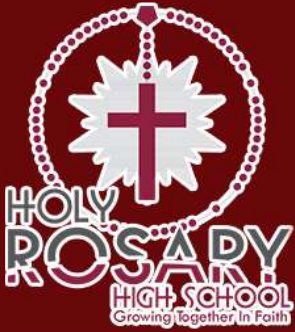


Holy Rosary High School



HRHS 'SCHOOL OF' HANDBOOK

FAITH, CARING, RESPECT, INTEGRITY, RESPONSIBILITY & SERVICE

6611A 39th Street Lloydminster, Alberta T9V 2Z4





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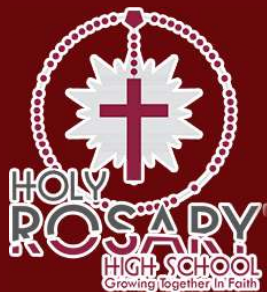
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WE WELCOME YOU!

OUR MISSION

Holy Rosary High School is a Catholic learning community, living a life of love and care towards all people. Our mission is to nurture spiritual, academic, emotional, social and physical growth in every individual. As a Christian family, we serve and praise God, guided by the words of Jesus, "Love one another as I have loved you."



780.875.3600



hrhs@lcsd.ca




www.lcsd.ca/schools/holy-rosary



6611A 39th Street Lloydminster Alberta T9V 2Z4



@holyrosaryhigh 

@holyrosaryhighschool 

@HolyRosaryHS 

A Message from Mr. Blais

Welcome to Holy Rosary High School. My name is Jeremy Blais, and I am honored to serve as Principal at a school with such a rich tradition of excellence and achievement. Holy Rosary High School is a Catholic Learning Community living a life of love and care towards all people. Our mission is to nurture spiritual, academic, emotional, social and physical growth in every individual. As a Christian family, we serve and praise God, guided by the words of Jesus, "Love one another as I have loved you."



Mr. Blais
Our Principal

At Holy Rosary we are committed to supporting the academic achievement and well-being of our students and believe it is essential that home, school and community work together to support students through their high school years. Our school staff offer many opportunities to our students both inside and outside the classroom. Our high academic achievement is due to our high expectations, we believe all students can learn and succeed. The students of Holy Rosary excel in academics, athletics, and in the performing arts as our programs meet the needs and interests of our diverse student body. The Holy Rosary staff encourages family involvement in their child's learning and hopes to build educational partnerships with you. By working together, we can help each child achieve an exceptional education in a safe and positive learning environment. We encourage families to become active participants in our school community, there are many opportunities to become a part of the Raider culture!

VICE PRINCIPALS

Mrs. Shelley
Revering



Mr. Mitch
Cherry



Mrs. Chelsey
Strilchuk



What are the ***SCHOOLS OF*** at HRHS?



PRE AP School of Math & Science
School of Kinesiology
School of Global Media Studies

Schools of programs match academic excellence with real world experience to prepare students for University study at top Colleges and Universities across North America. Designed to ignite passion and ambition, these forward-thinking programs provide more than just academic rigor—they cultivate invaluable professional networks and open doors to exciting career opportunities.



By equipping students with cutting-edge skills and fostering global connections, we prepare them to not only excel in post-secondary studies but to thrive in a fast-evolving, competitive world. With clear pathways to prestigious institutions and fulfilling careers, our students are ready to lead, innovate, and make a meaningful impact.



Elijah Lopez
Class of 2021

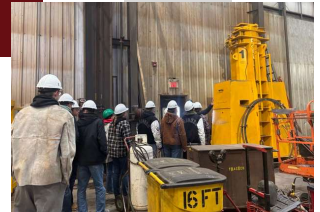
Elijah

"Taking the School of Kin class at HRHS helped me chose what I wanted to do for post secondary. I am attending Brock University in St. Catherines Ontario taking a Bachelors degree in Kinesiology. Once I stared at post secondary, lots of the content that I was exposed to early in the School of Kin Program helped me get ahead in first year. Already having a background in Kin was a huge help for me to be able to be on the Varsity Rowing Team because I already had prior knowledge on the course subjects (anatomy, physiology, ect.) The course content in the School of Kin got me excited to learn more about the subject and what I wanted to do post secondary." -Elijah

PRE AP SCHOOL OF MATH & SCIENCE

What is Pre AP Math and Science?

