



# Millwood High School



## Millwood Knights

2025-2026

# COURSE SELECTION

A-L- Ms. Coffin

M-Z- Ms. Lovett

Grade 10s and 11s

# Student Services/Guidance

- Career & Academic Counselling
- Confidential Personal Counselling
- Connections to school and to Community Supports
- MHS Guidance Google Classrooms

# Course Selection Process and Course Selection Book

- All of the information we are sharing today is found in our course selection book. The course selection book is on the Millwood High Website and is posted on the grade level GOOGLE CLASSROOMS.
- Students and Families are asked to review this document.
- Students **MUST** read all course descriptions to assist in selecting appropriate courses

# **GOOGLE CLASSROOM CODES**

**Grade 9: vub6itw**

**Grade 10:h2bu6ta**

**Grade 11: yp7iq3w**

**Grade 12: fgulsbq**

# Course selection **TIMELINE.**

- **Feb 10:** Course selection portal opens on Powerschool and the course selection book goes online.
- **Feb 10:** Course selection MEETS presentation for grade 10 and 11 Period before lunch
- **Feb 10:** Info session for **grade 10 and 11 parents** on TEAMS **6:00 PM**
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- **Feb 11th:** Course selection MEETS for grade 9s Period before lunch
- **Feb 11<sup>th</sup>:** @ **6:30 PM** info session for grade 9 parents in the Millwood cafeteria.
- **Feb 13<sup>th</sup>,14<sup>th</sup> ,18th:** School Counsellors to go into grade 9 classes to help with course selection. **\*PLEASE ENSURE YOU HAVE A POWERSCHOOL LOGIN**
- **Feb 28<sup>th</sup>:** Course Selection Portal Closes- students cannot make any changes after this date.
- **All Selections will be reviewed by School Counsellors to ensure proper selections for graduation have taken place.**

# Semesters and Timetable

- Semester 1 September - January
- Semester 2 February - June
- 4 day cycle with 4 – 75min Periods 1,2,3,4
- Most courses are  $\frac{1}{2}$  year except academic Math 10 and Math 11 Extended.

## **Being Successful Includes...**

- Regular attendance!
- Complete ALL assignments!
- 'Study/Review' nightly

# HRCE High School Graduates

**Students are expected to take:**

**8 courses in grade 10**

**7 courses in grade 11**

**6 courses in grade 12**

**\*Must have 5 Gr. 12 level courses to graduate\***

**For a total of 21 credits**

# Graduation Requirements

**18 credits to graduate- these 13 are mandatory**

- **3 English**
- **3 Math**
- **2 Science**
- **1 Canadian Studies**
- **1 Global Studies**
- **1 Physical Education**
- **1 Fine Arts**
- **1 “other” credits from Technology, Math, or Science**

**minimum 5 Grade 12 credits**

# Course Types at Millwood:

**ACADEMIC-** can be taken for University or NSCC prep.

**ADVANCED (ADV)** - usually for students who excel in the subject or are going to University. Only offered in grade 11 and 12.

**ADVANCED PLACEMENT (AP)-** usually for students who excel in the subject or are going to University. Only offered in grade 12.

**GRADUATION or OPEN-** Can be counted towards mandatory graduation requirements or as an elective.

*All course types are indicated with course descriptions in the course selection book*

# CHOOSING COURSES:

- Students going into Grade 10 students will choose **8 Courses** and **2 alternates**
- Students going into Grade 11 students will choose **7 Courses** and **2 alternates**
- Students going into Grade 12 students will choose **6 Courses** and **2 alternates**
- Pick courses for both semesters
- Course changes in September are only done to correct errors or balance course load if possible- **so choose wisely! Your alternatives are in case you don't get your first choice of elective. The computer fills them in in no particular order.**

# Choosing Courses:

- Course Builder Guides are attached to the course selection booklet AND have been posted in each grade level GOOGLE CLASSROOM.
- **All Students should consult the course builder guides to ensure you are choosing the courses that lead to graduation.**
- If you failed a course that is required for graduation you must re-take the course or an alternate that meets the same requirement.

