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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

- | | | | | |
|-------------------|--------------------|--------------|------------------------|-----------------|
| Early Fall | ▪ Football* | ▪ Volleyball | ▪ Cross Country* | ▪ Girls’ Soccer |
| Late Fall | ▪ Swimming* | ▪ Wrestling* | ▪ Basketball | |
| Spring | ▪ Track and Field* | ▪ Rugby* | ▪ Girls’ Field Hockey* | ▪ Badminton |

*No cut teams

Clubs

- | | | | |
|-------------------------|-------------------|--------------|--|
| ▪ Athletic Council | ▪ Student Council | ▪ Model UN | ▪ Student Voice Finland/Thirsk Partnership |
| ▪ Gay Straight Alliance | ▪ Silver Surfers | ▪ Yearbook | ▪ Random Acts of Kindness (RAK) |
| ▪ Robotics | ▪ Math Contests | ▪ Maker Club | ▪ Gamers Club |
| ▪ Photography Club | | | |

Events

- | | | | |
|---------------------------------|------------------|-----------------------|--|
| ▪ Drama Productions | ▪ Art Gallery | ▪ International Trips | ▪ Science, Engineering, Technology Challenge |
| ▪ Student One Act Play Festival | ▪ Dance Shows | ▪ Music Trips | |
| ▪ Musical Theatre Productions | ▪ Music Concerts | ▪ Math Contests | ▪ Trojan Classic Basketball Tournament |

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 at the following link:

<http://www.cbe.ab.ca/programs/high-school/Documents/Detailed-High-School-Course-Guide.pdf>

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
Pre-AP English 10-1	Pre-AP English 20-1	English 30-1/ AP English
Pre-AP Math 10-C	Pre-AP Math 20-1	Math 30-1/Math31/AP Calculus
Pre-AP Science 10	Bio20/Bio30/AP Biology (alternating years) Physics 20/Physics 1 AP (alternating years)	Chem 20/Chem30/AP Chem (alternating years)
Pre-AP Social Studies 10-1	AP European History/Social 20-1	*see note below
Pre-AP Art 10	Pre-AP Art 20	Art 30/Art 31/AP Art

Note | Students can register for AP courses in grade 11 and 12 even if they did not enroll for grade 10 Pre-AP 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 Calgary Board of Education's first program of its kind. Students are exposed to a multi-sport approach to athlete development that follows the Long Term Athlete Development protocol implemented by numerous sport bodies in several countries around the world. Students in the Pathway are introduced to activities and sports that provide a theoretical, practical and experiential platform for learning.

The HPAD Pathway is recognized by Own the Podium, Canadian Olympic Committee, Canadian Paralympic Committee and Canadian Sport Institute Calgary (CSI); there is a fee attached to the Pathway that is managed by CSI Calgary. In addition to bobsleigh, skeleton, athletics, wrestling, speed skating and other sports, students are provided with exclusive sessions from such speakers as the Director of Mental Performance, Performance Dietitians and Performance Trainers from CSI Calgary.

Students in the Pathway are also citizens of Bowness High School and are afforded the opportunity to participate in an elite performance program while pursuing their academic goals in a dynamic high school culture. For acceptance into this Pathway, students are NOT required to presently be elite athletes in a sport, however, the Pathway allows for some flexibility in timetabling to meet the needs of those students who presently compete at a high level.



Calgary Board
of Education

Bowness
High School



Engineering for Innovation Program

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.

Program Structure

Grade 10 Engineering for Innovation consists of a single period, 5 credit option class in which students learn basic skills that will be used throughout the program, such as:

- Electronics fabrication and circuit design
- Computer-aided design
- Computer programming
- Robotics
- Pneumatics
- Mechatronics
- Safety



Grade 11 and 12 Engineering for Innovation is a combination of Physics 20 and/or 30 and the 5 credit Engineering for Innovation 20 and/or 30 option classes. These classes follow the new Design Thinking for Innovation (DTFI) curriculum, to allow students an opportunity to engage in longer term, increasingly complex, personally relevant, design, innovation and invention projects that require a significant investment to conceptualize, design, prototype, iterate, and refine. Students will be able to combine the knowledge and theory covered in Physics 20 or 30 with their design projects that they work on in Engineering for Innovation 20 or 30.

After completing Physics 30 in the fall of their grade 12 year, students may have the opportunity to take dual-credit physics courses at University of Calgary in the winter semester of their grade 12 year. If successful in these courses, they provide students with university credit that may reduce their first-year university course load.

Students who choose not to continue with physics may continue in the Design Thinking for Innovation (DTFI) curriculum and earn 5 credits at each of the 25 and 35 levels.



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 (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 (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. Health, Recreation & Human Services (HRH)

Cosmetology 10 INTRODUCTORY 1 (6 credits) - 1 period

Introductory 1 develops basic skills in manicuring, hair and scalp care, skin care practices, facials, and long hair design. Personal and professional practices will be emphasized for success in all career opportunities that deal with customer services.

Cosmetology 10 INTRODUCTORY 2 (6 credits) - 1 period

Prerequisite: Introductory 1

Introductory 2 develops skills in hairstyling techniques, nail art, French manicuring, scalp treatments, makeup, and chemical texturizing. Courses offered introduce advanced techniques and professional practices in preparation for customer service.

