

Bowness High School



School Motto

Once a Trojan,
Always a Trojan

School Credo

Pride & Excellence

School Colours

Green and Gold

School Mascot

Tommy the Trojan

Bowness is a great high school – filled with dedicated teachers and students making the most of their school experience. We offer a wide variety of courses that meet a range of learners' needs. At Bowness we offer Advanced Placement, 10-1, 10-2, 10-3 and 10-4 core classes. Students will find that all of our academic core subjects are rigorous and engaging and all of our programs challenge and support our students' success.

Students at Bowness are also encouraged to participate in a multitude of extra-curricular experiences such as:

Sports Teams

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|-------------------|-----------------|--------------|-----------------------|-----------------|
| Early Fall | ▪ Football | ▪ Volleyball | ▪ Cross Country | ▪ Girls' Soccer |
| Late Fall | ▪ Swimming | ▪ Wrestling | ▪ Basketball | ▪ Badminton |
| Spring | ▪ Track & Field | ▪ Rugby | ▪ Girls' Field Hockey | ▪ Boys' Soccer |

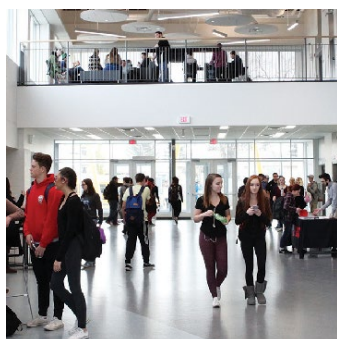
Clubs

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|--------------------|--------------------|------------------|-----------------|
| ▪ Athletic Council | ▪ Photography Club | ▪ Maker Club | ▪ Yearbook |
| ▪ Bow Cares | ▪ Student's Union | ▪ Astronomy Club | ▪ Gamers Club |
| ▪ Robotics | ▪ Pride Club | ▪ Model UN | ▪ Student Voice |

Events

- | | | | |
|---------------------------------------|-------------------------------|--|---|
| ▪ Drama & Musical Theatre Productions | ▪ Art Show | ▪ Music Trips | ▪ Dance Shows |
| ▪ Student One Act Play Festival | ▪ Musical Theatre Productions | ▪ Trojan Classic Basketball Tournament | ▪ Science, Engineering Technology Challenge |

Bowness High School students are preparing to move on to post-secondary education and the world of work, so it is critical that they make course choices that allow them to pursue their future aspirations. The Calgary Board of Education has a common registration guide for all high schools.





The registration guide, which includes information about core course selection, high school completion and diploma requirements, can be found on the Calgary Board of Education website under Programs.

A Bowness student's responsibility begins with this complementary course guide. This guide contains important information to help students make informed decisions about high school programming and select courses that are right for the student. Students need to make a commitment to themselves always to do their best in their studies and other school activities. By doing so, students will enjoy themselves, and reap the benefits of an exciting and rewarding educational experience at Bowness High School.

Advanced Placement

Bowness is proud to offer Advanced Placement courses through multiple disciplines. Advanced Placement is an internationally recognized program of enrichment. Taking a course within the program gives students the opportunity to experience university level content while still in high school. Students develop advanced skills in their chosen discipline, building confidence in their ability to succeed. The program allows for students to earn university credit or advanced placement at their post-secondary institution. Advanced Placement engages students with academic rigor while promoting self-advocacy and student choice. Students are able to pursue enrichment opportunities and follow their passions.

Why take an AP course?

Taking an AP course allows students:

- to be challenged and engaged by rigorous academic curriculum while allowing for exploration at a greater depth.
- to be in classes with like-minded individuals who share a passion for the subject area.
- to send a powerful message to their post-secondary institutions that the student is ready for challenge and that they take their academic career seriously.
- to take on the challenge of university level curricula without penalization.