## **CHOOSING COURSES:**

**COURSES ONLY RUN IF ENOUGH STUDENTS CHOOSE THEM.**

So while a course might be something you can choose- if only a few people pick it, we won't run it and you will get your alternate instead. OR we will have a conversation with you (usually in May or June)

# Resource and Learning Centre

- **Students with adaptations and IPPs should get input on their course selections from their support teachers**

# MHS Registration Instructions

**Step 1:** Login to your computer or Chromebook and go to either:

- Millwood High Website and choose PowerSchool for Students
- Direct Link to Power School <https://sishrsb.ednet.ns.ca/public/>

**Step 2:** Login to Power School with your username and password and click on Class Registration to the left. You should get the following screen (but with 2025-2026 as the date 😊) :

**Navigation**

- In-Progress Achievement and Attendance
- Academic Achievement
- Provincial Assessments
- Attendance History
- School Bulletin
- Class Registration**
- My Schedule
- E-mail Teachers
- School Information
- View Grad Progress
- Alert Solutions 2

**Welcome to the Millwood High Class Registration System for 2018-2019**

Grade 10 students must take 8 courses (composed of English, Math, Science, Arts Education, and Physical Education plus 3 electives (unless you choose Academic Math)).

[View course requests](#)

<b>Languages</b>	Click the edit button to request a course ⇒	
Select English 10. **If you are in French Immersion, also select Francais 10IMM.**		
<b>Math</b>	Click the edit button to request a course ⇒	
Please select the math course recommended by your grade 9 math teacher.		
<b>Science</b>	Click the edit button to request a course ⇒	
Select the science course. **If you are in French Immersion, you must choose Sciences 10IMM.**		
<b>Arts</b>	Click the edit button to request a course ⇒	
Select an Arts Education course. **If you are in French Immersion you must choose Art Dramatique**		
<b>Phys Ed</b>	Click the edit button to request a course ⇒	
Select a Physical Education Course.		
<b>Electives</b>	Click the edit button to request a course ⇒	
If you selected Math at Work or Math Essentials, select 3 electives credits from the listed courses. If you selected Mathematics Academic, select 2 electives. **French Immersion students will choose Histoire 10F and NOTHING ELSE unless they choose Math at Work or Math Essentials**		
<b>Alternates</b>	Click the edit button to request a course ⇒	
Choose 3 alternate courses. You may not select a course you have previously selected.		
Requires between 7 and 9 credit hours. Requesting 0 credit hours.		

**Welcome to the Millwood High Class Registration System for 2018-2019**

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Select an Arts Education course.**If you are in French Immersion you must choose Art Dramatique**		
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<b>Alternates</b>	Click the edit button to request a course ⇒	 
Choose 3 alternate courses. You may not select a course you have previously selected.		
Requires between 7 and 9 credit hours. Requesting 0 credit hours.		

**Step 3:** Click on the 'Edit' icon (pencil on right) and choose the courses you selected on the back of this sheet. Click 'Okay' when done each section. You should now have a green check mark next to that section.

**Step 4:** When finished all sections, hit the '**Submit**' button at the bottom of the Registration page.

**Note: You can go back in to Power School and change your course selections until **FEBRUARY 28th**. After that you will have to meet with a school counsellor if you want to make changes.**

# **FINE TUNE YOUR SELECTION**

**How do I decide which electives to take?**

**How do I decide what level of course to take?**

**Check out College / University requirements**

**Read Course Descriptions in Course Booklet**

**Talk with your Counsellor / Teacher/ Family**

# Keeping Track...

- Keep track of your credits!!!!!!!!!!!!!!
- *What do you have? What do you still need?*
- Students and parents should always know the credit status. It is your responsibility!!!!
- BUT the Guidance Counsellors help you to keep on track for graduation when you meet with them to choose courses each year.

# FRENCH IMMERSION

- If a student wants to come out of the French Immersion program in grade 10, 11, or 12 a parent/guardian must contact the student's Guidance Counsellor by phone or email.