This pathway is for students who are looking at a career in medical sciences, engineering, pure sciences and math. This stream will prepare students for the academic rigor that these courses demand at the University level. This pathway provides students with an opportunity to receive University credits in Chemistry and Calculus through advanced placement.



This program is an accelerated pathway, not a specific course.

What does AP or Advanced Placement mean?

The Advanced Placement (AP*) program makes college and university courses available for students to take while they are still in secondary school.

These courses are taught by many AP trained educators with experience and expertise in the specific content. What can AP offer?

- assist in skill acquisition that directly relates to both University/College and professional careers
- become a confident, independent thinker, able to solve problems in our ever changing work environment
- opportunity to earn a University credit
- preparation for University study
- stand out in the University admissions process



THE PILLARS

PRE AP Math & Science

ACADEMICS

- Teachers will provide an accelerated program
- Opportunities for advancing academic endeavors
- Collaborative learning environment
- Critical thinking and problem-solving
- Creativity & innovation

PROFESSIONAL CONNECTIONS

Professionals and mentors expand and share their personal experiences in a wide variety of Math and Science Careers.

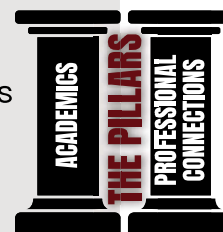
Real World Experiences *Pre AP School of Math and Science Courses*

Lakeland College Lloydminster Campus

- worked with wound models, simulation mannequins, and medical equipment
- learned more about RN, LPN, HCA programs

Meridian Clinic

- learned how to cast wrists and feet from the orthopaedic surgeons
- tour of radiology



Guest Speakers

- Andrea Kaye -Physiotherapist
- Jolene Kenyon -Physician
- Tara Wilson- RCMP/GRC -Forensics (pictured)
- Norm Namur -Lloydminster Rescue Squad/Coroner
- Michelle Teasdale along with her 4th Year Pharmacy Student -Pharmacy
- Kristen Raines -Living with Type I Diabetes/Autoimmune Disease/Insulin
- Cara McCaffrey (former student) -Psychiatric Nurse in North Battleford
- Dr. David Altman -Department of Physics, Willamette University (Biological Physics)
- Connor R. Protter -Chemistry Graduate Student- Hamers Group -Center for Sustainable Nanotechnology -Department of Chemistry -University of Wisconsin-Madison
- Dr. Mary F. Ownby -Ownby Analytical, LLC (Ancient pottery analytical techniques)
- Dr. Clare Kimock -Nottingham Trent University, UK (Primatologist)



Students learned about facial expressions in primates

- Dr. Patrick Kilian -Space Science Institute - Boulder CO (Plasma Physics)

The School of Pre AP Math & Science has exciting new speakers and trips every year.

THE CAREERS

PRE AP Math & Science



- Doctor
- Dentist
- Engineer
- Veterinarian
- Financial Analyst
- Biochemist
- Optometry
- Pharmacy
- Market Research Analyst
- Research Scientist

THE TECHNOLOGY

PRE AP Math & Science

- Science Labware
- Digital Microscopes
- Google apps (drive, sheets, docs, slides, forms and more...)

SCHOOL OF KINESIOLOGY

What is the School of Kinesiology?

The School of Kinesiology is an innovative program that explores human movement through sports and physical activities, combining physiological, biomechanical, and psychological principles. This program, which includes Pre AP Health Science 20, Physical Education 20, and Exercise Science 30, is designed for students interested in pursuing a Kinesiology degree or exploring health science through sports and physical activity.



GRADE 11

Pre AP Health
Science 20
AND
Phys. Ed. 20
AND
Exercise
Science 30



The next step in sport excellence is Biomechanics—using technology to analyze and improve movement. By filming actions like throwing, jumping, and running, we can slow them down, evaluate, and enhance performance. This new lab offers student athletes and those in the Human Sciences program the tools to train smarter. We're excited for students and community sport organizations to use this space to advance athletic development in our city.

