

# **CONNECT WITH US**



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# NEW STUDENT COURSE SELECTION MARCH 12 and 13

All sessions take place at Mother Margaret Mary Catholic High School (MMM) starting at 4:00 PM through to 8:00 PM. There are 20 spots available for each 30 minute session. Students must be accompanied by at least one adult to select courses for the Fall of 2025. These meetings establish course requests only, not the actual schedule/timetable (made available in late August 2025.) These meetings are solely for setting up course requests; the actual schedule/timetable will be provided in late August 2025.

Families from Archbishop Joseph MacNeil (AJM) and St. John XXIII are asked to scan the following QR code to book an appointment for new student course selection. Only students who are registered and accepted at MMM for Grade 10 for Fall 2025 should book an appointment. Students who are not from AJM or St. John XXIII must confirm registration with the office BEFORE booking an appointment for course selection.



Please bring this viewbook to your course selection session. Use pages 36-38 to plan your program. Our staff will assist you to finalize your course selections. Information regarding REGISTRATION and enrolling to be a student at MMM, can be found on page 41 of this booklet.



# GROUNDED IN FAITH



At MMM, Catholic education empowers students to discern current events from a Catholic worldview and witness faith to all. In an everchanging world, we provide opportunities for students and the greater learning community to see the world and world events through a Catholic lens. Our charism of 'Faith Through Action' is permeated within the school community and is achieved through a variety of methods, including classroom instruction, discussion, and a variety of social justice activities.



# RELIGION AND WORLD RELIGION

Religion 15/25/35 help students explore real life issues in terms of personal beliefs and their effect on the decisions and directions young adults make in their lives. These courses help students understand what it means to be 'fully alive' by exploring the importance of belonging through a sociological perspective of Catholic religious students and the meaning of faith within their lives. Religions of the World 35 provides students insight into global communities and how religion has impacted the world, currently and throughout history.

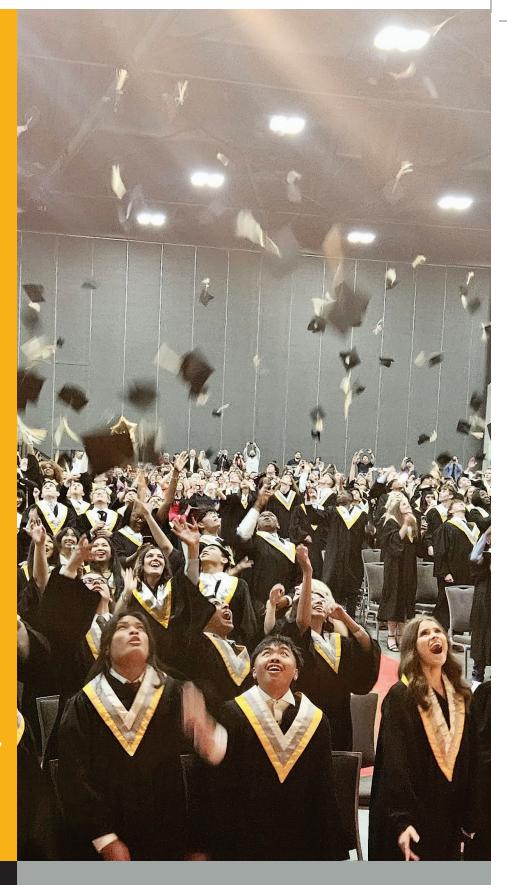
Students are required to complete three credits of Religion for every year they are at an ECSD high school. Three-year high school students are required to complete nine credits.

SCHOOL CHAPEL AND SCHOOL CHAPLAIN AVAILABLE TO ALL STUDENTS



# MMM MISSION STATEMENT

**Mother Margaret Mary** Catholic High School's mission is based on the belief that staff and students are committed to building an atmosphere of respect and creating an environment of excellence. The staff endeavours to provide opportunities and choices for each student to develop their spiritual, physical, intellectual, and emotional potential.



93% GRADUATION RATE

RUTHERFORD SCHOLARSHIP ELIGIBILITY RATE 85%

# **DISCOVER MMM**



#### Welcome to MMM - A Message from Principal Rootsaert

Hello! My name is Dean Rootsaert and I am proud to serve as the principal of MMM. Thank you for considering our school for your high school journey. Choosing a school is an important decision, and I am thrilled that you are exploring the opportunities we offer here at MMM - a truly exceptional place to learn, grow, and thrive!

Our school is guided by our motto: "Faith, Excellence, and Dedication." These three values are the foundation of everything we do.

Faith inspires and strengthens us and is grounded in the life of Jesus and the teachings of the Gospel. We do not just talk about our faith - we live it! Whether it is through daily interactions with one another or by using our talents to serve the greater community, faith is at the heart of who we are.

Excellence is a standard we strive for in every aspect of school life, from the classroom to the many extracurricular opportunities we offer. Excellence does not happen by chance - it's the result of hard work, resilience, and a commitment to personal growth. At MMM, we embrace the lessons that come from both our successes and our challenges, knowing that they help us grow stronger.

Dedication is the driving force behind our achievements. When students and staff come together with focus and purpose, amazing things happen. Our alumni often share how much they value the work ethic, skills, and mindset they cultivated during their time here, preparing them to excel in the next chapters of their lives.

MMM is more than just a school. It is a community where students grow in their faith, pursue their passions, and gain the tools they need to navigate adulthood with confidence. It is a place where students are supported, challenged, and inspired to become the best version of themselves.

For all of those who choose MMM as their high school, I am honoured to be a part of the journey, and I am confident you will find this to be a remarkable place to learn and belong. Welcome to the MMM family!

Principal Dean Rootsaert

# WHAT OUR STUDENTS ARE SAYING

POSITIVE SCHOOL COMMUNITY



The band program is one of the best in the city, winning many awards in the past!

Brody C.



MAMMA TRAN'S FOOD IS GREAT!

Alexis B.



MAMMA
TRAN makes
MMMarvelous!

Sarah L.

Endless creativity and innovation drive our school and students.

Banaj B.



THE STAFF
ARE THE MOST
WELCOMING
PEOPLE!

Ollie M.



MMM HAS TEACHERS WHO CARE.

Brooke L.



THE
SCHOOL'S
DANCE TEAM
IS THE BEST!

Ravina E.



MMM SPORTS TEAMS ARE STRONG!

Mason M.



MMM's community is wonderful with schoolwide competitions and extensive extracurriculars!

Allison K.



# **BECOME INSPIRED**



# **MEGAN DAVEY**

#### Dance and Yoga Teacher

With over a decade of experience at Mother Margaret Mary High School, I have had the privilege of building and nurturing the school's Dance and Yoga programs from the ground up. I began teaching Dance at MMM in 2012 and introduced Yoga to our curriculum in 2015, blending my lifelong passions into vibrant programs that inspire and challenge our students.

My journey in dance began at the age of three in Edmonton, where I grew up balancing schoolwork and competitive dance training through Grade 12. Along the way, I was fortunate to train and perform at prestigious institutions, including the Royal Winnipeg Ballet, The Edge in Los Angeles, Steps on Broadway in New York City, Denise Wall's Dance Energy, and the Leningrad State Ballet in St. Petersburg, Russia.

After graduating from Louis St. Laurent, I embarked on an exciting professional dance career, performing with Royal Caribbean and Princess Cruise Lines before achieving my dream of dancing with Disney. At Tokyo Disneyland, I spent 13 magical months portraying Ariel in the acrobatic and aerialist show Under the Sea.