Advanced Placement at Bowness

Grade 10	Grade 11	Grade 12
English 10-1 AP cohort	English 20-1 AP cohort	English 30-1 AP English
Math 10-C AP cohort	Math 20-1 AP cohort	Math 30-1/Math31/AP Calculus
Science 10 AP cohort Chemistry 20 AP cohort	Bio 20/Bio 30/Bio 35 AP Chem 30/Chem 35 AP	Computer Science 30 AP Bio 20/Bio 30/Bio 35 AP Chem 30/Chem 35 AP Physics 35 AP
Social Studies 10-1 AP cohort	AP European History/Social 20-1	*see note below

Note | Students can register for AP courses in grade 11 and 12 even if they did not enroll for grade 10 AP cohort courses. The main pre-requisite is a passion and interest in the subject!

Note | AP European History is offered in grade 11 in order to balance AP course load for grade 12.





High Performance Athlete Development Pathway

The High Performance Athlete Development (HPAD) Pathway at Bowness High School is the first program of its kind within the CBE. Students are exposed to multi-sport programming to enhance well roundedness as athletes. The pathway follows the Long Term Athlete Development model implemented by numerous sport organizations. Students in the Pathway are introduced to activities and sports that provide a theoretical, practical and experiential platform for learning physical literacy in a variety of settings.

The HPAD Pathway is recognized by Canadian Sport Institute Calgary (CSI), Canadian Society for Exercise Physiology (CSEP), Canadian Olympic Committee, and Canadian Paralympic Committee. This is a full year program in grade 10 and there is a fee attached to the Pathway that is managed by CSI Calgary. Students are provided with exclusive sessions with expert speakers in Mental Performance, Nutrition, Exercise Physiology and Strength and Conditioning from CSI Calgary and are exposed to a variety of non traditional sports such as bobsleigh, skeleton, track and field, rowing, speed skating and others. At the grade 10 level an emphasis is placed on fundamental movement skills in running, jumping, and throwing, as well as change of direction.

Students in this high performance pathway are also citizens of Bowness High School, fully integrated in the traditional high school experience while pursuing their academic goals in a dynamic high school culture. For acceptance into this Pathway, students are NOT required to be elite athletes in a sport, however, they should be coachable, goal oriented and open minded.

***Note** | Students can earn credits in PE 10 within this program.



Aboriginal Studies 10

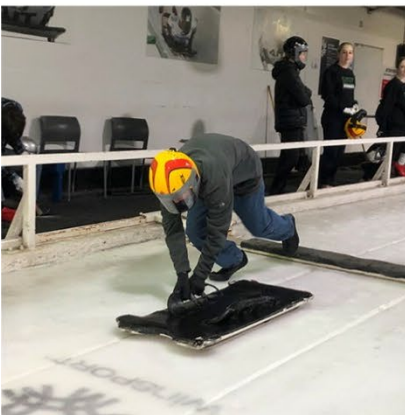
This course is offered to and relevant for all students. Students will develop and deepen their understanding of the diverse Indigenous Cultures within the regions of Turtle Island (what is now known as North America, Canada, and particularly Alberta). This course will be an exciting exploration of oral and visual cultures, past, present, and future that have been resilient in maintaining traditional beliefs. Perspectives, worldviews, traditions and history of Indigenous peoples will be explored over four units.

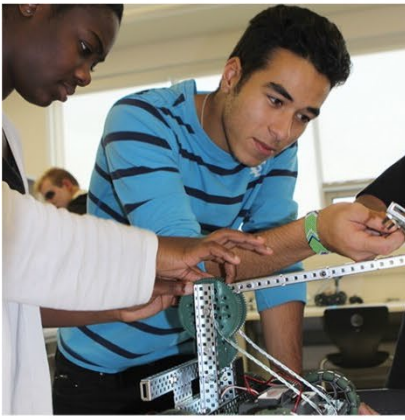
This course, although for all students, can form a sense of belonging and pride for Indigenous students in their own cultural heritage. This course will be especially relevant for students interested in future careers in education, public relations, government, social work, environmental studies, land development and legal issues.



Engineering for Innovation Program: Engineering Design

The Engineering for Innovation program at Bowness High School is designed to provide students with an understanding of engineering as a career path, while also providing them with skills and knowledge that will help them succeed should they pursue an education in engineering. This program will appeal to students interested in design, architecture, engineering and the building trades. The program focuses on developing critical thinking, design, teamwork and collaboration skills in students through the direct application of math and physics skills to rigorous design-based projects.





