Physical Education 20 and/or Physical Education 30
 - Registered Apprenticeship Program (RAP)
 - Knowledge & Employability courses
- 



Diploma Requirements Part 3

**Minimum of 10 credits in any 30-level course
(in addition to English and Social), in any
combination:**

- 30 level Mathematics
 - 30 level Science
 - 30 level Fine Arts
 - 30 level International Languages
 - 30 level Career and Technology Studies
 - 30 level Physical Education
 - 35 level Work Experience
- 



100 Credits
Minimum!

You must earn a minimum of 100 credits to
earn an Alberta High School Diploma.





Student Resources

Everything you need
to SUCCEED!



Guidance Counsellors

- A~F
- G~L
- M~R
- S~Z

Ms. Black
Ms. Murray
Mrs. Alladin
Mrs. Chan



Student Services

- Guidance Department
 - Personal - stress alleviation, balancing schedule
 - Educational - graduation, credits, post secondary info
 - Career - interest inventories, prerequisites, etc.
- Four full-time Guidance Counsellors
 - The counsellor you will be seeing is based on the first letter of your last name
 - Available through appointment



Administrators

Mr. Rajan is very student-centred and approachable. He is here to support students!

We have 3 Assistant Principals:

Ms. Lee	A - H
Mrs. K. Chan	I - O
Ms. Cave	P - Z





Tutorials

Monday to Thursday (8:15am - 8:45am)

Tutorials are a good time to:

- Receive one-on-one help
 - Ask questions about concepts or homework you had trouble with
 - Review quiz or unit test to gain a better understanding
 - Ask your teacher to review an assignment before the due date to make sure you are on track
 - Study and work
- 



Other Supports Available

- EAL Learning Leader
- EAL Educational Assistant
- School Resource Officer

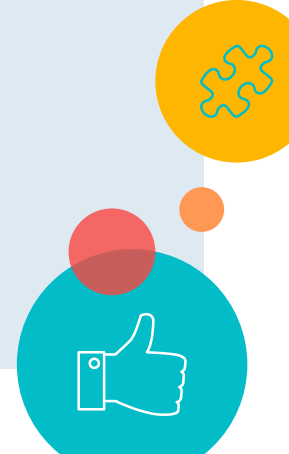
**Subject to change each year depending on funding*





Learning Centre

The Learning Centre is located in **Room 101**. This area is open all day, including before school and at lunch. The Learning Centre hours are from **8:00 AM to 3:10 PM**. If you have an IPP we encourage students to stop by and meet the team in the learning centre if you haven't already.



Peer Tutoring

- Peer Tutoring Program: SWC students
 - Online sign up
 - Find a mutual time to meet

Online Resources

- [MyBlueprint](#)
 - Resource that helps you find your strengths and identify your areas of growth as a learner and potential career paths
- [MyPass](#)
 - Diploma marks and plan for high school success
- [D2L](#)
 - Many teachers have D2L shells where they will post important information from the course, homework assignments, updates, etc

Bussing to School

- [Calgary Transit](#)
- Check transit app for high school bus routes
- Routes may be subject to change
- Check before the start of school in the fall



Extracurricular Activities

Get Involved



The BEST way to feel part of a new community is to **GET INVOLVED!**

There are many different ways to get involved whether it is athletics, clubs, or volunteer work.

Find your passion!

Find what works best for you!





Athletic Teams

- Badminton
- Basketball
- Cross Country
- Field Hockey
- Football
- Rugby
- Soccer
- Swim
- Track and Field
- Volleyball
- Wrestling



Commitment & Information

- Practice times and frequencies vary per week
- Prepare to put time outside of school
- Season often last 3 ~ 4 months
- Night of the Bulldog!
- Some teams accept without cuts:
 - Cross Country, Football, Track, Wrestling
 - Table tennis Club, Badminton Club
 - Climbing Club, Yoga Club
- Fitness Center



SWC Clubs

- There are over **50** clubs at SWC
- Aim to enhance student's ability to be a positive citizen and be involved
- Volunteering opportunities
- Reference letters





SWC Clubs and More...

- Student Leaders
- Model UN
- GirlUp
- **Citizens of Churchill**
- Robotics Club
- Principal's Advisory Council
- Muslim Youth Club
- Chess Club
- Debate & Speech Club
- Poetry Club
- Earth Club
- Gay-Straight Alliance (GSA)
- Churchill Chronicle
- Mustard Seed
- Black Student Union (BSU)
- Interact Club





Volunteering at SWC

- **Citizens of Churchill:**
 - Plans and runs Grade 9 Tours and Open House
 - High School 101
 - Guided tours throughout the school year
 - **Volunteer Churchill** (many opportunities)
 - **Student Leaders Club:** school events
 - **Clubs and activities:** school events, volunteer, work experience
- 

Leadership

- Along with leadership opportunities in clubs, we have a Leadership Class
 - PE & leadership combined in a class
 - Only at the 30 level. PE 10 & 20 pre-requisite.
- Organizing events around the school, and sometimes outside of Churchill
 - Intramurals
 - Spirit days
 - Sporting events



Scholarships

The Rewards!