## French Immersion classes for Grade 11 and Grade 12:

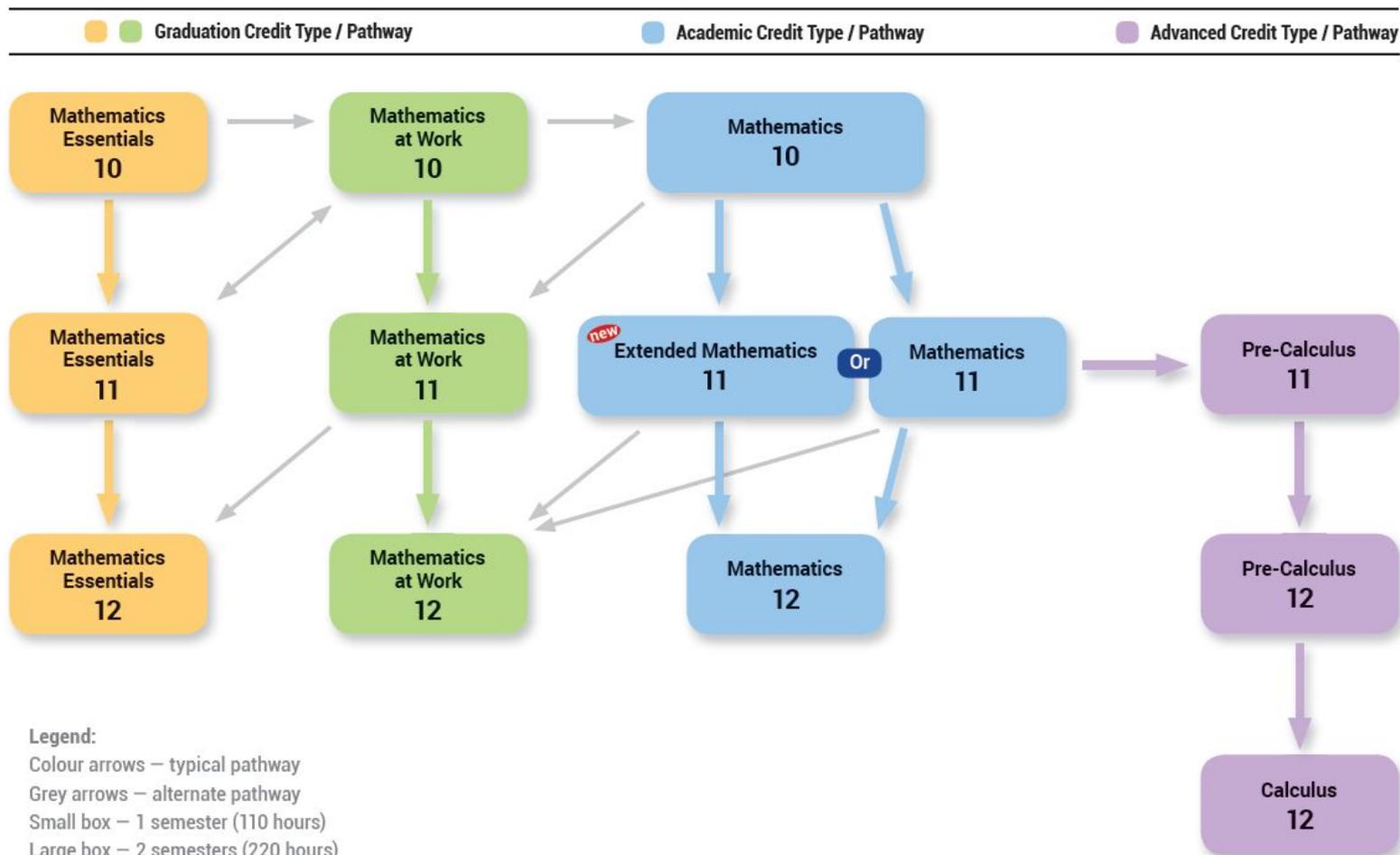
Grade 11: FLA 11, Bio 11 IMM (Possibility to take a different Science credit in French on the virtual school), Histoire du Canada 11.

Grade 12: FLA 12, Histoire Planetaire 12

# Senior High Mathematics Course Pathways



Effective: 2017–18 School Year



# Extended Mathematics 11

- **Extended Mathematics 11**
  - (academic, 2 credits)
  - **Prerequisite:** Successful completion of Mathematics 10.
- Extended Mathematics 11 is a 220-hour course that is scheduled over the duration of the school year, September to June. Students who successfully complete this course will receive one grade 11 academic mathematics credit and one grade 11 technology credit.
- **It is not possible to take this course and Pre-Calculus Math**
- More information can be found in the course selection book

# Math Questions...

Yes! You CAN go to University with Math at Work or Essentials (non-academic Math) You can go for Bachelor of Arts type programming- ex: English, History, Social Work, Criminology, etc. Some Universities require Academic Math for B.A. Psychology. **CHECK UNIVERSITY ADMISSION REQUIREMENTS**

Some NSCC programs require higher levels of Math and Science- especially the more technical programs. **CHECK THE ADMISSIONS REQUIREMENTS ON THE WEBSITE**

# Math Questions Continued...

Once you are in Inquiry Math you **cannot** change to the Academic Stream BUT you can always upgrade your Math after you leave High School through Continuing Ed programs.

