



Millwood High School



Millwood Knights

2026-2027

COURSE SELECTION

Surnames A-L- Ms. McKenzie

Surnames 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: avxhawbe

Grade 10: z5ikhmi2

Grade 11: ayprqv6v

Grade 12: g3cu2ay4

Course selection **TIMELINE.**

- **Feb 9** Course selection portal opens on Powerschool and the course selection book goes online.
- **Feb 9:** Course selection GOOGLE MEET presentation for grade 10 and 11 students Period before lunch
- **Feb 9:** Info session for **grade 10 and 11 parents/guardians** on GOOGLE MEET **@6:00 PM**
- **Feb 10th:** Course selection GOOGLE MEET presentation for grade 9 students Period before lunch
- **Feb 10th:**Info session for **grade 9 parents/guardians** on GOOGLE MEET **@ 6:00 PM**

- **Feb 17th,18th ,19th:** School Counsellors to go into grade 9 classes to help with course selection. ***PLEASE ENSURE YOU HAVE A POWERSCHOOL LOGIN**

- **Feb 27th:** 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 over the months of March, April and May 2026**

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 CONTINUED:

This year- we are changing course selection process for students **going into grade 11 and grade 12.**

Students in grade 11 will only be able to choose 7 courses with one study period. If they **require** an additional/8th course- they will have to apply to take an 8th course.

Students in grade 12 will only be able choose 6 courses with two study periods. If they **require** an additional course- they will have to apply to take a 7th and or 8th course.

The application for additional courses will be a google form posted on their guidance google classroom at the beginning of March. **We will make every effort to make sure students get the courses they need to for their future study.**

Choosing Courses:

- Course Selection Booklet has been posted in each grade level GOOGLE CLASSROOM. Please make sure you have read through course descriptions in this booklet.
- 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 the Millwood High School website and click Powerschool for Students and Parents.

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 2026-2027 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

District Code
WRPB

Download on the **App Store**

GET IT ON **Google play**

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](#)

Languages	Click the edit button to request a course ➔	🚫
Select English 10. **If you are in French Immersion, also select Francais 10IMM.**		
Math	Click the edit button to request a course ➔	🚫
Please select the math course recommended by your grade 9 math teacher.		
Science	Click the edit button to request a course ➔	🚫
Select the science course. **If you are in French Immersion, you must choose Sciences 10IMM.**		
Arts	Click the edit button to request a course ➔	🚫
Select an Arts Education course. **If you are in French Immersion you must choose Art Dramatique**		
Phys Ed	Click the edit button to request a course ➔	🚫
Select a Physical Education Course.		
Electives	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**		
Alternates	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.		

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Please select the math course recommended by your grade 9 math teacher.		
Science	Click the edit button to request a course ⇒	 
Select the science course. **If you are in French Immersion, you must choose Sciences 10IMM.**		
Arts	Click the edit button to request a course ⇒	 
Select an Arts Education course.**If you are in French Immersion you must choose Art Dramatique**		
Phys Ed	Click the edit button to request a course ⇒	 
Select a Physical Education Course.		
Electives	Click the edit button to request a course ⇒	 
If you selected Math at Work or Math Essentials, select 3 elective 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**		
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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 27th. 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 School 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:

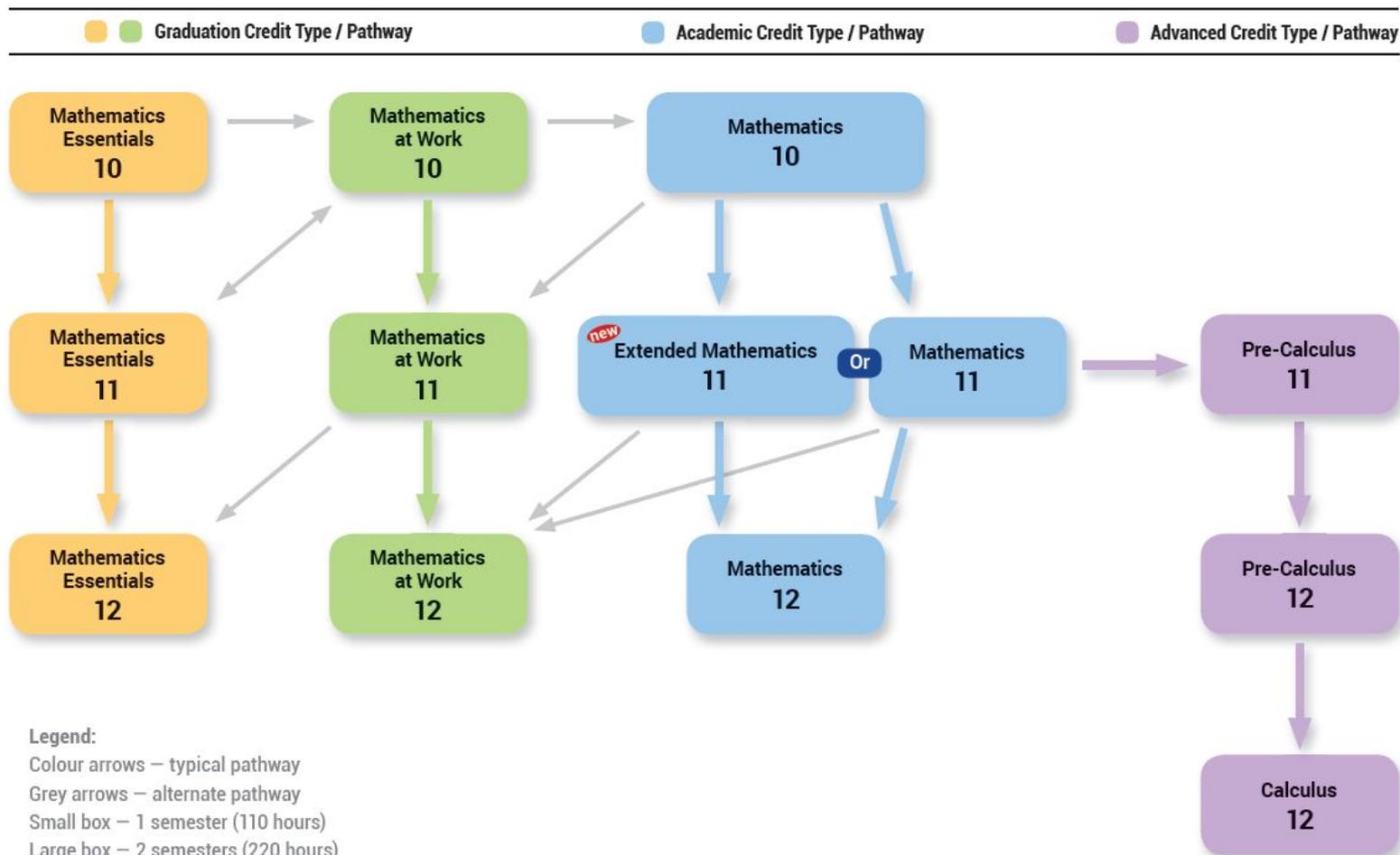
Grade 11: FLA 11, Bio 11 IMM (Possibility to take a different Science credit in French on the virtual school), Le Cours d'études Canadiennes Contemporaines 11 (Contemporary Canadian Studies 11 IMM)