Returning to Edmonton, I balanced my post-secondary education with teaching and performing. I began at MacEwan University in Sciences, later transferring to the

University of Alberta to complete a Bachelor of Education. During this time, I taught at Edmonton Dance Factory and performed with the Edmonton Crush Lacrosse Dance Team, fueling my commitment to sharing dance and movement with others.

In 2012, I joined MMM to launch the Dance program, and in 2015, I helped develop the Yoga curriculum for Edmonton Catholic Schools. In 2015, I also earned a Master's in Secondary Education with a focus on the body and learning. Since then, our Dance and Yoga programs have flourished. Students can now join teams in Hip Hop, Afrobeats, and competitive dance, performing at school events and competitions. Many alumni have pursued degrees in Dance, Kinesiology, and Physiotherapy or earned their Yoga Teacher Training certification through our partner, Empowered Yoga.

Teaching Dance and Yoga is not just my profession—it's my passion. I love guiding students in discovering their potential, finding joy in movement, and growing both physically and mentally. Witnessing their growth and accomplishments is the greatest reward, and I feel incredibly fortunate to share in their journeys.

DIRECT TRANSITION TO POST-SECONDARY

ADVANCED PLACEMENT Exceptional academics with post-secondary benefits



# MARTY MAJOROWICZ

#### Musician and Music Teacher

Music has taken me to many unexpected places in life: from living on a cruise ship in the Bahamas performing musicals night after night; to marching and performing in uniform for the changing of the guard ceremony on Parliament Hill as part of the Governor General's Foot Guards; to having my first recording nominated for a Western Canadian Music award; to my stint living in New York City where I was fortunate enough to study with my musical idols.

When I am not performing on my instrument, you might see me holding a baton. For almost 20 years, I have conducted bands for Edmonton Catholic Schools. I first started when I was eight years old. I found a piece of music in a book on my parent's bookshelf. I fashioned a podium out of a box and waved a spoon around pretending I was conducting a grand orchestra. I never thought I would do that for a job. It wasn't initially my plan!

If I could give my students an important piece of advice: be open to trying new things! Find something you love.



# KAMGA KUATE YANN YVAN

#### MMM Graduate - Class of 2024

My name is Kamga Kuate Yann Yvan. During my time at Mother Margaret Mary, I participated in a variety of activities that shaped me as both a leader and a member of the school community. I was part of the football team, where I learned the value of teamwork and perseverance. I also took part in track and field, along with many other extracurricular activities, which strengthened my determination and personal discipline.

As one of the proud founding members of the Black Students Association (BSA) at our school, alongside Tenashay Moruto, Zizi Ogbona, Lorraine Sumboh, and Rutento Jarisha, I worked to foster inclusivity and celebrate cultural diversity within the school community.

Beyond my involvement at school, I founded the Black Youth Society (BYS), an external initiative aimed at uplifting and empowering Black youth across our city. The Black Youth Society provides mentorship by youth for youth, guest speaker discussions, summer job opportunities, and free tutoring services. Our primary focus is to address the unique challenges faced by African youth in Edmonton, as experienced firsthand by their peers. This endeavour has allowed me to channel my passion for making a meaningful impact into a structured program that supports individual growth while fostering a sense of community and belonging.

Currently, I am a student at MacEwan University, pursuing post-secondary education in the Faculty of Science. I am continuing to expand my knowledge and develop skills that will benefit me in both my personal and professional life. My aspirations include furthering my education to become a cardiologist. Additionally, I aim to transform BYS into a nationally recognized organization, providing resources and opportunities that significantly impact the lives of Black youth across the country. My vision is to establish a sustainable and impactful network that empowers Black youth with the tools and confidence to achieve their aspirations while fostering a culture of mutual support and empowerment.

In addition to my studies, I am actively involved in my university as the Vice President of Events for one of its clubs. I am also preparing to apply for a position within the Science Club.

Through all my endeavours, I remain committed to creating a legacy of positive change and uplifting others, firmly believing that together, we can build a brighter future for our communities.

# BECOME A STUDENT LEADER



JOIN STORM COUNCIL!

## STORM COUNCIL

The mission of STORM Council is to foster a sense of community by focusing on activities and school experiences. STORM Council includes a large group of students who function together to excel at doing exactly this!

STORM Council runs a variety of student engagement activities, including spirit weeks, game nights, movie nights, Halloween murder mysteries, fundraisers, and charity events. The goal of STORM Council is to create enjoyable experiences that connect the school community and build memories!

Become a student leader and consider joining STORM Council. Make a difference in your school community. Experience high school as it is meant to be!





912

STUDENTS FROM GRADES 10-12

# WE ARE CHANGEMAKERS

As changemakers, MMM students have the opportunity to embody the calling that Jesus has for each of them, to serve others using the Godgiven gifts each of them has.

Each year, students participate in Changemaker Day where students have an opportunity to engage with school and municipal organizations to help make a difference in the community. The unique day helps to pay tribute to the school's namesake, Mother Margaret Mary who embodied her faith in all facets of her daily life.

MMM Changemakers gain valuable skills and experiences through volunteering. It fosters self-confidence, strengthens leadership abilities, and provides an opportunity to put faith into action. Participating in Changemaker Day also promotes a healthy balance, supporting overall well-being. Additionally, students build experiences that enhance resumes and scholarship applications. Most importantly, this day empowers students to see the impact they can have in their communities and beyond.

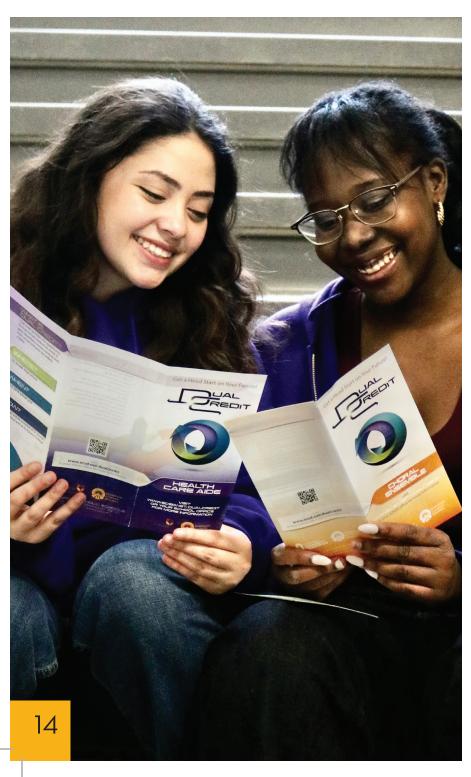
Through the Chaplain's office, as well as Storm Council at MMM, there are numerous opportunities for student leadership and changemaking. Events organized at MMM have benefited such organizations as the Edmonton Food Bank, the St. Thomas More Parish Pantry, the Lurana Shelter, the Mustard Seed Foundation, and Santas Anonymous. We look forward to seeing YOU become an MMM Changemaker!







# BECOME PREPARED FOR YOUR FUTURE



# DUAL CREDIT OPPORTUNITIES (ECSD)

Dual Credit opportunities allow students to get a head start on their future by exploring areas of interest in high school. Students are able to enrol in post-secondary courses, earning both high school and post-secondary credits at the same time. Courses are offered at various at various Edmonton Catholic School Division high schools and include the following:

ADMINISTRATIVE PROFESSIONAL
ANATOMY & PHYSIOLOGY
AVIATION

AVIATION AVIONICS TECHNOLOGY BUSINESS

EARLY LEARNING & CHILD CARE
HEALTH CARE AIDE

INTRODUCTION TO REHABILITATION

INFORMATION TECHNOLOGY - FACULTY OF SCIENCE

**POLICE STUDIES** 

**PSYCHOLOGY** 

RESEARCH IN HEALTH CARE

VETERINARIAN TECHNICAL ASSISTANT

## OFF-CAMPUS PROGRAMMING AT MMM

#### **GRADE 10: PREPARING FOR INTERNSHIP PROGRAMMING**

- Attend Post-Secondary and Career Day presentations to learn about programming and explore possibilities.
- Demonstrate employability skills at school: attendance, punctuality, and engagement.
- Earn a minimum of 40 high school credits in Grade 10 and stay on track for graduation.
- Engage in workplace readiness courses like CALM 20 and CTS courses like Construction and Foods.
- Obtain Class 7 Learner's Licence (Class 5 licence may be required for RAP and Trades Career programming).
- Obtain SIN (Social Insurance Number).

