**APPENDIX:**

**NUTRITION FOR HEALTHY LIVING 120**

**This course will provide students the opportunity to design and implement both a workout plan, as well as a nutrition plan, to promote healthy living practices. Students will investigate different nutrition and training programs to build and maintain a schedule that fits their personal fitness needs. Nutrition specialists within the community will be consulted to advise students on nutritional choices (if available).**

**CHILD STUDIES 120**

**This course is designed for students who are interested in pursuing post-secondary education in early childhood education, pediatric medicine, nursing, child psychology or social work. Topics include heredity, conception, prenatal development, pregnancy, and childbirth, as well as child growth and development.**

**COMPUTER SCIENCE 110**

**This is an introductory course in structured programming in PYTHON language. The theory component is limited to programming applications. Topics include a variety of programming statements (print, if, for, while etc.), entering data, decision making, loops, graphic user interface, and functions. Students selecting this course should be able to work independently and have good mathematics skills (70%+). Students use the computer as a problem-solving tool and will find this course of value in future studies or careers in Engineering, Business Administration, Technology, and Science.**

**COMPUTER SCIENCE 120**

**Is recommended for students with a strong interest in computer programming. Students will learn the basic syntax of the Java language and write simple programs using object-oriented design principles. The course provides a good foundation for students who wish to pursue a post-secondary program in computer science.**

**DIGITAL PRODUCTIONS 120**

**Are you interested in digital imaging, simple animation, or digital audio? If so, this course can offer you the skills which allow you to create multimedia and web pages. This class is a skill-based course designed for those who are motivated to learn more about web design, editing images, animation and audio recording.**

**MINDFULNESS 120**

**Mindfulness is learning to be in the present moment without judgement. The “Learning to Breathe” curriculum is designed to teach ways to reduce stress, manage emotions, and gain greater control over your thoughts and actions. The curriculum is based on the acronym BREATHE: B=Body; R=Reflections; E=Emotions; A= Attention; T=Tenderness; H=Habits; E=Empower.**

**READING TUTOR 120**

**This course is offered to provide students at the Grade 12 level an opportunity to experience the role of a literacy tutor. This role encompasses some of the skills of literacy teachers and as such the students in the course will be exposed to the profession of teaching. Participants will learn skills which enable them to tutor students.**

**GROWTH, GOALS and GRIT 120**

**Will provide students with skills in three main areas -positive and productive mindsets and behaviours, organizational patterns, as well as functional and critical literacy. Within the broad learning expectations of the course, specific success skills, strategies, and practices will be explored.**