THE PILLARS

School of Kinesiology

ACADEMICS

- Students will be working in the HRHS biomechanics lab
- They will earn 3 credits accelerated over 2 course blocks
- Hands-on practical experiences in the field

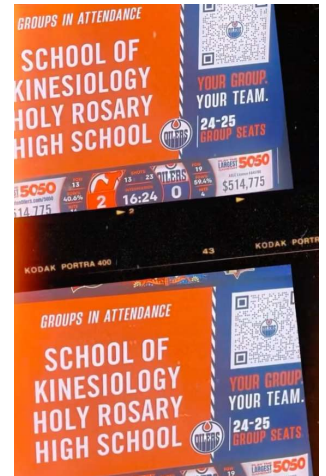
PROFESSIONAL CONNECTIONS

Professionals and mentors share their personal experiences and expertise in various Kinesiology-related fields, including sports medicine, athletic therapy, physiotherapy, exercise science, and sports psychology.



Real World Experiences *Kinesiology*

Lloydminster Chiropractic Centre Midwest Physiotherapy
Lloydminster and Vermilion Hospital
Meridian Clinic and Lloydminster Medical Imaging
Pure Vibe Studios
Prime Time Local News
Viking Strength
Alta Sask Wellness
Transition Heath & Wellness
Jubilee Home
Go To Athletic Therapy



Guest Speakers

- Warren Hermann Aguinaldo -Dance Instructor & Engineer
- Emmy Lou Wicker -Yoga Instructor
- Kristen Raines -Endocrine System Specialist
- Barclay Dahlstrom -U of R Strength & Conditioning Instructor
- Clark Drury -Foundations Training Specialist
- Michelle Lopez -Fitness Trainer



Various HRHS School of Kin Alumni currently working towards or have completed their Kinesiology degree at various institutions in North America and over 180 students have taken this program.

The School of Kinesiology has exciting new speakers and trips every year.

THE CAREERS School of Kinesiology

- Physical and Health Education
- Medicine, Nutrition and Health Science
- Physiotherapy and Human Kinetics
- Recreation and Leadership
- Sports Administration and Management
- Kinesiologist
- Nursing and Rehabilitation
- Personal Training
- Chiropractic
- Equipment Design
- Epidemiology
- Wellness Coordination

THE TECHNOLOGY School of Kinesiology

- Google apps (drive, sheets, docs, slides, forms and more...)
- Chromebooks
- iMovie, Remind, Quizlet, Kahoot, cameras, video cameras
- Prezi, Coach's Eye, Hudl, Coach Cam, Vert, Canva

SCHOOL OF GLOBAL MEDIA STUDIES

What is S.G.M.S?



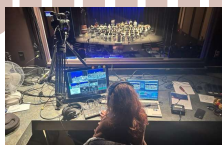
The School of Global Media Studies (SGMS) offers a multi disciplinary blend of English Language Arts, Social Studies, Media, and Photography. The skills used in this program allow students to work in many different creative media fields. Social media is quickly becoming a great way for people and businesses to market themselves, and in many cases it has become the primary place to advertise. Students will build critical and creative skills to support this industry. The class fosters hands on learning and working with many community partners.

"My name is Rebecca Fair-Lien and I was a student in SGMS in 2012! 12 years later, I have been working in the film industry for almost 8 years. SGMS truly taught me how to express myself creatively with an outlet that wasn't considered the 'norm'. As someone who excels under pressure, in a creative and fast paced environment - I feel like SGMS taught me the bases that I needed! The program opened my eyes to look into career paths that were not the traditional ones, which in turn lead me to the one I have today!"



Rebecca Fair-Lien is a **Production Manager** in Vancouver, B.C. Her client list includes Marvel, Disney and Netflix!

SCHOOL OF GLOBAL MEDIA STUDIES COURSES



3 credit courses are taught through integration in 2 blocks

GRADE 10

English 10
AND
Photography 10
AND
Comm. Media 10

GRADE 11

English 20
AND
Psychology 20
AND
Media Studies 20

GRADE 12

English 30
AND
Comm. Media 30

2 credit courses in one block of time.