#### GRADE 11: CAREER INTERNSHIPS (SUMMER)

Career internships provide a more career-focused experience than general work experience, catering to industries outside of RAP and trades. Opportunities are available in fields such as information technology, health sciences, agriculture, environment, forestry, and energy production.

Summer internship opportunities are available to Grade 11 students who are 16 years or older. As a paid internship, students work full-time all summer and earn Work Experience credits in their chosen career field.

Completion of HCS3OOO, a Workplace Safety course, and a polished resume and cover letter are required as part of the initial application process through MMM and ECSD Off-Campus Coordinators.

# GRADE 11 AND 12: WORK EXPERIENCE

Work Experience students gain practical, hands-on experience in the workforce and earn Work Experience credits while completing their high school education.

Work Experience programming is offered to MMM students who have acquired a job and are currently working. Students who require credits for graduation/completion are prioritized for this program.

Completion of HCS3OOO, a Workplace Safety course, is required as part of the initial application process through MMM and ECSD Off-Campus Coordinators.

#### GRADE 11 AND 12: RAP INTERNSHIP (SUMMER & S2) OR TRADES CAREER TRAINING (TEPF) (SUMMER & S2)

Commonly referred to as RAP, this program allows students who are 16 years or older to learn and practice their future trade in the workplace. RAP is an Alberta government-regulated certification process that enables students to start learning a trade while earning record book hours during high school.

RAP internship opportunities are paid internships, and the application process is competitive. A Class 5 Driver's Licence, completion of HCS3000, and CSTS 2020 are required as part of the initial application process through MMM and ECSD Off-Campus Coordinators.

#### OR

Through a partnership with The Educational Partnership Foundation (TEPF), students aged 16-19 earn Work Experience credits while training in an industry setting with journeyperson instructors. Available trades include boilermaker (must be 18 years old), carpentry, finishing trades, ironworker, electrician, industrial mechanics, insulator (heat/frost), millwright, and pipe trades. This is not a paid internship but a trades career training opportunity that can lead to sponsored training in the future.

Summer Trades Career Training Programs through TEPF are available to Grade 11 and 12 students during summer school (July).

Grade 12s are prioritized for Semester 2 TEPF programming if they have met all high school graduation requirements by January (Semester 1). Students must be available Monday to Friday, 8:30 AM to 4:00 PM during Semester 2. Successful completion of the TEPF Semester Program may lead to job placements or apprenticeships.

# BECOME ACTIVE













# ATHLETIC TEAMS

The MMM Athletics Department runs all of the major sports teams.

The MMM Athletics Department offers a variety of competitive sports teams. With a smaller school population, students have more opportunities to participate and compete. MMM athletes have earned multiple championships and tournament victories in volleyball, basketball, curling, swimming, crosscountry, track and field, badminton, and golf.





**CROSS-COUNTRY** 

**RUNNING ROOM GAMES** 

GOLF

WOMEN'S VOLLEYBALL

MEN'S VOLLEYBALL

**SWIMMING** 

**CURLING** 

**WOMEN'S BASKETBALL** 

**MEN'S BASKETBALL** 

BADMINTON

**WOMEN'S SOCCER** 

**MEN'S SOCCER** 

**WOMEN'S FLAG FOOTBALL** 

**MEN'S FLAG FOOTBALL** 

**RUGBY** 

**TRACK & FIELD** 

FITNESS/TRAINING CLUB

**NINJA WARRIOR GAMES** 

# BECOME INVOLVED











# AT MMM, THERE IS A CLUB OR TEAM FOR EVERYONE









**ANIME CLUB ART CLUB AFROBEATS BLACK STUDENTS' ASSOCIATION CHESS CLUB** CITADEL CLUB **CLIMATE JUSTICE GROUP** DANCE TEAM **DEBATE CLUB GRAD COMMITTEE HIP HOP CREW HONOUR BAND IMPROV TEAM JAZZ BAND** MMM ANNUAL PLAY **MODEL UNITED NATIONS PHOTOGRAPHY CLUB SCIENCE OLYMPICS** SKILLS ALBERTA CANADA **SOUTH ASIAN STORM STORM COUNCIL** STORM PALS **STORM ROBOTICS STORM SCOOP STORM CAST WRITING CLUB** YEARBOOK COMMITTEE

# BECOME SPIRITED

STORMwear is available for purchase through the online store on the MMM website.

Get "spirited" with hoodies, sweatshirts, t-shirts, jackets, sweatpants, toques, bags, and more!



**NEW SPIRIT WEAR NOW AVAILABLE** 



# MAMMA TRAN'S CAFETERIA AT MMM

Mamma Tran's Cafeteria provides students with wholesome options for lunch. With a vast and varied menu, students can select grab-and-go quick meals or hot-plated homestyle meals. Mamma Tran's remains open daily for lunches and after-school events such as tournaments and other MMM special events.

The menu changes weekly, but here are some of the items you can look forward to enjoying:

FRESH FRUIT
ASIAN CUISINE
BURGERS AND FRIES
SPECIALTY POUTINE
BAKED GOODS
SALADS
PEROGIES AND SAUSAGE
CHICKEN AND FRIES
FISH AND CHIPS
ICE CREAM
SANDWICHES
VARIOUS BEVERAGES

Check out Mamma Tran's cuisine on Instagram:

@angietran67



ALWAYS SERVED WITH A SMILE.

# **BECOME SUPPORTED**

# FAMILY SCHOOL LIAISON WORKERS

Family School Liaison Workers (FSLWs) in Edmonton Catholic Schools are Registered Social Workers who connect students, families, and the school community to support learning, mental health, and overall well-being. They provide counselling, crisis intervention, and social-emotional support while facilitating communication between families and teachers. FSLWs assist families in navigating challenges such as financial stress, mental health concerns, and crises, connecting them to community resources and advocating for students' needs within the school system.

## HIGH SCHOOL COMPLETION AND POST HIGH SCHOOL PLANNING

The High School Completion Coordinator identifies, tracks, and works with students who are "at risk" of grade failure, dropping out of school or not graduating. At MMM, the coordinator also provides guidance on career and post-secondary planning, off-campus programming, and transitions to workplace settings.



#### SCHOOL RESOURCE OFFICER (SRO)

The School Resource Officer (SRO) plays a key role in supporting a safe and secure learning environment for students and staff. As a visible presence in the school, the SRO collaborates with staff, students, parents, and the surrounding community to address concerns and, when necessary, enforce laws and statutes.

Beyond safety, the SRO is an integral part of the MMM school community, building relationships, providing mentorship, and offering guidance through ongoing interaction, counselling, and education

### ENGLISH AS AN ADDITIONAL LANGUAGE (EAL) DESIGNATE

The EAL Designate supports students and teachers with EAL programming that serves to develop literacy for various levels of English language learners. The Designate also supports teachers with assessment and reporting, including yearly benchmark evaluations.

