



**RICHMOND REGIONAL
HIGH SCHOOL**

INFORMATION BOOKLET

and

COURSE SELECTION

for

SECONDARY 4

2025-2026 SCHOOL YEAR

WHAT YOU NEED TO KNOW BEFORE CHOOSING YOUR OPTIONS

Requirements needed for a Secondary Diploma:

The Minister shall award a Secondary School Diploma to students who earn at least 54 credits at the Secondary 4 or 5 levels. Among those credits, there must be at least 20 credits at the Secondary 5 level including:

- Secondary 5 English Language Arts
 - Secondary 5 French Second Language
 - Secondary 4 Mathematics
 - Secondary 4 Science
 - Secondary 4 History and Citizenship Education
 - Secondary 4 Arts Education (Arts, Drama, Dance, Music or Industrial Arts)
 - Secondary 5 Ethics and Religious Culture or Physical Education and Health)
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Samples of D.E.P. Programs:

Mechanics (Industrial, Auto, Heavy Machinery)
Professional Cooking
Professional Sales
Welding
Construction Trades (Plumbing, Carpentry, etc.)
Health, Assistance and Nursing (Practical Nurse)
Electricity

To enroll in a D.E.P. (Vocational Education Program) you will need the following:

- You have obtained your High School Diploma
- Or**
- You are 16 years of age and have obtained credits for Secondary IV English Language Arts, French Second Language and Mathematics.
- Or**
- If you have obtained credits in Secondary III English, French and Math, you can enroll in the **Concomitance (also known as '24U')** program. You can begin certain DEP programs 3 days/week, while completing your Secondary IV English, French and Math courses 2 days/week. (With the completion of a DEP and Secondary V English and French, you could also earn your High School graduation certificate with this program).

This website has more information: <https://site.csdessommets.qc.ca/concomitance-estrie/english/>

For more information about programs in Vocational Education check the website at:
www.inforoutefpt.org or see your guidance counselor

If you plan to attend CEGEP (college studies) once you have obtained your high school diploma:

CEGEPs offer two kinds of programs:

- Pre-University:
2-year general programs of study for students who wish to continue their education at the university level
- Career Technologies:
3-year specialized career programs for students who wish to either enter the workforce once they have completed their college studies, or continue on to university

Along with requiring a Secondary School Diploma, some CEGEP programs have additional course requirements:

PRE-UNIVERSITY PROGRAMS (2 YEARS):

Programs	Leading to programs such as:	High School courses required
Sciences (Health and Pure and Applied Sciences)	Dentistry, Medicine, Pharmacy Veterinary Medicine, Physiotherapy, Architecture, Engineering and Computer Science	Sec. 5 Chemistry and Sec. 5 Physics Sec. 5 Science (SN) Math
Social Science	Anthropology, Criminology, Social Work, Law, Education, Psychology, History and Economics	Sec. 4 Cultural, Social and Technical (CST) Math
Social Science (with Math)	Commerce, Accounting, Finance, Marketing and Advertising	Sec.5 Science (SN) Math
Creative Arts	Cinema, Communications, Journalism	Sec. 4 Cultural, Social and Technical (CST) Math
Liberal Arts	Translation, Linguistics, Languages, Journalism Classics, Education, History, Law	Sec. 4 Cultural, Social and Technical (CST) Math
Arts	Fine Arts, Music, Graphic Arts	Sec. 4 Cultural, Social and Technical (CST) Math

CAREER OR TECHNOLOGY PROGRAMS (3 YEAR):

Programs in the...

Biological sciences (Animal Health, Dental Hygiene, Nursing, Diagnostic Imaging, etc.)	-Many require advanced math – check -usually requires Sec. 4 Environmental Science and perhaps Sec. 5 Chemistry or Physics
Physical sciences (Architectural Tech., Mechanical Engineering Tech., Industrial Electronics, etc.)	-at least Sec.4 Science (SN) Math -often requires Sec. 5 Chemistry &/or Physics
Social Sciences (Police Tech., Special Care Counseling, Early Childhood, etc.)	Sec. 4 Cultural, Social and Technical (CST) Math
Business Administrative (Accounting, Advertising Management, etc.)	-Check program – some need math science option, some don't
Applied Arts (Music, Theatre, Photography, Graphic or Interior Design, etc.)	-usually Sec. 4 Cultural, Social and Technical (CST) Math -You may also have to submit a portfolio or do an audition