If you choose Math Essentials 11 after Inquiry 10- you can't move up to Math at Work 12. BUT if you choose Math at Work 11 after Inquiry 10 you can move down to Math Essentials 12

**Most** University Science and Engineering Degrees require Pre-calculus 12.

Calculus 12 is not required anywhere, but is a helpful elective for University Prep.

Nursing and Commerce require Academic Math.

**Requirements and agreements are changing - check the admission requirements!**

## English levels:

**In grade 11 and 12 you can select different levels of English.**

- English Communications 11 and 12 \*if you are not going to University- best for most NSCC programs\*
- Academic English 11 and 12/African Heritage Literature 12
- Advanced English 11
- AP English 12.

# English African Heritage Lit. 12

- AHL 12 is an academic English course so it counts as an academic grade 12 English credit. It is recognized by all Maritime Universities as equivalent to English 12.
- AHL 12 is Afrocentric which means what we read, speak about, listen to and watch will come from black writers and artists from around the world based on their cultural and historical experiences.
- There is a strong emphasis on social justice (equity and human rights).
- Very different structure than English 12- no “Short Story unit” or “Shakespeare unit”- Units are structured around themes. Ie: Harlem Renaissance, Civil Rights Movement, etc.

# **COOPERATIVE EDUCATION 12**

**Students earn an Academic High School credit by completing a 20 Hour Classroom Component and an 80 Hour work placement.**

**Students must be 16 to participate in Co-op**

**Students can complete multiple Co-op Credits.**

**Placements have included trades, armed forces, banks, retail management, classrooms, service industry, policing, etc.**

**For more information, see your School Counsellor. You need to fill out an application including a teacher recommendation form and be interviewed by Mr. Frost to take CO-OP. This happens in April and May of this school year.**

# **Music Courses at MHS**

**We offer a number of music courses at Millwood**

**BAND (Music 10B, 11B, 12B) for those who have been in band since Junior High or you play a brass, woodwind, percussion, strings (NOT guitar) and can read music with a level of confidence.**

**BAND is not outside of the schedule (am or after school)**

**PERFORMING ARTS (Music 10P, 11P, 12P) for those who play guitar, bass, drums, keys or sing with a few years experience and you want to get school credit for learning about rock and pop music! There is a performing aspect to this credit.**

**BEGINNER GUITAR (Music 11S) for those who have no or minimal experience playing guitar. We supply the guitar!**

# Advanced Level Courses.

- **Why take an advanced level course?** If you do well in that type of subject and you may be studying something related to this in University.
- **Do Universities look at advanced courses differently/better than academic level courses?** DEPENDS. If it is for a non-competitive program (ie: Bachelor of Science) probably not, but if it is for a competitive program (ie: Nursing, Engineering, Medical Sciences, Health Sciences) MAYBE.
- **What is the difference between Advanced and Academic?** More independent work and possibly a faster pace with more exploration of the subject.

# Advanced Placement

- **Advanced Placement classes strive to prepare students for University level work.**
- **Students can potentially earn University level credits and/ or recognition.**
- **Currently available English 12**
- **Students should prepare for English 12 AP by taking English 11 Advanced.**
- **You should ask your teacher if this is a good option for you.**