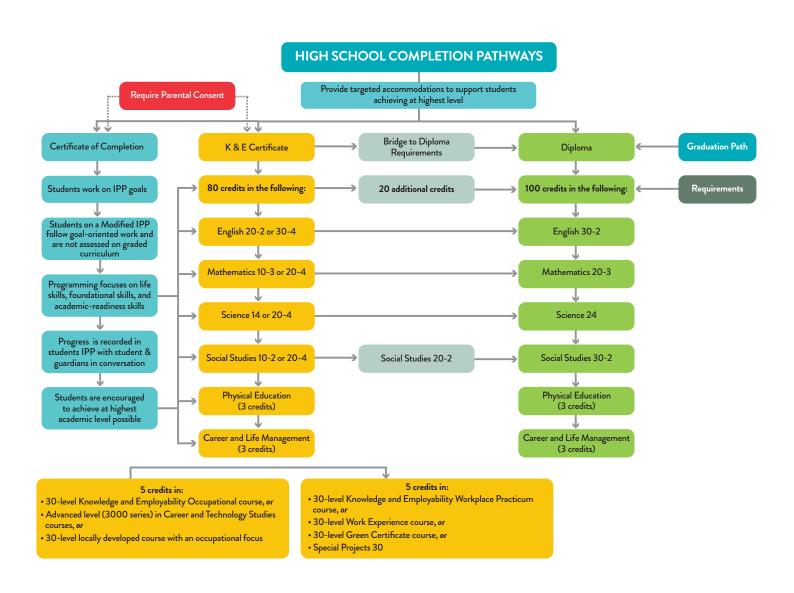
# INSTRUCTIONAL COACH

The Instructional Coach works in partnership with parents and teachers to provide the best possible learning practices to meet the educational needs of inclusive students. Staff, students, and parents work collaboratively to build an Individualized Program Plan (IPP) that provides appropriate learning strategies to support student success. Educational Assistants (EA) and Family School Liaison Workers (FSLWs) also serve to support inclusive students.

#### W.I.N. SUPPORT

W.I.N. stands for "Whatever is Necessary, Whenever it's Needed". The W.I.N. program is designed to serve students with diverse learning needs. WIN Senior supports high school students (Grades 10-12) with mild to severe cognitive needs, helping them work towards a Certificate of Completion in their community school through personalized instruction, skill-building, and community interactions.

# HIGH SCHOOL COMPLETION PATHWAYS



# KNOWLEDGE & EMPLOYABILITY

Knowledge and Employability courses are designed for students who meet the criteria and learn best through hands-on, experiential activities. The focus of these courses is to provide a successful transition into the workplace and/or further training opportunities. Students may qualify for a Certificate of High School Achievement or may continue their studies to qualify for an Alberta High School Diploma. Informed written consent of parents/guardians is required annually for students under 16 years of age to participate in this program.

#### **ENROLMENT CRITERIA IS BASED ON:**

- the student's highest level of academic success, cognitive ability, language proficiency, and academic strengths and needs.
- the student's expressed goals regarding academic success, post-secondary aspirations, and career interests.
- consultation with the student, parents/guardians, teachers, counsellors, and other staff to align with family goals
  and student needs.

#### **K&E COURSES ARE DESIGNED FOR STUDENTS WHO:**

- · want to become better prepared for the workplace
- · learn best through hands-on activities and real-world experiences
- have demonstrated and/or expressed a desire to enter the workplace after high school or a post-secondary training institute that accepts a Certificate of Achievement rather than a High School Diploma

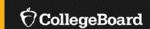
For more information regarding credits and course requirements for a Certificate of Achievement, view K & E Certificate Pathway on the HIGH SCHOOL COMPLETION PATHWAYS page.



# ADVANCED PLACEMENT PROGRAM (AP)

The Advanced Placement (AP) Program was created by Harvard, Princeton, and Yale Universities and is administered by The College Board. Since 1955, the AP Program has been a collaborative effort among AP teachers, students, school districts, colleges, and universities, working to develop college-level knowledge and skills in high school students. More than five million AP exams are written yearly around the world and AP is the most recognized enhanced academic program in North America.

The AP Program provides motivated high school students with post-secondary level academic courses.





#### BENEFITS OF AP

Dual Admission: Many universities will use the higher grade of either AP exam or the mark awarded by Alberta Education for that course when determining competitive averages for applications. This gives the students two opportunities to achieve a competitive mark!

Advanced Credit: Students may receive transfer credit on successfully completing the AP exam with a 4 or 5 (on a 5 scale), thus saving expensive post-secondary tuition and/or allowing for greater flexibility in their college or university course schedule.

Higher University Success: Research shows that students who write the AP Exam typically experience greater academic success than similar students who do not participate in AP, no matter what mark they receive on the AP exam!

# ADVANCED PLACEMENT SCHOLARSHIPS AT MMM

Mother Margaret Mary offers a monetary scholarship to students who achieve AP Scholar status by scoring 3 or higher on three or more AP exams.

#### **SCHOOL FEES**

To help recover the cost of the AP program, students enrolled in AP are billed a non-refundable fee of \$150, split over two years: \$75 in Grade 11 and \$75 in Grade 12. The total fee covers all AP classes and exams the student is enrolled in. There are no additional fees.

#### **AP SEMINAR**

AP Seminar is a foundational course that engages students in cross-curricular conversations that explore the complexities of academic and real-world topics and issues by analyzing divergent perspectives. Using an inquiry framework, students practice reading and analyzing articles, research studies, and foundational, literary, and philosophical texts; listening to and viewing speeches, broadcasts, and personal accounts; and experiencing artistic works and performances. Students learn to synthesize information from multiple sources, develop their own perspectives in written essays, and design and deliver oral and visual presentations, both individually and as part of a team. Ultimately, the course aims to equip students with the power to analyze and evaluate information with accuracy and precision in order to craft and communicate evidencebased arguments. The course equips students with the independent research, collaborative teamwork, and communication skills that are increasingly valued by post-secondary institutions and employers.

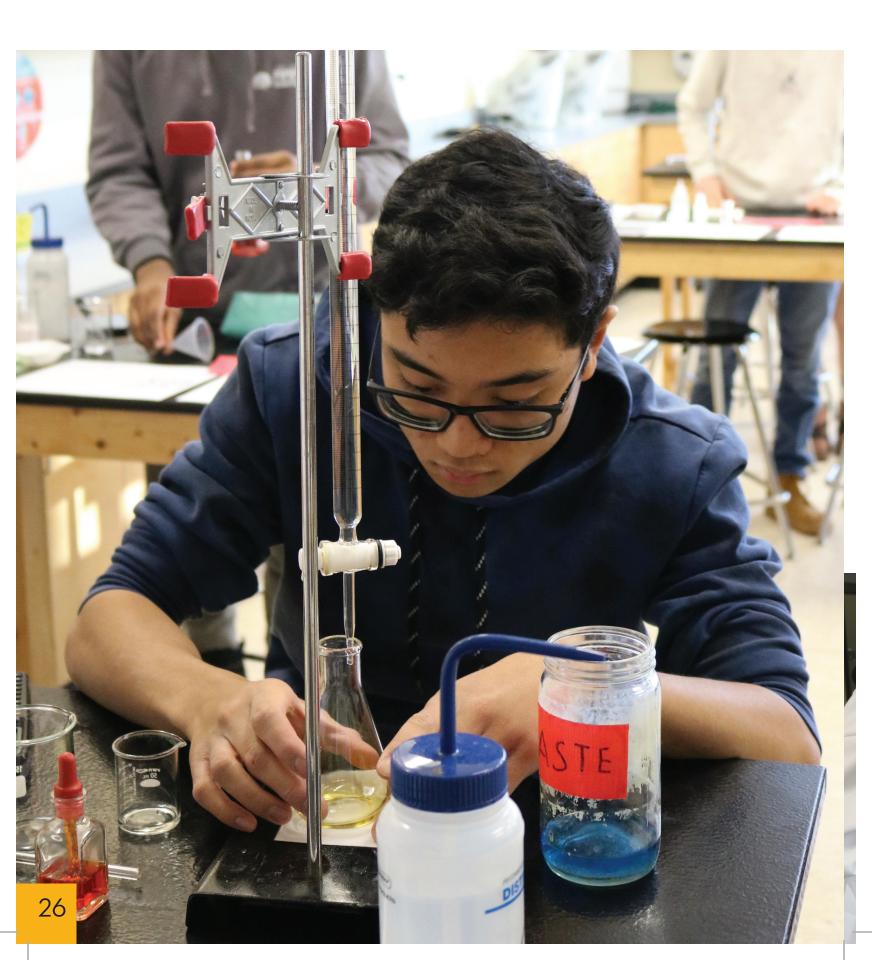
# AP IN-CLASS COURSES AT MMM INCLUDE:

ENGLISH LITERATURE AND COMPOSITION
CALCULUS AB
STATISTICS 35
PHYSICS 1, PHYSICS 2
BIOLOGY
CHEMISTRY
COMPUTER SCIENCE A
STUDIO ART

AP ONLINE COURSES INCLUDE:

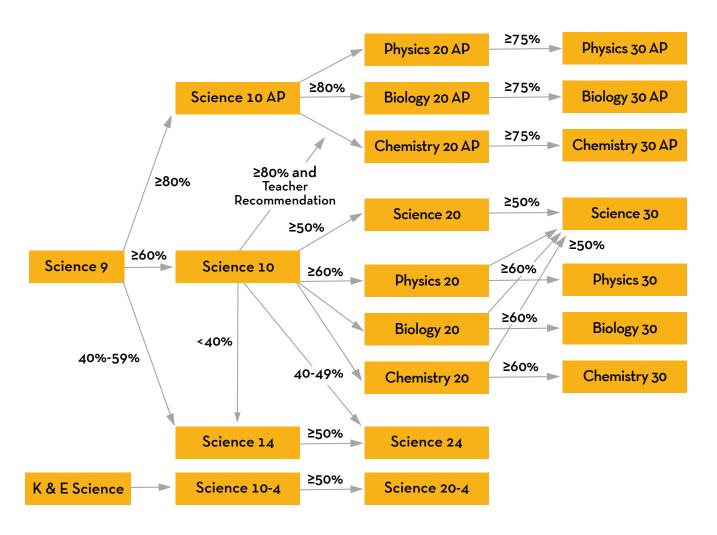
STATISTICS
ENVIRONMENTAL
SCIENCE
EUROPEAN
HISTORY
ART HISTORY

# BECOME ENGAGED



# **SCIENCES**

## COURSE PROGRESSION RECOMMENDATIONS



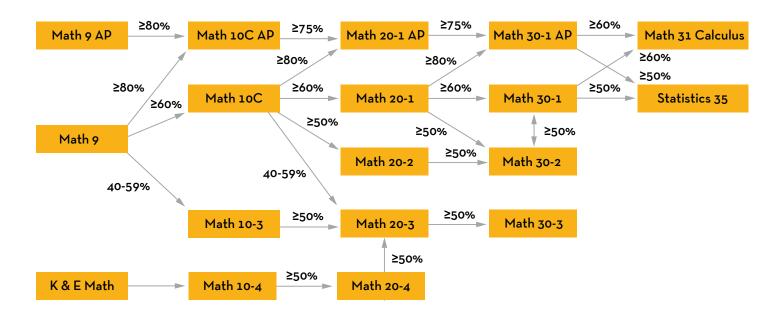


Science is the empirical study of the natural world, in which we attempt to build intellectual models that can be used to explain phenomena and make predictions. In Biology, students focus their study on living organisms. Chemistry students learn about the property of matter, and how matter can interact to form new substances. In Physics, students learn about the interactions between matter and energy. General Science students learn a little from each of the various discipline sciences.

10 credits from Science are required to achieve a high school diploma. Post-secondary requirements may necessitate specific courses and higher levels of Science.

# MATH

## COURSE PROGRESSION RECOMMENDATIONS



The Math -3 stream is designed for students who plan to enter the workforce or trades. Math 10C is the starting point for both the Math -1 and Math -2 course sequences.

Math -2 courses are statistical-based classes for students who want to attend university, college, or technical institute after high school, but do not need calculus skills for programs such as the Arts, Fine Arts, Nursing, Law, Psychology, etc.

Math -1 courses are pre-calculus classes designed for students pursuing Math or Science-related programs at a university, college, or technical institute. This stream prepares students for careers in engineering, sciences, business studies, and other fields requiring advanced Math skills.

10 credits from Math are required to achieve a high school diploma. Post-secondary programs may require specific Math courses or higher-level Math for admission.



## STATISTICS 35

Statistics 35 provides opportunities for students to engage in statistical thinking and analysis. Statistics 35 is designed for high school students who wish to learn about statistics beyond the scope of the Alberta Mathematics Program of Studies. This course is intended to prepare students to potentially write the Advanced Placement (AP) Statistics exam. to ease students' transition to the first year of post-secondary study and to prepare them for success in science, technology, engineering, mathematics, and other programs.

# LANGUAGE & CULTURE

10 credits from CTS, Fine Arts, Second Languages, PE 20 or 30 are required for a high school diploma. Second language programs at the 30 level may serve as alternative courses for post-secondary application.



### **FRENCH**

The French as a Second Language (FSL) Program is a nine-year program which begins in Grade 4 and culminates in Grade 12. The FSL program focuses on developing language competency and strategies for language learning. Each year, students build upon prior knowledge, increasing their level of understanding of both the spoken and written word demonstrating knowledge of culturally appropriate language conventions. Students also spend time learning about French culture and history and about the role that language learning plays in developing global understanding.

## **SPANISH**

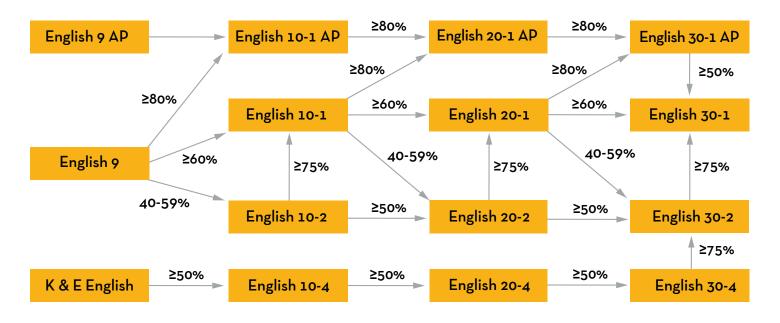
The learning of Spanish, as any other language, develops awareness of, and sensitivity to, cultural and linguistic diversity. This fact, in addition to preserving cultural identity, is also a means of cultural enrichment and is the best means of fostering understanding and solidarity among peoples and countries. Furthermore, it gives individuals the opportunity to identify, question, and challenge their own cultural assumptions, values, and perspectives and to contribute positively to society.

#### **SPANISH 10-3Y, 20-3Y, 30-3Y**

This Spanish Language and Culture Three-year (3Y) Program is intended for students who are beginning their study of Spanish language and culture in high school. This program begins in Spanish 10-3Y with a basic introduction to the language and culture.