Engineering Design INTRODUCTORY (5 credits)

Engineering for Innovation is a program that follows the Design Thinking For Innovation curriculum in which students learn basic skills that will be used throughout the program, such as:

- Electronics fabrication and circuit design
- Computer-aided design and 3D printing
- Micro-controllers
- Design Process

This course will require students to work on projects that will require them to conceptualize, design, prototype, iterate, and refine. Students benefit from having strong math and science skills as they are exploring engineering as a possible career path.



Career and Technology Studies (CTS)

Bowness High School's Career and Technology Studies (CTS) program offers students a variety of courses under a series of pathways designed to help students discover their interests in practical and purposeful ways. Courses are divided into four occupational clusters. Each course (module) of study is worth one credit and a number of courses are bundled together to create a program.

Courses must be taken in sequence: Introductory 10 – Intermediate 20 – Advanced 30

Note | At Bowness, all CTS courses are offered at the introductory, intermediate and advanced levels. Specific introductory courses are listed below with detailed descriptions; other course descriptions can be found in the detailed CBE high school course guide.



I. Business Administration, Finance and Information Technology (BIT)

Computer Science 10 INTRODUCTORY (5 credits)

The computer science pathway provides students with the opportunity to develop a comprehensive set of in-demand 21st century competencies. This course introduces students to computer programming. Students will use mathematical concepts to plan and write simple computer programs. Algorithms will be introduced as a tool for creatively solving analytical puzzles and technical problems.



Management, Marketing and Finance 10 INTRODUCTORY (6 credits)

Offers a blend of CTS modules in both Management and Marketing and Enterprise and Innovation. In this course, students will learn the traits of successful people and businesses, and will explore the steps in setting up a business. Students will also be given some "Bowness Bucks" to invest in the stock market. As well, students will plan a fundraiser to raise awareness for a microfinance project. This is a course for students who like to take risks and want to be in control of their financial future.



II. Natural Resources (NAT)

Outdoor Education INTRODUCTORY (5 credits)

This course allows students to examine the challenges facing our planets ecosystems and natural resources while exploring solutions and emerging technologies to protect our natural environment and live more sustainably. This program encourages active student involvement, effective decision making, responsible leadership, and natural resource management. Participation in course activities will encourage a passion for the outdoors, outdoor living skills and functional fitness, an appreciation of the need for environmental stewardship, and the understanding that these are lifelong learning commitments.



III. Health, Recreation & Human Services (HRH)

Cosmetology 10 INTRODUCTORY (7 credits)

This is an introductory course designed to expose students to working in a salon with red seal journeypersons teaching the course. Students will learn to handle hair confidently and create braids, updos, shampoo and blow dry styles, skin care, manicures and scalp treatments, as well as curling iron and roller sets. There is a significant hands-on component to this class which includes mannequin and partner work. This course gives students the foundation needed to continue in Cosmetology and take the apprenticeship or certification program if this is something they are passionate about continuing in grades 11 and 12.



Cosmetology Credentials is a full year program that allows students to work towards completing all of the courses required for their apprenticeship and ready to find employment in this industry. We also offer Esthetics Intermediate and Advanced, which are courses designed for students interested in skin care, makeup, and nail techniques. This course allows students to expand their esthetics knowledge from grade 10 and work towards a certificated program in esthetics. Students will be trained in a variety of procedures including spa manicure and pedicures, facials, lash and brow tinting, basic makeup, theatrical makeup, and ear piercing to name a few.

Students will receive certificates in different areas and have the ability to receive a competition certificate that can be used for future employment in the spa and esthetics field. This course is hands-on and partner work is an essential part for learning spa procedures. Students can pursue their passion through grade 11 & 12, while gaining practical experience and knowledge in spa etiquette and movie/theatre actor creation and design for the growing stage industry in Alberta.