Start a 'Brag Sheet'

- Name of activity, your role
 - Dates involved, hours per week, total hours
 - Contact info for a reference
 - Keep all of your certificates and reference letters in one location
- 

Rutherford Scholarship

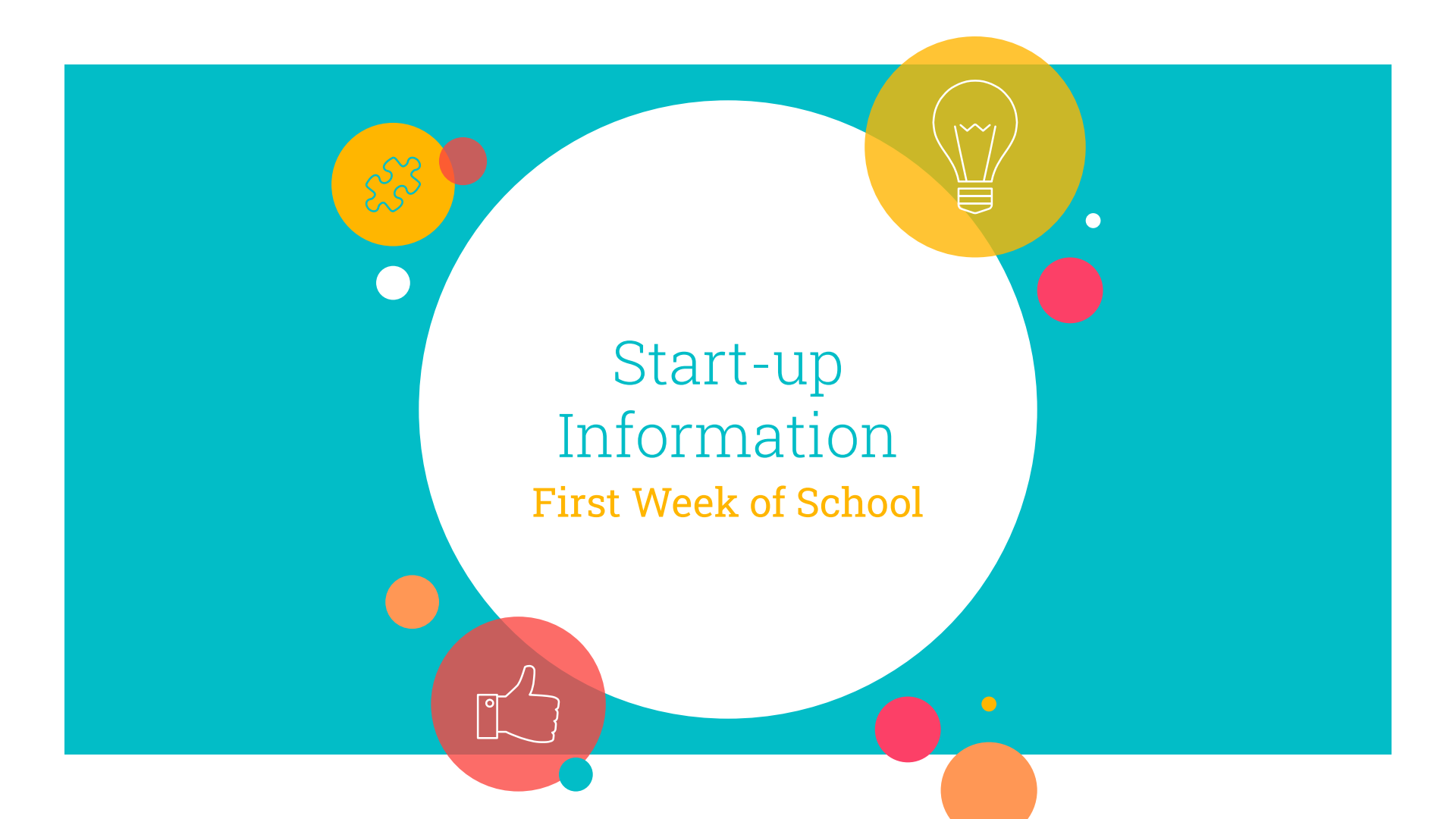


Requires an average of 75% or higher in five subjects:

- English 10-1 or 10-2
- Two of the following:
 - Math 10C
 - Sci 10
 - Soc 10-1 or 10-2
 - Any one International Language at the grade 10 level
- Any two other subjects at the grade 10 level including the ones listed above

Apply in Grade 12, but receive money for Grade 10 achievements





Start-up Information

First Week of School

August

- A newsletter will be emailed to you in early August
- Information about school start-up
- Schedule of events for first week of school
- Your homeroom teacher will call to welcome you



Before the First Day of School

- In the newsletter, you will receive information about when to come to school before the first day. On this day you will be given:
 - A locker (if you prefer, come with a partner)
 - Textbooks
 - Yearbook photos and IDS
 - Timetable and homeroom information
 - On this day or before, you must pay your school fees
- 

First Day of School



- Grade 10 assembly in the main gym
- Homeroom to receive back to school info
- School Tour
- Welcome BBQ for Grade 10's

Next day, you will attend a brief homeroom to hand in paperwork and then you are off to classes!