# Grade 11 and 12 Science Courses (\* new courses offered for Sept 2023)

Course	Units of Study	Recommended Prerequisites	Amount of Math 1 = no math 5 = lots of math	Amount of Homework	Questions? *not necessarily next year's teacher*
<b>Biology 11/ Biologie 11</b>	<ul style="list-style-type: none"> <li>- Biodiversity</li> <li>- Matter &amp; Energy for Life</li> <li>- Maintaining Dynamic Equilibrium</li> <li>- Interactions Among Living Things</li> </ul>	SCI 10	<b>2</b>	Usually	<b>Ms. Carroll (213)</b> <b>Ms. Charlton (212)</b> <b>Mr. Laba (211)</b>
<b>Human Biology 11</b>	<ul style="list-style-type: none"> <li>- Body Organization</li> <li>- Skeletal, Muscular, Circulatory Digestive &amp; Respiratory Systems</li> <li>- Human Genetics</li> </ul>	SCI 10	<b>1</b>	Rarely	Ms. Benoit (210)
<b>Chemistry 11</b>	<ul style="list-style-type: none"> <li>- Stoichiometry</li> <li>- From Structures to Properties</li> <li>- Organic Chemistry</li> </ul>	MATH 10 SCI 10	<b>3</b>	Nightly	<b>Mr. Cooper (208)</b> <b>Mr. Laba (211)</b> <b>Ms. Pilon (222)</b>
<b>Chemistry 11 Advanced</b>	Same as CHE11 plus: <ul style="list-style-type: none"> <li>- More in-depth look at selected outcomes</li> <li>- Literature Review</li> <li>- Independent Study</li> </ul>	MATH 10 SCI 10 Taking MATH 11	<b>3</b>	Nightly	<b>Mr. Cooper (208)</b> <b>Ms. Pilon (222)</b>
<b>Oceans 11</b>	<ul style="list-style-type: none"> <li>- Structure &amp; Motion</li> <li>- Marine Biome</li> <li>- Fisheries</li> <li>- Coastal Zones</li> </ul>	SCI 10	<b>2</b>	Sometimes	<b>Ms. Carroll (213)</b> <b>Mr. Lee (305)</b>
<b>Physics 11</b>	<ul style="list-style-type: none"> <li>- Kinematics &amp; Dynamics</li> <li>- Impulse &amp; Conservation of Momentum</li> <li>- Work &amp; Conservation of Energy</li> <li>- Mechanical Waves &amp; Sound</li> </ul>	MAT 10 SCI 10	<b>4</b>	Nightly	Mr. Jennings (233)
<b>Physics 11 Advanced</b>	Same as PHY11 plus: <ul style="list-style-type: none"> <li>- More in-depth look at selected outcomes</li> <li>- Literature Review</li> <li>- Independent Study</li> </ul>	MATH 10 SCI 10	<b>4</b>	Nightly	Mr. Jennings (233)

<b>Astronomy 12</b>	<ul style="list-style-type: none"> <li>- Charting the Sky</li> <li>- The Birth of Modern Astronomy</li> <li>- The Origin of the Solar System</li> <li>- Stellar Evolution, Galaxies and Cosmology</li> </ul>	<b>SCI 10</b>	<b>1</b>	<b>Sometimes</b>	<b>Mr. Jennings (233)</b>
<b>Biology 12</b>	<ul style="list-style-type: none"> <li>- Maintaining Dynamic Equilibrium</li> <li>- Reproduction and Development</li> <li>- Genetic Continuity</li> <li>- Evolution, Change and Diversity</li> </ul>	<b>BIO 11</b>	<b>2</b>	<b>Nightly</b>	<b>Ms. Carroll (213) Ms. Charlton (212)</b>
<b>Chemistry 12</b>	<ul style="list-style-type: none"> <li>- Thermochemistry</li> <li>- Solutions, Kinetics and Equilibrium</li> <li>- Acids and Bases</li> <li>- Electrochemistry</li> </ul>	<b>CHE 11 or CHE 11 Adv</b>	<b>5</b>	<b>Nightly</b>	<b>Mr. Cooper (208) Ms. Pilon (222)</b>
<b>Chemistry 12 Advanced</b>	<p>Same as CHE12 plus:</p> <ul style="list-style-type: none"> <li>- More in-depth look at selected outcomes</li> <li>- Literature Review</li> <li>- Independent Study</li> </ul>	<b>CHE 11Adv PCAL 11</b> <small>(Chem 11 with teacher recommendation)</small>	<b>5</b>	<b>Nightly</b>	<b>Mr. Cooper (208)</b>
<b>Exercise Science 12*</b>	<ul style="list-style-type: none"> <li>- Anatomy and Physiology</li> <li>- Human Performance (gym component)</li> <li>- Biomechanics</li> <li>- Motor Learning and Skills Development</li> </ul>	<b>SCI 10</b>	<b>2</b>	<b>Usually</b>	<b>Ms. Charlton (212) Ms. Pilon (222)</b>
<b>Netukulimk and the Environment 12*</b>	<ul style="list-style-type: none"> <li>- Connecting with the Land Locally</li> <li>- Connecting with the Water Regionally</li> <li>- Connecting with Mother Earth</li> </ul>	<b>SCI 10</b>	<b>3</b>	<b>Sometimes</b>	<b>Ms. Carroll (213)</b>
<b>Physics 12</b>	<ul style="list-style-type: none"> <li>- Waves and Modern Physics</li> <li>- Radioactivity</li> <li>- Fields</li> <li>- Force, Motion, Work and Energy</li> </ul>	<b>PHY 11 or PHY 11 Adv</b>	<b>4</b>	<b>Nightly</b>	<b>Mr. Jennings (233)</b>
<b>Physics 12 Advanced</b>	<p>Same as PHY12 plus:</p> <ul style="list-style-type: none"> <li>- More in-depth look at selected outcomes</li> <li>- Literature Review</li> <li>- Independent Study</li> </ul>	<b>PHY 11 Adv</b> <small>(or PHY11 with teacher recommendation)</small>	<b>4</b>	<b>Nightly</b>	<b>Mr. Jennings (233)</b>

# Advanced Science Courses at Millwood High

Why should I take an Advanced Science Course?