Culinary Arts 10 INTRODUCTORY (5 credits)

This exploratory course gives students the opportunity to work in a state of the art commercial kitchen working with qualified staff including two Red Seal chefs/teachers. The course will introduce students to commercial food preparation and the food industry. Students will learn to prepare recipes using safe and sanitary food handling practices, how to use hand tools and equipment, and learn efficient work habits. While learning the basics of operating in a large kitchen, students will prepare a variety of foods for the school cafeteria, and will serve food to customers.



Leadership 10 INTRODUCTORY (5 credits)

Leadership is designed to teach practical skills that provide a foundation for leadership development. Classroom sessions will include group discussions, film discussions and projects. While numerous opportunities for the implementation of leadership skills will be presented within the school, opportunities to have a positive impact on the families and businesses in our surrounding community will be provided as well. Leadership students will leave this program with skills in public speaking, understanding the importance of volunteerism, citizenship, planning and execution of large events, marketing, and most importantly teamwork and collaboration. Students will also participate in a mentoring program in the local community.



Sports Medicine 10 INTRODUCTORY (5 credits)

This CTS course of study includes a detailed introduction to anatomy, mechanism of injury, taping techniques, emergency action plan, and how to care for an injured athlete. Modules in Sports Medicine 10 include Musculoskeletal System, Injury Management #1, Health Services Foundations, Technical Foundations for Injury Management and Observational Project. Red Cross CPR certification is taught by a service provider. The practical part of the course will involve introduction to athletic taping techniques, projects and anatomical model construction.

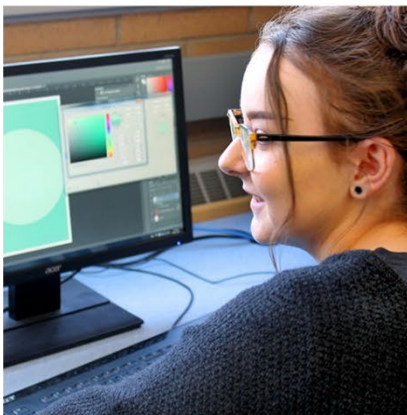
Sports Performance 10 INTRODUCTORY (5 credits)

Sports Pro 10 is a course designed for motivated students who are looking to increase their knowledge in the realm of personal fitness as well as improve their functional fitness levels. Students will explore the foundations of training in the areas of resistance training, anaerobic and aerobic fitness, functional range of motion, speed, agility and quickness. Theory concepts in sport psychology, nutrition, and leadership will also be included. Students will travel off-campus for a variety of experiences to further discover the possibilities in fitness training. The foundations set in Sports Pro 10 will provide students with the opportunity to take Sports Performance 20 and 30.



IV. Media, Design & Communication Arts (MDC)

This cluster is designed to encourage students to solve problems, make decisions and develop the flexibility needed to adapt to various situations relating to design, communication and aesthetics.



Graphic Design 10 INTRODUCTORY (5 credits)

Offers a blend of CTS modules from Communication Technology and Design Studies. A visual arts program where students develop the skills to relay a message effectively using various forms of visual media including corporate design, editorial design, brand identity & advertising, product packaging, photography and more. Students will learn a variety of Adobe software including Photoshop, Illustrator and InDesign. Students will also have access to digital cameras, drawing tablets, scanners, printers and a button press!

Multimedia 10 INTRODUCTORY (5 credits)

Offers CTS modules from Communication Technology

Multimedia is a digital arts program that explores a variety of areas including Graphic Design, Photography, Animation, Video Production/Editing and Web Design. Students will learn a wide variety of Adobe software including



Photoshop, Illustrator, Adobe Animate (Flash), Premiere Pro and Dreamweaver. Students will also have access to digital cameras, drawing tablets, scanners and printers.

V. Trades, Manufacturing & Transportation (TMT)

This cluster focuses on investigating and developing the knowledge, skills and attitudes relative to the design, construction, fabrication and maintenance of a product.