# **ENGLISH**

# COURSE PROGRESSION RECOMMENDATIONS



The English -1 sequence of courses is intended for students who have demonstrated strength in their use of language and understanding of print and non-print texts. These courses are for students intending to pursue post-secondary education and enrol in degree programs. The English -2 sequence of courses is designed to concentrate on the development of language arts strategies and skills to strengthen student use of language and understanding of texts. These courses are intended for students who wish to enrol in certificate or diploma programs at post-secondary



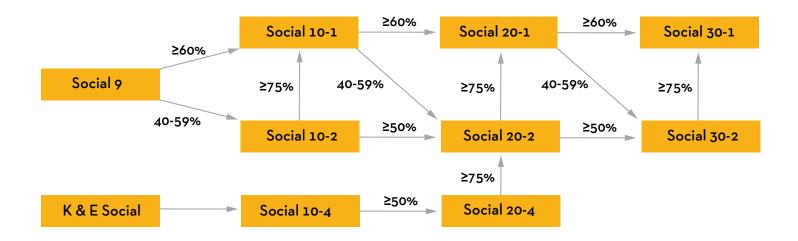
institutions, or enter the workforce following graduation. Advanced Placement challenges students with a wide variety of literature in various forms and genres. Instruction in literary analysis as well as critical and personal response to literature prepare students for university-level assignments specifically in the areas of scholarly argument and literary analysis.

15 credits from English, including 30 level, are required to achieve a high school diploma. Post-secondary requirements may necessitate specific courses.

Note: To ensure graduation, the recommended route from -2 to -1 is to complete 10-2, 20-2 and 30-2 and then attempt 30-1.

# **SOCIAL STUDIES**

## COURSE PROGRESSION RECOMMENDATIONS



Social Studies provides opportunities for students to develop the attitudes, skills, and knowledge that will enable them to become engaged, active, informed, and responsible citizens. The program reflects multiple perspectives, including Indigenous and Francophone viewpoints, that contribute to Canada's evolving realities. It fosters the building of a society that is pluralistic, bilingual, multicultural, inclusive, and democratic. It promotes a sense of belonging and acceptance in students as they engage in active and responsible citizenship at the local, community, provincial, national, and global levels.

The -1 sequence of Social Studies courses are intended for students who have demonstrated a keen ability to analyze information, show an understanding of various perspectives of topics, and have shown strength in their analytical written expression. The written response and assessment formats for the -1 sequence offer a quickly paced rigour with the goal of mastery of course content, source analysis, and thematic/topic awareness as seen in various assessments.

The -2 sequence of Social Studies courses is intended for students who have demonstrated an ability to apply their knowledge of course content with the use of project-based learning and a more supported development of the

curricular outcomes. Students who take the -2 stream of courses can expect to write shortened versions of written responses and exams that have the expectation of an applied level of understanding and less of a philosophical understanding of course content.

15 credits from Social, including 30 level, are required to achieve a high school diploma. Post-secondary requirements may necessitate specific courses.

Note: To ensure graduation, the recommended route from -2 to -1 is to complete 10-2, 20-2, and 30-2 and then attempt 30-1.



# PHYSICAL EDUCATION HEALTH AND WELLNESS

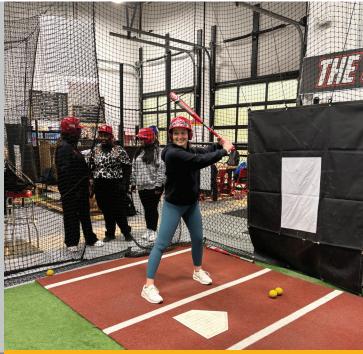
## **CAREER AND LIFE MANAGEMENT (CALM 20)**

CALM equips students with the knowledge and skills to make well-informed, thoughtful decisions in all aspects of their lives. It fosters positive behaviours and attitudes that contribute to the well-being and respect of self and others. There are three major themes: Personal Choices, Career and Life Choices, and Resource Choices. At MMM, CALM is a personalized program, where students engage in career and workplace readiness activities and create their own career and post-secondary portfolios.

# PHYSICAL EDUCATION

Through activities in the school and community, students explore their physical abilities and improve their fitness levels. They gain an understanding of how fitness impacts well-being and body image.. By communicating with others, students develop a sense of fair play and exercise their leadership abilities. They discover the importance of safe, active living for life; set goals; and challenge themselves as part of an active, healthy lifestyle.

Phys. Ed 10 is required to achieve a high school diploma. Phys. Ed 30 may serve as an alternative course for post-secondary application.



## YOGA

This program offers students the opportunity to develop their overall personal health through the study of yoga postures, breathing techniques, and meditation. Yoga fitness focuses on the anatomy and physiology of the body as it applies to the practice of yoga, as well as fosters mindfulness and relaxation techniques. Students not only experience the physical and mental health benefits of yoga but also develop coping skills to manage everyday stress.



# **FINE ARTS**

10 credits from Career and Technology Studies (CTS), Fine Arts, Second Languages, PE 20 or 30 are required for a high school diploma. Fine Arts programs at the 30 level may serve as alternative courses for post-secondary application.



#### ART

Using a variety of mediums, students apply the Elements of Art and Principles of Design, while mastering various techniques, developing personal style, and exploring individual expression.

#### DRAMA

In Drama, students explore dramatic forms including movement, speech, improvisation, and acting, as well as develop composure, concentration, self-confidence, and the ability to respond to peers in the audience. At higher levels, drama students are challenged to strive for self-discipline and personal development while studying theatre direction and production as well as dramatic structure and design.

#### DANCE

Dance provides students the opportunity to study dance techniques in the disciplines of jazz, tap, ballet, contemporary, lyrical, hip hop, musical theatre, and improvisation. The course is designed to expose dancers to a broad range of aesthetic experiences and flourish their curiosity about, appreciation, and lifelong interest in dance, setting them up for success in the Arts beyond their high school experience. As dance students come with varying levels of technical skill, dance experience is matched with the appropriate level of instruction.



#### **TECHNICAL THEATRE**

Technical Theatre offers students the chance to engage in non-acting roles that are required to realize complex theatrical performances. Students will be challenged to think and react creatively and critically while collaborating with teams to support the production and performance aspects of theatre. Students will have the opportunity to explore multiple technical roles, including stage management, sound, lighting, set, and props, as well as costumes, and makeup.

#### **MUSIC**

At MMM, students in Concert Band or Jazz Band develop aesthetic judgments based on critical listening and analysis of music while focusing on interpreting rhythm, melody, and harmony as it appears in musical notation. Students in General Music explore theory and elements and structure of music while learning an instrument or extending skill in an instrument already played.

# CAREER&TECHNOLOGY STUDIES (CTS)

10 credits from CTS, Fine Arts, Second Languages, PE 20 or 30 are required for a high school diploma. CTS programs at the 30 level may serve as alternative courses for post-secondary application.



#### **FOODS**

Foods classes introduce students to equipment handling, knife skills, recipe comprehension, and efficient kitchen habits while working in the Foods lab. Students learn about a variety of different topics including baking skills, meal planning, basic meat cookery, fish, poultry, vegetables, and fruit. In the higher levels, students will work collaboratively while focusing on evolution and innovation through canning, presentation, and advanced culinary skills.

#### **SPORTS MEDICINE**

This course provides active students with an opportunity to engage in a balance of theory and practical applications of topics related to sports injury and sports performance. Students learn how to recognize, manage, prevent, and rehabilitate sports injuries, including learning effective taping techniques for sports injury. Students interested in this course often pursue post-secondary studies in Sport Performance, Medicine, Physical Education and Recreation, or Kinesiology.