THE PILLARS

SGMS 10/20/30

ACADEMICS

- Teachers will provide an accelerated program
- Enhancement opportunities for curricular objectives
- Collaborative learning environments
- Critical thinking and problem-solving
- Creativity & innovation
- Integration of technology

PROFESSIONAL CONNECTIONS

Professionals and mentors share their personal experiences and expertise in fields such as journalism, media production, photography, cultural studies, creative writing, and public relations, inspiring students to explore and excel in these dynamic disciplines.

Real World Experiences *SGMS*



Red Bicycle Communications (1:1 mentoring opportunities)
Prime Time Local News
Connection to the Lloydminster Youth Council through Pecha Kucha
Lloydminster City Hall
Bud Miller Park and Downtown Lloydminster
Lloydminster Youth Centre
Interval Society
-students created advertisements and visited the depot to support
Telus World of Science (Exhibition)
Pixel Blue Media College

Guest speakers

- Taylor Weaver -Editor - Meridian Source
- Stacey Commar -Manager at Prime Time Local News
- Kim Capiral -Videographer with Narra Studios and KoLab Print Co.

The School of Global Media Studies has exciting new speakers and trips every year.



THE CAREERS

SGMS 10/20/30



- Filmmaking
- Photography
- Advertising
- Social Promotion
- Creative Writing
- Communications
- Journalism
- Marketing
- Content Creation
- Copywriting
- Media Planner
- Public Relations
- Publishing
- Fundraising and Sales
- Website Design
- and more...*

THE TECHNOLOGY

SGMS 10/20/30

- Google apps (drive, sheets, docs, slides, forms and more...)
- Jamboard
- Bytello Share
- iMovie
- Adobe Premiere Pro
- Photoshop
- Canon DSLR Cameras
- Tripods
- Chromebooks
- Inclusion of mobile devices and apps

NAVIGATING YOUR FUTURE



**Mrs. Wendy
Orioux**



**Mme. Lisa-Marie
Kreese**



**Mr. Jason
Almond**



Selecting classes can be tough. The HRHS Career Centre staff are teachers who work to coordinate career and employment preparation services to Grade 8-12 students through projects, activities, and events that will prepare them for the transition from school to work or post-secondary education. There are countless opportunities for students to discuss the pathways for their future and 1:1 sessions with the Career Team.

FIRE SIDE CHATS

Only one example of the work being done by our Career Centre Team!

Out of a desire to motivate, prepare, guide and discern with students...Fireside Chats were born. Alumni students highlight who they are now, what their path was and offer advice to students on their journey.

This connection to HRHS alumni and their success stories are firing curiosity in students and better questions, more research and requests for support are rolling in!



Scan the QR code
to see what the
Career Centre is up to



Class of...

Social work: Josee Jarratt (Kreese) 2016
Chiropractor: Sydney Christie (Noble) 2014 & Julia Oberg 2013
Doctor in Residency: Ethan Patterson 2018
University Athletes: Elijah Lopez & Sophie Kreese 2021
Engineer/Marketing/Business:
 Brendan Knorr 2015 & Cally Bruynooghe 2017
Optometrist: Dr. Danielle Guenet 2010
Dentistry: Madison Blore 2019
Video Production-Corporate/Movie Industry:
 Zachery Almond 2013 &
 Justin Marmulak 2015
RCMP: Cst Flynn - Liaison with HRHS
Royal Canadian Armed Forces/Trades: Evan Russett 2015
Other areas covered;
-physiotherapy, student athletes, RCMP, nursing and so on



RECENT GUEST SPEAKERS



PRE AP SCHOOL OF MATH & SCIENCE

GRADE 9

FULL YEAR

PRE AP* MATH 9
or
S.T.E.M. 9



*This is an accelerated and enriched opportunity for students to excel in the Advanced Placement environment.