* For more information on specific CEGEP prerequisites: www.pygma.ca or see your guidance counselor

Course Descriptions – Options (2025-2026)

Environmental Science – (4 credits at Sec. 4) As a preparation for students who intend to select Chemistry and/or Physics in sec 5. Students wishing to attempt this course should have achieved good grades in both Math and Science in secondary 3. A curiosity about scientific and technological concepts and applications would also enhance the student's enjoyment and chances of success in this course.

Independent Living – (4 credits at Sec. 4 or 5) Basic food preparation and budgeting are the main theme of this course. Students will learn about the food pyramid and how to select, purchase, and prepare healthy meals and snacks. As well, we will look at culinary delights from other cultures around the world. The year will end with a compilation of a personal cookbook and menu filled with the student's personal favorites. It promises to be a fun, informative and yummy year.

Interior Design – (4 credits at sec 4 or 5) - This course is about creating and designing homes. You will be creating blueprints, 3D models of houses/rooms and the art around home design. Create, design and build your future house, redecorate your bedroom or design a futuristic and innovative home. If you loved the treehouse project...this course is for you! Join Ms Barrowman in creating your dream home.

Sports & Wellness - This course offers a variety of sports, fitness and wellness options for you to stay active. Sports and Wellness is an introduction about *sport performance* including the principles of fitness, conditioning, anatomy, nutrition, and sports injuries. The student will acquire the knowledge to develop healthier habits (meal planning, improving sleep, being physically active, etc.). This course also offers a wide range of individual sports, collective sports and outdoor activities such as badminton, basketball, volleyball, skiing, etc. Learn while you're young how to be healthy for a lifetime.

Leadership - (4 credits at Sec. 4 or 5) This course is aimed for students who are interested in developing essential leadership skills, while developing school activities and school spirit. This course will focus on building and learning the necessary skills of a leader and then putting these skills into practice throughout the school by organizing various activities. This course entails participation, hard work, extra time and school spirit. It offers experience in communication, teamwork, public speaking and most importantly fundamental leadership skills

Mechanics/Metal /Welding - (4 credits at Sec. 4 or 5) Create/design your own metal project with the aid of hand and power tools such as hacksaw, file, angle grinder, welder, plasma cutter etc. Learn how to do basic maintenance and in depth work on vehicles such as a car, truck, small engines, skidoo, 4-wheeler etc.

Music Enthusiasts- (4 credits at Sec. 4 or 5) Students will continue pursuing the learning of their instruments. They will have the chance to create their own music, and record and film musical performances. Many opportunities to be part of special musical projects will be presented.

Photography/Videography – (4 credits at Sec. 4 or 5) This class focuses on the theory and practice of both photography and videography. Students will learn how to use a camera and its functions along with different skills and techniques based in the art form. There will be many mini field trips as part of many projects will happen outside the classroom. This class is also focused on creating portfolios and to help with college applications within the fine arts.

Spanish – (4 credits at Sec. 4 or 5) Students should have an interest in learning a third language and exploring the language and culture of the peoples of Hispanic countries. This course will enable students to get along with the basic vocabulary as well as acquaint them with the art, music, folklore and geography of these countries.

Wood - (4 credits at Sec. 4 or 5) Use your own inspiration to create/design your own wood project next to some of the compulsory projects. Basic safety regulations as well as individual projects will be covered in each shop.

Note: Not all the above courses will be offered. This will be determined by student enrollment.

Secondary 4 Subject- Time Allocation

Subject	# Blocks Offered Per Cycle
English	6
French (Regular, Enriched)	6
Math (CST, SN)	6
Science & Technology	4
Phys Ed	2
Art (Visual Arts /Dance/ Music/ Drama)	2
Culture & Citizenship	2
History & Citizenship	4
Must select one option course: 4 blocks each	4
(Woodworking, Spanish, Mechanics/Metal, Environmental Science, Photography/Videography, Music Enthusiasts, Independent Living, Wood, Leadership, Interior Design, Sports and Wellness)	
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