Culinary Arts 10 (5 credits)

This exploratory course gives students the opportunity to work in a state of the art commercial kitchen working with qualified staff including a Red Seal chef/teacher. 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 (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.

Note | This is a J Block course, running in the mornings 7:30 am - 8:40 am once a week for the full school year.



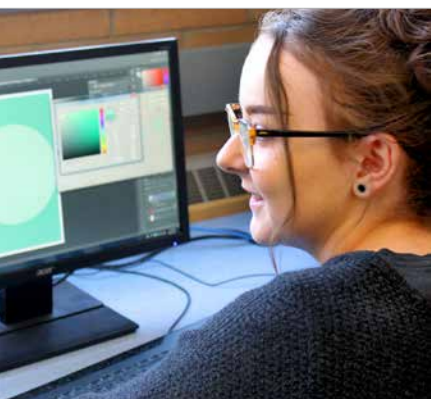
Legal Studies 10 (5 credits)

This program provides an introduction to public, private, relationship, and employment law. This course will include debate, discussions and mock trials. This course is intended to be fun, informative and inspiring.

Sports Medicine 15 (5 credits)

This CTS course of study includes a detailed introduction to anatomy (bones, muscles and joints) and their relation to sport. Modules to be covered and available to SMED 15 students include Musculo-Skeletal System #1, Injury Management #1, Health and Wellness Fundamentals, Cardiovascular System and an Athletic Taping and Strapping Project. Also, basic First Aid, CPR and Ethics in Sport are introduced in the field of Sports Medicine. The practical part of the course will involve extensive athletic taping, projects and anatomical model construction.





Sports Performance 15 (5 credits)

Sports Performance 15 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 Performance 15 will provide students with the opportunity to take Sports Performance 25 and 35.

III. 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 (5 credits)

Offers a blend of CTS modules from Communication Technology and Design Studies.

The Graphic Design program is an exciting and engaging computer, studio-based program. In this course students will learn to employ fundamental elements and principles of design for various media and gain a strong foundational multidisciplinary experience in preparation for other Communication Technology courses. Students will discover and develop skills to relay messages effectively using various forms of media, including print, photography and visual media. Graphic design computer programs like Photoshop, Illustrator, InDesign and Sketchup are utilized. Three pathways are possible: photography, design and graphic arts.



Multimedia 10 (5 credits)

Offers CTS modules from Communication Technology

In Multimedia, a variety of application software will be introduced. Using graphic software such as Adobe Photoshop and Illustrator, students will create, scan, import and manipulate graphic images. Additionally, students will develop introductory skills in Photography and Animation, along with options of filmmaking and web design.



IV. 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 (5 credits)

Students who like to work with their hands to build things, and are interested in hand and power tools used in the construction industry, will find that Construction Technology is the place for them! In Construction 10, the curriculum covers many basic hand and power tool skills to enable students to build projects that they take home and use daily. With hard work in a safe working atmosphere, students can learn to problem solve, construct, and experience working conditions that could show them the benefits of pursuing a career in the trades. It is expected that when students finish this course they should have earned at least 5 Construction credits to be eligible to enroll in Construction Technology 20 and/or Trades Center of Excellence 20.



Mechanics 10 (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.

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.



Fine and Performing Arts

Art 10 (5 credits)

Art 10 provides an introduction to the fundamentals of art and design. Students will explore drawing, painting, sculpture, printmaking and mixed media projects. Projects will be introduced using historical art sources. Artwork will be discussed in critiques. 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, 30, 31 and is a required pre-requisite for further art education. Art 10 pre-AP is also available for students seeking added challenge.



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 introduces the student to performance and stage management skills. Students are encouraged to develop concentration, imagination, self-discipline and co-operation with others. This course curriculum includes orientation, movement, speech, improvisation, theatre studies and technical theatre design. Students will complete individual and group projects.



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.

Musical Theatre Ensemble 15 (5 credits)

This course is an auditioned ensemble that will be made up of musicians working toward





accompanying the annual BHS Musical Theatre production. Music will be rehearsed, recorded and eventually performed as part of the show. The class will meet once a week outside of the regular timetable.

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 (3 credits)

Choir is open to all at Bowness High School. This is a full year course that meets once 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.

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

Guitar 10 (5 credits)

Students do not need previous experience playing guitar to be successful in this course. Lessons are taught in a group environment with individuals of varying ability levels. This course also covers other areas of general music including music notation, guitar technique, transposition, and general music theory.

Jazz Ensemble (5 credits)

This course is a non-auditioned ensemble open to any students enrolled in Music 10, 20 or 30. 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 timetabled together with PE 10. 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.

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 (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.

Grade 9 students from a bilingual program or French and/or Spanish background should meet with the respective Second Language teacher to determine course placement. Those wishing to challenge the French 30-3Y or Spanish 30 course MUST see the appropriate teacher at the beginning of the semester.

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



Learning Support

The Learning Centre (TLC)

The Learning Centre (TLC) is an alternative learning space where students can access academic support and accommodations to enhance their learning. All students have access to support through a teacher in the TLC space throughout each period of their day. TLC is also the link between students with exceptionalities, parents, teachers and administration to help promote and enable successful learning. The department is responsible for coordinating the Individual Program Plans (IPPs) for students who have been assessed with an Alberta Education code.