GRADE 10

SEMESTER 1

PRE AP SCIENCE 10
and

**PRE AP FOUNDATIONS & PRE
CALCULUS 10**

or

S.T.E.M. 10 *Science 10
Foundations and Pre Calculus 10*

SEMESTER 2

PRE AP FOUNDATIONS MATH 20
and
PRE AP HEALTH SCIENCE 20

Students on a field trip learning how to cast with a local surgeon.

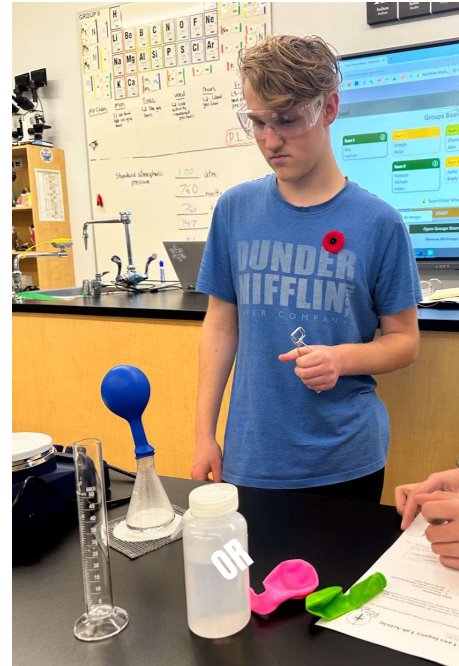
PRE AP SCHOOL OF MATH & SCIENCE



GRADE 11

SEMESTER 1
PRE AP CALCULUS 20
and
BIOLOGY 30

SEMESTER 2
PRE AP CALCULUS 30
and
PRE AP PHYSICAL SCIENCE 20



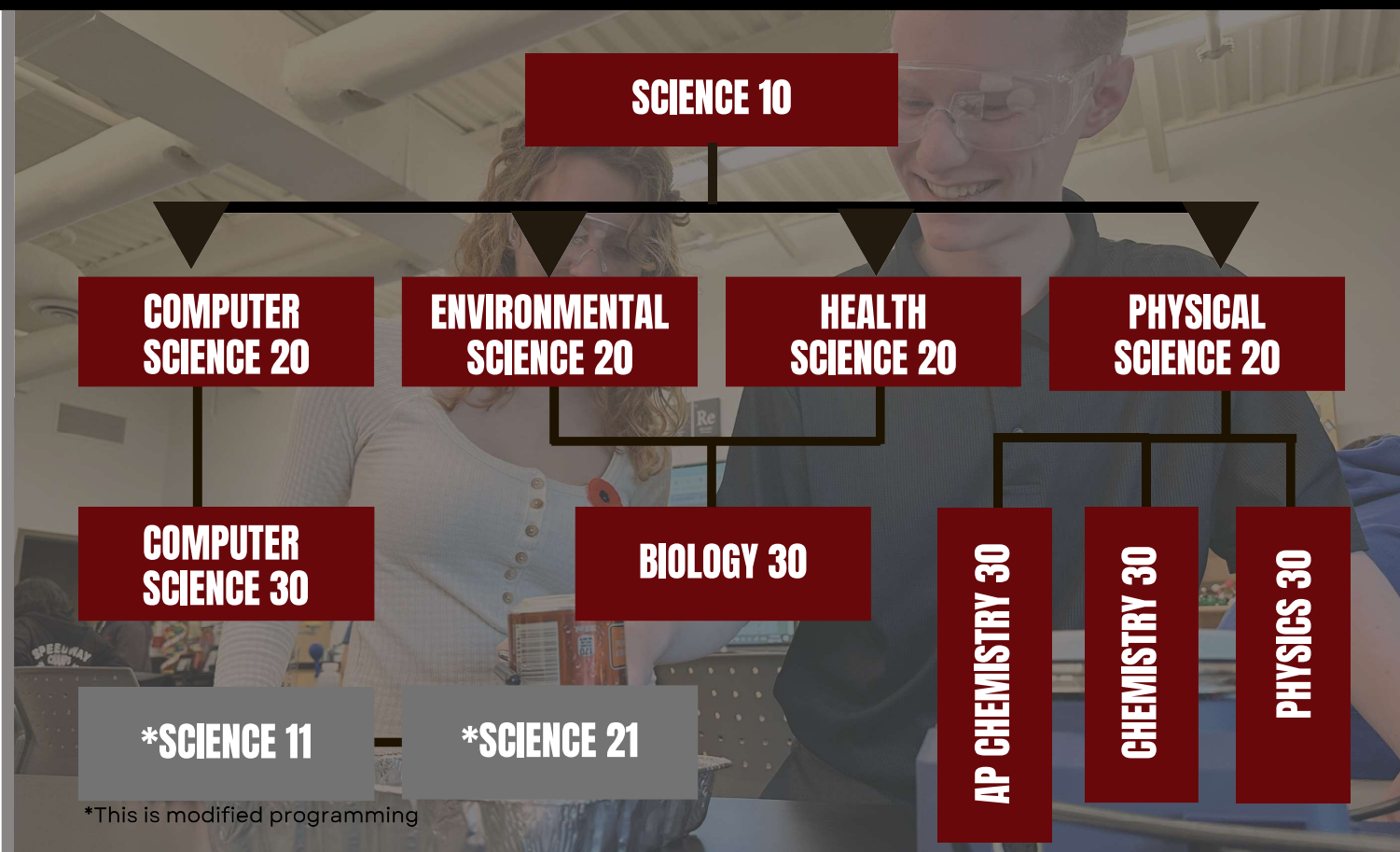
GRADE 12

FULL YEAR
AP CALCULUS 30
and
AP CHEMISTRY 30
FULL YEAR

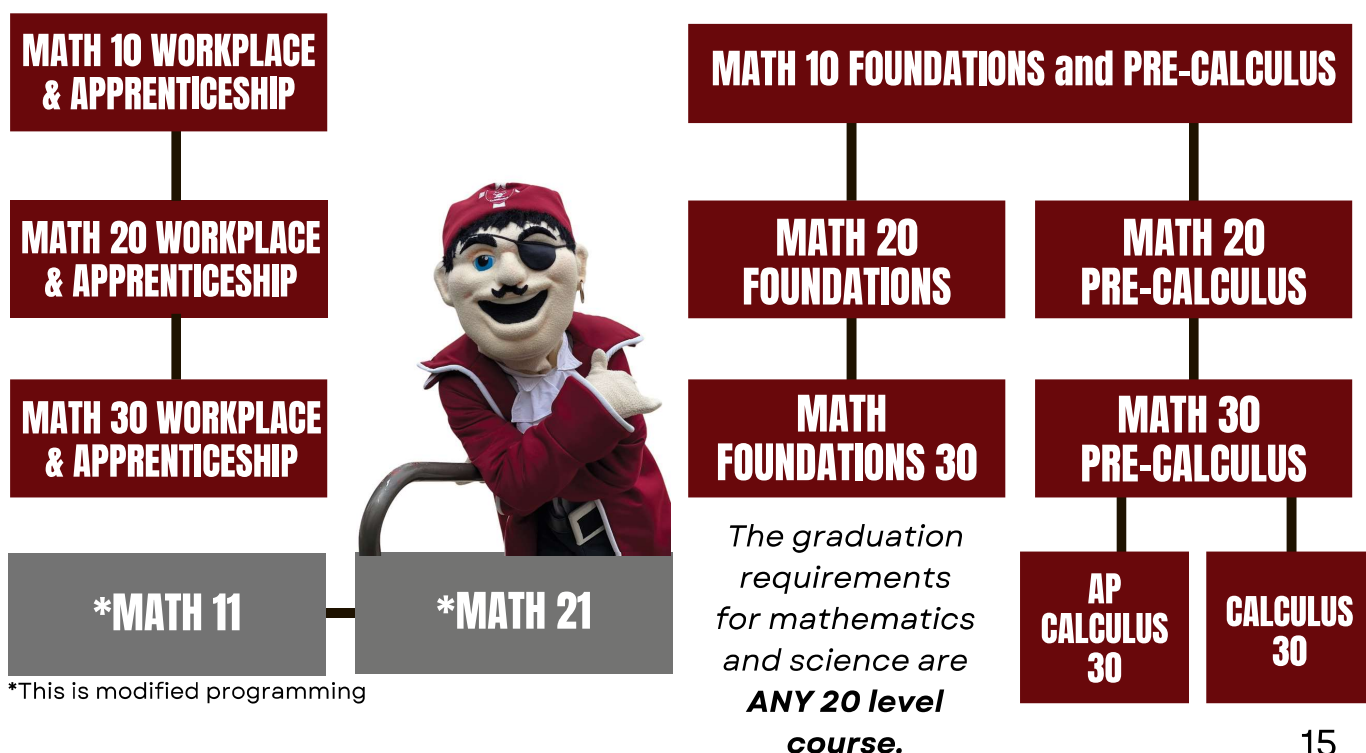
SEMESTER 1 or 2
PHYSICS 30



SENIOR SCIENCE PROGRAMMING



SENIOR MATH PROGRAMMING



ENGLISH Program 10-12 Overview

GRADE 10 (LEVEL 10)	GRADE 11 (LEVEL 20)	GRADE 12 (LEVEL 30)
REQUIRED COURSES	REQUIRED COURSES	REQUIRED COURSES
Catholic Studies 10	Catholic Studies 20	Catholic Studies 30
English Language Arts 10 OR SGMS 10*	English Language Arts 20 or SGMS 20*	English Language Arts 30 or SGMS 30*
Financial Literacy 10		
History 10 or Native Studies 10		History 30 or Native Studies 30