- ❑ Take a deeper dive into the subject that you love
- ❑ Develop time management skills by balancing a more demanding load
- ❑ Rigor prepares you for any academic challenges ahead
- ❑ May make the transition to post-secondary easier

- ❑ Have an interest in the subject and want to be challenged
- ❑ Can work independently and collaboratively
- ❑ Actively engage in classroom activities
- ❑ Committed to classwork, homework and deadlines

What are the characteristics of a successful student in an Advanced course?



How is an Advanced course different than an Academic course?



- ❑ More time in the lab and labs are more open-ended
- ❑ Covers the same outcomes but more in-depth
- ❑ You will need to complete a literature review and independent project
- ❑ Faster pace which requires a higher level of independence

# **New(er) Course- Netukulimk and the Environment 12**

**pronounced neh-doo-goo-limbk**

Guided by Two-Eyed Seeing, this environmental science course incorporates the strengths of Mi'kmaq and western science. Learners will develop a holistic understanding of the interconnective systems that exist within Mother Earth. The four core values of Netukulimk (Responsibility, Reciprocity, Relationship, and Respect) guide an exploration of land, water, and global systems. The course includes a community-based action project that develops students' understanding of Mi'kmaw Sense of Place-Emergence-Participation.

**This course is open to grade 11 and 12 students and can count as a second Science course (once a student has completed Science 10)**

**It is an academic credit**

# **New Course- Contemporary Cnd Studies 11**

**Contemporary Canadian Studies 11** offers an in-depth examination of Canada's multifaceted society, governance, and environmental issues. Examining 1945-present, the course provides students with opportunities to explore our country's cultural, political, and historical landscapes.

**This course is an academic credit and replaces Canadian History 11.**

## **New Course- Life 11**

In this course, learners engage in experiences that help them build critical life, career and health skills that will guide them in their emerging relationship with self, family, community, and environment. This course is designed to provide learners with opportunities to reflect on healthy ways to navigate change and transitions in their personal and work lives presently and in the future. An important component of this course, the service module, allows learners to engage in advocacy work on issues of interest which will positively impact their community.

**This course is an academic elective.**

# **New Course- Global Sustainable Solutions 12**

**Global Sustainable Solutions 12** provides opportunities for learners to engage in contemporary, real-world issues through the lens of geography. This course supports learners in considering sustainable solutions for people and the planet, now and into the future. Learners will engage in inquiry-based learning through exploration of four themes:

- . Sense of Place
- . Security and Sustainability
- . Sustainable Populations
- . Sustainable Communities

**This is a grade 12 academic credit that can be taken as an elective OR your grade 12 Global credit for graduation.**

# **DID YOU KNOW?**

- **Students SHOULD apply to NSCC in their grade 11 year.**
  - All programs at NSCC are offered on a first apply- first accepted basis.
  - Review the NSCC website for a list of courses available as well as admissions requirements
  - Students who delay applying may be wait-listed.
- **Students applying to University may do so in their grade 12 year.**
  - It is never too early to start looking at programs offered at Post Secondary schools and generate a list of programs that are interesting to you. You can always share your list with your Counsellor.

# Graduates of 2026...

- **There will be several information sessions at the beginning of the school year concerning...**
- **School Credit Checks- do you have what you need to graduate!**
- **Scholarships**
- **Student Loans**
- **Graduation Pictures**
- **Graduation and Prom.**

# WHAT NEXT?

- If you have questions- talk to your teachers or **School Counsellor**.
- Visit myBlueprint found in GNSPES and complete career quizzes
- Begin to visit post secondary school websites to check out program offerings.
- **JOIN YOUR GOOGLE CLASSROOM**

# Questions?

contact your SCHOOL COUNSELLOR!

A-L: Margaret Coffin [mcoffin@hrce.ca](mailto:mcoffin@hrce.ca)

M-Z: Kate Lovett [lovettk@hrce.ca](mailto:lovettk@hrce.ca)