School Supplies



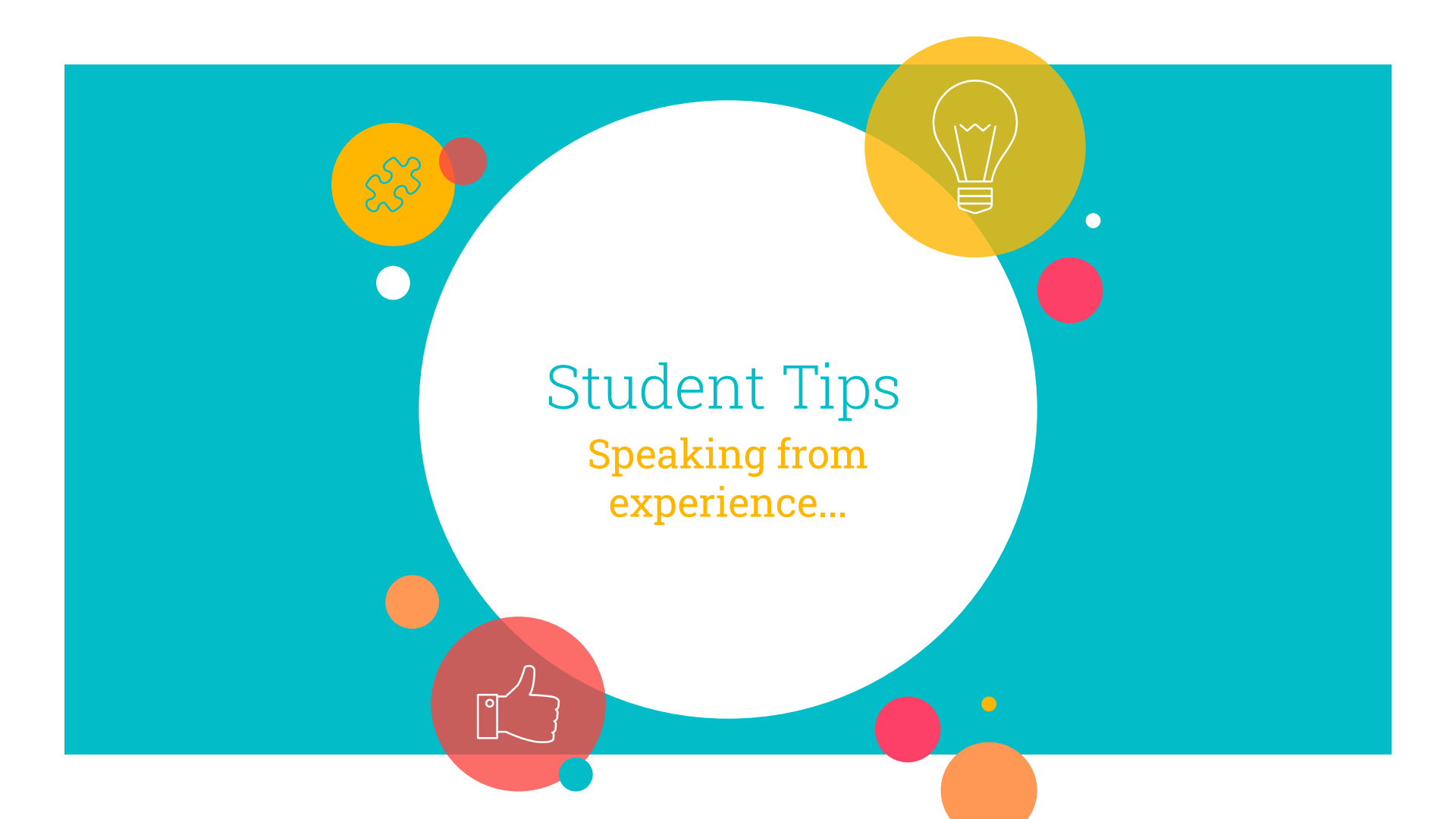
*No need to rush to
buy everything
ahead!*

Teachers will provide a course outline once classes start.
They will let you know what you need!

Bring some basic supplies on your first day:

- Binder with paper or notebook
- Writing materials (pens, pencils, erasers)
- No need for own computer (but might be helpful)





Student Tips

Speaking from
experience...



Be proactive and use TUTORIALS!
Your teachers want to help!





“



ATTENDANCE is key!





**DO your HOMEWORK and assignments
and remember to hand them in!**





**Start practicing good
studying habits**



A large teal circle containing white double quotation marks. To its left is a red circle, and to its right is a white circle containing a teal lightbulb icon. There are also smaller red and orange circles scattered around.

“



Do something you LOVE everyday!





Get Involved!



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Don't be afraid to ASK FOR HELP!





Thank You!



Q and A



Where can I find more information?

A

**Basic High School
Structure**

Course questions

B

**Extracurricular
activities**

**Student
Resources**

C

**Grading system
School startup**

- **School Website**
 - <https://sirwinstonchurchill.cbe.ab.ca/>