AT LEAST ONE OF: Math 10 W / A Math 10 Foundations/Pre-Calc. *3 semester Math 10 FPC & Math 20 FDN *STEM 10 *AP School of Math & Science	AT LEAST ONE OF: Math 20 W / A Math 20 Foundations Math 20 Pre-Calculus *AP School of Math & Science	
Science 10 or Science 10 FY or *STEM 10 or *AP School of Math & Science	ATLEAST ONE OF: Health Science 20 Environmental Science 20 Physical Science 20 Computer Science 20 *School of Kinesiology *AP School of Math & Science	
*Only 1 credit required for graduation: Wellness 10, Mieux-être 10; Sports Performance 10,20,30; Ball 10, 20 30; Softball 10,20,30; Baseball 10,20,30; Football 10,20,30; Phys. Ed 20, Phys. Ed 30		
Level 10 Electives	Level 20 Electives	Level 30 Electives
Accounting 10 Band 10 Commercial Cooking 10 Communication Media 10 Construction 10 Cree 10 Game Design & Strategy 10 Hair and Esthetics 10 Jazz Studies 10 Photography 10 Visual Arts 10 Welding 10 *AP School of Math & Science: Pre-AP Math 10 FPC, Pre-AP Science 10, Pre-AP Health Science 20, Pre-AP Math FDN 20 *STEM 10: Math 10 FPC, Science 10 *SGMS 10: English 10, Photography 10 and Communication Media 10 *3 Semester Math 10 FPC & Math 20 FDN: Each course is done over a semester and a half.	