# COMMUNICATION TECHNOLOGY-PHOTO

Photography students develop skills in Photoshop, composition, and DSLR camera operation, including aperture, shutter speed, and ISO settings. At advanced levels, students refine their photography techniques, exploring lighting, focal length, manual camera operation, image processing, and proofing to communicate a message or tell a story. Students are encouraged to build a portfolio and develop a personal style.

#### CONSTRUCTION

In Construction, students are exposed to a variety of woodworking and carpentry criteria including procedures and techniques ranging in the form of measurement, all the way up to machine and power tool operation. In higher levels, more intricate techniques of joinery and lamination are undertaken with a focus on design and aesthetics. Students learn how carpenters work in the trades and have the opportunity to partake in procedures equivalent to a postsecondary level.





#### **COMPUTER SCIENCE**

Students explore the fundamental principles of Computer Science (CS) concepts, computer hardware, and processes. Introductory level includes an introduction to the algorithm as a problem-solving tool and programming languages (Python, Java, HTML/CSS/Javascript, C#.) Students work with structured programming including input, process, and output data. At intermediate level, students develop their understanding of procedural programming paradigm, design code, and debug programs which use data structures. Advanced level CS courses can be used towards post-secondary entrance admission. Students explore hardware, software, and processes at an advanced level including object oriented programming, interactive data processing algorithms, and dynamic websites.

# CTS STUDENTS COMPETE AND PLACE IN A VARIETY OF COMPETITIONS, INCLUDING SKILLS CANADA ALBERTA

# COMMUNICATION TECHNOLOGY - VIDEO

Students in Digital Media acquire skills in areas of audio/video recording, editing, and production. At higher levels, students advance their technical skills and plan, produce, and edit various audio and video projects with a focus on developing their portfolios.

#### **ELECTRO TECHNOLOGIES**

The Electro Technologies Program is a handson learning journey for high school students passionate about electronics, robotics, and automation. Spanning three levels, this CTS option equips students with practical skills and knowledge to design and build real-world applications. From foundational projects in Electronics Technologies 10, to intermediate skills like circuit board creation and specialized options in Electronics Technologies 20, to full creative freedom in Electronics Technologies 30, students are empowered to innovate and problem-solve.

# ENTERPRISE AND INNOVATION

Explore the realms of an e-commerce business and gain hands-on experience in launching an online store. Students will learn to build online brands, craft effective marketing strategies, and navigate the world of digital entrepreneurship. Turn your business ideas into reality with hands-on projects and real-world examples for success in the digital marketplace.

# COURSES OFFERED ACADEMICS

GRADE 10	CR	GRADE 11	CR	GRADE 12	CR
		AP SEMINAR			
				AP Seminar	5
		ENGLISH			
English 10-4 (K & E)	5	English 20-4 (K & E)	5	English 30-4 (K & E)	5
English 10-2	5	English 20-2	5	English 30-2	5
English 10-1	5	English 20-1	5	English 30-1	5
English 10-1 AP	5	English 20-1 AP	5	English 30-1 AP	5
Creative Writing & Publishing 15	3	Creative Writing & Publishing 25	3	Creative Writing & Publishing 35	Fall 2026
		SOCIAL			
Social 10-4 (K & E)	5	Social 20-4 (K & E)	5		
Social 10-2	5	Social 20-2	5	Social 30-2	5
Social 10-1	5	Social 20-1	5	Social 30-1	5
		MATH			
Math 10-4 (K & E)	5	Math 20-4 (K & E)	5		
Math 10-3	5	Math 20-3	5	Math 30-3	5
Math 10C	5	Math 20-2	5	Math 30-2	5
Math 10C AP	5	Math 20-1	5	Math 30-1	5
5		Math 20-1 AP	5	Math 30-1 AP	5
				Math 31	5
				Math 31 AP	5
				Statistics 35	5
		SCIENCE			
Science 10-4 (K & E)		Science 20-4 (K & E)			
Science 14	5	Science 24	5		
Science 10	5	Science 20	5	Science 30	
Science 10 AP	5	Chemistry 20	5	Chemistry 30	5
		Chemistry 20 AP	5	Chemistry 30 AP	5
		Biology 20	5	Biology 30	5
		Biology 2O AP	5	Biology 3O AP	5
		Physics 20	5	Physics 30	5
		Physics 20 AP	5	Physics 30 AP	5
		RELIGION			
Religions of the World 35	3	Religion 25	3	Religion 35	3

# COURSES OFFERED OPTIONS

					I
GRADE 10	CR	GRADE 11	CR	GRADE 12	CR
PHYSICAL EDUCAT	TION,	YOGA FITNESS, AND CAREER	& LIF	E MANAGEMENT (CALM)	
Physical Education 10 F	3/5	Physical Education 20 F	3/5	Physical Education 30 F	3/5
Physical Education 10 M	3/5	Physical Education 20 M	5	Physical Education 30 M	5
		Career & Life Management 20 3			
Yoga Fitness 15	3	Yoga Fitness 25	3	Yoga Fitness 35	3
		INTERNATIONAL LANGUA	GES		
French 10-9Y	5	French 20-9Y	5	French 30-9Y	5
Spanish 10-3Y	5	Spanish 20-3Y	5	Spanish 30-3Y	5
		FINE ARTS			
Art 10	3	Art 20	3	Art 30/Art 30 AP	5
Dance 15	3	Dance 25	5	Dance 35	5
Drama 10	3	Drama 20	3/5	Drama 30	5
Technical Theatre 15	3	Technical Theatre 25	3	Technical Theatre 35	3
General Music 10 (Guitar/Music Tech)	3	General Music 20 (Guitar/Music Tech)	3	General Music 30 (Guitar/Music Tech)	3/5
Instrumental Band 10 (inc. Religion)	11	Instrumental Band 20	5	Instrumental Band 30	5
	C	TS - CAREER TECHNOLOGY	TUDI	ES	
CTS Occupational Cou	rses ar	e available for K&E students in F	oods, A	Arts/Design, and Construction.	
Workplace Readiness 10-4 (K & E)	5	Workplace Practicum 20-4 (K & E)	5	Workplace Practicum 30-4 (K & E)	5
Computer Science 10	3/5	Computer Science 20	5	Computer Science 30/30 AP	5
Electro Technologies 15	3	Electro Technologies 25	3	Electro Technologies 35	3
Construction Tech 10	3/5	Construction Tech 20	3/5	Construction Tech 30	5
Communication Tech - Photo 10	3	Communication Tech - Photo 20		Communication Tech - Photo 30	
Communication Tech - Video 10	3	1 3 1		Communication Tech - Video 30	3
Foods 10	3/5	Foods 20	3/5	Foods 30	5
Enterprise & Innovation 10	5	Enterprise & Innovation 20	5	Enterprise & Innovation 30	Fall 2026
Sports Medicine 10	3	Sports Medicine 20	3	Sports Medicine 30	3/5
		•		•	•