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 in Atlantic Canada, 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 AP 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

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*
Biology 11/ Biologie 11	<ul style="list-style-type: none"> - Biodiversity - Matter & Energy for Life - Maintaining Dynamic Equilibrium - Interactions Among Living Things 	SCI 10	2	Usually	Ms. Carroll (213) Ms. Charlton (212) Mr. Laba (211)
Human Biology 11	<ul style="list-style-type: none"> - Body Organization - Skeletal, Muscular, Circulatory Digestive & Respiratory Systems - Human Genetics 	SCI 10	1	Rarely	Ms. Benoit (210)
Chemistry 11	<ul style="list-style-type: none"> - Stoichiometry - From Structures to Properties - Organic Chemistry 	MATH 10 SCI 10	3	Nightly	Mr. Cooper (208) Mr. Laba (211) Ms. Pilon (222)
Chemistry 11 Advanced	<p>Same as CHE11 plus:</p> <ul style="list-style-type: none"> - More in-depth look at selected outcomes - Literature Review - Independent Study 	MATH 10 SCI 10 Taking MATH 11	3	Nightly	Mr. Cooper (208) Ms. Pilon (222)
Oceans 11	<ul style="list-style-type: none"> - Structure & Motion - Marine Biome - Fisheries - Coastal Zones 	SCI 10	2	Sometimes	Ms. Carroll (213) Mr. Lee (305)
Physics 11	<ul style="list-style-type: none"> - Kinematics & Dynamics - Impulse & Conservation of Momentum - Work & Conservation of Energy - Mechanical Waves & Sound 	MAT 10 SCI 10	4	Nightly	Mr. Jennings (233)
Physics 11 Advanced	<p>Same as PHY11 plus:</p> <ul style="list-style-type: none"> - More in-depth look at selected outcomes - Literature Review - Independent Study 	MATH 10 SCI 10	4	Nightly	Mr. Jennings (233)

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

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

Nova Scotia Virtual School Courses and Nova Scotia Online Independent Learning Courses

NSVS- We don't know what is being offered 26/27 until Spring (April or May). NSVS courses are scheduled just like a regular class- you go to a classroom with a teacher and attendance is taken (and monitored), but you will be in a room with 15-20 other students studying various subjects **ONLINE-** taught by a teacher somewhere in NS. This is for students who can't make graduation or post-secondary requirements fit in their schedule OR there is a course offered that we do not offer. If you are interested in taking an NSVS course- come see us in early May. <https://nsvs.ednet.ns.ca/>

NSOIL- Done completely independently outside of school. Only very few offerings. If interested, contact your Counsellor.

<https://www.ednet.ns.ca/distributedlearning/nsiol>

Personal Development Credits- EXTRA credits you can receive for things you do outside of school (ie: Lifeguarding, cadets, coaching or officiating, etc.)

<https://careerpathways.ednet.ns.ca/personal-development-credits>

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(er) 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(er) 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(er) 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.

Back this year...

EXERCISE SCIENCE 12 - Can be taken in grade 11 or 12. This is an intro to Kinesiology. This is an academic credit that can be counted as your second science to graduate. It is recognized by several local Universities as an academic grade 12 elective.

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 2027...

- **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: Krystal McKenzie Krystal.mckenzie@hrce.ca

M-Z: Kate Lovett lovettk@hrce.ca