Accounting 20 Advanced Filmmaking 20 Band 20 Commercial Cooking 20 Communication Media 20 Construction 20 Creative Writing 20 Cree 20 Game Design & Strategy 20 Graphic Arts 20 Hair and Esthetics 20 History 20 Jazz Studies 20 Photography 20 Psychology 20 Visual Arts 20 Welding 20 *AP School of Math & Science: Pre-AP Math 20 PC, Pre-AP Math 30 PC, Biology 30, Pre-AP Physical Science 20 * SGMS 20: English 20, Psychology 20, Media Studies 20 *School of Kinesiology: Health Sciences 20, Phys. Ed 20, and Exercise Sciences 30	Accounting 30 Advanced Filmmaking 30 Band 30 Biology 30 Calculus 30 AP Calculus 30 Chemistry 30 AP Chemistry 30 Commercial Cooking 30 Communication Media 30 Computer Science 30 Construction 30 Cree 30 Game Design & Strategy 30 Graphic Arts 30 Hair and Esthetics 30 Jazz Studies 30 Math 30 Foundations Math 30 Pre-Calculus Math 30 W / A Photography 30 Physics 30 Visual Arts 30 Welding 30A & Welding 30B *AP School of Math & Science: Physics 30, AP Calculus, AP Chemistry *SGMS 30: English 30, Communication Media 30
GRADE 10 STANDING MINIMUM 10 CREDITS	GRADE 11 STANDING MINIMUM 19 CREDITS	GRADE 12 STANDING MINIMUM 24 CREDITS