# **COURSE PLANNER**

GRADE 10						
	INSTRUCTIONS	PRINT CHOICES BELOW				
Choose an Englis	sh course:					
Choose a Social						
Choose a Math o	course:					
Choose a Scienc	e course:					
Choose a 3 or 5	credit Phys. Ed 10 course (M or F):					
Choose a 3 cred	it Religion course:					
Choose a 3 cred was 3 credits):	it course: (or two 3 credits courses if PE					
Choose a 5 cred	it course <u>or</u> two 3 credit courses:					
Choose a 5 cred	it course <u>or</u> two 3 credit courses:					
As an alternate,	choose two 3 credit courses:					
CHECKLIST	☐ One of my 3 credit courses is Religion 25,☐ I have selected a 3 or 5 credit Phys. Ed co	ourse (M or F)				
	GRAI	DE 11				
	INSTRUCTIONS	PRINT CHOICES BELOW				
Choose an Englis						
Choose a Social						
Choose a Math o	·					
Choose a Science course:						
Choose CALM 20:						
Choose a 3 credit Religion course:						
	it course or two 3 credit courses:					
	it course or two 3 credit courses:					
	it course or two 3 credit courses OR a spo					
	hoose a 5 credit course or two 3 credit cou					
CHECKLIST	<ul> <li>CHECKLIST</li> <li>□ One of my 3 credit courses is Religion 25, 35, or Religions of the World 35 if I have not completed 9 credits of Religion in high school.</li> <li>□ I have chosen CALM 20 which is a required course for graduation.</li> <li>□ I have considered the pre-requisite courses I need for post-secondary planning.</li> </ul>					
GRADE 12						
	INSTRUCTIONS	PRINT CHOICES BELOW				
Choose an Englis						
	Choose a Social course:					
	Choose a Math course or 5 credit course:					
Choose a Science course or 5 credit course:						
Choose a 3 credit Religion course:  Choose a 3 credit course if required:						
	•	asivad				
	course or two 3 credit courses if required/decourse or two 3 credit courses if required/de					
CHECKLIST	·					
application.						

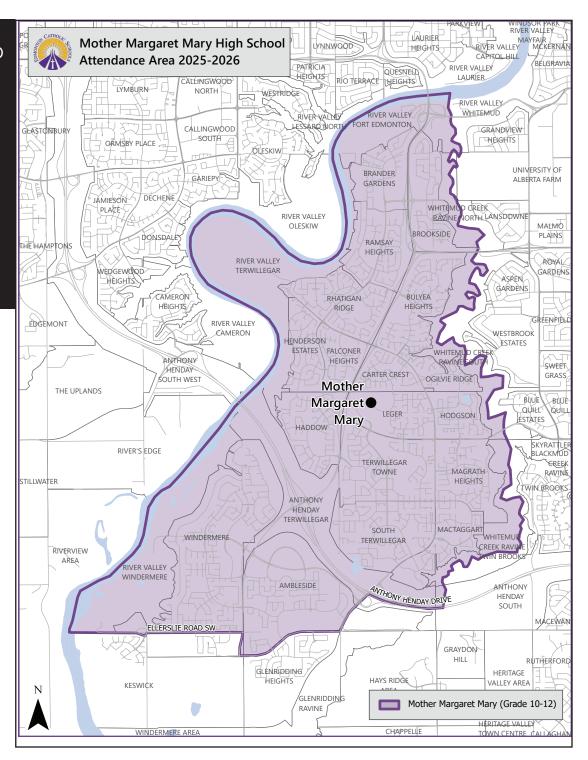
#### ALBERTA EDUCATION HIGH SCHOOL DIPLOMA REQUIREMENTS 100 credits including the following: English 30-1 **ENGLISH - 30 LEVEL** English 30-2 Social 30-1 **SOCIAL STUDIES - 30 LEVEL** Social 30-2 Math 20-1 MATH - 20 LEVEL Math 20-2 Math 20-3 Science 20 **SCIENCE - 20 LEVEL** Science 24 Biology 20 Chemistry 20 Physics 20 3 credits or 5 credits **PHYSICAL EDUCATION 10** 3 credits CAREER AND LIFE MANAGEMENT Career and Technology Studies 10 CREDITS IN ANY COMBINATION FROM: Fine Arts Second Languages Physical Education 20 or 30 Locally Developed/Acquired Courses in CTS, Fine Arts, or Second Languages Registered Apprenticeship Program 10 CREDITS IN ANY 30 LEVEL COURSE Locally Developed/Acquired and Locally Authorized (IN ADDITION TO ENGLISH AND SOCIAL AT Courses (Religion 35, World Religions 30, Learning 30 LEVEL) Strategies 35) 3000 Series: Advanced Level in Career and Technology Studies Courses Work Experience 35, Phys. Ed 30

Note: In order to participate in graduation ceremonies, students must complete a minimum of 3 credits in Religion for every year at an ECSD high school and these courses may be taken in any order. Three years of high school at ECSD requires 9 credits of Religion.

Math or Sciences at 30 level

# BECOME A STUDENT AT MMM

All schools in ECSD have a defined attendance area. The attendance area for Mother Margaret Mary Catholic High School is shown in the map.



# REGISTRATION AND APPLICATION INSTRUCTIONS

#### WE ARE EXCITED TO HAVE YOU JOIN OUR SCHOOL COMMUNITY.

**If you are registering for Grade 10 and you are a current Edmonton Catholic Schools student,** please go to the preenrolment section of your PowerSchool account and select Mother Margaret Mary as the next school.

ECSD students who have MMM identified as their next school in PowerSchool should plan to attend the course selections sessions on any of the dates indicated below. ECSD Students who have another ECSD school identified as their next school, but wish to attend MMM, must select MMM as their next school and wait for confirmation from MMM before attending the appropriate course selection session.

**If you are applying for Grade 10, 11, or 12 and you are NOT an ECSD student,** please visit ecsd.net/register to submit a registration form and select MMM as your school of choice.

Please wait to receive confirmation from MMM prior to booking a course selection session.

**If you are registering for our WIN program,** please contact the school office to set up an appointment 780-988-2279.

# COURSE SELECTION MEETINGS MARCH 12 & 13

Students from Archbishop Joseph MacNeil Catholic Elementary/Junior High (AJM) and St. John XXIII Catholic Elementary/Junior High Schools

All sessions take place at Mother Margaret Mary Catholic High School starting at 4:00 PM - 8:00 PM. There are 20 spots available for each 30 minute session. Students must be accompanied by at least one adult to select courses for the Fall of 2025. These meetings establish course requests only, not the actual schedule/timetable (made available in late August 2025.)

Parents of students from AJM and St. John XXIII are asked to scan the following QR code to book an appointment for new student course selection. Only students who are registered and accepted at MMM for Grade 10 for Fall 2025 should book an appointment. Students who are not from AJM or St. John XXIII must confirm registration with the office BEFORE booking an appointment for course selection.





# YEAR SCHEDULE

#### **SCHOOL YEAR**

Mother Margaret Mary is a semestered school.

#### TERM 1: SEPTEMBER TO JANUARY

• Final exams in courses and Diploma exams are written at the end of January. The schedules for these exams are posted on the school website once they are confirmed.

#### **TERM 2: FEBRUARY TO JUNE**

- · Final exams in courses and Diploma exams are written at the end of June. The schedules for these exams are posted on the school website once they are confirmed.
- · Advanced Placement exams are written in May.

#### APPROXIMATE SCHOOL START AND END TIMES ARE:

Monday, Tuesday, Wednesday, and Friday: 8:25 AM - 3:10 PM Early Dismissal: Thursday 8:25 AM - 12:00 PM

Three credit courses are scheduled for Day 1 and 2 throughout the semester.

Thursdays has its own rotation schedule with Blocks 1 & 2 two alternating every week and Blocks 3 & 4 rotating every week.



An MMM Tradition

ICE STORM 2024

# **WEEKLY SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLOCK 1	BLOCK 1	BLOCK 1	BLOCK 1/3	BLOCK 1
BLOCK 2	BLOCK 2	BLOCK 2	BLOCK 2/4	BLOCK 2
LUNCH	LUNCH	LUNCH	EARLY DISMISSAL	LUNCH
BLOCK 3	BLOCK 3	BLOCK 3		BLOCK 3
BLOCK 4	BLOCK 4	BLOCK 4		BLOCK 4









2010 Leger Rd. NW • 780-988-2279 • mothermargaretmary.ecsd.net