Construction Technology 10 INTRODUCTORY (5 credits)

Students who like to build projects using a variety of hand and power tools will find Construction Technology is the place for them! In Construction 10, the curriculum covers many basic hand and power tool skills which enable students to build projects that they take home and use daily. With hard work in a safe working atmosphere, students learn to problem solve, use tools safely and experience working conditions that expose them to the benefits of pursuing a career in the Skilled Trades related to Fine Woodworking and Cabinetmaking. It is expected that successful students will have earned at least 5 Credits in Construction 10 to be eligible to enroll in Construction Technology 20 and/or Trade Centre of Excellence 20.



Mechanics 10 INTRODUCTORY (5 credits)

This course is a great introduction to the automotive industry for students interested in automobile repair and servicing. Modules and content include the following: Vehicle Service and Care, Engine Fundamentals, Electrical Fundamentals, Mechanical System, and Ride and Control System. If students are interested in getting hands on experience working with automobiles, and exploring possible career pathways, Mechanics is a great option!



Knowledge and Employability Occupational Courses:

Art/Design, Auto Mechanics, Construction, Cosmetology, and Foods

Knowledge and Employability (K&E) courses are for individuals who learn best through hands-on, experiential learning activities. The occupational courses are comprised of 5-credit courses that relate to well-defined occupational areas of specialization.



Fine and Performing Arts

Art 10 (5 credits)

Art 10 introduces the fundamentals of art and design. No experience is necessary - all students are welcome! Students will explore drawing, painting, sculpture, printmaking and mixed media projects. Projects will be introduced using historical art sources. Students will create a personal sketchbook and fill its pages during the semester. The primary objective of this course is to help students learn to think creatively and to develop technical skills in a process oriented, growth focused environment. Art 10 is the foundation course for Art 20, Art 30 and is a required pre-requisite for further art education.



Dance 15 (5 credits)

Senior high dance seeks to develop personal and social growth through dance experiences. Students are provided with the opportunity to explore jazz, (including but not limited to hip hop, funk, swing, classical, etc.), ballet, creative, ethno cultural, and modern dance. Dance technique, creativity, choreography, performance, safety, anatomy, history and dance awareness are integral components of the program. In addition, positive interaction skills such as cooperation, consideration for others, and self-discipline will be stressed. Students with previous dance experience may apply to register directly to Dance 25. The application form is available from Student Services.

Drama 10 (5 credits)

This course is open to all students who are passionate about the world of theatre and enjoy working with others in a theatrical setting. Drama 10 is an introduction to Theatre Arts and includes the following units: Orientation, Movement, Speech, Characterization, Improvisation and Technical Theatre/Design. Personal growth, self-discipline and a willingness to take risks are important outcomes of Drama 10.



Musical Theatre 15 (5 credits)

Musical Theatre integrates all of the performing arts – drama, dance and music. This is a performance-based course which culminates in a fully produced musical production. Vocal coaching, drama and dance instruction will be aspects of the curriculum. Though previous experience in dance, singing and acting is not required, students must show a keen interest in these areas, as well as a desire to improve their skills in daily rehearsal. Due to the tight schedule of the rehearsal timeline, all classes and rehearsals are mandatory. The course builds through the levels of 15-25-35 so that by the time the students are in Musical Theatre 35, they are assisting with choreography, direction, and leadership.



Technical Theatre 15 (5 credits)

Technical Theatre is an opportunity for students to learn about what goes into putting on a production from behind the scenes. Students will learn about lighting, sound, set design and construction, set painting, props, stage management, front of house, and marketing. This is a self-directed course and is very hands on. Students need to be able to take on a great deal of responsibility for both themselves and their work. Students are expected to participate in productions during school hours as well as evening performances. Students also study theatre history. Students in the class are responsible for running the theatre for the semester that they are in the course.



Choral Music

Choir 15 (5 credits)

Choir is open to all at Bowness High School. This is a full year course that meets twice per week outside the timetable. A variety of choral repertoire is offered and this group is a performing ensemble. Assessment is primarily based on active participation.