French Program 10-12 Overview

GRADE 10 (LEVEL 10)	GRADE 11 (LEVEL 20)	GRADE 12 (LEVEL 30)
REQUIRED COURSES	REQUIRED COURSES	REQUIRED COURSES
Études Catholiques 10	Études Catholiques 20	Études Catholiques 30
English Language Arts 10	English Language Arts 20	English Language Arts 30
Français 10	Français 20	Français 30
Histoire 10	Histoire 20 and/or Psychologie 20 and/or Psychologie 30	Sciences Sociales 30
Littérature Financière 10		
AT LEAST ONE OF: Math 10 W / A Math 10 Foundations/Pre-Calc. *3 semester Math 10 FPC & Math 20 FDN *STEM 10 *AP School of Math & Science	AT LEAST ONE OF: Math 20 W / A Math 20 Foundations Math 20 Pre-Calculus *AP School of Math & Science	
Sciences 10 FI or Science 10 or Science 10 FY or *STEM 10 or *AP School of Math & Science	AT LEAST ONE OF: Health Science 20 Environmental Science 20 Physical Science 20 Computer Science 20 *School of Kinesiology *AP School of Math & Science	
*Only 1 credit required for graduation: Wellness 10, Mieux-être 10; Sports Performance 10,20,30; Ball 10, 20 30; Softball 10,20,30; Baseball 10,20,30; Football 10,20,30; Phys. Ed 20, Phys. Ed 30		
Level 10 Electives	Level 20 Electives	Level 30 Electives
Accounting 10 Band 10 Commercial Cooking 10 Communication Media 10 Construction 10 Cree 10 Game Design & Strategy 10 Hair and Esthetics 10 Jazz Studies 10 Photography 10 Visual Arts 10 Welding 10 *AP School of Math & Science: Pre-AP Math 10 FPC, Pre-AP Science 10, Pre-AP Health Science 20, Pre-AP Math FDN 20 *STEM 10: Math 10 FPC, Science 10 *3 Semester Math 10 FPC & Math 20 FDN: Each course is done over a semester and a half.	Accounting 20 Advanced Filmmaking 20 Band 20 Commercial Cooking 20 Communication Media 20 Construction 20 Creative Writing 20 Cree 20 Game Design & Strategy 20 Graphic Arts 20 Hair and Esthetics 20 Jazz Studies 20 Photography 20 Visual Arts 20 Welding 20 *AP School of Math & Science: Pre-AP Math 20 PC, Pre-AP Math 30 PC, Biology 30, Pre-AP Physical Science 20 *School of Kinesiology: Health Sciences 20, Phys. Ed 20, and Exercise Sciences 30	Accounting 30 Advanced Filmmaking 30 Band 30 Biology 30 Calculus 30 AP Calculus 30 Chemistry 30 AP Chemistry 30 Commercial Cooking 30 Communication Media 30 Computer Science 30 Construction 30 Cree 30 Game Design & Strategy 30 Graphic Arts 30 Hair and Esthetics 30 Jazz Studies 30 Math 30 Foundations Math 30 Pre-Calculus Math 30 W / A Photography 30 Physics 30 Visual Arts 30 Welding 30A & Welding 30B *AP School of Math & Science: Physics 30, AP Calculus, AP Chemistry
GRADE 10 STANDING MINIMUM 10 CREDITS	GRADE 11 STANDING MINIMUM 19 CREDITS	GRADE 12 STANDING MINIMUM 24 CREDITS
For a French Immersion High School Diploma, 12 out of 24 credits must be French immersion courses.		