Instrumental Music

Jazz Ensemble (5 credits)

This course is an auditioned ensemble open to any students enrolled in Music 10, 20 or 30. Auditions will be held at the beginning of the year. More information to follow at that time. The music will be rigorous with opportunities for improvisation. The class meets twice a week outside the regular timetable.

Music 10 (5 credits)

Music 10 is a full year course that is typically timetabled together with PE 10 or another required course. During this class, students are introduced to a wide variety of technical skills and are given an opportunity to apply those skills to the repertoire being studied. The curriculum also covers music theory and history. This is an advanced class although beginners are welcome to speak with the instructor about learning an instrument.



Band 15 (5 credits)

Required additional course for Music 10 Students

This is a full year course, which meets twice weekly prior to the start of the regular school day. The course further develops the elements contained in Music 10. Creative musicianship is also introduced. It is recommended for students who wish to have greater performance success in the music department.

1. It is expected that students registered in Music 10/20/30 will also register in Band 15/25/35 for their performing group.
2. To use a school-based instrument, there is a yearly fee of \$100.00.
3. An extra-curricular jazz program is also offered (see above).
4. Performances and concert band materials are ongoing and will be tied in with all 10, 20, 30 and 15, 25, 35 courses.



Personal Development

Yoga 15, 25 (3 credits each)

This course will safely introduce students to the basic postures (asanas), breathing techniques and relaxation methods of yoga. It will also introduce the historical roots of yoga and give students an understanding of basic anatomy and physiology as it applies to the discipline. Students will develop an enhanced appreciation for and acceptance of their body. The program is designed for students to experience the benefits of increased flexibility, strength, focus and concentration. Students will learn to be non-judgmental about their own and others' yoga practice. Through continued practice, students will relieve stress, learn to relax and experience the health benefits of yoga.

Physical Education 10 (5 credits)

In Physical Education 10, our focus is to support students to enjoy being physically active while learning and developing positive attitudes towards being active for life through a variety of indoor, outdoor and offsite modules. This introductory physical education course is designed to help students develop their skills, cooperation, teamwork, and appreciation for daily physical activity to support a holistic approach to wellness. A strong emphasis is placed on daily participation, cooperation, fair play, and effort that are appropriate for active living. Through a variety of team and individual activities, low-organized games, and functional fitness, students will engage in physical activities that promote overall wellness.





Second Languages

The Second Languages department encourages its students to develop an awareness and tolerance of the culture inherent in the chosen language. This is accomplished through student generated cultural presentations, which often include food, music, art, and history.

French 10-3Y (5 credits)

This entry-level course provides a practical learning experience using a theme-based approach. Students do not need previous language experience. Emphasis is placed on vocabulary building through conversation and simulated real life situations. Basic grammar is developed through oral and written components. If students have successfully completed junior high school French 7, 8 and 9 they should enroll in French 20-3Y.

French 20-3Y (5 credits)

This course is a continuation of French 10-3Y and is designed for students who have already developed the vocabulary and grammar basics of the beginner level. Students must have basic proficiency in both oral and written components of the language. Using a thematic approach, this course will continue to enhance students' conversational skills.

Spanish 10-3Y (5 credits)

Spanish 10 is a beginner's course designed to equip students with a practical knowledge of Spanish using a theme-based approach. It allows students the opportunity to use basic language structures in simulations of everyday conversations. No previous Spanish is required.

Spanish 20-3Y (5 credits)

This course is a continuation of Spanish 10 and is designed for students who have already developed the vocabulary and grammar basics of the beginner level. Students must have basic proficiency in both oral and written components of the language. Using a thematic approach, this course will continue to enhance students' conversational skills.

The CBE has now centralized the Language Challenge process. Please see the CBE website for more information under Language & Culture Courses.

Note | Course availability for all complementary courses is subject to a minimum number of requests.

Off-Campus Education

Off-Campus education provides opportunities for students to explore and expand their career interests, skills and knowledge related to work and other life roles.

Work Experience (3-10 credits)

Work Experience is an opportunity for students to explore career possibilities and build employability skills while earning high school credit at a part time paid or volunteer position. Students can learn more about this opportunity by meeting with the off-campus coordinator.

